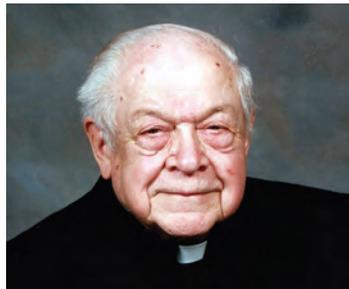


## A priest for 70 years, at home at the Lake

Father C. Duane “Bo” Ryan reflects on his calling ahead of his 70th priestly anniversary and 95th birthday.

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A job to finish . . . . . Page 7

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“Why I give”. . . . . Page 18

# The CATHOLIC MISSOURIAN

February 16, 2024 • Vol. 67 No. 17

Newspaper of the Diocese of Jefferson City

## Parishes partner to provide mental health support



Hispanic Services Coordinator for Catholic Charities of Central and Northern Missouri, Ilsi Palacios, meets with Celia Lones to visit, pray and learn about *Clinica para la familia* (CLIFAM). CLIFAM is a mental health counseling program provided via telehealth, made possible through the collaboration of seven Catholic parishes across the diocese. — Photo by Ashley Wiskirchen

**Culturally comfortable care  
for Spanish-speaking families**

**Special coverage of Catholic Charities  
and its 2024 Lenten Appeal  
in this issue of *The Catholic Missourian***

**2023 Impact Report, overflowing with  
stats and stories highlighting human  
connection — Pages 13-16**

By Ashley Wiskirchen

Ilsi Palacios is the Hispanic Services Coordinator at Catholic Charities of Central and Northern Missouri.

In her role, she provides case management for Spanish-speaking clients and manages the *Clinica para la familia* (CLIFAM) program — a partnership with seven local Catholic parishes that provides Spanish-speaking counseling to clients of Catholic Charities.

“I first met Maria” — not her real name — “after someone she knew referred her to work with me at Catholic Charities,” Mrs. Palacios shared.

“She was going through such a difficult time — her health was poor and she was growing desperate, struggling physically, spiritually and mentally,” she continued. “I knew she would find healing and comfort in counseling through *Clinica para la familia*, but she was uncomfortable with the idea of counseling in the beginning.”

Mrs. Palacios continued to meet with Maria, providing case management services to help meet basic needs, but also encouraging her with gentleness and compassion, to care for her mental health.

“After three meetings together, Maria felt comfortable moving into the telehealth counseling online through CLIFAM,” Mrs. Palacios shared.

See CLIFAM, page 21

## Talking about the what’s and why’s of Lent

By Jay Nies

“Jesus forgave us of our sins so that we could go somewhere with him. Where do we want to go with Jesus?”

Hands all over St. Stanislaus Church in Wardsville flew into the air.

“Heaven!” a student called out.

“Yes! We want to go to heaven with Jesus,” said Monsignor David Cox.

“And if we’re going to go to heaven with Jesus, that means we’re going to have to walk with Jesus here on this earth.”

Msgr. Cox, pastor of St. Stanislaus Parish and of St. Margaret of Antioch Parish in Osage Bend, celebrated an all-school Mass the morning of Feb. 14, Ash Wednesday.

Father James Finder, a retired priest of the diocese who lives in Osage Bend, concelebrated.

They wore purple vestments, the official color of the season.

Msgr. Cox’s homily consisted mostly of a lively dialogue with the students in the pews about the significance of Ash Wednesday and the 40 days that follow.

“You’re gonna’ get ashes on your head, in the shape of a cross!” he told them. “What do ashes on your head symbolize?”

He hinted that they’re a symbol “that we’re sorry for something.”

“We’re sorry for our sins,” a student told him.

“Right!” said Msgr. Cox. “So for these next many days, we’re going to be thinking about our sinfulness, because we

See LENT, page 19

Find us online at  
**CATHMO.COM**

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**@DIOJEFFCITY**



**MOVING?** If you are moving or changing parishes, please fill out information below. Clip and mail to THE CATHOLIC MISSOURIAN, 2207 West Main Street, Jefferson City, MO 65109-0914. Or complete the online form at [diojeffcity.org/update-information](https://diojeffcity.org/update-information). Allow two weeks.

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OLD PARISH \_\_\_\_\_

02/16/24

## Pray for deceased priests

Feb. 19 — Fr. Peter B. O'Rourke, Immaculate Conception, Shackelford (1975)

Feb. 27 — Fr. James J. O'Sullivan, Sacred Heart, Eldon (2004)

Mar. 1 — Fr. Lawrence P. Mullen, St. Joseph, Edina; and St. Aloysius, Baring (1996)

## Jason Evert to present to teens, adults in J.C.

**DATE:** March 3  
**TIME:** 3 - 7:30 pm

Renowned Catholic author and speaker Jason Evert of the Chastity Project will give two presentations on related topics on Sunday, March 3, in Jefferson City.

Both are for teens, parents and adults.

The first, titled "Purified," will be from 3 to 4:30 p.m. The focus will be on chastity and on protecting and healing families.

The second, titled "Gender & The Theology of Your Body," will be from 6:30 to

7:30 p.m. It will focus on the meaning of sex, gender and the human body, and how these reveal each person's identity and calling.

Mass will be offered at 5 p.m., followed by a dinner break at 6 p.m.

Both will be held in Cana Hall in the lower level of the Cathedral of St. Joseph, 2315 W. Main St. in Jefferson City.

Tickets to both presentations are \$25 per person and can be purchased at [chastity.com/purified](https://chastity.com/purified).

Contact Julie Gramlich at [julie.g@cathedraljc.org](mailto:julie.g@cathedraljc.org) or 573-635-7991 for information.

## Director of Youth Ministry

St. Thomas More Newman Center Parish in Columbia, Mo. is seeking to fill the position of Director of Youth Ministry. To see a full job description, go to <https://www.comonewman.org/job-openings/>

## Principal Opening — Loose Creek

Immaculate Conception School in Loose Creek, Mo. is currently accepting applications for a principal for the 2024-2025 school year. We are a Catholic elementary school, serving kindergarten through 8th grade, with a current enrollment of approximately 104 children. This position will involve day-to-day interactions with parents and students in an ongoing effort to provide our community with a strong Catholic faith and a healthy and challenging academic environment. The principal reports directly to the pastor, and should lead an exemplary Catholic life in addition to continuing educational and professional growth. A job description and application can be found on the diocesan web page at [diojeffcity.org/school-office](https://diojeffcity.org/school-office). Questions can be directed to Dr. Erin Vader, Superintendent of Catholic Schools at [evader@diojeffcity.org](mailto:evader@diojeffcity.org).

## Diaconate information meeting

**DATE:** February 24  
**TIME:** 9:30 am - noon

The Office of the Diaconate for the Jefferson City diocese will hold an informational session on Saturday, Feb. 24, from 9:30 a.m. to noon at St. Pius X Parish, 209 S. Williams St. in Moberly.

Men who feel called to the Diaconate and their wives, or those who simply want to learn more are encouraged to come and find out about the life and ministry of permanent

deacons, the application process and details concerning the formation requirements for becoming a deacon.

For details, visit: [diojeffcity.org](https://diojeffcity.org).

Contact Deacon John Schwartz at [jschwartz@diojeffcity.org](mailto:jschwartz@diojeffcity.org) or by phone at 573-635-9127 for information.

*La sesión en español será el sábado, 2 de marzo, a las 10:30 a.m. en el sótano de la Iglesia San Patricio, en Sedalia.*

## Sunday Vespers, recitals in J.C.

St. Peter Parish in Jefferson City will hold sung Vespers for Lent on Sundays from Feb. 18 through March 25 at 5 p.m.

On Feb. 18, March 3, and March 17, Vespers will be immediately followed by a small recital at around 5:35 p.m.

Vespers alone should last around 35 minutes, and together, with Vespers and Recital together lasting around an hour.

All will be held in the Proto-Cathedral of St. Peter, 216 Broadway, near the State Capitol.



## Official Notice of Appointments

*Chancellor Benjamin Roodhouse, JD, JCL, has announced that the Most Reverend W. Shawn McKnight, STD, Bishop of Jefferson City, has recently made the following appointments to provide the most effective pastoral care of the Diocese of Jefferson City:*

### PRIESTS

**Reverend Monsignor Gregory L. Higley**, appointed to the Fr. Augustine Tolton Regional Catholic High School Board of Directors for a term of two years, effective January 25, 2024.

**Very Reverend Christopher L. Cordes**, Vicar for

Clergy, appointed to the Diocesan Pastoral Council for a term of three years, effective January 17, 2024.

**Reverend Simeon A. Etonu, JCL**, appointed to the office of Judge for the Matrimonial Tribunal for a term of five years, effective January 25, 2024.

### LAITY

**Mr. Kevin Dehaan**, of St. Joseph Parish in Palmyra, appointed as a North Deanery Representative of the Diocesan Pastoral Council for a term of three years, effective January 16, 2024.

**Mr. Jim Gerke**, appointed to the National Shrine of Mary Mother of the Church Board of Directors for a term of three years, effective January 1, 2024.

**Mrs. Cheryl Hertfelder**, Executive Director of Human Resources, appointed to the Priests' Mutual Benefit Society Board for a term of three years, effective January 1, 2024.

**Mr. Jerry King**, appointed to the National Shrine of Mary Mother of the Church Board of Directors for a term of three years, effective January 1, 2024.

**Mr. Andrew Meagher**, of the Cathedral of St. Joseph Parish, appointed to the Di-

ocesan Liturgical Commission for a term of three years, effective December 11, 2023.

**Mr. Chris Mueller**, appointed to the National Shrine of Mary Mother of the Church Board of Directors for a term of three years, effective January 1, 2024.

**Mr. James Reinert**, appointed to the National Shrine of Mary Mother of the Church Board of Directors for a term of three years, effective January 1, 2024.

**Mr. Mike Shepherd**, appointed to the National Shrine of Mary Mother of the Church Board of Directors for a term of three years, effective January 1, 2024.

**Mr. Gary Slater**, appointed to the National Shrine of Mary Mother of the Church Board of Directors for a term of three years, effective January 1, 2024.

**Mrs. Michelle Truesdale**, appointed to the Immaculate Heart of Mary Child Development Center Board of Directors for a term of three years, effective January 12, 2024.

**Mr. Tom Vincent**, appointed to the National Shrine of Mary Mother of the Church Board of Directors for a term of three years, effective January 1, 2024.

**The Catholic Missourian**  
Official newspaper — Diocese of Jefferson City  
Mailing address: 2207 W. Main St., Jefferson City, MO 65109-0914. Phone: 573-635-9127

*"A diocesan paper serves as a bond of unity by publishing diocesan happenings and promulgating official regulations and decrees. It also plays a teaching role by reporting notable events of a religious and secular nature, and interpreting them in the light of Christian principles."*  
— Bishop Joseph M. Marling C.P.P.S., July 7, 1957

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# Hotline created for reporting abuse of Church finances or human resource policies

**A safeguard for ensuring greater transparency and accountability**

**Separate from the number for reporting abuse or inappropriate conduct with a minor**

By Jay Nies

A confidential telephone hotline has been created for reporting unethical or unprofessional behavior in the Diocese of Jefferson City.

The number is 573-635-0386.

“To truly have transparency and co-responsibility, we need to have systems in place that people can report if they see something that doesn’t add up,” stated Gary Wilbers, chairman of the Diocesan Finance Council.

“People can share such information in a confidential manner to make sure they

know the gifts they’re giving are being put to the best use,” he stated.

The entire process is available in English and Spanish.

This is one of the safeguards Bishop W. Shawn McKnight has put into place to ensure greater transparency and accountability in the diocese.

Benjamin Roodhouse, chancellor of the diocese, explained how the hotline works.

“We have a telephone number people can call to leave a voicemail regarding anything suspicious — finances, human resources, anything,” he said.

When someone leaves a voicemail, it will immediately be sent by email to three people — one Chancery employee and two laypeople who are not employees of the diocese.

The three will confer and route the message to the correct people.

For a financial issue, it will

be sent to an internal Chancery official and a member of the Diocesan Finance Council.

“Together, they will listen to the message and decide whether we need to gather more information or forward it to the full Diocesan Finance Council,” said Mr. Roodhouse.

The Finance Council will review the contents of every call and make a recommendation to the bishop about whether a full investigation should be conducted.

The bishop would make the final decision on how to proceed.

Similarly, for an issue regarding human resources, the voicemail will be forwarded to one Chancery official and a lay volunteer, who will forward it to Bishop McKnight’s cabinet, who will listen to it and make a

recommendation to him.

Again, the bishop will have the final say.

“In either case, there’s no way that anything that gets reported can get buried or willfully ignored by one person alone,” said Mr. Roodhouse.

The diocesan website has also been updated to highlight this new way to report misconduct.

At [diojeffcity.org](http://diojeffcity.org), a link titled “Report Abuse or Misconduct” can be found at the top of the page. It connects inquirers to information about how to report misconduct, including the telephone number.

Mr. Roodhouse said these are concrete examples of the bishop’s commitment to promoting co-responsibility in the Church.

“This is an opportunity for

the lay faithful to share in the mission entrusted to our bishop,” he said. “Ultimately, the responsibility for safeguarding the diocese rests with the bishop, but with this hotline he is asking us to be co-responsible for ensuring that the highest ethical and canonical standards are fully lived out in our diocese.”

Mr. Roodhouse emphasized that the financial and human resources hotline is distinct and separate from the phone number for reporting abuse or inappropriate conduct with a minor (573-694-3199).

Mr. Wilbers said having these safeguards in place gives everybody a clearer vision.

“We’re not relying on blind trust,” he stated. “We’re relying on what we’re truly seeing and hearing.”

## Rice Bowl provides ‘life-changing hope’ and a ‘way to draw closer to Jesus,’ says archbishop

OSV News

Baltimore

An annual Lenten collection taken up by Catholics across the U.S. provides “life-changing hope,” said Archbishop Nelson J. Pérez of Philadelphia, chair of the board of Catholic Relief Services (CRS).

The CRS Rice Bowl initiative, which combines prayer, fasting and almsgiving to help those in need both in the U.S. and abroad, is “a deeply meaningful opportunity for all of us to become the hands of Christ by helping those who face the global scourge of hunger, malnutrition, and food insecurity,” the archbishop said in a statement to OSV News.

The iconic cardboard collection box has been a Lenten mainstay on dinner tables and in classrooms for almost 40 years, with donations totaling more than \$330 million to date.

Archbishop Pérez added that Rice Bowl has also taken on a deeper meaning during the National Eucharistic Revival, a three-year grassroots effort by the nation’s Catholic

bishops to enkindle devotion to the real presence of Jesus Christ in the Eucharist.

“CRS Rice Bowl also provides us with a way to draw ever closer to Jesus by sharing His pure love with those who cannot help themselves,” he said. According to CRS, last

year, the Rice Bowl campaign realized just over \$10 million, 75% of which was directed to programs in one of the more than 120 countries in which CRS serves while the remaining 25% funded hunger relief programs in the U.S through local dioceses.

## Sunday Mass change

The 5 p.m. Sunday Mass in Jefferson City has moved to the Cathedral of St. Joseph.



### Bishop McKnight’s Calendar

**FEBRUARY**

**Feb 18** Rite of Election, Cathedral of St. Joseph, 3 pm, Jefferson City

**Feb 20** Pontifical College Josephinum Board of Trustees Meeting, Columbus, OH

**Feb 26-28** Episcopal Discernment in the Synodal Journey, Notre Dame University, South Bend, IN

**Feb 28- Mar 1** Leadership Roundtable Partnership Summit: Young Adult Leadership and Co-Responsibility, Arlington, VA

**MARCH**

**Mar 2** Confirmation Mass, Shrine of St. Patrick Parish, St. Patrick and St. Michael Parish, Kahoka, 4 pm, Shrine of St. Patrick Church, St. Patrick

**Mar 3** Confirmation Mass, St. Stephen Parish, Indian Creek, Holy Rosary Parish, Monroe City, and St. William Parish, Perry, 10 am, St. Stephen Church, Indian Creek

**Mar 5** Priests’ Personnel Board Meeting, 1:30 pm, Chancery; Confirmation Mass, St. Stanislaus Parish, Wardsville and St. Margaret of Antioch Parish, Osage Bend, 6:30 pm, St. Stanislaus Church, Wardsville

**Mar 6** Catholic Charities of Central and Northern Missouri Board of Directors Meeting, 11:45 am, Catholic Charities Offices, Jefferson City

**Mar 7** Priests’ Day of Recollection, 9:30 am, Shrine of Our Lady of Sorrows, Starkenburg

**Mar 8** Mass, Fr. Tolton Regional Catholic High School, 9 am, Columbia; Finance Policy Training for Priests, 10 am, Chancery

**Bishop McKnight’s February prayer intention for our Local Church**

For the depressed and those suffering from mental illness; may the active compassion of the Church bring healing and consolation to those who are tempted to despair.

**Intención del mes de febrero del Obispo McKnight por nuestra Iglesia Local**

Por los deprimidos y los que padecen enfermedades mentales. Que la compasión activa de la Iglesia traiga sanación y consuelo a quienes están tentados a la desesperación.



Please be so kind as to make this a part of your group and private prayer.

**Pancake & Sausage BREAKFAST**



**St. Peter Holy Name Society**  
Selinger Centre Cafeteria  
**Jefferson City**  
**Sunday, February 25**  
7:30-11 am

\$10 for adults - \$5 under 12 - \$30 family (3+kids)

**The Camino de Santiago and Fatima**  
with Fr. Matthew Flatley  
**SEPTEMBER 9-22, 2024**



Santiago de Compostela ✕ Sarria  
Melide ✕ O Pedrouzo ✕ Portomarin  
Palas de Rei ✕ Arzúa ✕ Lisbon  
Pilgrim Mass in Santiago de Compostela  
Candlelight Procession in Fatima  
Porto ✕ Chapel of Apparitions ✕ Daily Mass

To learn more, call Fr. Matt @ 573-202-3590  
or email [mflatley@diojeffcity.org](mailto:mflatley@diojeffcity.org)

INFORMATION MEETING with Fr. Matt & Travel Tyme on Wed.  
March 6 at 7pm, in Pleus Hall at IC Church in Jefferson City.

# Eucharistic Parish Mission in Hannibal

**DATE:** March 3-6  
**TIME:** 6-8 pm

Holy Family Parish in Hannibal will hold a Eucharistic Parish Mission from Sunday through Wednesday, March 3-6.

Father Jewel Aytona of the Congregation of the Fathers of Mercy will be the presenter.

Sessions will be held from 6 to 8 p.m. in Holy Family Church, 1111 Broadway.

Confessions and Adoration will begin at 6 p.m. each evening, followed by the mission presentation 7 pm.

Confession will be also be

available at 8 p.m. each evening. taken up each night to help  
Free-will donations will be defray the cost of the mission.

*Light Our Path*

2024 Women's Ministry  
**Spring Pilgrimage**

Join us for a day of prayer and reflection on the Luminous  
Mysteries of the Rosary with Catholic speaker Jill Simons

Saturday, April 6 from 9:00 a.m. to 4:00 p.m.  
St. Mary Parish — Shelbina, MO

Register online at  
[diojeffcity.org/springpilgrimage](http://diojeffcity.org/springpilgrimage)




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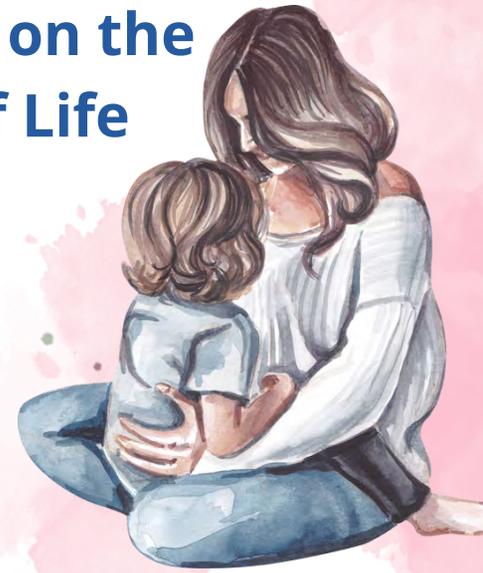
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<b>SUNDAY</b> March 3, 2024 <b>3:00 - 4:30 PM</b>	<b>SUNDAY</b> March 3, 2024 <b>6:30 - 7:30 PM</b>
The innocence of the family is under attack like never before. Come and discover how to protect and heal yours. This chastity presentation is for teens, parents and adults.	What's the meaning of sex, gender, and the human body? The truth of masculinity and femininity are being questioned like never before. Discover how your body as a man or woman reveals your identity and calling.

Mass 5:00-5:45 PM  
Dinner Break 6:00-6:30 PM

Tickets: [chastity.com/purified](http://chastity.com/purified)  
Info: [julie.g@cathedraljlc.org](mailto:julie.g@cathedraljlc.org) / 573.635.7991

Purchase Tickets with QR Code:  


# Father “Bo” Ryan still in awe through 70 years of Priesthood

**Retired priest of the K.C.-St. Joseph diocese has been living, ministering near the Lake of the Ozarks for nearly 30 years**

**Looking forward to his 70th priestly anniversary, 95th birthday**

By Jay Nies

Father C. Duane “Bo” Ryan remembers the moment he first spoke the words of consecration and knew he was holding the Body of Christ in his mortal hands.

“Thrilling! Thrilling and awesome!” he recently recalled. “It just kind of gets to you. ... You just say, ‘Wow!’”

That deep-seated wonder has persisted through seven decades of Priesthood.

In fact, if Fr. Ryan could go back and tell his newly ordained self just one thing, it would be: “You’re a pretty lucky son of a gun!”

Fr. Ryan, a retired priest of the Kansas City-St. Joseph diocese, has spent nearly 30 years living and ministering in retirement near the Lake of the Ozarks.

His priestly ties to the Jefferson City diocese are thick and pervasive.

Anticipating both his 70th priestly anniversary on April 3 and his 95th birthday on May 25, he spent a recent afternoon expressing joy and gratitude for his vocation and all the people it has brought into his life.

“It’s such a privilege,” he said. “It defines who I am.”

## Irish eyes

The oldest of two children born to Clifford and Amelia Ryan, Fr. Ryan was raised in a family that took its Catholic faith seriously.

St. Louis Parish in Kansas City and its school were the center of the family’s activities.

“Both of my parents were active in the parish and school organizations,” Fr. Ryan recalled, “and we had a warm and enduring relationship with the priests of the parish, many of whom remained friends of the family after they had moved on to other parochial assignments.”

Sisters of Charity of Leavenworth, Kansas, taught at the school.

Father Senan O’Connell,

a native of Co. Clare, Ireland, was an associate pastor there and became a priestly mentor to young Bo.

Fr. O’Connell was later incardinated into the Jefferson City diocese, ministering until his death in a car wreck when he was pastor of Shrine of St. Patrick parish in St. Patrick.

“He was very good to me and helped me greatly in many, many ways,” Fr. Ryan recalled.

After grade school, Fr. Ryan and his closest friend since kindergarten, the future Father John Hix, enrolled in St. John’s Minor Seminary in Kansas City for high school and the first two years of college.

Fr. Ryan’s parents supported his decision.

“My mother was delighted,” he recalled. “My dad was like, ‘If that’s what you want to do, do it.’”

## When in doubt

After six years at St. John’s, Fr. Ryan continued at what was known as St. Louis Prep Seminary in St. Louis, followed by four years of theology at near-by Kenrick Seminary.

He struggled at the end of each term with whether to continue his formation.

“I almost called it quits after the end of my first year in St. Louis,” he recalled.

“But then, I just wrestled with it for a while, back and forth, and I decided to go ahead,” he said.

“And as I gradually grew into it more, probably in another six to eight months, the doubts began to go away.”

He felt confident in his calling by around his second year of theology.

On April 3, 1954, in the Cathedral of the Immaculate Conception in Kansas City, Archbishop Edwin V. O’Hara of Kansas City ordained him and nine other men priests of what was then the Diocese of Kansas City.

“A clear, crisp day. A beautiful, beautiful spring day,” Fr. Ryan recalled.

## In the beginning

Fr. Ryan was struck by how many priests were being ordained for his diocese that day — “some of whom I had known for years, others that were coming from other semi-

naries who I had never met before.”

His classmates included the late Monsignor Francis Gilmannon and the late Fathers William Forst, Donald Kemper, Charles Pfeiffer and Francis Stangl, all of whom became priests of the Jefferson City diocese when it was created in 1956.

Fr. O’Connell and Father William Conrad, then serving as pastor of Fr. Ryan’s home parish, assisted at his First Solemn Mass.

Years earlier, Fr. Conrad had established what is now Our Lady of the Lake Parish in Lake Ozark.

The week after Fr. Ryan’s ordination, Fr. O’Connell invited him to visit and assist him at St. Mary Parish in Lamar.

There, Fr. Ryan heard his first Confessions and assisted with the Holy Week liturgies.

He was then appointed associate pastor of St. Therese the Little Flower Parish in Kansas City, where he developed a Catholic Youth Organization, coached youth sports in the parish, and taught religion part-time at Bishop Hogan High School.

In 1956, Fr. Ryan and the pastor of St. Therese, Father Michael F. McAuliffe, became priests of the newly created Diocese of Kansas City-St. Joseph.

Fr. Ryan said working with the Jefferson City diocese’s future second bishop (+1968-97) helped him develop a keener appreciation for the Priesthood, parish life, education and social justice.

Fr. Ryan said offering Mass was “the easiest thing I ever did.”

“I still find it a thrill to be able to celebrate,” he said.



Father C. Duane “Bo” Ryan

## Doing new things

Less than a decade into Fr. Ryan’s Priesthood, Pope St. John XXIII convened the Second Vatican Council.

Major changes to nearly every facet of Catholic life would follow.

“I’ve always been on the side of ‘We’ve got to do something like that,’” said Fr. Ryan. “So, when Pope John called the Council, and the changes came, I accepted them gladly and tried as best I could to pursue them enthusiastically.”

He found that most of his

parishioners were right on board.

“For the most part, they would go along with what we were doing, and the opposition was never huge,” he said.

He remains supportive of drawing clergy, religious and laypeople into closer collaboration in carrying out the Church’s multifaceted mission.

“I’ve pretty much stayed that way, even today,” he said.

## Teach, preach and lead

Bishop John P. Cody, founding bishop of Kansas City-St. Joseph (and later cardinal archbishop of Chicago), assigned Fr. Ryan to help create a new Catholic high school in St. Joseph.

He wound up serving as the bishop’s liaison to the school and teaching Latin and religion there while helping out at a local parish.

He enjoyed connecting with his students, especially as their religion teacher.

He still occasionally sees or hears from former students from those days.

See FR. RYAN, page 27

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# Food support for patients helps hospital visitors, families heal

By Ashley Wiskirchen

For families living paycheck-to-paycheck, an emergency of any size can derail their finely-tuned ability to pay the bills.

A wrecked car or a frozen pipe can put the rent, utility bill or even their grocery budget at risk.

Thankfully, in 2023, through a partnership with SSM St. Mary's Hospital-Jefferson City, Catholic Charities was able to provide short-term food support and long-term connections for patients recovering from hospital visits.

The 2022 Missouri Poverty Report showed the poverty rate in Missouri at around 13 percent.

The "poverty line" as we understand it is based on food needs and costs per family —

but often under-incorporates the additional strains on finances — necessities like childcare costs, healthcare fees, utilities and even rent.

As recently as 2021, 40% of American families were reported to be one paycheck away from poverty.

From time to time, the double-whammy hits even harder in the form of a hospital stay. With injury or illness comes lost working time (or unpaid leave), with the added burden of a hospital or procedural bill.

If you're living paycheck-to-paycheck, finding yourself in the Emergency Room rather than clocking in can mean the difference between paying the bills and facing eviction.

But this year, patients at SSM St. Mary's Hospital in Jefferson City are encountering something new: food support at the time of discharge to help alleviate the burden of providing nutrition while they heal from their hospital stay.

Halfway into 2023, SSM St. Mary's Hospital staff approached the Health and Nutrition Services team at Catholic Charities to explore a collaboration that would put



**Through a collaboration with Catholic Charities of Central and Northern Missouri, SSM St. Mary's Hospital-Jefferson City offers Hope and Healing food bags to patients as they are discharged. Each includes an insulated zip-up bag packed with two breakfasts, lunches, dinners, snacks and drinks to accompany. The items are shelf-stable, nutrient-dense and easy to prepare.**

healthy food in the hands of patients who are identified as food-insecure.

The Hope and Healing food bag collaboration was designed, presented, launched and implemented by the end of the calendar year.

The bar was high: provide two days of nutrient-rich food items that are shelf-stable, easy to prepare, and follow nutritional guidelines for a patient's care to help them best heal.

The Catholic Charities staff rose to the occasion, researching, taste-testing, sourcing packaging, tracking inventory and scheduling deliveries.

The end results hit all the marks: an insulated zip-up bag packed with two breakfasts, lunches, dinners and snacks and drinks to accompany.

Each item is shelf-stable, nutrient-dense and easy to prepare.

They account for common

food allergens and are low-sodium — designed not only to nourish but to help those leaving the hospital to truly heal.

Included in a side-pocket of the bags are referral resources for local help — connecting patients to the wrap-around care they need to find stability beyond those two days of nutrition.

"An even more important element of this is, after they receive the food bags — then what?" SSM St. Mary's Hospital president, K.C. DeBoer, told KRCG-TV back in December of 2023.

"So, our partnership with Catholic Charities is aimed at connecting patients to the Catholic Charities Food Pantry, or with other agencies in our community or outlying communities who can help them with food security moving forward," Mr. DeBoer continued, "because no one can heal if they

don't have adequate nutrition."

The Hope and Healing bags have been well received — with half of the initial bags that were delivered reaching patients and their families through the hands of hospital staff.

"Recently, we encountered a family in the Pediatrics wing who had no formula for their infant, and no food for their family during extremely cold temperatures," shared Bobby Reed, the Manager of Mission Integration and Chaplain to SSM St. Mary's Hospital.

"Our staff were able to supply them with food bags and formula to sustain them until the weather broke and they could get plugged into additional resources," he continued. "Without this help, this family would have gone without for several days."

This is the reality for many across communities in Catholic Charities' 38-county coverage area.

Each person impacted by the work of Catholic Charities finds themselves experiencing need, but through key partnerships, creative thinking and exceptional care — "we can provide more than food provisions for two days; we can provide comfort, and we can revive hope," a spokesperson stated.

*Mrs. Wiskirchen is the senior director of Communications at Catholic Charities of Central and Northern Missouri.*

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## 2024 Lenten regulations, admonitions for the Diocese of Jefferson City

As another Lenten journey of conversion begins on Ash Wednesday, Feb. 14, 2024, and ends with the Mass of the Lord's Supper on Holy Thursday, March 28, 2024, Holy Mother Church calls all Catholics to a deeper spirit of penance, fasting, almsgiving and prayer, "which express conversion in relation to oneself, to God, and to others" (*Catechism of the Catholic Church* # 1434 & 1969).

In order to foster a greater spirit of penance, of reparation for sin, to encourage self-denial, and so guide us more closely in the footsteps of Christ, Holy Mother Church reminds us of the following obligations of fast and abstinence during Lent and also admonishes us all to deeper prayer and worship.

### Obligations

**Abstinence** — All who have celebrated their 14th birthday are bound to abstain from meat on Ash Wednesday, all Fridays of Lent and Good Friday.

**Fasting** — Everyone, from the celebration of their 18th birthday to their 59th birthday, is bound to fast on Ash Wednesday and Good Friday.

Fasting is generally understood to mean eating only one full meal each day. Two other partial meals, sufficient to maintain strength, may be taken; but together they should not equal another full meal. Eating between meals is not permitted, but liquids are allowed.

## Bishop to preside at Rite of Election, Feb. 18 in Cathedral

By Jay Nies

People in parishes throughout the diocese are moving into the intense, final stages of preparation to receive Sacraments of Initiation at Easter.

They will mark an important milestone on Sunday, Feb. 18, when they and those who are accompanying them join Bishop W. Shawn McKnight for the Rite of Election and Call to Continuing Conversion.

This impressive gathering will be held at 3 p.m. at the Cathedral of St. Joseph in Jefferson City.

All in the diocese, especially family members and fellow parishioners who are helping with the initiation process, are invited to attend.

Held in cathedrals throughout the world on the First Sunday of Lent, the Rite is a significant step in preparing to receive the Easter sacraments

and become committed, active members of the Roman Catholic Church.

### A day to remember

76 catechumens and 121 candidates plan to take part in this year's Rite.

Catechumens have never been baptized.

Candidates have been baptized into the Catholic Church or another Christian faith community and now hope to come into full communion with the Catholic Church.

The candidates and catechumens have been preparing for several months — some for an even longer time — through the Rite of Christian Initiation of Adults (RCIA).

Accompanying them to the ceremony at the cathedral will be their sponsors, parish RCIA teams and family members.

The catechumens' names will be entered into the Book

of the Elect, signifying their becoming God's chosen people.

Bishop McKnight will hear testimony from their godparents and sponsors.

He then will declare the catechumens to be among the elect of God, which is the entire Church.

The candidates, who through their Baptism have already been counted among the chosen, will be called to continuing conversion in Christ.

Their sponsors will give testimony for their readiness to proceed toward the Sacraments of Confirmation and Holy Eucharist at the Easter Vigil.

Bishop McKnight will ask them to join the whole Church during Lent in a spirit of repentance.

All Catholics are encour-

aged to hold these people up in prayer through these last, most intense weeks of preparation.

### Pressing forward

During Lent, the candidates and catechumens will contemplate the Scrutinies, a powerful prayer of the Church through which the strength of all that is good in a person is lifted up, and whatever keeps him or her from God is cast out.

For that reason, the readings at the Rite of Election are focused on Lenten themes: temptation, sin, death and re-

of Christianity, RCIA is the process through which adults enter the Catholic Church. The process is focused on conversion to Christ.

Once considered an essential component of life in the early Church, the RCIA faded out of existence during the Middle Ages but was reinstated shortly after the Second Vatican Council.

During the RCIA process, the candidates and catechumens and their sponsors and catechists tend to become very close. Most are sorry to move beyond the process and do not wish to leave the camaraderie

behind.

But ideally, each parish is a living, vibrant

faith community that is centered around Christ and the Gospel — not just in Scripture but also in all their life's experiences.

Parish communities that have the same exuberance for Christ that their RCIA process has are welcoming environments for new Catholics.

As a result, many people who experience RCIA, volunteer to serve as catechists and sponsors in subsequent years.

**All Catholics are encouraged to hold these people up in prayer through these last, most intense weeks of preparation.**

pentance.

At the Easter Vigil Mass on March 30, the catechumens will be baptized, and they and the candidates will be confirmed and receive their First Holy Communion.

The primary symbols of fire, light, water, oil, bread and wine will be highlighted in a Mass filled with some of the Church's richest traditions and rituals.

Neophytes, as newly initiated members of the Church are known after the Easter Vigil, will continue meeting weekly through Pentecost, celebrated 50 days after Easter.

This period, called Mystagogy, is a time to "savor the mystery" of Easter and to experience a full and joyful welcome into the community.

### Conversion and camaraderie

Dating from the early days

## Helias Catholic High School launches Spirit of Excellence Campaign

By Jay Nies

It's time to finish the work, say administrators, boosters and friends of Helias Catholic High School in Jefferson City.

The school has launched its Spirit of Excellence Campaign to raise \$14 million to build a performing arts center, a baseball/softball complex, and an addition to the existing James L. Rackers Fieldhouse, including necessary updates to its athletic and strength and conditioning facilities.

These improvements are the final phase of the school's campus master plan.

"Now is the time to fulfill the promises made to our community, to complete our campus and strengthen our school's ability to provide an excellent Catholic education that inspires our students' development in mind, body and spirit," stated Helias Catholic President Ron Vossen, a Helias Catholic graduate and 45-year veteran educator at the school.

Mr. Vossen spoke at a Feb. 2 press conference inside the lobby of the school's recently renovated Crucifix Entrance.

Dozens of people with ties to the school attended, including Bishop W. Shawn McKnight; Monsignor Robert A. Kurwicki, vicar general of the diocese; Erin Vader Ed.D., diocesan superintendent of Catholic schools; Philip Macias, CFO for the diocese; and Mike Bruns, the executive director of the Foundation for the Benefit of Helias Catholic High School.

Bishop McKnight referred to the assembly as "our local community in action, showing forth how much we value Helias and its important role in the wider Jefferson City community."

He noted that Catholic schools are the principle means by which a community of faith works with parents to fulfill the common mission of raising young people together in the faith.

"We are at our best as a Church and local community when we provide for our next generation of leaders," the bishop stated.

Combined with contributions from the 2015 Rooted in Faith, Building on Excellence campaign and additional funds pledged toward the project, the Spirit of Excellence campaign seeks to raise a total of \$14 million between new donations and generous committed support of up to \$7 million from the Foundation for the Benefit of Helias Catholic High School.

Mr. Vossen noted that this final phase will bring all the school's facilities onto its centrally located campus.

Previous improvements under the master plan included a building addition containing a chapel, science center and administrative office, and the construction of the impressive Crusader Athletic Complex.

Helias Catholic Principal Spencer Allen said this final phase will have a significant impact



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## QUESTION CORNER

## Why so much incense at Mass, and isn't devotion better than obedience?

By Jenna Marie Cooper  
OSV News

**Q: Our daughter has totally given up going to church because of the relentless use of incense at each Mass. It doesn't bother me but I do notice a lot of people in the congregation that obviously have problems with it. Since it causes breathing difficulties for many people is it really appropriate to use at Mass when it excludes attendance by many?**



A: In principle, incense is indeed appropriate for Mass. The smoke that rises from the burning of incense has for millennia been understood by the Christian community as a symbol of the prayers of the faithful rising up to God. Even beyond this, Catholicism in general and Catholic worship in particular has a strong "incarnational" dimension. Among other things, this means that the Church understands that we are both body and soul, and that the engagement of our five senses — including our sense of smell — can help us enter more deeply into prayer.

I can understand how the overuse of incense might be a health issue for some people, and it's unfortunate that your daughter is struggling with this. If you sincerely believe that the parish's use of incense is excessive, perhaps it would be worth having a respectful conversation with the pastor. Also, most parishes do have at least one Sunday Mass that is celebrated in a less elaborate fashion, so perhaps your daughter could inquire as to whether there may be at least one incense-free Mass per week. If worse really comes to worst, it would also be legitimate for your daughter to opt to attend Mass at another nearby parish which might not use as much incense.

**Q: I was very disappointed in your Q&A about why someone can't just attend Mass on Sunday and "count" it for both Christmas and the 4th Sunday of Advent. There seems to be a genuine question of why we go to Mass in the first place. There is a real person, Jesus, who waits for us and wishes to hear all about our day, our dreams, our frustrations. How many Catholics are happy to give just the bare minimum? Unfortunately, there is a trend in the Catholic Church to become theologians at the expense of a relationship with our Lord.**

A: First of all, I do agree with you in principle — as Catholics, we should genuinely want a vibrant prayer life, and ideally we should all look forward to going to Mass, understanding it as a privilege and a joy, and not a chore to check off our list.

But like so many things in Catholicism, this isn't a matter of "either/or" but of "both/and." That is, we can both attend Mass out of a sincere love for God while at the same time also taking care to understand the extent of our actual obligation.

Logically, it would be silly for the Church to articulate laws and obligations if paying attention to such laws was meant to be discouraged. One of the main reasons why the Church spells out obligations in the first place is to help us to better love and serve our Lord. So even if we as Catholics just do "the bare minimum" required of us by our state in life, this should be enough to help us grow in holiness if we fulfill these obligations with the correct disposition.

A healthy spiritual life is marked by a sense of balance and serenity. For those who struggle with any level of scrupulosity, stated obligations can be helpful insofar as they allow for objective knowledge of when one has actually fulfilled God's expectations. If the only guidance available on how often to

See QUESTION, page 23

## Papal Audience

February 14, 2024

Dear Brothers and Sisters,

In our reflections on the vices and virtues, we now consider acedia or sloth, which, although associated in English with laziness, is above all a deep spiritual apathy, manifested by discontent and aversion to attentive prayer and growth in our relationship with God. According to the monastic tradition, this "noonday devil" is best overcome by the patience of faith. This includes accepting the poverty or dark night of faith, which then enables us, by God's grace, to sense the divine presence and to continue to reach out to God. The saints themselves show us that perseverance in time of temptation leads us to set practical goals, however small, for our daily life and moves us to lean on Jesus, who always remains with us.

I extend a warm welcome to the English-speaking pilgrims and visitors taking part in today's audience, especially the groups from England, Wales, Nigeria, Korea and the United States of America. As we begin this season of Lent, I invoke upon all of you the joy and peace of our Lord Jesus Christ. God bless you!



## Bishop, sisters pray and celebrate on the World Day for Consecrated Life

By Jay Nies

Seventeen sisters representing religious communities on mission throughout the Church in central and northeastern Missouri gathered with Bishop W. Shawn McKnight Feb. 4 to celebrate the World Day for Consecrated Life.

They convened in the Alphonse J. Schwartze Memorial Catholic Center in Jefferson City to pray, visit, share a meal and help God reinforce each other's unique baptismal call to holiness and service in the Church.

"I am deeply grateful for the service you provide in our diocese, along with the witness of your lives and the unique charism that each of you brings to carrying out your baptismal calling," Bishop McKnight told them.

The sisters and bishop began with a prayer service in the St. Alphonsus Liguori Chapel.

They sang hymns, chanted Psalms, offered prayers of thanksgiving and petition and contemplated the day's Scripture readings.

Tom Halpin, retired music director for Cathedral of St. Joseph Parish in Jefferson City, provided keyboard accompaniment to the singing.

Bishop McKnight thanked the sisters for placing their gifts and talents at the service



Sisters who live and serve in the Jefferson City diocese gather with Bishop W. Shawn McKnight in the chapel of the Alphonse J. Schwartze Memorial Catholic Center in Jefferson City on Feb. 4, as part of their celebration of the World Day for Consecrated Life. —Photo by Jay Nies

of God and his people in the diocese, and called them to continue to be a light in their work and in their presence here.

He spoke of the Synod on Synodality that is taking place throughout the Church, and the ongoing need to implement the values of the Second Vatican Council — especially the calling that every baptized individual receives to pursue holiness and help lead others to Christ.

Bishop McKnight referred to the Synod as "a time to listen to the guidance of the Holy Spirit."

Acknowledging that the

Church needs to change in order to meet the needs of a rapidly changing world, the bishop urged the sisters to remain open to the Holy Spirit to lead and guide all of God's people to the changes that need to happen, "so that the people will know Jesus better."

Sr. Kathleen Wegman of the School Sisters of Notre Dame and the bishop's liaison to religious in the diocese, asked everyone to remember in prayer all of the sisters who have served in this diocese "who have gone before us and are now enjoying the peace of God."

See CONSECRATED, page 19

# St. Josephine Bakhita was a victim of modern-day slavery

By Bishop Nicholas DiMarzio  
OSV News



January was National Slavery and Human Trafficking Prevention Month, leading up to the Feb. 8 feast of St. Josephine Bakhita. St. Josephine Bakhita was a young southern Sudanese girl who was kidnapped and sold into slavery. She eventually was bought by an Italian diplomat and taken to Venice, where she encountered the Catholic faith.

Her story is an interesting one, since escaping from slavery was not an easy task even in Italy during the 19th century, yet Josephine persevered and became a Canossian sister. She was canonized by St. John Paul II, who in his homily said, “We find a shining advocate of genuine emancipation.” Josephine has become the patron saint of those enslaved and trafficked, as well as one venerated by African American Catholics in the United States

and also the patron saint of Sudan.

Human trafficking, often referred to as a modern form of slavery, involves using force, fraud or coercion to make someone provide labor or engage in sexual activities against their will. Migrants are particularly vulnerable to trafficking because, in their desperation, they may resort to paying a smuggler to arrange transportation to their destination.

Exploiting this vulnerability, smugglers may then traffic migrants for labor or sex. The hazards migrants encounter during their difficult journeys can expose them to trafficking, regardless of whether they have used a smuggler before.

Even though those who are smuggled might initially consent and pay a fee for transportation to their desired country, some soon find themselves recruited or lured into situations of sexual exploitation, forced labor or indentured servitude

— whether it happens before, during or after their migration journey. Trafficked individuals are frequently deceived with promises of a good job and a better life or, like St. Bakhita, kidnapped.

## A PRAYER TO ST. JOSEPHINE BAKHITA

St. Josephine Bakhita, you were sold into slavery as a child and endured untold hardship and suffering.

Once liberated from your physical enslavement, you found proper redemption in your encounter with Christ and his Church.

O, St. Bakhita, assist all those trapped in a state of slavery; intercede with God on their behalf so that they will be released from their chains of captivity. Those whom man enslaves, let God set free.

Provide comfort to survivors of slavery and let them look to you as an example of hope and faith. Help all survivors find healing from their wounds. We ask for your prayers and intercessions for those enslaved among us. Amen.

Awareness of the problem is a critical tool to combat the crime of human trafficking, which is a worldwide problem. Due to the underreported nature of the

crime, it is difficult to gather accurate statistics of those trafficked and exploited. Nevertheless, the Global Slavery Index reports that at any given moment there are nearly 50 million people living in a situation of modern slavery. Estimates show there are about 1 million people living in situations of slavery in the United States.

The bimonthly newsletter put out by the anti-trafficking office of the U.S. bishops’ conference titled “Hidden in Plain Sight,” highlights how often we fail to see trafficking situations in our own communities. Hidden in plain sight is the best way to describe this reality, as they are sometimes hidden in nail salons, massage parlors or in sectors of the entertainment industry.

Awareness, prevention and detection are effective tools to eliminate human trafficking from our midst. How important it is that we keep watch for any signs of those who may be ill-treated in their workplaces, understand what might constitute a human trafficking situation and

See DIMARZIO, page 23

# Let God choose your Lent

By Jaymie Stuart Wolfe  
OSV News



“What are you giving up for Lent?” For many Catholics, the question appears almost automatically — and even before the last box of Christmas decorations has been packed up and stowed away. As someone who spent most of my life in that category and with that crowd, I think it’s because Lent can feel a lot like a competition, a 40-day spiritual marathon with winners and losers.

Every Ash Wednesday, it seemed to me, the Church threw personal holiness down like a gauntlet. The point, I thought, was to accept the challenge and do everything in my power to excel in achieving it. My naturally competitive nature means that I have always been more than willing to take up just about any challenge. Living the faith was no exception.

That’s one reason why I figured that the more demanding and strenuous Lent was, the better. It was a matter of simple logic. If fasting on Fridays demonstrated my love for God, then fasting on Wednesdays and Fridays would do so even more. If praying one novena was good, two or three had to be even more beneficial. Whenever I heard about someone else’s sacrifice, I’d up the ante for myself. If someone was giving up coffee, I’d commit to drinking only water. When someone I knew gave up chocolate (and there was always someone who did), I’d attempt to give up sweets of any kind. There were

years I even put pebbles or toothpicks in the soles of my shoes for the season. Nothing was too much for me.

And that was the problem. In doing all those things, I failed to grasp the point of Lenten penitential practices and disciplines. I didn’t realize that because nothing was too much, nothing would ever be enough. Rather than accepting my weaknesses, I tried to live my spiritual life beyond my means and the measure of my strength. And those efforts never produced the fruit of repentance in my life. Instead, they left me exhausted and puffed up. Eventually, I finally recognized that intensifying penitential practices in preparation for Easter isn’t about spiritual bootstrapping or one-upmanship. As a result, I decided to give up giving up things for Lent.

So, for more than a decade now, I’ve been letting God choose what I give up for Lent. And he has chosen some real doozies. The things God has invited me to sacrifice have challenged me at a much deeper level because they call for more faith than I can muster on my own. This approach has made a real difference in what I gain from Lenten practices because God knows what I need better than I do. He is happy to show me all the things I have allowed to take his place. And he is more than willing to reveal the pantheon of idols in my heart, especially when I am convinced that I have none.

The truth is that the crosses I used to choose — even the most difficult ones — were still within my control, simply because I was the one who chose them.

See WOLFE, page 23

## REFLECTION

# From age to age

By Mark Saucier

A cake, ablaze with candles toasting the shredded coconut at their feet, was no subtle reminder that another year had passed.

In that piercing light, I could not deny that I had reached the middle years of my eighth decade on this lovely whirling rock.

I have friends much older, offering the hope of cakes with larger fires, but I am a year away from the age my paternal grandparents died. Though separated by 60 years, it still gives me pause.

I don’t think of death that much, though I have become resigned that it will come, and still hope to be disappointed when it does. What I ponder most is the time between now and then, and how well I will navigate it.

St. Augustine wrote, “You only grow old on the outside.” I don’t find that particularly consoling.

Beauty is only skin-deep, but age goes to the bone, and some days I feel it may be deeper than that.

A cold, a cough, a wound or a sprain lingers longer. My hearing has diminished, my stamina shortened, and my pace slowed.

I’m not the man I was yesterday, but sadly better than I’ll probably be tomorrow.

All that could be terribly depressing were it not for the effects aging can have on the “inside,” if we only give it some of the attention we give to our physical ebbing.

I have always enjoyed being around others, and I still do, but now I feel comfortable in solitude, looking forward to times when I will be alone. In these moments, at long last, I am less a stranger to myself.

My hearing decline is frustrating, but at the same time, I have come to cherish silence. From prayer to a muted sportscast, the silence seems to make me more aware, more open, more attentive to the whispers of our world and our God.

In yet another irony, I tend to listen more. I focus more on the words of another, and less on my next response. Age has disabused me of the idea that I have the truth. Everyone’s story contains a part of it.

With time, I have experienced the sheer joy that comes from helping others and am slowly getting better at letting others help me. I find it’s a way of sharing that joy.

The catechism defines grace as “participation in the life of God.”

I am beginning to suspect that aging may be grace.

# Encounter

## AT CATHOLIC CHARITIES

### Seeds of Hope blossom in 2023: A year in service with Catholic Charities



2023 wasn't just a year of work for Catholic Charities of Central and Northern Missouri, the charitable arm of the Diocese of Jefferson City; it was a testament to the transformative power of compassion.

Inspired by our faith and driven by an unwavering commitment to the most vulnerable, those who work and serve at Catholic Charities witnessed firsthand the impact of that work.

Our efforts created a ripple effect of hope that has truly changed lives across the diverse communities in our diocese.

As threads weaving a stronger tapestry, over 150 community partners throughout Missouri joined us to amplify our reach and effectiveness.

Together, we combined our expertise and shared passion to create a strong safety net for those in need.

Our collaborative efforts ensured that no challenge was faced alone.

We provided counseling to those in need of a place to call home, relief from predatory loans and support to those recovering from disaster.

Partners like the United Way, the Food Bank for Central and Northeast Missouri, and SSM St. Mary's Hospital have grown our ability to provide nutritious food to those who lack the casual access many of us enjoy.

Collaborating with El Puente, and the Diocesan Office of Hispanic Ministry has strengthened our ability to connect the Hispanic community to case management and family reunification services.

Compass Health, teachers, public safety local government officials, and community sponsors — among many others — have helped us welcome newcomers as well.

Of course,

some of our most noteworthy partners are the Catholic parishes who collaborate with us, host our clients for counseling sessions and grow deeper in formation with our staff.

Partnerships are truly invaluable to our work.

The 2023 Impact Report, included in this edition of *The Catholic Missourian*, highlights many of those partnerships and dives deeper into key relationships in the digital version.

If you are ready to take up the call to serve your community through a collaboration, we hope you'll give us a call this year.

Our volunteers, the lifeblood of our organization, dedicated nearly 9,000 hours of service in 2023.

Their selfless contributions, whether in the Catholic Charities Food Pantry, welcoming newcomers, or delivering food boxes to seniors, epitomize the spirit of charity that defines our mission.

We are deeply grateful for their unwavering commitment and extend our invitation to others to join our ranks, amplifying the ripple effect of hope.

This year we had the unique opportunity to welcome two of United Way's Give 5 classes, a new program that connects recent retirees to service opportunities, to tour our Central



Offices and learn more about what our agency does to serve the community.

From these classes, several volunteers committed their service to our agency, and to serving our neighbors in need.

In 2023, we nourished both the bodies and the spirits of those we encountered at Catholic Charities.

In a year marked by economic hardship, the faces we encountered held stories of struggle and resilience.

We saw despair melt away into relief as families found solace in our food pantry, receiving over 383,000 pounds of food.

Beyond food, programs like financial wellness courses and disaster response empowered individuals to not just survive,

but thrive.

Our agency is building bridges for newcomers — reunifying families and helping recently resettled refugees find self-sufficiency.

For newly arrived refugees and immigrants, navigating unfamiliar territory can be daunting.

We helped hundreds of individuals navigate legal hurdles, learn English, and build new lives through case management and legal consultations.

Seeing children confidently navigate school and families finding their footing in our communities fueled our commitment to building bridges, not walls.

At Catholic Charities, we are speaking hope into the hearts and minds of those seeking mental health support.

Mental health challenges know no social or cultural boundaries.

In 2023, we expanded our reach beyond physical walls, offering online counseling sessions for Spanish-speaking families and providing users with access to the "Hope" chatbot.

Seeing the si-

lence surrounding mental health begin to break, with individuals seeking and receiving support, reaffirmed our belief that hope can blossom even in the darkest corners.

In 2023, we invested in empowering Catholic parishes across our diocese to grow in their abilities to be beacons of hope for their communities.

Our impact resonated beyond our own programs.

Over 60 Parish Ambassadors championed our cause, while grants supported local efforts

like community gardens and warming shelters.

Seeing parishes transformed into beacons of hope within their communities was a powerful reminder that compassion's reach is limitless.

Working alongside our donors to serve those in need, we celebrated the generosity of 151 new supporters.

They joined nearly 700 generous stewards in advancing our cause.

Their contributions, totaling 1,319 gifts, reflect a shared commitment to making a difference in communities across the diocese.

We are grateful for their continued support and encourage others to join in our mission of compassion.

As we enter the Lenten season, we invite you to become part of our story.

With your continued generous support, or first-time gift, we can continue to sow seeds of hope.

Together we can nurture them into life-changing opportunities, and accompany individuals and communities as they flourish.

**You can help these seeds grow.** No gift, prayer, or use of your talents in service to others is too small.

Together, let's make 2024 a year where compassion knows no bounds. **Join us in making a difference.**

Catholic Charities  
of Central and Northern Missouri

## Parish Engagement and Charity Events

EVENTS BEGIN AT 9:00 AM AND END AT 12:00 PM

<p><b>1 MARCH 9</b> St. Anthony Catholic Church Camdenton, MO</p>	<p><b>4 AUGUST 10</b> St. Patrick Catholic Church Rolla, MO</p>
<p><b>2 JUNE 15</b> St. Mary's Catholic Church Shelbina, MO</p>	<p><b>5 NOVEMBER 9</b> Catholic Charities Central Offices Jefferson City, MO</p>
<p><b>3 JULY 20</b> St. Brendan Catholic Church Mexico, MO</p>	

**Join us for  
PEACE Events in 2024**

Join us for a session of faith formation, fellowship, presentations on Charity and Mercy Grants, and the opportunity to connect or reconnect with Catholic Charities.

**Learn more and RSVP**

You can learn about our PEACE events, get access to resources, and RSVP for next year's meetings by scanning this QR code!

# Volunteer Spotlight: Finding value in service ... and in each other

By Lori Stoll with Ashley Wiskirchen

Mason, a senior at Helias Catholic High School, knew he would need to complete service hours throughout the 2023 school year, but wasn't quite sure how he'd get those finished, or who he would volunteer with.

Mason's grandmother, a volunteer in the Catholic Charities Food Pantry, shared her experiences working alongside Catholic Charities staff to welcome neighbors, check-out and bag groceries, and walk shoppers to their cars during her volunteer shifts.

She asked pantry staff if Mason could tag along for a shift to see how things worked and consider filling his volunteer hours in the pantry.

The staff eagerly responded, "Of course!"

For his first few shifts, Mason diligently stocked shelves, stayed to himself, and carried out tasks as asked by staff.

Mason was reserved and quiet — the pantry staff wondered if the shelf-stocking shift was the right fit for him, but appreciated his willingness to set and reset the pantry for neighbors who would visit to fill their own pantries and refrigerators with healthy food.

One day, Mason offered up a request that was somewhat unexpected; could he volunteer during the pantry shifts to help neighbors who were shopping?

The staff were excited — "of course!" they eagerly answered again.

Mason took up the active pantry shopping shifts and grew more and more comfortable engaging with neighbors and offering to help them shop.

With every shift, the pantry's staff saw Mason step a little bit further from his comfort zone — from back-of-house work sorting food and stock-

ing shelves, to the welcome center desk to greet clients and talk with shoppers.

"Each shift he volunteered for, it was so fun to watch him grow and be himself," shared Food Programs Coordinator Lori Stoll. "He seemed to find value in how he was spending his time, and we could see it."

To the staff's delight, Mason started checking in to see which shifts were short-handed and in

need of more volunteers.

He began snagging volunteer opportunity spots to make sure the staff had as much support as they needed to serve neighbors well.



He came with jokes and stories to share with other volunteers and neighbors — starting conversations and enjoying visiting during his shift.

"I even heard his grandmother say, 'I don't know what happened here, but he is changed — and better for it,' and that really stuck with me," Mrs. Stoll shared.

During Mason's last shift to fulfill his Helias service hours, the staff felt bittersweet. They had genuinely enjoyed their time together, and while feeling proud of him for reaching his service goal, they also knew they'd miss seeing him at the pantry.

See VOLUNTEER, page 21



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## New Cursillistas had a great fall in 2023



**Cursillo Women's Weekend #80** — (Front row) Sandy Gamble, Mary Wideman, Glenda Wagner, Diane Brimer, Terri Crawford-Goss, Paula Gough, Therese Sander, Mary Jo Schwend, (second row) Megan Graessle, Andrea Davis, Teresa Peters, (third row) Debbie Brucks, Barbara Hall, Nicole Berkus, Lisa Berendzen, Linda Oligschlaeger, Julie Fuemmeler, Caroline Andriano, Deb Johnoff, (fourth row) Frinchie Tisdale, Jennifer Cordia, Katy Korte, Deacon Mike Long, Amanda Lutz, Shannon Downing, Fr. Mark Smith, Kelli Cash, Debra Johnson, Kyle Clark. (Not pictured: Barbara Garvey)

**Cursillo Men's Weekend #72** — (Front row) Dan Kliethermes, George Peters, Jeremy Diener, Bill Pauls, Deacon Joe Puglis, Tony Lupo, Father Simon Kanyike, Deacon Chris Korte, Matt Berkus, John Pinkowski, (second row) John Sullivan, Jonathan Clark, Carl Fuhr, John Keener, Ted Sander, Bill Fay, Doug Orf, Bob Riebold, Mike Schwend, Bill Koncen, Tom Lauer.

By Ted Sander

The Jefferson City diocese's Cursillo Movement held its Fall 2023 Weekends in the northern part of the diocese.

This was the first time in many years that weekends were held in Edina, as St. Joseph Parish has a wonderful retreat facility in the middle of beautiful, rural Missouri.

It gave Catholics from the northern part of the diocese the opportunity to participate without having to travel so far.

### "Changed and inspired"

Men's Weekend #72 was held Sept. 28-Oct. 1, and included 10 candidates, several of whom were from the Edina/Kirkville and surrounding area.

Tony Lupo of Our Lady of Lourdes Parish in Columbia served as rector for the weekend and was assisted by a team of 16 members from throughout the diocese, including

members from Camdenton, Lake Ozark, Jefferson City, Columbia and Moberly.

"I thought that the weekend went very well," said Mr. Lupo. "I felt that this group opened their hearts to God's grace and we all went home changed and inspired."

Men's #72 had a rather unique experience in that Father Simon Kanyike, associate pastor of Our Lady of Lourdes Parish in Columbia, served as spiritual advisor for the weekend while participating as a candidate.

"The Cursillo weekend was one of my best faith experiences," said Fr. Kanyike. "It was spent with men serious about their faith, ready to serve and willing to ensure that everyone in their unique way benefits from the Cursillo."

"I was impressed by the depth of sharing individual experiences in sincerity," he stated.

He pointed out that being the spiritual advisor and a candidate required him to be conscious of the two-fold reality of teaching and being open to learning.

"I have no doubt that the Holy Spirit guided every one of us," said Fr. Kanyike. "It was so spiritually gratifying to see how many people at every moment of the day were out there praying for us!"

"That ring of prayer shielded us from distractions and opened the way for the work of the Holy Spirit," he stated.

"And so, I say to the entire team and my fellow candidates, *De Colores!*"

### Trusting the Holy Spirit

Women's Weekend #80 was held Oct. 19-21, also at St. Joseph in Edina, with 17 women attending from 11 parishes across the diocese.

Mary Wideman of St. Pius X Parish in Moberly served as rectora, assisted by a team representing at least 10 parishes in the diocese.

"We had a wonderful faith filled weekend," said Ms.

Wideman. "Grace was poured out on the 17 team members and 17 women candidates."

"We had our proverbial umbrellas down, so we were drenched," she said.

The women were very open and listened to the whispers of God inside their hearts.

"Their attitudes were positive, they were enthusiastic and they trusted the Holy Spirit and the team," said Ms. Wideman. "We even had fun and learned some new songs on Saturday evening. New friends were made."

## EXCELLENCE

From page 7

on students "and this business of guiding the formation of scholars and saints for Christ."

He shared several ways the project will enhance the school's core values of faith, excellence and community.

For instance, he pointed to the significance moving all of the school's home softball and baseball games onto the campus "where symbols of our faith are all around us."

Likewise, he cited the ease with which the new performing arts center will be able to be used for Mass, rather than setting up chairs in the fieldhouse.

"We'll be able to come together for Christ even more often after this project," he stated.

Completing the master plan will also allow the school's faculty, staff and administration "to continue building on a proven tradition of excellence, inside and outside of the classroom,"

he stated.

It will also allow Helias Catholic to host events with our partner parishes, with our diocesan schools, with our partners in the broader community, he said.

Peter Lyskowski, chairman of the Spirit of Excellence Committee, noted that Helias Catholic is blessed with world-class facilities, "and the boundless generosity of our community that continues to make them possible."

"We have an opportunity now to create a new home for excellence, a new communion of faith, right here in the heart of Jefferson City," said Mr. Lyskowski, a 1995 Helias Catholic graduate, and parent of two Crusaders.

Erin Vader Ed.D., diocesan superintendent of Catholic schools, said that having come

See HELIAS, page 23

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# Providing Care and Creating Hope

CATHOLIC CHARITIES OF CENTRAL AND NORTHERN MISSOURI • 2023 IMPACT REPORT



In 2023, Catholic Charities of Central and Northern Missouri extended compassionate services to meet the needs of thousands across the Diocese of Jefferson City. With services spanning five program areas — Community Services, Counseling, Health and Nutrition, Family Immigration, Refugee resettlement, and Parish Social Ministry — our qualified staff and compassionate volunteers acted as the hands and feet of Christ to their neighbors in need.

We are pleased to share the impact of that work with you here in *The Catholic Missourian*, and online in an interactive Impact page located at [ccnmo.diojeffcity.org/impact](http://ccnmo.diojeffcity.org/impact).

Each year we look forward to sharing the impact of our work through statistics and firsthand accounts from both our staff and those we serve. After all, it is with your prayerful support, your generous giving of time and talent, and your material help through financial donations that this charitable work thrives. In cities, towns, and rural communities across the thirty-eight counties we serve, your support is truly providing care and creating hope for those in need.

In each section of our 2023 Impact Report, you'll find highlighted areas of our programming that have made a tangible difference for the people we encounter. From struggling under predatory loans to finding stability and thriving with the help of our financial stability specialist, to visiting the Catholic Charities Food Pantry for food and leaving with encouragement and hope — these encounters leave a lasting impression on us as much as it does our neighbors. While we are accompanying those in need of housing, reunification with their families, or rebuilding their lives in a new country, they are leading us closer to the heart of Christ. In their gratitude, their growth, and their resilience, we find our own renewed sense of joy and hope.

Please enjoy this report, be assured of our prayers for you, and please consider joining us in our mission to serve with your time, talent or gift this year.

## OUR CATHOLIC MISSION

Inspired by the Gospel of the Beatitudes as proclaimed by Jesus Christ, Catholic Charities of Central and Northern Missouri is committed to providing care and creating hope for the lives of the vulnerable through compassionate social services that respect the dignity of each person and engage the local community in our work.

“The mission of Catholic Charities is measured by more than statistics, it is an expression of love to those in need and a form of evangelization in and of itself. The sharing of the Good News of the Gospels through acts of charity and mercy encounters people in need, affirms their dignity, and restores their hope.”



MOST REVEREND  
W. SHAWN MCKNIGHT  
BISHOP OF JEFFERSON CITY

Catholic Charities  
of Central and Northern Missouri

## Community Services

In 2023, our Community Services Program:

- Provided **10 families** relief from predatory loans, lowering payments as much as \$150 per month, accompanied by coaching with our financial stability specialist.
- Served **36 disaster survivors** with long-term disaster case management after experiencing severe weather or fire.
- Counseled **25 individuals** seeking housing help with HUD-Certified Housing Counseling services for renters, home buyers and those experiencing homelessness.
- Provided **42 individuals** with case management in Hispanic Community Outreach, impacting 159 household members.
- Enrolled **54 individuals** into English Language Learning programs to help families navigate their communities.

### FEATURE STORY

**Taking The Keys: Tornado survivor moves into Habitat for Humanity home four years after Tornado** | Scan the QR code here to read more about the tornado survivor who's 2019 disaster recovery case was closed in 2023 — with keys in-hand to move into his new Habitat for Humanity home.



SCAN HERE TO READ MORE!

## Counseling Services

In 2023, we launched Counseling Services for faith-based counseling, seeking program director for clinician oversight and curriculum support in Catholic schools. In 2024, this may be reimaged to include contracted providers to expand our reach. Amidst these changes, last year our Counseling Services:

- Provided **over 1,000 users** across mid-Missouri with access to Hope, the Emotional Support Chatbot. Hope is not a counselor, but is like a friend with suggestions and exercises to help manage stress, reach goals, and refer to a licensed practitioner when needed.
- Facilitated **186 online counseling sessions** for Spanish-speaking families, with the help of seven Catholic parishes, through the *Clinica la para familia* (CLIFAM) program.

## Family Immigration

In 2023, our Family Immigration Services program:

- Consulted with over **2,000 people** across central and northern Missouri seeking immigration legal services.
- Managed **906 cases** for clients seeking family reunification, changes of status, and pathways to citizenship.
- Sent **4 staff members** to the Catholic Legal Immigration Network, Inc. (CLINIC) annual convening for professional development.
- Served clients representing **36 countries**.

### FEATURE STORY

**Keeping vigil with clients and keeping their hope alive** | Scan the QR code above at left to read Tomas's story — one that may seem rare, but is commonplace in the work of reuniting families through the U.S. immigration system. A system that, even when things are going right, may stretch into two decades of waiting.

## Volunteers

In 2023, we partnered with **over 500 volunteers** who donated nearly **9,000 hours of service** alongside our staff in the Catholic Charities Food Pantry, alongside newcomers as Community Sponsors, welcoming clients to our offices, delivering food boxes to seniors, and more.

### FEATURE STORY

**Finding value in service, and in each other** | Scan the QR code above to learn about the Helias Catholic High School senior who picked up some pantry shifts to complete service hour requirements, and found something more.

## Community Partners

In 2023, we collaborated with over **150 partner agencies and organizations**, who helped weave a network of care around our clients by:

- Hosting community health programs and workshops
- Consulting and preparing for the arrival of newcomers into safe, welcoming communities.
- Stocking our food pantry with nourishing, healthy food choices for families.
- Improving our ability to prepare for and respond to disasters throughout our diocese.

## Health and Nutrition Services

In 2023, our Health and Nutrition Services Program:

- Encountered **2,044 households** in the Catholic Charities Food Pantry, impacting nearly 5,500 individuals who are seeking access to healthy, fresh food in our client-choice pantry setting.
- Provided **82 screenings** in the Mid-MO Self Management of Blood Pressure program, to help participants reach their health management goals.
- Collaborated with local partners to host **9 workshops** focused on improving public health, including Walk With Ease and Matter of Balance classes.
- Facilitated **481 Senior Food Box deliveries** through Missouri DHSS's Commodity Supplemental Food Program (CSFP) food boxes with USDA.

## Refugee Services

In 2023, our Refugee Services program refocused on helping newcomers reconnect with family members awaiting their arrival in the U.S. Last year we:

- Resettled **229 individuals** from across the globe into welcoming, safe communities in mid-Missouri.
- Provided intentional case management to **112 newcomers** with specialized support for medical, financial or family-related needs.
- Mentored and assisted **32 youth**, resettling with their parents and navigating school enrollments, English language learning and integration into new communities.

### FEATURE STORY

**Youth and Education Services: Connecting young newcomers to schools, communities, and futures** | Our staff and volunteers are shaping the future through services to refugee youth. Scan the QR code on the left page to read more.

## Joining United Way

In 2023, the **United Way of Central Missouri** welcomed our agency as a member. This partnership has a significant impact on our ability to serve neighbors, particularly in **the Catholic Charities Food Pantry**. We're looking forward to the benefits of this partnership for those we serve in 2024!



## Recursos para la comunidad Hispanica

Las personas que se acercan a nuestros servicios pueden contar con asistencia centrada en el respeto y dignidad, tomando en cuenta su entorno cultural y lingüístico. Además, podrá recibir referencias e información sobre recursos dentro de su comunidad.

Proveemos un alcance especial a la comunidad hispana en nuestra área de servicio de 38 condados con:

- Manejo de casos
- Consejería en línea
- Aprendizaje del idioma inglés
- Servicios de inmigración

*In 2023, seven Catholic parishes partnered to host nearly 200 counseling sessions for Spanish-speaking individuals and families.*

### El año pasado ayudamos:

- **42 individuos** con manejo de casos,
- **54 individuos** con aprendizaje del idioma inglés, y
- las familias recibieron **186 sesiones** de consejería en línea

Para obtener más información, comuníquese con Ilsi Palacios, Coordinadora de Servicios Hispanos. Llame al 573-635-7719 o correo electrónico: [ipalacios@cccnmo.org](mailto:ipalacios@cccnmo.org).

## Fundraising

In 2023, **151 new donors** joined our mission to serve those in need with a gift or pledge to Catholic Charities, bringing us to nearly **700 supporters** throughout the diocese. With **1,319 total gifts last year**, we also:

- Partnered with the **Helias Knights of Columbus Council #1054** during Lenten fish fries.
- Hosted our **first-ever Mac 'n Cheese Bowl** event to gather community and support our work.
- Launched the **Circle of Care** monthly giving opportunity for supporters — learn more on our website!

As the charitable arm of the Catholic Church in the Diocese of Jefferson City, our commitment to serving the most vulnerable is deeply rooted in our Catholic identity. Our mission transcends faith, culture and circumstances, reflecting the compassionate essence of our beliefs. At the heart of our service is a steadfast dedication to providing aid and support to those in need, embodying the true spirit of charity within our community.

Our agency's programs stand as pillars of support, addressing diverse needs with a commitment to compassion. From aiding refugees and immigrants to addressing food insecurity, and mental health needs and providing education on health and nutrition, our programs reach deep into the community, leaving a lasting impact.

The transformative power of our services lies not only in their diversity, but in their ability to touch lives across faiths, cultures and circumstances. Through a lens of empathy, we have become a driving force in promoting positive change and fostering a sense of community well-being.

Please consider joining us in this charitable work with a gift — of time, talent, or a donation in support of those in need across our diocese. Your support fuels our hope.

LITZ MAIN  
EXECUTIVE DIRECTOR



SCAN TO JOIN US  
IN OUR MISSION!

## Parish Social Ministry

With many of the Catholic parishes across our diocese participating in social ministries and community outreach, our support of the faithful through formation, consultation, and material help can ensure that community members know their local Catholic parish is a place where people can come to get help, and come to give help. In 2023, our Parish Social Ministry program:

- Funded **4 Charity and Mercy Grants** to provide material support to ministries at Catholic parishes, including support for St. Brendan Parish's Room at the Inn program in Mexico, the community garden at St. Mary Parish in Shelbina, and St. Vincent de Paul Parish's warming shelter in Sedalia.
- Engaged with over **60 active Parish Ambassadors** to grow in relationship with Catholic Charities' services and supports.
- Hosted over **80 parishioners** representing **28 parishes** for the inaugural Parish Engagement and Charity Events (PEACE), hosted by local parishes in each deanery of the diocese.
- Welcomed Faith Based Community Nurses for **quarterly luncheons** hosted in the LaSalette Community Room of our Central Offices.
- Delivered over **300 liturgical calendars** to inmates participating in Prison Ministry programs and continued the sponsorship of volunteer appreciation banquets for inmates at two Jefferson City facilities.

### FEATURE STORY

**Growing Centers of Charity and Mercy through participation and formation: Parish Engagement and Charity Events** | We provided nearly 30 hours of formation to parish social ministers in 2023. Over a series of five mornings and afternoons, the Parish Engagement and Charity Events (PEACE) invited participants into formation on Catholic social doctrine, learning more about Charity and Mercy Grants, and networking. We hope you'll join us in 2024!

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## Parish Engagement and Charity Events

EVENTS BEGIN AT 9:00 AM AND END AT 12:00 PM

- |   |  |
|---|--|
| <p><b>1 MARCH 9</b><br/>St. Anthony Catholic Church<br/>Camdenton, MO</p> | <p><b>4 AUGUST 10</b><br/>St. Patrick Catholic Church<br/>Rolla, MO</p>                      |
| <p><b>2 JUNE 15</b><br/>St. Mary's Catholic Church<br/>Shelbina, MO</p>   | <p><b>5 NOVEMBER 9</b><br/>Catholic Charities<br/>Central Offices<br/>Jefferson City, MO</p> |
| <p><b>3 JULY 20</b><br/>St. Brendan Catholic Church<br/>Mexico, MO</p>    |  |

### Join us for PEACE Events in 2024

Join us for a session of faith formation, fellowship, presentations on Charity and Mercy Grants, and the opportunity to connect or reconnect with Catholic Charities.

### Learn more and RSVP



You can learn about our PEACE events, get access to resources, and RSVP for next year's meetings by scanning this QR code!

## LENT

From page 6

Voluntary fasting on other weekdays of Lent is highly recommended. But please note: when health or ability to work would be seriously affected, neither the obligations of fasting nor abstinence obliges.

These are minimal penitential practices and should not be lightly excused. If in doubt, please consult your parish priest.

Other recommended forms of fasting, including alcoholic drink, needless television, video games, internet use, and social entertainment, are of true spiritual value and strongly encouraged.

**Almsgiving** — The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a witness of fraternal charity and an expression of Lenten conversion.

Therefore, all Catholics are encouraged to support generously the charitable works of the whole Church — through regular stewardship to their parish and support of charities.

**Prayer** — In order to deepen one's love for Christ, Catholics are urged to participate in the Sacramental life of the Church during Lent by attending daily Mass and frequenting the Sacrament of Penance and Reconciliation.

### Admonitions

**Baptism** — "To illustrate the paschal character of Baptism, it is recommended that the sacrament be celebrated at the Easter Vigil or on a Sunday, when the Church commemorates the Resurrection of the Lord." (*Order of Baptism of Children*, no. 9).

Baptisms may certainly take place during Lent, preferably on a Sunday, but any day other than Good Friday and Holy Saturday (and even then in the case of danger of death).

**Confirmation** — Any persons who were baptized Catholic but never catechized and who now wish to receive the Sacrament of Confirmation, may be confirmed by a priest at the Easter Vigil (or any oth-

er time) only if written delegation is given to the priest by the diocesan bishop.

The priest is asked to contact Bishop W. Shawn McKnight in writing *well in advance* of the Easter Vigil outlining the candidate's full name; the date and church of baptism, and explain the reason for this request. Bishop McKnight will gladly consider each pastoral request on an individual basis.

**Reconciliation** — Lent is also a privileged time for celebrating the Sacrament of Reconciliation, including its communal celebration. Church law does not permit general absolution at communal celebrations of Reconciliation.

Regarding the Sacrament of Reconciliation for baptized adults seeking full communion with the Church, any previously baptized adult to be received into the full communion of the Catholic Church should appropriately celebrate the Sacrament of Reconciliation before the Easter Vigil.

**Wedding Masses** — Wedding Masses may not be celebrated during the Easter Triduum, on the Sundays of Lent, on Ash Wednesday or during Holy Week.

Marriages that do take place at other times during the season of Lent should be according to the proper liturgical norms and provisions, mindful of the penitential spirit of the season.

According to the instructions given in the *Third Edition of the Roman Missal*, the Gloria is to be sung, or at the very least, recited, at all wedding Masses, including those celebrated during Lent.

**Funeral Masses** — Funeral Masses may not be celebrated on Holy Thursday, Good Friday or Holy Saturday, nor on the Sundays of Lent. When pastoral reasons require a funeral to be celebrated on these days, a Liturgy of the Word with the Final Commendation is to be held.



Deacon John Neudecker, who assists the pastor of St. Peter Parish in Fulton, and Shannon Cerneka, youth minister, music teacher and campus minister at St. Peter School, lead a palm-burning service on Feb. 13 to make ashes for Ash Wednesday, in the company of students at the school. Last year, the palms symbolized Jesus's triumphant arrival in Jerusalem a few days before his arrest and crucifixion. As ashes, they symbolize the need for repentance and forgiveness.

— Photo from the St. Peter Catholic School Facebook page.

**Holy Saturday** — Mass may not be celebrated on Holy Saturday, March 30, 2024, except the Easter Vigil, which may be celebrated only after nightfall.

**Easter Duty** — All Catholics who have been initiated into the Holy Eucharist are bound to receive Holy Communion worthily at least once during the Easter Season.

Of course, Catholics are encouraged to receive Holy Communion as often as possible, not only during Easter-tide.

However, anyone conscious of a grave sin must receive the Sacrament of Reconciliation before approaching to receive Holy Communion.

**Covering of crosses and images in Lent** — From a rubric of the *Roman Missal* for the Fifth Sunday of Lent: "In the dioceses of the United States, the practice of covering crosses and images throughout the church from this Sunday of Lent may be observed. Crosses remain covered until the end of the Celebration of the Lord's Passion on Good Friday, but images remain covered until the beginning of the Easter Vigil."

Neither the Stations of the Cross nor stained glass win-

dows are ever veiled.

The veils are usually made of lightweight purple cloth without any decoration.

**Use of Holy Water during Lent** — The Congregation for Divine Worship and the Sacraments has stated (3/14/03: Prot. N. 569/00/L): "This Dicastery is able to respond that the removing of Holy Water from the fonts during the season of Lent is not permitted, in particular, for two reasons: "1. The liturgical legislation in force does not foresee this innovation, which in addition to being '*praeter legem*' is contrary to a balanced understanding of the season of Lent, which though truly being a season of penance, is also a season rich in the symbolism of water and baptism, constantly evoked in liturgical texts.

"2. The encouragement of the Church that the faithful

avail themselves frequently of the sacraments is to be understood to apply also to the season of Lent. The 'fast' and 'abstinence' which the faithful embrace in this season does not extend to abstaining from the sacraments or sacramentals of the Church.

"The practice of the Church has been to empty the Holy Water fonts on the days of the Sacred Triduum in preparation of the blessing of the water at the Easter Vigil, and it corresponds to those days on which the Eucharist is not celebrated (i.e., Good Friday and Holy Saturday)."

**Musical Instruments during Advent and Lent** — The *General Instruction of the Roman Missal* (2011) states in no. 313:

"In advent the use of the organ and other musical instruments should be marked by a moderation suited to the character of this time of year, without expressing in anticipation the full joy of the Nativity of the Lord.

"In Lent the playing of the organ and musical instruments is allowed only in order to support the singing. Exceptions, however, are Laetare Sunday (fourth Sunday of Lent), Solemnities, and feasts."

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## “Why I give to Catholic Charities”: Supporting work with impact

By Stan Koenigsfeld

When I was first asked to share my story — the reason behind my excitement to give to Catholic Charities of Central and Northern Missouri — the Gospel at Sunday Mass was the reading from Matthew 25:

*“Then the righteous will an-*

*swer him and say, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? When did we see you a stranger and welcome you or naked and clothe you? When did we see you ill or in prison, and visit you? And the king will say to them in reply, ‘Amen, I say to*

*you, whatever you did for one of these least brothers of mine, you did for me.’”*

I ask you to take a deep breath, and read that scripture again.

When I heard that proclaimed in church, it brought me back to the catalyst for our support of Catholic Charities, and the start of the meaningful relationship I have with the agency now.

It was two years ago. My wife, Julie, was on the Family Selection Committee for River City Habitat for Humanity. Charged with reviewing and approving or denying applications for build projects, they had to make the hard decision to reject (yet another) candidate, due to their predatory loan debt.

Predatory loans come under many pseudonyms: payday, title, cash advance — you’ve probably heard of many of them.



By Stan Koenigsfeld

When someone in need is struggling financially, it’s not a “safe bet” to enroll clients into programming when they’re strapped with the added burden of predatory loan fees.

I used to be critical of folks like this and the decisions they made, until I was given the chance to encounter them — to hear their personal stories.

These are folks with no other options. When their car broke down, and they needed it to get to work, what other

choices did they have? Lose the job, or take out a title loan.

This struck me, deeply.

I came to realize that, born to different parents, in a different area, or with two or three bad financial decisions, that could be any one of us.

Julie came home from her meeting that night upset and looking for answers.

I wanted them, too. I met with a good friend of ours, John Landwehr, who at the time served as the chairman for the board of Catholic Charities.

The conversation got the ball rolling. Over the next six months, a team of friends worked alongside leadership at Catholic Charities and myself to find a solution.

Mirroring a service that Catholic Charities of Northeast Kansas provides to clients, the Predatory Loan Relief ser-

See INTEREST, page 21



# Mark's

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### Missouri Right to Life “Keep Missouri Pro-Life!” Action Day

**Tuesday, March 12, 2024**

Missouri State Capitol ~ 1st Floor Rotunda

- **Come to Jefferson City to voice your opposition to the effort to enshrine a “right” to abortion in our Missouri Constitution.**
- Registration begins at 10:00 a.m.
- Encourage your legislators to pass pro-life legislation and join the noon rally with our special guest.

**TRANSPORTATION WILL BE AVAILABLE  
FROM MANY AREAS OF THE STATE.**

Contact Missouri Right to Life at 573-635-5110 for transportation options.



*Special Guest:*

*Claire Culwell*

Claire Culwell is an International Pro Life Speaker and author of *Survivor: An Abortion Survivor’s Surprising Story of Choosing Forgiveness and Finding Redemption*. She is a twin abortion survivor. Claire was adopted into a loving family and says that finding out she survived an abortion that was meant to take her life never changed who she knew she was: wanted, chosen and loved.

She has been featured on Fox News, Focus On The Family, LifeToday and many other media outlets.

Claire lives in Austin, TX with her husband David and their children where she serves on the board of Texas Alliance For Life and her local pregnancy center.

## LENT

From page 1

want to remember somebody who forgave us of our sins.”

“Who is that somebody?”

“Jesus!” said the student priest called on.

“Yes! We want to remember Jesus!” said Msgr. Cox. “And how did Jesus forgive us of our sins?”

He suffered and died on the cross.

“So we are going to spend these days thinking about what a great gift that is because God loves us so much that Jesus died on the cross for the forgiveness of our sins,” the priest stated.

Lent is the Church’s season of penance to prepare for the Easter Triduum, the celebration of Jesus’s sacrificial death and resurrection.

Further questioning yielded the reason for 40 days — namely, the time Jesus spent fasting in the desert before beginning his public ministry.

“So, for these next 40 days, we’re going to be praying, fasting and giving alms, so that we can love and serve Jesus better,” Msgr. Cox stated.

He talked about the three main focuses of Lenten discipline for Catholics: fasting, praying, and almsgiving.

“What is almsgiving?” he asked. “It’s giving money to people who need it, which is an act of charity.”

He emphasized, as did the Gospel reading, that the pur-



**LEFT: Monsignor David Cox traces ashes in the shape of a cross onto the forehead of a child at an all-school Mass on Ash Wednesday in St. Stanislaus Church in Wardsville. RIGHT: “Remember that you are dust and unto dust you shall return,” Father James Finder, a retired priest of the diocese, reminds people receiving ashes on Ash Wednesday.**



— Photos by Jay Nies

pose of praying and giving is not for show but to grow in deeper relationship with God.

He noted that fasting refers to giving something up — food or something else.

“What kind of things do you give up?” he asked.

Students offered several suggestions.

“But what if I’m giving up candy and soda and I’m like, ‘Ugh! I’ve got 38 days more to go! Man!’ — is that the way you’re supposed to give it up?” the priest asked.

“No! We want to be happy that we’re giving it up because it helps us grow in our friendship with Jesus,” he stated.

“We give things up not necessarily because they’re bad,” he said. “but because it reminds us of somebody that we love, right?”

Specifically, love often means making a sacrifice.

“And we want to love Jesus,” said Msgr. Cox, “because he has made the ultimate sacrifice for us, right?”

“Jesus suffered and died on the cross so that we could be forgiven of our sins.”

But Jesus didn’t stay dead. He rose from the dead on that first Easter Sunday.

“So, when we get to Easter, we want to be able to recognize what a great gift Jesus gave to us in forgiving our sins,” the priest told the children.

“We wear that cross of ashes on our forehead today to remind us that we are still sinners, and that we need to ask for God’s forgiveness,” he stated.

“So, we ask the Lord to bless our efforts and to help us keep our hearts and minds focused

on loving and serving Jesus,” he said.

He then blessed the ashes, made from burning the palms from last year’s Palm Sunday.

The people then came forward to have ashes traced onto their foreheads in the shape of

a cross.

Msgr. Cox, Fr. Finder and the others who distributed ashes stated: “Remember that you are dust, and unto dust you shall return.”

## Ashes to ashes



**Father Gregory Oligschlaeger, pastor of Holy Rosary Parish in Monroe City and St. Stephen Parish in Indian Creek, burns the collected palms from last year’s Palm Sunday to make ashes for Ash Wednesday during an outdoor prayer service with students and teachers of Holy Rosary School on Feb. 13.**

— Photo from the Holy Rosary Church Facebook page

## CONSECRATED

From page 8

The sisters also lifted up in prayer the world, the Church and all who serve God.

They prayed for all who are called to Consecrated Life; for others to be called and to answer that calling; for the leaders of each of their congregations of religious women; for families throughout the diocese; and for all who have died.

They also contemplated their own call to religious life and how each could further advance the founding mission of her congregation at this time in history.

They exchanged a sign of peace and received a blessing before adjourning to a “happy half-hour” of fellowship, followed by a catered meal and an abundance of stories and laughter.

Each sister received a gift bag containing

several mementos, including a porcelain dove.

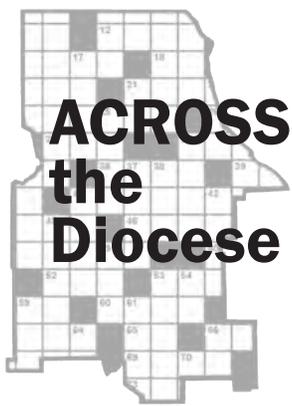
“Heavenly Father,” the bishop prayed, “we ask you to bless us as we contemplate the gift of a vocation and the gift of Consecrated Life. Bless these women who have given their lives to Christ in service of the Church.”

Barb Prasad, coordinator for Women’s Ministry for the diocese, and Ginger Borlinghaus, executive secretary to Bishop McKnight, coordinated the event.

Pope St. John Paul II initiated the World Day for Consecrated Life in 1997, to be celebrated each year on Feb. 2, the Feast of the Presentation of the Lord in the Temple.

The Church in the United States celebrates the day on the Sunday closest to the feastday.

Visit [usccb.org](http://usccb.org) and search “World Day for Consecrated Life” for more information.



By Father Donald Antweiler  
**ACROSS**

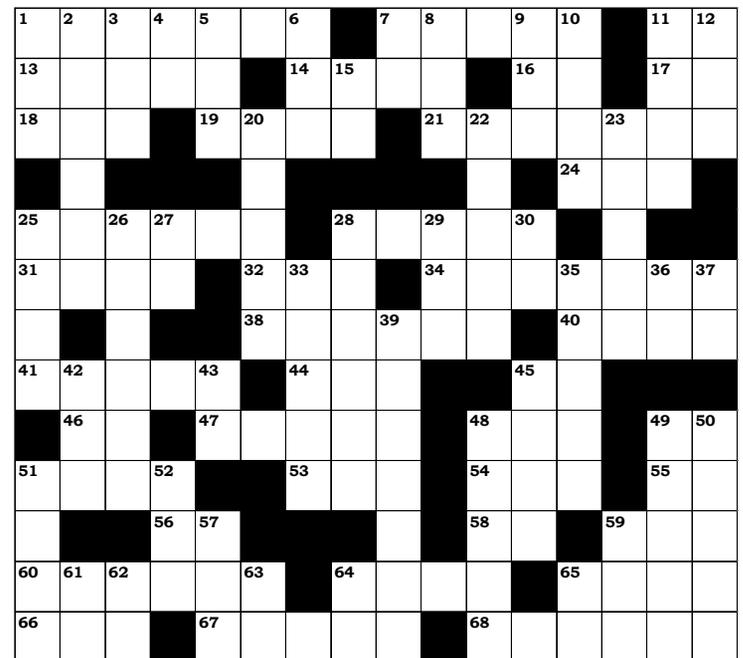
- From Dec. 16, 1811-Mar. 1812, the Bootheel of Mo. (New Madrid area and beyond) experienced four major (7.4-8.8 magnitude) earthquakes, strongest ever recorded in North Am., along with thousands (6,000-10,000) of aftershocks and \_\_\_\_.
- "South of New Madrid, a boat pilot saw the morose scene of a Catholic graveyard partially sunken into the river with a split wooden \_\_\_\_ marking exposed graves." —*Convulsed States*, Jonathan Todd Hancock.
- Adoro* \_\_\_\_ *devote*; prayer written by St. Thomas Aquinas for Adoration of the Most Blessed Sacrament.
- "An \_\_\_\_ array of sounds and smells complemented rifts in the ground, sand blows and toppled chimneys," *Convulsed States*, *ibid.*
- "There is a certain dignity in combat soldiers with dirt in their \_\_\_\_," —*Up Front*, Bill Mauldin.
- Pope St. John Paul \_\_\_\_ gave us the Luminous Mysteries of the Rosary.
- Abbr. for Recording Secretary.
- "The Communists portrayed John Paul II as a puppet if not agent of the Reagan White House. Also, as a political agitator. 'John Paul II was undeterred. Neither the seditious propaganda \_\_\_\_ the bullets stopped him from defending the faith and the truth,'" —*A Pope and a President*, Paul Kengor.
- "Protestant denominations \_\_\_\_ great national spiritual significance into the New Madrid earthquakes," —*Convulsed States*, *ibid.*
- "One couple found at dawn that there 'were great bears, panthers, wolves, foxes, etc. side by side with a number

- of wild deer with their red \_\_\_\_ hanging out of their mouths," —*Convulsed States*, *ibid.*
- Dir. from Imm. Conception Parish in Macon to St. Joseph Parish in Edina.
- \_\_\_\_ citizen; golden-ager.
- "The awful darkness of the atmosphere was saturated with sulphurous vapor and the violence of the thunderous \_\_\_\_..." —woman in New Madrid, *Convulsed States*, *ibid.*
- "As the town (of New Madrid) sunk by 12 feet and gushing water submerged it, the 2,000 residents fled... through 4 or 5 miles of hot, \_\_\_\_-deep water," —*Convulsed States*, *ibid.*
- The 1969 "\_\_\_\_ La La" song by the Banana Splits, a semi-animated take-off on the Monkees, was a big hit.
- "Give me enough \_\_\_\_ to place on the tunics of my soldiers and I can conquer the world," —Napoleon Bonaparte.
- Difficult choice: "...remain in \_\_\_\_ collapsing, sinking, burning down and floating away, or go outside in the open air with trees falling and the ground opening in dark yawning chasms and belching forth muddy water," —*Convulsed States*, *ibid.*
- Prefix meaning "against"; can precede many words like anxiety, toxin or body.
- \_\_\_\_, Mo., in southeast Ralls, Co., bills itself as "The Gateway to Mark Twain Lake."
- Letters for Crime Scene Investigation; a popular forensic TV series.
- "What had Mrs. Fischer deserved? To end \_\_\_\_ no more than a streak of blood in the river's muddy stream?" —*Dead Water*, Barbara Hambly.
- Letters for Tuberculosis; though relatively rare in the U.S. and generally treatable, it is the world's top infectious killer; each day nearly 4,500 people die from it and 30,000 fall ill with it.
- Tools for gathering leaves.
- \_\_\_\_ Fi; short for science fiction.
- "\_\_\_\_! What an interesting study the world is when one is ready to leave it!" —*Story of a Soul*, Autobiography of St. Therese of Lisieux.

- X-\_\_\_\_; medical scans.
- Abbr. for the Jewish Sabbath day.
- "Moses then told Aaron, 'Take an \_\_\_\_ and put an omer of manna in it,'" (Exodus 16:33).
- Lafayette in this State is the center of Cajun music (abbr.).
- Letters for Sacred Scripture.
- Woe is \_\_\_\_!
- You deserve a nice \_\_\_\_ on the back for your kindness.
- "We hold these \_\_\_\_ to be self-evident..." —Declaration of Independence.
- Killer whale.
- "...his \_\_\_\_ shone like the sun and his clothes became white as light," (Matthew 17:2).
- "So they said to (Jesus), '\_\_\_\_, give us this bread always,'" (John 6:34).
- "Large \_\_\_\_ where sand blew out of the ground are still present in Mo. and Ark. farmlands today," —*Convulsed States*, *ibid.*
- "A settler fleeing to Cincinnati described half-mile-long \_\_\_\_ in the ground out of which water and sand sprouted," —*Convulsed States*, *ibid.*

#### DOWN

- "A riverboat pilot reported being carried upstream (on the Mississippi) for \_\_\_\_ to twelve miles," —*Convulsed States*, *ibid.*
- Because of new evidence, the detective decided to \_\_\_\_ the case.
- "You \_\_\_\_ indeed, most reverend fathers in God, and it is not well," —*Personal Recollections of Joan of Arc*, Mark Twain.
- In Mexico: \_\_\_\_ *casa, su casa*; "my house (is) your house."
- "\_\_\_\_ the ramparts we watched... —National Anthem.
- "So great a wave came up the (Mississippi) river that I never seen one like it at \_\_\_\_." It was the current going backward," —Mississippi river pilot, *Convulsed States*, *ibid.*
- Letters for Consumer Reports, a non-profit org. dedicated to independent research and product testing.
- Q-U.
- Original or mortal.
- One of the first prayer gestures we learned as children



- was the \_\_\_\_ of the cross.
- "On either side of the river grew the \_\_\_\_ of life that produces fruit twelve times a year..." (Revelation 22:2).
- 19th of 26.
- Partner with B.C.
- "Encountering Jesus in the Eucharist should be like touching Heaven, and that should change the way we live here on \_\_\_\_," —*Beautiful Eucharist*, Matthew Kelly.
- Desert watering hole.
- Cold War foe, USSR (i.e., \_\_\_\_ of Soviet Socialist Republics).
- The café was only a hop, \_\_\_\_, and a jump from our hotel.
- "A family on a tributary of the Mississippi discovered their \_\_\_\_ well and smokehouse were now on the other side of the river; the earth swallowed up their mill and destroyed their apple orchard," —*Convulsed States*, *ibid.*
- Abbr. for "in other words."
- "Disorientation and \_\_\_\_ were abiding physical reactions to the quaking," —*Convulsed States*, *ibid.*
- Anger.
- Letters for Epidermolysis Bullosa, a genetic disorder affecting the body's largest organ: the skin.
- "Nearly all firsthand accounts of the New Madrid quakes mentioned the howling and screeching of the animals that accompanied the creaking of dwellings, trees and \_\_\_\_," —*Convulsed States*, *ibid.*
- "The St. Francis River \_\_\_\_ in Arkansas devolved into swampland," —*Convulsed States*, *ibid.*
- Companion to OT.
- Yes for Pancho.
- Consecrated religious.
- Airport schedule letters.
- 12 months (abbr.).
- "(New Madrid) seismic activity created the 13,000 \_\_\_\_ Reelfoot Lake in western Tenn." —*Convulsed States*, *ibid.*
- Poison ivy, oak or \_\_\_\_ can produce blisters and bumps that itch.
- "Faced with what is right, to leave it undone shows \_\_\_\_ of courage," —Confucius (2 wds.).
- "There are six things the Lord \_\_\_\_..." (Proverbs 6:16).
- "The afternoon (after the first quakes) brought a regular migration of wild things fleeing toward the hills. Great rattle snakes, black snakes, innumerable \_\_\_\_, coons, groundhogs, etc., etc." —*Convulsed States*, *ibid.*
- Fast flier.
- Hushed sound for silence.
- Letters for Political Action Committee.
- Little Rhydy State (abbr.).
- Abraham's ancestral city.
- "Joan replied, 'if I be not in a state of Grace, I pray God place me in it; if I be in it, I pray God keep me \_\_\_\_,'" —*Personal Recollections of Joan of Arc*, Mark Twain.
- In business, letters for Owner's Equity, the percentage of a company's stock held by a stockholder.
- "Deck the halls with boughs of holly, \_\_\_\_-la-la-la-la, la-la-la-la."

See ANSWERS, page 23

## VOLUNTEER

From page 11

He surprised them, yet again, by signing up for eight more pantry shifts when he got home that night.

“We have this big goal to make food more accessible for our neighbors in need,” Mrs. Stoll shared, “but what we see happen time and time again is that our neighbors, and those who volunteer alongside them, find more than food here — they find that they are valued.

“And, personally, I am so grateful for Mason to share his time with us,” she continued. “I’m so glad that our volunteers think that their time here is valuable — because we think of each of them as valuable, too.”

## INTEREST

From page 18

vice in the Community Services program was established.

The funding was raised, the banking partner was found, staff were onboarded and the program launched.

It’s one thing to look at the numbers, it’s another to hear the stories.

Our first client went from 291% interest (yes, I too am shocked that it is legal to charge interest at that rate) to 9.25% with our great partner, MidAmerica Bank.

This household’s monthly loan payments went from an incredible \$462 per month to a manageable \$138 per month — life-changing at the income level they lived on.

For every client that qualifies and completes the program, relief is waiting. But as the financial stability specialist, Kathy Frese, sets up meetings, enrolls clients, provides case management and goal-based counseling, someone out there is still feeling that they have no other option but to go in for that payday loan.

In fact, she told me once that as she entered the loan office to pay off one client’s high-interest loan, a new mom and her baby were walking in, likely to take one out.

There is much more work to be done.

In fall of 2022, I, myself, was invited to join the board of Catholic Charities. Since that time, I have come to under-

stand that there is great need in this world — not just numbers but real stories and real lives.

Opening my mind and my heart to these stories has tested my faith in some ways. Do I believe that God really is who he says he is? Do I believe that everything I have belongs to him?

Some days I get it, but some days I miss the opportunity to embrace that. It’s a journey we’re each on, a call we each have before us to answer.

Here’s what I do know — every single day, the employees and volunteers at Catholic Charities are making a difference in the lives of our neighbors in need.

I am extremely grateful for the work they do and the ways they serve.

The Predatory Loan Relief program is one of many services, one that I am so grateful to see operating, and one I am invested in seeing succeed.

What needs do you see that are yet unmet? What passions do you have that could grow a program, a service, or service-reach to those in need through Catholic Charities?

I invite you to take some time to think on that, pray about it, and to come and see what we’re doing at Catholic Charities, and the impact it’s having on the communities we serve.

*Mr. Koenigsfeld is secretary of the Board of Directors of Catholic Charities of Central and Northern Missouri.*

## CLIFAM

From page 1

Many who find themselves in times of stress, grief or desperation face challenges accessing the mental health support they need to heal and grow.

Sometimes it comes from within — the stigma that going to therapy must mean something inside is broken.

Other times, lack of access to a safe, comfortable setting — or long drives with time taken from work or family life — inhibit individuals and couples from receiving the mental health services they need.

CLIFAM seeks to alleviate the burdens of accessing mental health services by providing a safe and culturally comfortable counseling experience, and seven Catholic parishes in this diocese have committed to implementing it for their communities.

Parishes in California, Columbia, Jefferson City, Lake Ozark, Marshall, Milan and Sedalia facilitate the CLIFAM program for community members.

“Each time Maria went to her counseling appointment, she was greeted and cared for by a parish staff member,” Mrs. Palacios noted.

“The way that these parishes welcome our clients, help them to feel comfortable by accompanying them to the counseling room and caring for them, it makes an impact on our clients,” she said.

Parishes that facilitate the CLIFAM program commit to providing a safe, secure and comfortable counseling space, the equipment to connect to the telehealth sessions, and the Wi-Fi needed to complete calls.

Five of the parishes have regular volunteers who help schedule and welcome clients; two of them have parish staff members who welcome clients and accompany them to the counseling room.

“The shared language is invaluable,” Mrs. Palacios said,



— Photo by Ashley Wiskirchen

“but so is the cultural understanding with your counselor.”

She continued, “Many Spanish-speaking families live with multiple generations in their homes, have unique needs in discussing their marriages, parenting, and family situations — men and women have different comfort levels and needs in counseling, and CLIFAM seeks to address all of these by beginning with that shared cultural understanding in place.”

Maria, along with many others in this diocese, found healing, hope and peace in her experience with *Clinica la para familia*.

“If there’s one last thing to be said, it is that everyone — men, women, married couples and whole families — can benefit from counseling services,” Mrs. Palacios stated.

“We make an effort to take care of our physical health, our spiritual health, but we need to also care for our mental health, which can be more challenging,” she emphasized. “With

*Clinica para la familia* and the help of local parishes, we provide the comfort, access and support to do so.”

For more information, visit: [ccnmo.diojeffcity.org/clinica-para-la-familia](http://ccnmo.diojeffcity.org/clinica-para-la-familia)

*Mrs. Wiskirchen is the senior director of Communications at Catholic Charities of Central and Northern Missouri.*



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## Fundraisers & Social Events

Feb. 16

**Eldon**, K of C Lenten fish fry, 5-7 pm, Sacred Heart Catholic Center; **Holts Summit**, K of C Lenten fish fry, 3:30-7 pm; **Jefferson City**, K of C Council #1054 Lenten fish fry, 4:30-7 pm, 1822 Tanner Bridge Rd; **Jefferson City**, Bishop McAuliffe K of C Council/Boy Scout Troop 104 Lenten fish fry, 4:30-7 pm, Cathedral of St. Joseph's Cana Hall; **Laurie**, K of C Lenten fish fry, 4:30-6:30 pm; **Morrison**, Assumption Parish Lenten fish fry, 4:30-7:30 pm; **St. James**, K of C Lenten fish fry, 4:30-6:30 pm, Immaculate Conception Parish hall; **Salisbury**, K of C Lenten fish fry, 4-7 pm; **Taos**, K of C Lenten fish fry, 4:30-7:30 pm; **Warsaw**, K of C Lenten fish fry, 4-7 pm

Feb. 17

**Sedalia**, St. Vincent de Paul Parish annual ham & bean dinner, 11 am-6 pm, St. Patrick Chapel hall

Feb. 18

**St. Anthony**, K of C breakfast, 7:30-11:30 am, St. Anthony Parish Hall

Feb. 23

**California**, K of C Lenten fish fry, 4-6:30 pm, Annunciation Parish basement; **Eldon**, K of C Lenten fish fry, 5-7 pm, Sacred Heart Catholic Center; **Fayette**, K of C Lenten fish fry, 5-7 pm, St. Joseph Parish hall; **Holts Summit**, K of C Lenten fish fry, 3:30-7 pm; **Jefferson City**, K of C Council #1054 Lenten fish fry, 4:30-7 pm, 1822 Tanner Bridge Rd; **Laurie**, K of C Lenten fish fry, 4:30-6:30 pm; **Russellville**, K of C Lenten fish fry, 4:30-7 pm; **St. James**, K of C Lenten fish fry, 4:30-6:30 pm, Immaculate Conception Parish hall; **Salisbury**, K of C Lenten fish fry, 4-7 pm; **Taos**, K of C Lenten fish fry, 4:30-7:30 pm; **Warsaw**, K of C Lenten fish fry, 4-7 pm

Feb. 25

**Jefferson City**, St. Peter Parish Holy Name pancake breakfast, 7:30-11 am, Msgr. Hoog Hall

Mar. 1

**Chamois**, Most Pure Heart of Mary Parish seafood buffet, 4-7:30 pm; **Columbia**, Sacred Heart K of C Lenten fish fry, 4:30-7 pm, Fr. Tolton Regional Catholic High School; **Eldon**, K of C Lenten fish fry, 5-7 pm, Sacred Heart Catholic Center; **Holts Summit**, K of C Lenten fish fry, 3:30-7 pm; **Jefferson City**, K of C Council #1054 Lenten fish fry, 4:30-7 pm, 1822 Tanner Bridge Rd; **Jefferson City**, Bishop McAuliffe K of C Council/Boy Scout Troop 104 Lenten fish fry, 4:30-7 pm, Cathedral of St. Joseph's Cana Hall; **Laurie**, K of C Lenten fish fry, 4:30-6:30 pm; **St. James**, K of C Lenten fish fry, 4:30-6:30 pm, Immaculate Conception Parish hall; **St. Martins**, St. Martin Home & School Lenten fish fry, 4:30-7 pm, school gym; **Salisbury**, K of C Lenten fish fry, 4-7 pm; **Wardsville**, Wardsville/Osage Bend K of C Lenten Fish Fry, 4:30-7:30 pm, St. Stanislaus gym; **Warsaw**, K of C Lenten fish fry, 4-7 pm

Mar. 3

**Fayette**, St. Joseph Parish pancake & sausage breakfast, 7:30 am-noon; **Frankenstein**, Our Lady Help of Christians Parish CYO breakfast, 7:30-11:30 am

## Meetings & Conferences

Feb. 20, 27 & Mar. 5

**Belleville, IL**, "Exploring the Big Questions of the Cosmos," 4-week study with Vatican astronomer, Br. Guy Consomagnon, S.J., 10 am-noon, Kings House Retreat Center, for info or to register visit [kh.snows.org](http://kh.snows.org)

Feb. 20

**Salisbury**, VIRTUS Protecting God's Children for Adults training, 6-8 pm, St. Joseph Parish, for info call 573-635-9127 or email [flaverty@diojeffcity.org](mailto:flaverty@diojeffcity.org)

Feb. 23

**Jefferson City**, Practicum & follow-up training on P/E core concepts, for Clergy & Marriage Prep Facilitators, 8:30 am-4 pm, Alphonse J. Schwartze Memorial Catholic Center, for info or to register call 573-635-9127 or email [faithformation@diojeffcity.org](mailto:faithformation@diojeffcity.org)

Feb. 24

**Jefferson City**, Practicum & follow-up training on P/E core concepts, for Clergy & Marriage Prep Facilitators, 8:30 am-4 pm, Alphonse J. Schwartze Memorial Catholic Center, for info or to register call 573-635-9127 or email [faithformation@diojeffcity.org](mailto:faithformation@diojeffcity.org)

Mar. 3

**Jefferson City**, Double feature presentation with Jason Evert, "Purified" chastity presentation 3-4:30 pm and "Gender & Theology of Your Body" presentation 6:30-7:30 pm, Cathedral of St. Joseph, for tickets visit [chastity.com/purified](http://chastity.com/purified), for info call 573-635-7991 or email [julie.g@cathedraljlc.org](mailto:julie.g@cathedraljlc.org)

Mar. 7

**Columbia**, Mary's Way of the Cross - Stations - Grouping Ul-treya for Cursillo, 7-8:30 pm, Our Lady of Lourdes Parish's Flanagan Hall, for info call 573-999-5066 or email [dollmck@gmail.com](mailto:dollmck@gmail.com)

Mar. 9

**Camdenton**, Catholic Charities Parish Engagement and Charity Event, 9 am-noon, St. Anthony Parish, for info or to register visit [cccnmo.diojeffcity.org/peace](http://cccnmo.diojeffcity.org/peace); **Moberly**, VIRTUS Protecting God's Children for Adults training, 10 am-noon, St. Pius X Parish, for info call 573-635-9127 or email [flaverty@diojeffcity.org](mailto:flaverty@diojeffcity.org)

## Eventos del Ministerio Hispano

febrero 17

**Columbia**, Retiro Parroquial: Buena Administración, 9 am-3 pm, Sagrado Corazón, para más información contacte a Diácono Enrique Castro al 573-680-3650 en su celular o en WhatsApp o por correo electrónico a [ecastro@diojeffcity.org](mailto:ecastro@diojeffcity.org)

marzo 16

**Marshall**, Planificación Familiar Natural - Familia de las Américas, 9 am-noon, Parroquia San Pedro, Para información sobre instructores y clases contacte a Enrique Castro al 573-680-3650 o por correo electrónico a [ecastro@diojeffcity.org](mailto:ecastro@diojeffcity.org), para más información sobre este método, visite [diojeffcity.org/natural-family-planning](http://diojeffcity.org/natural-family-planning) y/o [familyplanning.net/es](http://familyplanning.net/es)

## Faith Formation & Spiritual Renewal

Mondays during Lent

**Jefferson City**, Lenten Lectio Divina and Centering Prayer, 12:10-12:50 pm, Cathedral of St. Joseph cry room

Tuesdays during Lent

**Camdenton**, Catholics Returning Home, 6:30-8 pm, St. Anthony Parish education center; **Laurie**, "Tuesdays with Jesus: A Lenten Eucharistic Journey," 4-6:30 pm, St. Patrick Church, for info visit [mothersshrine.com](http://mothersshrine.com)

Every Tuesday

**Jefferson City**, "Tuesday With Faith," small group discussions, 6:30-8 pm, Immaculate Conception Parish's Pleus Hall, for info, call 573-645-2478 or email [jimkemna@gmail.com](mailto:jimkemna@gmail.com)

Every Friday

**Jefferson City**, Centering Prayer, Immaculate Conception Parish, 11 am-noon

Feb. 17

**Columbia/Jefferson City/VIRTUAL**, "Living Flame 1" 7-session program on in-depth spiritual study and enrichment of centering prayer, 9 am-2 pm; via Zoom or in-person at Broadway Christian Church, Columbia or Immaculate Conception Church, Jefferson City; to register visit [cocemo.org](http://cocemo.org)

Feb. 18

**Jefferson City**, Lenten Vespers and Recital Series featuring Karen Bretz, flute and Nicholas Liese, organ, 5-6 pm, Proto-Cathedral of St. Peter

Feb. 25

**Jefferson City**, Lenten Vespers, 5-5:35 pm, Proto-Cathedral of St. Peter

Mar. 3

**Jefferson City**, Lenten Vespers and Recital Series featuring Tom Halpin, organ, 5-6 pm, Proto-Cathedral of St. Peter

Mar. 3-6

**Hannibal**, Holy Family Eucharistic Parish Mission, 6-8 each evening, with confessions, adoration and presentation by Fr. Jewel Ayttona, CPM

Mar. 9

**Jefferson City/VIRTUAL**, COCEMO 2024 United in Prayer Day, 9 am-1 pm, in-person at Alphonse J. Schwartze Memorial Catholic Center or via Zoom, for info or to register, visit [eventbrite.com](http://eventbrite.com) and search "COCEMO" in Jefferson City

Mar. 10

**Jefferson City**, Lenten Vespers, 5-5:35 pm, Proto-Cathedral of St. Peter

Mar. 14

**VIRTUAL**, "Fuel the Body, Fuel the Soul," monthly program sponsored by the Sisters of St. Joseph of Carondelet, 7-8 pm, for info visit [bit.ly/fuel-the-body-and-soul](http://bit.ly/fuel-the-body-and-soul)

## Liturgical

Feb. 18

**Jefferson City**, Rite of Election, 3 pm, Cathedral of St. Joseph

Feb. 21

**Jefferson City**, Crusader Family Mass, 7:15-8:30 am, Helias Catholic High School's St. Pius X Chapel

Mar. 12

**Starkenburg**, Second Tuesday Mass, with Sacrament of Reconciliation, Rosary and luncheon following Mass, 11 am-1 pm, Shrine of Our Lady of Sorrows

## Youth & Young Adults

**1st Wednesdays each month**  
**Jefferson City**, Rooted/Connected/Searching in Community young adult group, 5-8 pm, Immaculate Conception Parish's Pleus Hall, for info visit [ican.gels.com/youngadults](http://ican.gels.com/youngadults)

**Third Sundays each month**  
**Jefferson City**, Young Adult Mass, 5 pm, Immaculate Conception Church

Feb. 17

**Mary's Home**, Fully Alive 2.0, praise & worship, talks, Mass, 1-5 pm, Our Lady of Snows Parish, to RSVP visit [diojeffcity.org/ncyc](http://diojeffcity.org/ncyc)

Feb. 24

**Jefferson City**, Fully Alive 2.0, praise & worship, talks, Mass, 1-5 pm, Cathedral of St. Joseph, to RSVP visit [diojeffcity.org/ncyc](http://diojeffcity.org/ncyc)

Feb. 25

**Boonville**, Confirmation Retreat, 11:30 am-4 pm, Ss. Peter & Paul Parish

Mar. 2

**Macon**, Fully Alive 2.0, praise & worship, talks, Mass, 1:30-5:30 pm, Immaculate Conception Parish, to RSVP visit [diojeffcity.org/ncyc](http://diojeffcity.org/ncyc)

Mar. 10

**Eldon**, Confirmation Retreat, 10 am-2:30 pm, Sacred Heart Parish

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To submit items for the PEOPLE PAGE, including **Baptisms, Birthdays** for ages 90 and older, **Anniversaries** of 10+ years in increments of 5 ONLY (e.g., 15, 25, 45 years, etc.), **Marriages, Deaths, Elections, Honors and Appointments**, please go to:  
[diojeffcity.org/update-information](http://diojeffcity.org/update-information)

## Anniversaries

**Brookfield, Immaculate Conception**  
 Roger & Cindy Walsh, 50 years  
 Larry & Kathy McCurry, 45 years

**Salisbury, St. Joseph**  
 Jim & Jan Brett, 40 years

**Vandalia, Sacred Heart**  
 Mark & Sandy Klott, 40 years  
 Michael & Amanda McCurdy, 20 years

## Baptisms

Rhineland, Church of the Risen Savior  
 — **Paisley Trace Lensing**, daughter of Cole & Larissa Lensing

Salisbury, St. Joseph — **Beau William Blase**, son of Brandon & Lacey Blase

Wardsville, St. Stanislaus — **Claire Arlene Limbach**, daughter of Josh & Bridgette Limbach

## Birthdays

St. Elizabeth, St. Lawrence — **Mary Ann Lindenbusch**, her 96th on Feb. 5

Shelbina, St. Mary — **Catherine Schlatt**, her 94th on Feb. 19; **Patti Greenwell**, her 90th on Feb. 19

## HELIAS

From page 12

from outside the diocese, she's "amazed and proud and humbled every day by what we do in our schools."

She pointed to Helias Catholic's storied history and all it has accomplished in its nearly seven decades of existence.

"It has provided us an example for all our schools in the diocese, on how to make sure we are raising our students, our children, helping our parents raise their children, to be good stewards of this world and be prepared for citizenship in the next," she said.

"That's everything that Catholic education is about."

Dr. Vader noted that the school's success would not be possible without the sacrificial stewardship of all of its supporters — including parents, alumni, families, foundations and donors.

Mr. Vossen agreed.

"We look now to our very, very supportive community, that has always stepped up to make our school the best it can possibly be," he said.

Mr. Vossen invited the entire com-

## Deaths

**Redemptorist Father Richard Boever** — who served as administrator of Holy Cross Parish in Cuba, St. Francis Caracciolo Parish in Bourbon, and St. Michael Parish in Steelville from 2014-19 — on Jan. 28 in Tucson, Az. His Funeral Mass was to be celebrated on Feb. 16 in the St. Clement Mission Community Chapel in Liguori, Mo. Burial was to be in Liguori Cemetery.

Chamois, Most Pure Heart of Mary — **Bernie Forck**

Edina, St. Joseph — **Michael McMahon**

Ewing, Queen of Peace — **E.H. Smith**

Fulton, St. Peter — **Charlie March**

Jefferson City, Immaculate Conception — **Norma Hughes**

Salisbury, St. Joseph — **Eli Brent Thomas**

Slater, St. Joseph — **Edna Mae Sample**

Taos, St. Francis Xavier — **Clara Jane Wibberg**

munity to join in the effort to complete the campus.

"Every contribution and show of support helps ensure that Helias Catholic's spirit of excellence will be here for future generations of Crusaders as our community moves onward together," he stated.

Bishop McKnight said he hopes the community's response to the campaign will be "a testament to our values and a sign of our commitment to shaping the future leaders of our community."

"Through our collective generosity and unwavering faith, may we realize this exciting vision for the future of Helias Catholic, giving our students a space that is inspired by the spirit of excellence — fostering personal growth, encouraging creativity and nurturing spirituality," he stated.

For more information and to support the Spirit of Excellence campaign, please visit [heliacatholic.com/spiritofexcellence](http://heliacatholic.com/spiritofexcellence) or contact Helias Catholic President Ron Vossen at [rvossen@heliacatholic.com](mailto:rvossen@heliacatholic.com) or 573-635-6139.

## DIMARZIO

From page 9

then report it to the proper authorities who can then intervene.

It is admirable that many female religious orders have dedicated much of their resources, both personnel and financial, to combating this terrible scourge on our world society. Most of those trafficked are women, but young and middle-aged men are among those trafficked.

*Bishop Nicholas DiMarzio is the retired bishop of the Diocese of Brooklyn, New York. He writes the column "Walking With Migrants" for The Tablet and OSV News.*

*In addition to its bimonthly newsletter on human trafficking, the U.S. Confer-*

*ence of Catholic Bishops, Migration and Refugee Services Anti-Trafficking Office hosts a monthly prayer service where they focus on different issues and intersections related to human trafficking. These events are live streamed via Zoom on the 8th of each month at 2 p.m. Eastern Time. The link to access these events is [usccb.zoom.us/j/84353639216](https://usccb.zoom.us/j/84353639216). Also, you can check out their St. Bakhita page on the Justice For Immigrants Website at [justiceforimmigrants.org/stbakhita/](http://justiceforimmigrants.org/stbakhita/) for more resources related to the Church's fight against human trafficking. For those interested in learning more on the issue of human trafficking and what the Church is doing to fight this evil, please email Felicitas Brugo Onetti at [Fonetti@usccb.org](mailto:Fonetti@usccb.org).*

## WOLFE

From page 9

Sometimes, they required significant discipline on my part, but they also fueled my pride. In contrast, moving across the country, facing a health scare or losing financial security pulls the ground out from under me. And that's the only way I can truly know what I've been standing on all along.

God understands precisely what it will take to make each one of us rely on him, to accept his grace and to trust him more completely.

As St. Francis de Sales wrote, "The everlasting God has in his wisdom foreseen from eternity the cross that he now presents to you as a gift of his inmost heart. This cross he now sends you he has considered with his all-knowing eyes, under-

stood with his divine mind, tested with his wise justice, warmed with loving arms, and weighed with his own hands to see that it is not one inch too large nor one ounce too heavy for you. He has blessed it with his holy name, anointed it with his grace, perfumed it with his consolation, taken one last glance at you and your courage, and then sent it to you from heaven, a special greeting from God to you, an alms of the all-merciful love of God."

*Jaymie Stuart Wolfe is a sinner, Catholic convert, freelance writer and editor, musician, speaker, pet-aholic, wife and mom of eight grown children, loving life in New Orleans.*

## QUESTION

From page 8

attend Mass was something along the lines of: "Let your love for Jesus determine how often you go," this could set many Catholics up for a vain chasing of an impossible standard.

*Jenna Marie Cooper, who holds a licentiate in canon law, is a consecrated virgin and a canonist whose column appears weekly at OSV News. Send your questions to [CatholicQA@osv.com](mailto:CatholicQA@osv.com).*

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### Crossword puzzle answers

S	K	C	V	A	R	C	S	E	T	O	H	R	I	S
E	C	A	V	E	C	O	S	H	J	L	R	L	R	O
L	V	A	M	E	L	S	S	S	S	V	A	R	V	A
V	T	N	R	L	S	A	L	S	S	V	A	R	V	A
H	V	I	C	S	I	S	C	R	L	R	L	R	L	R
I	L	N	V	S	S	S	O	H	V	A	R	V	A	R
S	N	O	B	I	B	I	R	V	A	R	E	N	N	E
E	N	N	V	A	R	V	A	R	E	N	N	E	N	E
S	E	L	N	O	N	O	D	V	A	R	O	R	O	R
S	R	S	I	I	R	S	A	R	S	I	E	I	E	R
L	E	S	S	O	S	C	R	S	O	R	S	O	R	S

# Blessing the candles



During Mass in Queen of Peace Church in Ewing on Feb. 4, the Sunday after the Feast of the Presentation of Our Lord, Father Robert Fields invites young people to watch him bless the candles that will be used in the church this year. He also explained what each candle is used for. — Photo from the Queen of Peace Catholic Church Facebook page

# “We are the champions, my friends”



The eighth-grade girls' basketball team at Our Lady of Lourdes Interparish School in Columbia gathers with their coaches after winning the 40th Annual Columbia Catholic Championship. The Tigers were the No. 5 seed in the tournament and beat the fourth seed in the first round, the undefeated first seed in the second round, and the third seed for the championship, giving the Tigers a 16-6 record for the season. — Photo by Jennifer Calkins

# Double-take



Athan Kirsch, a student at St. Martin School in St. Martins, shows Father Jason Doke, pastor of St. Martin Parish, the costume he wore for “Dress Like A Teacher/Staff Member Day” on Jan. 31 during Catholic Schools Week. — Photo by Teresa Dusenberg

# A visit with the pastor



Father Francis Doyle, pastor of St. Peter Parish in Marshall and St. Joseph Parish in Slater, visits with students of St. Peter School on Feb. 1, the Thursday of Catholic Schools Week. Students asked a lot of questions about everything from Fr. Doyle's favorite sport to his vocation as a priest. — Photo from the St. Peter School Facebook page

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# A gift for CuddleCots



Students of Visitation Inter-Parish School in Vienna present to the Blake Wagner Foundation a \$150 check on Feb. 6. The money came from the Student Council's previous \$1 Jean Day, and these funds will be used to help with the purchase of CuddleCots for Missouri hospitals. CuddleCots help to give families the gift of time with their stillborn child. — Photo from the Visitation Inter-Parish School Facebook page

# At rest with a good book



LEFT: Students in Whitney Pleus's fourth-grade class at Immaculate Conception School in Jefferson City were challenged to participate in a 100 minute “Read-A-Thon” during the day on Jan. 31.

— Photo from the Immaculate Conception Catholic School Facebook page

## Bible Accent

In John 11, we can read about another man named Lazarus who died.

This Lazarus was the brother of Mary and Martha. All three were very good friends with Jesus.

One day, Mary and Martha sent word to Jesus that Lazarus was ill.

Jesus remained in the place where he was for two more days then returned to Judea, where Mary, Martha and Lazarus lived in a village near Jerusalem.

“Our friend Lazarus is asleep, but I am going to awaken him,” Jesus told his apostles, meaning that Lazarus had died.

By the time Jesus and the apostles reached the siblings’ village, Lazarus had been dead for four days.

Jesus asked Mary and Martha to take him to where Lazarus was buried. They led him to a cave that had a stone across its entrance. Jesus had the stone removed then looked up to heaven.

“Father, I thank you for hearing me,” he said. “I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me.”

Suddenly, Jesus cried out in a loud voice.

“Lazarus, come out!” he shouted.

Lazarus, who was wrapped in burial bands and had a cloth covering his face, came out of the cave.

## St. Matilda



St. Matilda was born about the year 895 in what is now northwestern Germany. She married Henry of Saxony, who in 919 became King Henry I of Germany. Matilda was very devout, and she gave large amounts of money to the poor and to the religious communities she founded. After her husband’s death in 936, two of her sons, Henry and Emperor Otto I, criticized her generosity. In 967, a fever she had grown worse, and she died in 968. At the end of her life, the only possession she had not given to the poor was her own burial sheet. We remember Matilda on March 14.

## Jesus tells two parables about the use of wealth

By Jennifer Ficaglia  
Catholic Courier

One day, Jesus was teaching the people using parables.

One parable was about a dishonest steward who carelessly spent his master’s property. At the end of the parable, Jesus said that people cannot serve both God and wealth, because they will be devoted to one and despise the other.

The Pharisees, who loved money, overheard what Jesus said and sneered at him.

“You justify yourselves in the sight of others, but God knows your hearts; for what is of human esteem is an abomination in the sight of God,” Jesus told them.

He then told another parable.

“There was a rich man who dressed in purple garments and fine linen and dined sumptuously each day,” Jesus began. “And lying at his door was a poor man named Lazarus, covered with sores, who would gladly have eaten his fill of the scraps that fell from the rich man’s table. Dogs even used to come and lick his sores.”

When Lazarus died, he was carried away by angels to the bosom of Abraham.

When the rich man died, he went to the netherworld, where he was in torment.

In the distance, the rich man could see Lazarus and Abraham.

“Father Abraham, have pity on me. Send Lazarus to dip the tip of his finger in water and cool my tongue, for I



Illustration by Linda Rivers

am suffering torment in these flames,” he said.

“My child,” Abraham said, “remember that you received what was good during your lifetime while Lazarus likewise received what was bad; but now he is comforted here, whereas you are tormented.”

Plus, Abraham explained, a great chasm was created between their sides to prevent anyone from crossing.

“Then I beg you, father, send him to my father’s house, for I have five brothers, so that he may warn them, lest they too come to this place of torment,” the rich man said.

“They have Moses and the prophets,” Abraham replied. “Let them listen to them.”

The rich man insisted that if someone from the dead visited his brothers, they would repent.

“If they will not listen to Moses and the prophets,” Abraham said, “neither will they be persuaded if someone should rise from the dead.”

### Read more about it... Luke 16

1. What parables did Jesus tell?
2. Whom did Lazarus and the rich man see when they died?



**Jesus said that a person who is trustworthy in very small matters also is trustworthy in what?**  
*(Hint: Luke 16:10)*

**Answer: Great matters.**



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## Puzzle

Using the hints provided, put a T next to the sentences about Jesus’ parables that are true and an F next to the ones that are false.

1. \_\_\_ Jesus told a parable about a lost goat. (Luke 15:4)
2. \_\_\_ A woman rejoiced over finding her lost coin. (Luke 15:8-10)
3. \_\_\_ In his parable about the conduct of invited guests, Jesus said those who exalt themselves will be exalted by all. (Luke 14:11)
4. \_\_\_ Jesus compared the kingdom of God to a grain of wheat. (Luke 13:19)

Answers: 1. F; 2. T; 3. F; 4. F

## Lenten retreat: Book helps people explore pope's teaching on belonging

By Cindy Wooden  
Catholic News Service

Vatican City

Pope Francis's concern for migrants and refugees, his focus on ecology, his calls to "go out" to share the good news of salvation, even his support for the controversial possibility of informally blessing LGBTQ+ couples flow from his conviction that people need to know they belong to God, to one another and to creation.

"All the life-threatening crises that beset us around the world, from the ecological crisis to the wars, the injustices against the poor and vulnerable, have their roots in this rejection of our belonging to God and to each other," the pope wrote in a foreword to *First Belong to God: A Retreat with Pope Francis*, a book released Feb. 13, the day before the beginning of Lent.

To understand Pope Francis and his teaching, it is helpful to understand — and even experience — the Spiritual Exercises of St. Ignatius that have shaped his spirituality since he joined the Jesuits in 1958, said Austen Ivereigh, author of the new book.

Ivereigh, who has written two biographies of the pope, has woven together a classic eight-day preached version of the Spiritual Exercises with five decades of spiritual reflec-

tions by Pope Francis in the book, which was published in the United Kingdom by Messenger Publications and in the United States by Loyola Press.

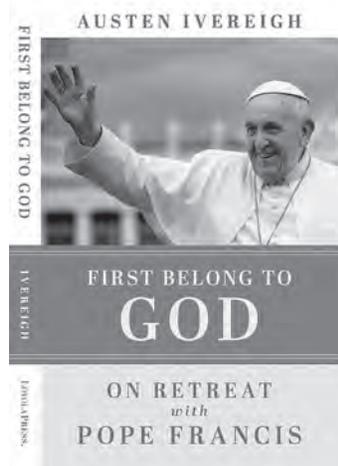
"The big overall theme is belonging, or the crisis of belonging to which the pontificate is, in many ways, a response," Ivereigh said.

Pope Francis continually returns to the theme, insisting each person was created by God, is loved by God and is called to recognize that he or she belongs to God.

Remembering that first belonging inspires humility and gratitude but also frees people from erroneously thinking they can or should be able to control everything and everyone around them.

The pope's repeated reminder to young people at World Youth Day in Lisbon, Portugal, that there is room in the Church for "todos, todos, todos" — everyone, everyone, everyone — also flows from that basic conviction that every person is loved by God.

That love comes first — be-



fore a person acts on it or even accepts it.

"What Pope Francis has done with his bold 'the Church is for everyone' message is show that the Church exists to communicate the unconditional love of God

for all his creatures, and that our conversion begins with embracing that truth," Ivereigh told Catholic News Service (CNS).

"We do not earn God's love by changing but change by accepting God's love," he said. "That's hard for us, because we prefer to believe that what is of value must be earned or deserved."

That temptation, he said, can be seen "in much of the reaction to *Fiducia Supplicans*," the document of the Dicastery for the Doctrine of the Faith that opened the possibility for priests and other ministers to give non-liturgical blessings to gay and other couples not married in the Church.

"People find it hard to accept that we are all blessable," he said, thinking instead that "we must first change in order to belong."

But, Ivereigh said, "like St. Ignatius, Pope Francis goes the other way. No, he says:

## Movie Ratings



Adults

American Fiction (R)  
Argylle (PG-13)  
Bob Marley: One Love (PG-13)  
I.S.S. (R)  
Maestro (R)  
Mean Girls (PG-13)  
Night Swim (PG-13)  
Origin (PG-13)



Limited Adult Audience

The Iron Claw (R)



Morally Offensive

The Beekeeper (R)  
Saltburn (R)

Ratings are supplied by OSV News Service.

first you belong. Then, as you absorb that truth, you will change."

Ivereigh pairs major documents by the pope with each part of the "belonging," showing a progressive development of the theme throughout Pope Francis' pontificate: the 2013 "The Joy of the Gospel" emphasizing belonging to God; the 2015 "Laudato Si', On Care for Our Common Home," about belonging to creation; and the 2020 "Fratelli Tutti, on Fraternity and Social Friendship," exploring how people belong to each other.

In his foreword, Pope Francis wrote that to help people resist the temptation to reject "our belonging to God and to each other," the Church offers prayers and spiritual practices, including confession, the regular celebration of the Eucharist and spiritual retreats.

In the full 30-day Spiritual Exercises of St. Ignatius, Ivereigh said, the saint "urges weekly confession and Eucharist," but he also dedicates the whole first week "to meditating on sin and God's mercy," themes that stand out in Pope Francis' personal journey of faith and in his preaching.

"We meditate on these not to 'wallow' but the opposite: to realize that we need our Savior, and that God's mercy is the real power in this world," Ivereigh said.

The book also includes

repeated references to Pope Francis' homilies during the height of the COVID-19 pandemic and how he used them to emphasize humanity's belonging to God, to each other and to the created world.

Grasping those connections, the pope had said, would determine whether humanity would come out of the pandemic better or worse off than before.

"I don't think anyone would say that the world is better now than in 2019," Ivereigh told CNS. "I think most people, including Pope Francis, would say the opposite. We seem to be in a dark time that is set to get darker, and in many ways, we've doubled down and gone backward."

"But I think Francis would also want to point to some of the signs of hope: for example, the awakening to abuse, the concern for our common home, the awareness of suffering and inequality — all these were maybe helped by COVID," he said.

"But in any case, our hope as Christians doesn't assume that the world will get better," Ivereigh said. The last chapter of his book, focused on Jesus' passion and death, "is called 'The Triumph of Failure' because in human, worldly terms we might not see success at all, but God will use our apparently fruitless actions to bring about redemption."

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KBKC 90.1 FM, Moberly  
KEFL 91.5 FM, Kirksville  
94.7 FM, Columbia  
103.3 FM, Fulton  
K216GM 91.1 FM, Canton

## FR. RYAN

From page 5

"It's always pleasant, just thrilling, to meet them and see what they've done, and learn about them," he said.

He usually remembers their names.

After Fr. McAuliffe became diocesan superintendent of Catholic schools, Bishop Cody asked Fr. Ryan to assist the future bishop with oversight of the schools in the St. Joseph area.

Later, Fr. Ryan also became director of the St. Joseph operations of Catholic Charities of Kansas City-St. Joseph.

For the last two of his 10 years in that city, he also served as pastor of Immaculate Conception Parish.

He was then assigned to St. Augustine Parish in Kansas City, where he got to help implement many of the reforms called for by the Second Vatican Council.

Bishop Charles H. Helmsing, Kansas City-St. Joseph's second bishop, then sent him to Independence, near Kansas City, to establish St. Joseph the Worker Parish.

"It was thrilling!" said Fr. Ryan. "The people were all excited, and they were glad to jump in and help do every possible thing you could suggest."

About 10 years later, he was appointed pastor of a long-established parish in Kansas City, with many needs and tight finances.

The stress affected his health, which continued to deteriorate.

He served as an associate pastor of several parishes until Bishop John J. Sullivan, third bishop of Kansas City-St. Joseph, granted him retirement in the early 1990s.

### Come to the water

Fr. Ryan always loved the Lake of the Ozarks, where his family often visited throughout his childhood.

"It was almost unpopulated back then," he recalled. "The water was almost as clear as crystal."

He bought a cabin and some property near the Lake, about 12 miles south of Laurie, in the 1970s, and it became his getaway.

He moved there after re-

irement and eventually began building onto it.

"Of course, I wasn't totally familiar with the diocese, but I did know a lot of the priests," he said.

His sister and her husband had moved to Jefferson City with their family and became

**If Fr. Ryan could go back and tell his newly ordained self just one thing, it would be: "You're a pretty lucky son of a gun!"**

members of Cathedral of St. Joseph Parish.

He liked the community at the Lake and fit well into it.

"I found the slower pace just wonderful to work with," he said. "I think it gave me a whole new lease on life."

His health began to improve.

"So, after I got settled here, I thought I'd like to go back to work again," he said.

He had known Father Fred Barnett, who was pastor at St. Patrick Parish in Laurie and the Mission of St. Philip Benizi in Versailles, since their days in the seminary.

Fr. Ryan began helping with Masses in Laurie and Versailles, eventually offering almost all of the Sunday Masses at the St. Philip Benizi mission.

"I found it to be a very nice, dedicated community," he said. "I was amazingly impressed with the way they worked."

"They were pretty much ready for anything and swung with anything that we tried to do," he recalled.

As their priest, he found that they also ministered to him on almost every occasion.

"There were so many of them that inspired me in so many ways in how they went about things," he said.

"And it wasn't just stand-outs," he noted. "It was pretty much widespread."

When Father Edwin Cole, Fr. Barnett's successor as pastor in Laurie, became seriously ill, Fr. Ryan stepped in to serve as associate pastor there in addition to his duties in Versailles.

Fr. Ryan then served as temporary administrator for a few months after Fr. Cole died.

"By then, I knew the people well, so I could do it," he recalled.

### Heavy heart

Fr. Ryan gradually stepped back from regular ministry as his health became more difficult to manage.

His caretaker, Edrea Eisenhauer, has been helping him for 18 years.

He continued to fill in at parishes near the Lake of the Ozarks after moving to a smaller home in Sunrise Beach.

"The heart ... there's just not enough of it there to do its work anymore," he said.

Medicine helps, and he feels pretty good on most days.

"Of course, I'm very slow getting around," he said. "But you can't expect to win many races at my age!"

Fr. Ryan has been able to administer the Sacrament of Anointing of the Sick to several of his neighbors and pray regularly with others.

"We've become very good friends," he said. "Many of them are Catholic, but not all. So we have our little ecumenical Christian community here."

Last year, Father Michael Penn, pastor of Our Lady of the Lake Parish in Lake Ozark, invited Fr. Ryan to concelebrate the Holy Week liturgies in Our Lady of the Lake Church.

"What a joy that was!" said Fr. Ryan.

### Call to prayer

Fr. Ryan said he's grateful for his memories and his Priesthood.

"I'm so happy to be able to be a part of this diocese and to feel accepted and welcome, and I've loved ministering to people," he said.

He asked for prayers for the Holy Spirit to continue moving the Church toward the vision Pope Francis is trying to create and renew.

"And pray for more, good, dedicated priests who will have care and concern not so much for the growth of the Church as its spiritual health," he suggested.

He also asked for prayers for himself as his jubilee approaches.

"People will pray from their own manner of life," he noted. "So, I won't ask for anything other than to pray for me."

## Daily Readings

### Sunday, Feb 18

FIRST SUNDAY OF LENT

Gn. 9:8-15

Ps. 25:4-5, 6-7, 8-9

1 Pt. 3:18-22

Mk. 1:12-15

### Monday, Feb 19

Lv. 19:1-2, 11-18

Ps. 19:8, 9, 10, 15

Mt. 25:31-46

### Tuesday, Feb 20

Is. 55:10-11

Ps. 34:4-5, 6-7, 16-17, 18-19

Mt. 6:7-15

### Wednesday, Feb 21

St. Peter Damian, bishop, doctor of the Church

Jon. 3:1-10

Ps. 51:3-4, 12-13, 18-19

Lk. 11:29-32

### Thursday, Feb 22

The Chair of St. Peter, Apostle

1 Pt. 5:1-4

Ps. 23:1-3a, 4, 5, 6

Mt. 16:13-19

### Friday, Feb 23

St. Polycarp, bishop and martyr

Ez. 18:21-28

Ps. 130:1-2, 3-4, 5-7a, 7b-8

Mt. 5:20-26

### Saturday, Feb 24

Dt. 26:16-19

Ps. 119:1-2, 4-5, 7-8

Mt. 5:43-48

### Sunday, Feb 25

SECOND SUNDAY OF LENT

Gn. 22:1-2, 9a, 10-13, 15-18

Ps. 116:10, 15, 16-17, 18-19

Rom. 8:31b-34

Mk. 9:2-10

### Monday, Feb 26

Dn. 9:4b-10

Ps. 79:8, 9, 11, 13

Lk. 6:36-38

### Tuesday, Feb 27

St. Gregory of Narek, abbot and doctor of the Church

Is. 1:10, 16-20

Ps. 50:8-9, 16bc-17, 21, 23

Mt. 23:1-12

### Wednesday, Feb 28

Jer. 18:18-20

Ps. 31:5-6, 14, 15-16

Mt. 20:17-28

### Thursday, Feb 29

Jer. 17:5-10

Ps. 1:1-2, 3, 4, 6

Lk. 16:19-31

### Friday, Mar 1

Gn. 37:3-4, 12-13a, 17b-28a

Ps. 105:16-17, 18-19, 20-21

Mt. 21:33-43, 45-46

### Saturday, Mar 2

Mi. 7:14-15, 18-20

Ps. 103:1-2, 3-4, 9-10, 11-12

Lk. 15:1-3, 11-32

### The Holy Father's prayer intentions for February:

We pray that the Holy Spirit may help us to recognize the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.

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JEFFERSON CITY

Planning for death is as natural for the Christian as planning for life. Having a will is good stewardship and planning of your assets.

Remember to always take care of your family, and consider taking care of your parish family long after you are gone.

Have you already remembered your parish or school in your estate plans? Please let us know!



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**RUSSELLVILLE**  
ST. MICHAEL KNIGHTS OF COLUMBUS  
February 23  
March 8 & 22  
4:30-7 pm  
St. Michael's Parish Hall  
Fried USA catfish fillets, coleslaw, fried & boiled potatoes, baked beans, mac & cheese and dessert  
Adult carry-outs available  
Adults \$13 • Children 7-12 \$6

**LENTEN FISH FRY**

**SEE PAGES 4 AND 22 FOR MORE EVENTS OR VISIT [DIOJEFFCITY.ORG/EVENTS](http://DIOJEFFCITY.ORG/EVENTS)**

Knights of Columbus 14414 of Sacred Heart Parish

**fish frys** **Fridays, March 1 & 8**  
4:30 to 7 pm  
at Fr. Tolton High School  
**COLUMBIA**  
Dine-in and Carry-outs available  
\$15/meal, \$10/kids 10 & under — fish (baked or fried), green beans, coleslaw, cornbread, our famous chips & dessert

St. Thomas Knights of Columbus Council #2149

**FISH FRY**  
St. Thomas the Apostle Parish Center  
**ST. THOMAS**  
**Friday, February 23**  
4:30-7PM  
DINE-IN OR CARRY-OUT  
Gluten free hand-breaded fish fillets, hushpuppies (not gluten free), baked potato, French fries, baked beans, coleslaw and dessert



Adults \$12  
Kids \$6  
5 & under free



**SEAFOOD BUFFET**  
Most Pure Heart of Mary Parish  
**CHAMOIS**  
**MARCH 1 & 15**  
Buy a full-priced adult meal on March 1 and receive a \$1 off coupon for an adult meal on March 15!  
All you care to eat - Served 4-7:30 pm  
SERVING FISH, FROG LEGS & SHRIMP  
Adults \$20 - Age 6-12 \$10 - 5 & under FREE

Eldon K of C #7133

**LENTEN FISH FRY** **Fridays**  
**Feb 16, 23**  
**Mar 1, 8, 15, 22**  
**ELDON** Catholic Center • 5-7 pm  
\$12/Person • \$6/Kids 6-12 • Free/Kids 5 & under  
FISH DINNERS: Fried catfish, baked pollock, fries, baked potato, baked beans, coleslaw, cornbread, dessert & drink  
SHRIMP DINNERS: 10 jumbo shrimp & sides  
COMBO PLATE: 5 jumbo shrimp, fish & sides  
All you can eat fish & sides | No seconds on shrimp

Knights of Columbus Jay Harris Council 8620

**Fish Fry**  
EVERY FRIDAY DURING LENT THRU MARCH 22  
**WARSAW**  
SERVING 4-7 pm  
All you can eat!  
Fish, hush puppies, french fries, coleslaw, coffee & tea  
DINE-IN \$15/person  
1/2 price kids under 12  
TAKE-OUT curbside \$14/person



Wardsville/Osage Bend Knights of Columbus

**Fish Fry**  
Friday, March 1 4:30-7:30 pm  
St. Stanislaus Gym  
**Wardsville**  
Fish, baked potato, fries, hushpuppies, baked beans coleslaw & dinner roll  
\$14 per order (ages 5 & under free)  
Cinnamon rolls available for purchase!

KNIGHTS OF COLUMBUS BISHOP MCAULIFFE COUNCIL #12992/BOY SCOUT TROOP 104

**FISH FRY**  
FRIDAYS, FEBRUARY 16, MARCH 1 & 15  
4:30-7 PM  
CATHEDRAL OF ST. JOSEPH CANA HALL • JEFFERSON CITY  
DINE-IN OR CARRY-OUT  
adults \$14 • kids 6-12 \$6 • kids 5 & under free  
HAND-BREADED FISH FILLETS, MACARONI & CHEESE, FRENCH FRIES, COLESLAW, GREEN BEANS, ICE CREAM & DRINK

St. Martin Home and School

**FISH FRY**

Where:  
St. Martin School Gymnasium  
7206 Business 50 West, St. Martins  
When:  
Fridays, March 1 & 15  
4:30-7 pm  
Fried fish, homestyle potato chips, cornbread, coleslaw, green beans, applesauce & desserts  
Adults \$13 / Kids 6-12 \$6 / Kids 5 & under free  
\$13 TO-GO orders available in the Church Basement



Knights of Columbus Council 8400

**HOLTS SUMMIT**  
**Fish Fry Dinners**  
Fridays—February 16 & 23  
March 1, 8 & 15 Served 3:30-7 pm  
Voted "Best Mid-MO Fish Fry" in 2023 by News Tribune readers  
5 Fish Frys this year Don't miss a single one!  
USA FARM-RAISED CATFISH baked potatoes, slaw, baked beans, french fries, cornbread, dessert & drinks  
Dine-in — Adults \$15 / Kids 5-12 \$7  
4 & under Free Carryouts \$13  
ST. ANDREW CHURCH — Use Center Street exit and follow signs

Taos K of C Council #6430

**FISH FRY**  
FRIDAYS  
FEB 16 & 23  
MAR 8 & 22  
4:30-7:30 pm  
Dine-in or Carry-out  
Fried fish or boiled shrimp, baked potato or fries, slaw, hushpuppies, baked beans, ice cream, tea & coffee  
Kids burger & fries—\$6  
Cash or check ONLY  
Knights of Columbus Hall  
**TAOS**

