

A “rogue, renegade and rebellious” farmer

What drives Russ Kremer to innovate and stand up for farmers, communities and all who eat? His faith.

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The CATHOLIC MISSOURIAN

September 27, 2024 • Vol. 68 No. 7

Newspaper of the Diocese of Jefferson City

Students come to the water for STEM project



Build boats from recycled materials, race them in local pool, learn and celebrate together

By Jay Nies

Quinn Clark had been coming to the annual St. Joseph School STEM boat races in Salisbury since she was little.

“Mrs. Millar, can our class do it this year?” she’d ask each time.

“Not yet. You’re not old enough,” Laurie Millar, the school’s fifth- through eighth-grade science and art teacher would tell her.

Now in fifth grade, Quinn gazed with anticipation across Salisbury Municipal Pool as older students schlepped their self-made vessels to and fro’.

“I can’t WAIT to do this next year!” she said.

“What if I told you this is the last year we’re having it?” Mrs. Millar inquired with mock gravitas.

“No! Don’t even say that!” Quinn fired back.

Their laughter got drowned out by about 150 cheering and cajoling adults and children, sprawled out all over the pool deck.

The sixth- through eighth-graders, having designed and fashioned boats from ordinary objects for a STEM project, were taking turns testing their handiwork’s seaworthiness.

It was a night to remember.

“You do see a lot of joy from these kids,” said Mrs. Millar. “They encourage each other, they build each other up while they’re having fun and learning.”

STEM stands for science, technology, engineering and math.

“There wouldn’t be any science if it weren’t for our Creator,” Mrs. Millar

A couple of Laurie Millar’s junior-high science students at St. Joseph School in Salisbury take their turn racing the boats they built out of recycled materials, during the school’s sixth-annual STEM boat race Sept. 4 at the Salisbury Municipal Pool.

— Photo by Jay Nies

Amendment 3 intertwines abortion with other forms of reproductive services

Proposed amendment’s language presents confusion, opponents say

By Jennifer Brinker

Opponents of Amendment 3 assert that the proposed constitutional amendment would not only reverse the state’s near-total ban on abortion but also cause confusion in referring to other types of reproductive services within the ballot language.

Amendment 3 proposes to create a right to reproductive freedom, “which is the right to make and carry out decisions about all matters relating to reproductive health care, including but not limited to prenatal care, childbirth, postpartum care, birth control, abortion care, miscarriage care and respectful birthing conditions.”

If passed, the measure would allow abortions until viability (typically around 22-24 weeks of pregnancy), with an exception for the “life and physical or mental health” of the mother.

The Missouri Catholic Conference (MCC), the public policy arm of the state’s bishops, has said that referring to “miscarriage care” promotes a myth that a “right to abortion” is necessary to preserve care for miscarriages and ectopic pregnancies.

Dr. Alexa Williams, a Catholic OB/GYN in the St. Louis area, said while there have been some events where the state’s abortion ban has been blamed for mismanaged patients with various pregnancy conditions, including situations where the mother’s life is at risk, health care institutions — including Catholic institutions — have been successfully navigating

See BOATS, page 15

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See AMENDMENT 3, page 14

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09/27/24

Pray for deceased priests

Sept. 30 — Fr. Herman J. Mayer, St. Lawrence, St. Elizabeth (1959)
Oct. 1 — Fr. Kenneth M. McDonnell, St. Joseph, Fayette (1981)
Oct. 2 — Bishop Joseph M. Marling, C.P.P.S. (1979)
Oct. 3 — Msgr. Herbert J. Farischon, St. Joseph, Palmyra (1979)
Oct. 4 — Msgr. John C. Mahoney, St. Patrick, Clarence; and St. Michael, Hager's Grove (1991)
Oct. 5 — Msgr. John P. Flood, St. Patrick, Jonesburg (1991)
Oct. 10 — Fr. James R. Fuemmeler, St. Anthony, Camdenton (2012)

Statement from Bishop McKnight on lawsuit filed against the diocese

Bishop W. Shawn McKnight issued the following statement after finding out that a lawsuit has been filed against the Jefferson City diocese:

On Sept. 12, 2024, a lawsuit was filed against myself and the Diocese of Jefferson City concerning five allegations of misconduct that reportedly occurred decades ago.

We are treating this matter with the utmost seriousness and investigating the allegations.

As always, our goals are to support healing and peace for any survivor of abuse, to bring abusers to justice and to implement safeguards to prevent harm.

It is important that everyone in our community is aware that none of the five priests named in the lawsuit are currently active in ministry in the Diocese of Jefferson City.

Two of the priests named — Thomas Duggan and Gerald Howard (formerly Carmen Sita) — are deceased. Both had previously been listed on our public registry of clergy credibly accused of misconduct. This list is available on our website at www.diojeffcity.org/safe-environment.

The lawsuit also names Fr. Francis Gillgannon, who died in 2004. The diocese is currently investigating the allegation against him. We were not

Open House at Tolton Catholic

DATE: October 16
TIME: 6 - 8 pm (sign-up)

An open house for prospective students and their families will be held from 6 to 8 p.m. on Wednesday, Oct. 16, at Fr. Tolton Regional Catholic High School, 3351 E. Gans Road in Columbia.

Faculty and students will be there to talk about academics,

faith, community, clubs and activities.

Families are asked to sign-up for a 40-minute window for a school tour at tinyurl.com/ToltonOpenHouse2024.

If your preferred time slot is full, or for questions about enrollment at Tolton Catholic, contact Admissions Director Ashley Moore at amoore@toltoncatholic.org.



Statement of Ownership, Management, and Circulation

1. Publication Title: THE CATHOLIC MISSOURIAN

2. Publication Number: 5 5 6 9 4 0

3. Filing Date: 9/23/2024

4. Issue Frequency: BIWEEKLY

5. Number of Issues Published Annually: 26

6. Annual Subscription Price: \$14.00

7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®): 2207 W MAIN ST, JEFFERSON CITY MO 65109-0914

Contact Person: JAY NIES

Telephone (include area code): 573-635-9127 EXT 235

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer): 2207 W MAIN ST, JEFFERSON CITY MO 65109-0914

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank):

Publisher (Name and complete mailing address): BISHOP W SHAWN MCKNIGHT, 2207 W MAIN ST, JEFFERSON CITY MO 65109-0914

Editor (Name and complete mailing address): JAY NIES, 2207 W MAIN ST, JEFFERSON CITY MO 65109-0914

Managing Editor (Name and complete mailing address): N/A

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.):

Full Name: DIOCESE OF JEFFERSON CITY

Complete Mailing Address: 2207 W MAIN ST, JEFFERSON CITY MO 65109-0914

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box ☒ None

Full Name:

Complete Mailing Address:

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)

The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes:

☒ Has Not Changed During Preceding 12 Months

☐ Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

13. Publication Title: THE CATHOLIC MISSOURIAN

14. Issue Date for Circulation Data Below: 09/13/2024

15. Extent and Nature of Circulation

		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)		27,400	27,400
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	6,380	6,383
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	20,264	20,265
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	0	0
	(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	0	0
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		26,644	26,648
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541	0	0
	(2) Free or Nominal Rate In-County Copies included on PS Form 3541	0	0
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	0	0
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	0	0
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		0	0
f. Total Distribution (Sum of 15c and 15e)		26,644	26,648
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))		756	752
h. Total (Sum of 15f and g)		27,400	27,400
i. Percent Paid (15c divided by 15f times 100)		100%	100%

16. Electronic Copy Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies	0	0
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a)	0	0
c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a)	0	0
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c x 100)	0	0

☐ I certify that 50% of all my distributed copies (electronic and print) are paid above a nominal price.

17. Publication of Statement of Ownership

☒ If the publication is a general publication, publication of this statement is required. Will be printed in the 09/27/2024 issue of this publication.

☐ Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner

JAY NIES, EDITOR

Date: 09/23/2024

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

PS Form 3526, July 2014 (Page 3 of 4)

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As always, our goals are to support healing and peace for any survivor of abuse, to bring abusers to justice and to implement safeguards to prevent harm.

aware of any allegations made against him before this lawsuit.

Additionally, the suit mentions “Fr. Darr” and “Fr. Dave.” There is no record of a “Fr. Darr” ever serving in the Diocese of Jefferson City, and we are working to identify “Fr. Dave.” We have confirmed that this allegation does not refer to any priest named “David” currently serving in our diocese.

The Church continues to take every allegation seriously. In a 2019 report about clergy abuse in Missouri, the state’s Attorney General recognized the substantial safety measures our Church has implemented since 2002. The report also highlighted our cooperation. The Attorney General also commended the Church’s leadership and commitment to public transparency and accountability.

I invite everyone to continue praying for all survivors of abuse and misconduct.

We also encourage anyone who has been abused to come forward.

If you are a survivor of misconduct involving a priest, deacon, or other Church personnel in the Diocese of Jefferson City, please contact local law enforcement, as well as our diocesan

Victim Assistance Coordinator, Jacqueline Baldwin, at 573-694-3199 or reportabuse@diojeffcity.org. For more information, visit diojeffcity.org/safe-environment.

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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THE CATHOLIC MISSOURIAN (ISSN 1083-6977 or USPS 556940), September 27, 2024, volume 68, number 7. Published biweekly at 2207 W. Main St., Jefferson City, MO 65109. Subscription price \$14 a year through parish plan. Periodical postage paid at Jefferson City, Mo. and additional mailing offices. **POSTMASTER:** Please send address changes to The Catholic Missourian, 2207 W Main St, Jefferson City MO 65109-0914.

Priest of the diocese explains Christ's presence in the Eucharist

By Father Daniel Merz, SLD

During the Protestant Reformation, there were many attacks made against the purported teaching of the Church on the Eucharist.

Pamphlets appeared, showing a giant Christ bearing marks of the Passion and several Catholics gnawing on His body.

Although John 6:54 uses the verb *Trogo*, which means "to gnaw," the pamphlet was a wildly distorted interpretation of Catholic teaching on the Eucharist.

John uses *Trogo* to emphasize the reality of eating that is a necessary part of the Eucharist, but not to imply that the Eucharist has anything to do with gnawing on an arm or leg of Christ.

When we break the host at Mass during the "Lamb of God," or when we chew the host after reception of Holy Communion, Christ does not suffer any injury. We do not physically touch, break, chew or taste the Body and Blood of Jesus, but only the physical characteristics of the Sacrament of the Eucharist.

In John 6:63, we read the words of Jesus, "It is the spirit that gives life, while the flesh is of no avail. The words I have spoken to you are spirit and life."

Sometimes, Protestants will point to this verse to say that

Jesus used the word "flesh" earlier ("eat my flesh and drink my blood") only metaphorically, because here he clearly says that "the flesh is of no avail."

But Jesus is making an important distinction between earthly, mortal flesh ("no avail") and his own human-divine — and most importantly — risen, glorified flesh.

This is the body, blood, soul and divinity that we consume in the Eucharist. We do not eat mortal, earthly flesh; we do not eat the pre-risen, pre-glorified flesh of Christ.

The Eucharist is the living flesh and blood of Christ, as he currently is, risen and glorified.

We eat his Spirit-imbued flesh and blood, but only in and through the veil of the physical reality of the bread and wine, which are essential to the Eucharist as determined by our Lord.

Understanding this distinction is vital as we seek to grow in our understanding of the true nature of the miracle of the Eucharist.

Catholics do believe in the



A weathered rendering of the Holy Eucharist is painted onto the door of a cabinet in the sacristy of the Shrine of Our Lady of Sorrows in Starkenburg. — Photo by Jay Nies

Real Presence of Jesus Christ in the Sacrament of the Eucharist, in which the merely physical characteristics of bread and wine mediate the glorified, supernatural reality of the Risen Jesus.

Is the resurrected and glorified body of Jesus as he now is, ascended in heaven, real? Absolutely!

Is it physical? Yes, the body of the Risen Jesus — unmediated by the Sacrament of the Eucharist — is physical, but it is much more than physical, at least as understood on this earth.

In this world, all that is physical is subject to decay, but the risen body of Jesus is not subject to decay or death of any kind.

As St. Paul writes, it's a spiritual body (1 Corinthians 15:44).

A spiritual body is a physical body that has been completely penetrated and so transfigured by the Holy Spirit. It's been thoroughly spiritualized.

Non-Christians (and even some Christians) will use the term "spiritual" in a derogatory way: "You have a spiritual way of looking at things, whereas I deal with physical reality!"

But Christians know that the spiritual is the most real.

The physical decays and passes away, but the spirit is immortal.

When the Holy Spirit completely imbues a physical body, it becomes a resurrected, glorified body, what St. Paul called a spiritual body, which is more than physical.

The Eucharist is a Sacrament of this. The Real Presence of Christ as He is in heaven is mediated to us through the Sacrament.

Eucharistic miracles

I think it's helpful to contrast the Sacrament of the Eucharist, which we consume at Mass, and the examples of Eucharistic miracles that have occurred several times over the centuries (and which we never consume).

A Eucharistic miracle occurred in the parish church of the Italian town of Lanciano in the eighth century. A monk of St. Basil was celebrating Mass and doubting the Real Presence.

Suddenly, the host appeared like flesh and the wine like blood. There were many eyewitness accounts of the event. The host had the same qualities as human heart tissue with the blood registering AB-negative.

Both the miraculous flesh and the five globules of blood remain on display (remarkably well preserved) in Lanciano 12 centuries later.

No one has ever desired to

consume this tissue or blood, and the Church would not allow it, not simply for the reason of preserving a kind of relic, but because the Eucharistic miracle is no longer the Sacrament of the glorified flesh and blood of the Risen Christ.

The Church, to my knowledge, has never provided an authoritative explanation of this miracle, so the following remains my own. Take it for what it's worth.

The miracle of Lanciano is that the Sacrament of the Risen Christ has become a physical relic of the pre-glorified body. It has become something that the Sacrament of the Eucharist is not.

Glorified body

We believe that, under the appearance of bread and wine and mediated through the Sacrament, we receive the living, glorified body, blood, soul and divinity of the Risen Christ.

In the consecrated host, all the physical elements of bread remain — philosophically, these are called the "accidents" of bread: its taste, color, size, molecular and chemical elements. However, the "substance" of bread, its "bread-ness," which we cannot directly perceive, has been changed into the "substance" of "Christ-ness" (hence, the term transubstantiation).

By way of analogy, perhaps one could say that the spirit or soul of the bread has been changed, while the body of the bread remains the same.

But this change affects it on the deepest and truest level.

See EUCHARIST, page 5



Bishop McKnight's Calendar

OCTOBER

Sep. 27-

Oct. 1 Diocesan Fiscal Management Conference, San Diego, California

Oct. 1-4 Catholic Home Missions Allocations Meeting, Birmingham, Alabama

Oct. 7-8 Pontifical College Josephinum Board Meeting, Columbus, Ohio

Oct. 7-11 Annual Diocesan Priests' Institute, Lake Ozark

Oct. 15 Council of Deans Meeting, 11 am; Presbyteral Council Meeting, 1 pm, Chancery; Communities of the Beatitudes Young Adult Small Group Session, 6:30 pm, Jefferson City

Oct. 17 Equestrian Order of the Holy Sepulchre of Jerusalem Mass and Dinner, 5:30 pm, Jefferson City

Oct. 18 Missouri Catholic Conference Dinner Meeting, 5 pm, Bishop's Residence

Bishop McKnight's October prayer intention for our Local Church

For a greater conversion of hearts to God who loves us so much; that in living the stewardship way of life, we may avoid any sense of entitlement in our relationships with God and one another.

Intención del mes de octubre del Obispo McKnight por nuestra Iglesia Local

Por una mayor conversión de los corazones a Dios que tanto nos ama; que al vivir el estilo de vida de la buena administración, podamos evitar cualquier sentido de derecho en nuestra relación con Dios y con los demás.



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

Fr. Kevin Gormley: 60 years of priestly ministry and fellowship

By Jay Nies

Young Kevin Gormley told the president of All Hallows Seminary in Dublin that he wanted to be a priest in San Francisco, where his brother was living.

The president said enough men from the seminary had applied to serve there, but the bishop of a recently formed diocese in Missouri needed priests.

"I didn't even know where that was," Fr. Gormley recalled. "I told him it doesn't really matter where I go as long as the temperature is tolerable."

Bishop Joseph M. Marling C.P.P.S., this diocese's founding bishop, assured him of mild and moderate weather.

"And I fell for it!" said Fr. Gormley.

Heat waves and cold snaps aside, he'd never trade these past 60 years of Priesthood in Missouri.

"It's kind of a rural diocese, and I grew up in a rural part of Ireland," he said. "It was a bit like home for me."

Now living in Boonville since retiring from full-time ministry in 2015, Fr. Gormley observed his priestly diamond jubilee this June with

a Mass and Sunday brunch at that city's Ss. Peter & Paul Church.

A crowd of friends and neighbors, a few who remember his two years there as a newly-ordained associate pastor, turned out to celebrate and present the gift of airfare to visit his family back home.

"It was kind and beautiful," he said.

Fr. Gormley previously ministered in Boonville, Taos, Loose Creek, Jefferson City, Mexico, Martinsburg, Wellsville, Tipton, Marshall and Sweet Springs.

"The Priesthood is my life," he stated. "I could never think of any other life that would make me happier than I am."

He said if he could go back 60 years and tell himself one thing, it would be that everything will be okay and that God will help him minister to thousands of people.

He recalled offering Mass the morning he departed for the United States 60 years ago, in the church where he had been baptized and received his First Holy Communion.

"At that time, of course, the priest said Mass facing the altar," he recalled. "I had a nice cry there where people couldn't see me. I had my back to them."

He was leaving behind everyone and everything he had grown up with: his parents, brothers and sisters, friends, his home, his Gaelic football team.

"And then just wondering and praying it would all work out," he recalled. "I had no idea because I had never been to Missouri."

"Teach the nations"

The 12th of 13 children born to the late Patrick and Margaret Gormley, Fr. Gormley grew up on a farm in Co. Longford, about midway between Dublin and Galway.

His grandmother was always close by, helping his mother care for all the children.

"My parents never missed church, always spoke highly of the priests and prayed the Rosary daily," he recalled.

After finishing Catholic grade school, young Kevin rode his bicycle 12 miles each day to get to and from St. Mary High School in Moyne.

Sensing that he might be called to be priest, he applied for and was accepted into All Hallows.

It was a time when Ireland had many more priestly vocations than it needed, making it a hub of missionary activity.

"Most of the students there went to England, Scotland, Australia or Africa and to the United States — a lot to California or Florida," Fr. Gormley noted.

The seminary rector put him in touch with Bishop Marling in Jefferson City. On the bishop's word, he agreed that this would be a good place to serve God and his people as a priest.

On June 21, 1964, in the All Hallows College Chapel, Bishop Patrick Dunne of Dublin ordained Fr. Gormley and his 37 classmates to the Holy Priesthood.

After some grieving before leaving for Missouri, the new priest felt God's courage and consolation rush over him as he looked ahead to the life of a priest in the United States.

Prayer and work

Fr. Gormley quickly fell in love with the Church in this part of the world.

He feels fortunate that all of his assignments were in parishes with Catholic schools, which helped him stay close to young families and influence children with the Gospel values he received when he was



Father Kevin Gormley

their age.

Whenever he was assigned to a new parish, he would read the previous year's worth of weekly bulletins.

"That gave me an overview of the characteristics of that parish," he said.

In each new mission field, he worked to cultivate an understanding among his parishioners that all people are called to carry out the work of the Church every day.

"Serving the best I could in the parishes I was assigned to and getting to know and love the people," he called it.

He realized that God had endowed him with a gift for recognizing talent and leadership potential among his parishioners, and convincing qualified people to serve on boards and commissions.

He always believed in the importance of the two main elements of diocesan Priesthood — spiritual leadership and parish administration.

"Of course, the primary portion is to be a spiritual leader, which includes the fidelity to prayer and to the Mass and to the Sacraments," he stated.

He also made a point of involving himself in the everyday lives of his parishioners.

"To be a good priest, I believe that there should be a balance between prayer and work," he stated. "The sanctuary priest is not enough. We have to be a man for the people."

Papal blessing

One of Fr. Gormley's happiest memories is from 1986, while he was on sabbatical in Rome. He and 35 other priests from North America concelebrated Mass with Pope St. John Paul II in his private chapel.

Afterward, the Pope greeted each priest.

"I shook hands with a saint!" Fr. Gormley said.

A decade previously, he was pastor of St. Peter Parish in Jefferson City when Gov. Joseph Teasdale, who was Catholic, got elected.

"Walking Joe" was a daily communicant," Fr. Gormley recalled. "He and his bodyguard were in St. Peter's Chapel every day at noon."

Fr. Gormley and the late Monsignor Ralph G. Kutz helped the governor and his wife, Theresa, adopt a son.

"I got to baptize that child," said Fr. Gormley. "And guess what they named him: Kevin! So I was very honored."

Support group

Years ago, Fr. Gormley and a handful of other priests of the diocese formed a priests' support group, carving time out of their busy schedules each month to pray and socialize together.

"That has been very good for me — getting to know those guys in a very intimate way," he said.

Each July, the group spends a week together at the Lake of the Ozarks, talking, praying, resting and dining together.

"We share a lot of what's going on in our lives," he said. "We rejoice with each other. If one of us is down and needs encouragement, we're there to help him."

He believes it's essential for priests to foster camaraderie among themselves, especially now, with more of them living in rectories alone.

"We share the good points and bad points of the past months, and we give and get affirmation for who we are," he said.

Several members can't at-

See FR. GORMLEY, page 10

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Papal trip to Luxembourg, Belgium to put focus on faith, education

Catholic News Service

Pope Francis' visit to Luxembourg and Belgium Sept. 26-29 will come just 13 days after wrapping up the longest trip of his pontificate.

After visiting Indonesia, Papua New Guinea, Timor-Leste and Singapore Sept. 3-13, the pope will travel to the tiny European nation of Luxembourg Sept. 26 and neighboring Belgium Sept. 26-29, traveling to Brussels, Leuven and

Vatican City

Louvain-la-Neuve. He will stick to the traditional essentials: greeting top-level government officials, meeting with local Catholics, celebrating an open-air Mass and meeting privately with his fellow Jesuits.

The main focus of the trip to Belgium is to mark the founding of the oldest Catholic university in the world, the Catholic University of Leuven, which celebrates its 600th anniversary during the 2024-2025 academic year.

EUCHARIST

From page 3

If scientists did a physical, chemical, molecular analysis of the Sacrament of the Eucharist, they would find only the qualities of unleavened bread. This is what is "physical."

And these physical elements may be so changed (either by corruption or mixture with something else) that they are no longer recognizable as bread to be eaten or wine to be drunk, in which case, per St. Thomas Aquinas: "then Christ's body and blood do not remain under this Sacrament" (Cf. *Summa Theologiae* III:77:4).

The Real Presence of the body and blood of Christ is incorruptible, whereas the physical elements of bread and wine, even after consecration, are nonetheless corruptible.

In other words, the only part of the consecrated host that is physical is the appearance ("accidents") of bread and wine.

The "substantial" presence of Christ is supra-physical.

Is Christ "physically" present in the Sacrament of the Eucharist? If "physical" means the accidents of taste, color, size and molecular and chemical makeup, then the answer is no.

Christ is truly present in "substance," but only in a mediated way through the Sacrament of the Eucharist.

His physical, unmediated presence is what we await with blessed hope at the Second Coming of the Lord at the end of time.

When we consume the Holy Eucharist, the physical accidents of bread and wine are broken down and become part of our bodily metabolism, but the spiritual reality, the most real and enduring reality, is that we become part of the Body of Christ.

Only spiritualized flesh and blood could possibly make that happen!

This is why the Catholic Church teaches that Christ is not physically present in the Eucharist in an unmediated way, but He is truly, substantially present in His spiritualized and glorified body, blood,

soul and divinity.

Taste and see the goodness of the Lord!

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Rosary Rally in Linn

DATE: October 12
TIME: noon - 1 pm

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There will be over 20,000 rallies taking place across the United States on that day.

Participants are encouraged to bring lawn chairs.

Call 573-301-7380, 573-690-2538 or 573-690-7934 for information.



WITNESS

fall youth rally

November 3
1 - 6 p.m.
Cathedral of St. Joseph
Jefferson City, MO

feat. Fr. Leo Patalinghug of Plating Grace

& **special musical guest, The Vigil Project**

12:30 p.m. — Lunch and Check-in
5 p.m. — Closing Mass with Bishop McKnight
Cost: \$10 per youth (no charge for adults)

“Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us... while keeping our eyes fixed on Jesus...”
Hebrews 12:1-2

RSVP at diojeffcity.org/youth-rally-2024




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DIocese of
Jefferson City

Sunday, September 29
5 - 6:30 p.m.

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Monday, September 30
6 - 7:30 p.m.

Cathedral of St. Joseph (Jefferson City),
in Cana Hall (undercroft)

Babysitting is available!

If interested, please sign up for babysitting using the registration form at diojeffcity.org/pye-registration.

A day for remembrance, mercy and recommitment to being pro-life

By Jay Nies

Themes of humanity, death, mercy, mission, healing and sure and certain hope resonated throughout St. Andrew Parish's 10th annual Mass for the National Day of Prayer and Remembrance of Aborted Children, their parents and abortion workers.

"Jesus has given the cross a new meaning," said Father Christopher Cordes, pastor of St. Andrew Parish in Holts Summit.

"It was through that instrument of torture and execution that he gained and brought salvation to the whole world, giving the ultimate self-sacrifice for all of us and all of humanity," the priest stated.

"Today, we observe that; today, we honor that, we give thanks for that," he said.

The Mass was one of many solemn observances held throughout the United States on the National Day of Remembrance (nationaldayofremembrance.org).

Father Richard Frank, a retired priest of this diocese, concelebrated the Mass.

About 50 people attended.

The special intention was for the repose of the souls of the 8,710 Missouri babies who died last year in Illinois abortion clinics, and the 2,860 who died in Kansas abortion clinics.

"We must do our part to protect all human life, and as we remember in a special way today, the lives of the unborn," said Fr. Cordes.

It was the Feast of the Exultation of the Holy Cross.

"This feastday honors and gives thanks for and celebrates and draws our attention to the action of Jesus, what happened through the cross," Fr. Cordes noted.

Not only did God create human beings in his own image and likeness, he sent his own beloved Son in the form of a human being.

"We are given the calling as

Christians to live our life in such a way that God is shown through us — that all that Jesus has come to teach and

be, shines through our life," said Fr. Cordes.

This also means all people are called to honor and care for that image and likeness in every human being, "especially those who tend to be left out or overlooked or marginalized or needing care and assistance that is not provided," he said.

That holds for every baby in the womb.

"We hold to the truth that we are created in that image and likeness of God from the very beginning," Fr. Cordes stated.

He emphasized that this image and likeness doesn't come into being after three months after conception or six months or at birth or when a child begins to walk or talk or begins to be able to carry on a conversation or achieve some level of independence.

"It is there from the beginning," the priest noted. "So we are called to recognize that and protect that and to honor

that."

That often does not happen — "and that's what we are called to recognize even more and do even more about," he said.

Doing more starts by calling to mind all those whose lives have been lost prematurely, in their earliest stages.

"And as we remember them, we believe and trust they are in the eternal care of God," said Fr. Cordes. "But we must also remember our responsibility to keep doing more to allow them to come to birth, to come into the world."

All people of faith are also called to help do what needs to be done to help those little ones, especially the most vulnerable and those most in need, to flourish throughout their earthly lives.

"That is a call for all of us and for all people," Fr. Cordes stated.

He said the Day of Remembrance was also an important occasion to highlight God's unfathomable mercy.

"The image of Jesus on the cross is the greatest image of God's mercy and love for us, the willingness to give his Son, Jesus's willingness to pour out his life for us," Fr. Cordes stated.

"And that reminds us of God's mercy and grace, which

extends, of course, to those

who are unborn and also to those who make the decision, who participate in bringing their lives to an end," he said.

He noted that many people who are involved in that decision do experience feelings of regret and need to know of God's mercy and tremendous love.

That mercy finds its most profound expression in the cross of Jesus, reminding all of his followers of their lives to imitate him through a life of self-sacrificing love.



Deacon Thomas Whalen, retired, of St. Peter Parish in Jefferson City, leads the singing of "Amazing Grace" during the placing of flowers at the end of the outdoor service.

"And we are called upon to recognize that in each person, to allow that to come to fruition, to contribute to the well-being of each individual — and today especially, we recall the responsibility that we have to ensure that for those who have yet to come to birth," he

said.

Not forgotten

The closing hymn was a Catholic Song of Farewell, its lyrics dating from the early centuries of the Church, calling upon those in heaven to welcome one who has died and present him or her to God.

The people in church processed out to the churchyard behind Fr. Cordes and Fr. Frank, each carrying a long-stem flower.

Together, they offered prayers for all who have lost a child because of abortion, and for all those who have died in abortions — "our brothers and sisters in Christ who never had a chance of early life but share in the heavenly life with God, our all-merciful, loving Father."

One by one, beginning with the priests, the people came forward to place flowers on the stone memorial to the unborn while everyone assembled sang "Amazing

Grace."

A group of participants went back into the church afterward to pray the Rosary for the defeat of Amendment 3, which would legalize abortion in Missouri and all but eliminate the state's authority to regulate it.



LEFT: Father Christopher Cordes, pastor of St. Andrew Parish in Holts Summit, leads an outdoor memorial service for people whose lives have been lost and for those who have been touched by abortion, after celebrating Mass in St. Andrew Church on Sept. 14, the National Day of Prayer and Remembrance of Aborted Children. RIGHT: People come forward to place flowers on the stone memorial to those who have been lost to abortion, in the St. Andrew churchyard.



More photos from this event have been posted in *The Catholic Missourian's* online edition, cathmo.com. Select "Photo Galleries" from the "Multimedia" tab on the menu bar.

Sustainable farming advocate Russ Kremer of Frankenstein receives Catholic Conference's Citizen Recognition Award

By Jay Nies

The stone for the iconic Our Lady Help of Christians Church in Frankenstein came from Russ Kremer's family's farm.

Now, this fifth-generation parishioner and curator of the soil assembles the teachings of the Church into a more sustainable, God-oriented way of farming.

"People call me rogue, renegade and rebellious," said Mr. Kremer. "That's okay. Everything I think and try to do is because of my Catholic faith and upbringing."

"When things are not right, I question it," he said. "When I counter those things, I sometimes get resistance."

But not always.

The Missouri Catholic Conference (MCC) recently honored Mr. Kremer — an internationally-renowned advocate for sustainable agricultural and livestock raising techniques that benefit farmers and consumers throughout the world — with its 2024 Citizen Recognition Award for the Jefferson City diocese.

The MCC, public policy agency of the state's four Roman Catholic dioceses, presents the award each year to a Catholic from each diocese who has exemplified good citizenship in promoting the Church's values in the public-policy arena and in their local communities and parishes.

Bishop W. Shawn McKnight presented the award at the diocese's inaugural Rural Life Mass on Sept. 8 in Vienna.

"Russell exemplifies a Catholic who has studied 'the signs of the times' and embraced his vocation as a prophetic farmer," said Bishop McKnight.

"A diversified family farmer who co-founded and manages Heritage Foods — which is a 125-producer network for processing, marketing and distributing natural and organic protein products — Russell's farming enterprises include humanely and sustainably raised hogs and cattle as well as chemical-free vegetables, crops, hay and timber," the bishop stated.

Mr. Kremer has also taken part in successful efforts to improve farming policy, such

as convincing lawmakers to restrict antibiotic use in healthy livestock.

The bishop called him a witness of how Catholic Social Teaching can be the foundation of a reform for "agribusiness" in the United States, moving back toward a food supply network that is based on the dignity of the human person.

"Especially in the dignity of work and the rights of those who produce food, and which respects the essential priority of family and community, and our call to care for creation," the bishop noted.

A healthy litany

A St. Louis weekly newspaper once dubbed Mr. Kremer "the Pope of Pork."

He has served on numerous boards and commissions related to farming.

He has been an agricultural advisory committee member for five Missouri governors and was one of four U.S. delegates to the 2006 World Farmers Congress in Seoul, Korea.

He grew up helping to work the farm that's been in his family for five generations.

He attended St. Mary School in Frankenstein and Fatima High School in Westphalia before pursuing degrees in Animal Husbandry and Agriculture Education.

Mr. Kremer said he aspires to be a teacher and evangelizer, "but I also want to be one who puts models of hope into place and into practice."

Though biblical teachings and his Catholic upbringing, he's come to embrace the concept that all people are involved in agriculture.

"We all eat," he noted. "And God gave us all these resources to nourish us. Seen in this light, eating and food production are spiritual acts."

He's motivated by a verse from St. Paul's Letter to the Romans: "Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect" (12:2).

"I think about that every



Standing with Bishop W. Shawn McKnight, Russ Kremer, a member of Our Lady Help of Christians Parish in Frankenstein, displays the Missouri Catholic Conference's 2024 Citizen Recognition Award for the Jefferson City diocese. Bishop McKnight presented the award during the diocese's inaugural Rural Life Mass Sept. 8 in Vienna.

— Photo by Jay Nies

day," said Mr. Kremer. "I vow to use my mind and to be a better person. Some days, I fail miserably, but I want to do what's right."

His older brother, the late Robert Kremer Ph.D. was a professor of microbiology at the University of Missouri. He carried out extensive, meticulous research and let his work do the talking.

"I learned so much from him," said Mr. Kremer. "He was my mentor and my inspiration."

In presenting the Earth Day Lecture at MU last year, Dr. Kremer observed that "healthy soil begets healthy plants, begets healthy animals, begets healthy humans, begets healthy societies."

The elder sibling's research and testimony helped convince the FDA to reject genetically modified wheat.

"Whenever I receive the precious Body of Christ at Mass," the younger Kremer stated, "I remember how my brother helped make sure the wheat for this bread is the closest to what God intended it to be."

Dr. Kremer died this year of cancer.

"I shed tears and delivered the eulogy for my greatest mentor and ally," said Mr. Kremer. "And I then committed to working harder toward that shared vision of a healthier world."

ably fewer preservatives and chemically-manipulated ingredients.

"They don't even think about those things, because they have more of a regional food system that's very equitable — where most of the middle men are cut out, where most farmers receive more of a living wage and you don't see huge trucks and big box stores," he said.

"What you see are local markets that are very effective."

Mr. Kremer helped create a system called "ecovillages."

"These are based on agro-ecological practices," said Mr. Kremer. "Not just organic farming techniques but also a lot of social aspects, including helping disadvantaged farmers, making sure all communities have some sort of food security, that workers are paid a living wage and given a chance to get into an artisan field," he said.

He saw firsthand how it all works on a friend's farm in Italy.

Local wheat farmers were only earning about 10 cents per pound on the open market. But Mr. Kremer's friend had built an inexpensive, efficient system for processing the grain into premium quality pasta to sell to local restaurants for about \$3 per pound.

"A family of four were manning it," Mr. Kremer recalled. "They'd do their farm chores and then go and make pasta."

This type of equipment is

Finished products

Mr. Kremer noted that most of the Jefferson City diocese is rural.

He believes reestablishing local, natural, organic food systems will be a major key to keeping the food supply chain safe and healthy and these rural areas remain vibrant and robust for future generations.

Sustainable farming practices and locally-owned processing and distribution systems can help create better food security, he said.

And not just here.

"What I've done with a collaboration of friends throughout the world is actually to put together localized food systems — circular economies — that are very European, essentially Italian-inspired," he said.

In 2020, he co-founded the World AgroEcology Alliance as a vehicle to heal a broken food system.

Traveling throughout Europe, he noticed that most of the food there has remark-

See FARMING, page 23

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QUESTION CORNER

What is the Church's position on cremation?

By Jenna Marie Cooper
OSV News

Q: What is the position or rule of the Church concerning cremation? (Indiana)

A: There is a short answer to your question in Paragraph 2301 of the *Catechism of the Catholic Church*, which tells us that: "The Church permits cremation, provided that it does not demonstrate a denial of faith in the resurrection of the body."

But we can gain a fuller understanding of the Church's teaching if we dig a little deeper into the relevant documents. In particular, in the *Order of Christian Funerals* (that is, the book governing the ceremonies for Catholic funeral liturgies) there is an appendix approved for use in the United States which states: "Although cremation is now permitted by the Church, it does not enjoy the same value as burial of the body. The Church clearly prefers and urges that the body of the deceased be present for the funeral rites, since the presence of the human body better expresses the values which the Church affirms in those rites" (413).

In other words, cremation is technically — though not enthusiastically — allowed by the Church, as long as it is not done for reasons or motivations contrary to the Catholic teaching on the dignity of the human body. For example, choosing to cremate the body of a loved one who died of a highly infectious disease in order to avoid spreading contagion would be an acceptable motive; but opting for cremation because of a belief that "the body is just an empty shell" would not be.

The appendix in the *Order of Christian Funerals* goes on to give some practical directives. Specifically, "the cremated remains of a body should be treated with the same respect given to the human body from which they come. This includes the use of a worthy vessel to contain the ashes, the manner in which they are carried, the care and attention to appropriate placement and transport, and the final disposition. The cremated remains should be buried in a grave or entombed in a mausoleum or columbarium. The practice of scattering cremated remains on the sea, from the air, or on the ground, or keeping cremated remains in the home of a relative or friend of the deceased are not the reverent disposition that the Church requires" (417).

The same document further indicates that if a body is to be cremated, ideally this would happen after the funeral so that the integral body could be present at the Mass (418).

It may seem odd to some of our modern sensibilities to attach so much importance to a dead body, when the soul of our loved one is no longer present within it. But it is always good to recall how "incarnational" our Catholic faith is. That is, we believe that God's coming to earth as man has rendered many aspects of our humble, tangible material reality as sacred. As the *Order of Christian Funerals* urges us to recall: "The body of a deceased Catholic Christian is also the body once washed in Baptism, anointed with the oil of salvation, and fed with the Bread of Life. ... The body of the deceased brings forcefully to mind the Church's conviction that the human body is in Christ a temple of the Holy Spirit and is destined for future glory at the resurrection of the dead" (412).

This reverence for the bodies of the dead is a logical consequence of what we profess in the Creed we recite at Mass every Sunday: that we believe in the "resurrection of the body." Just as Jesus' body was resurrected, and as Mary's immaculately conceived body was assumed into heaven, so too will "God, in his almighty power, definitively grant incorruptible life to our bodies by reuniting them with our souls, through the power of Jesus' Resurrection" (997).



Papal Audience September 25, 2024

Dear brothers and sisters:

In our catechesis on the Holy Spirit, we now turn to the Gospel account of Jesus' temptations in the desert, which speaks to us of the reality of Satan, the tempter, but also the Lord's sovereign power to set us free from his snares. The greatest proof of the existence of the devil is not to be found in the evidence of evil in our world, but in the lives and witness of the saints. By their efforts to growth in virtue and holiness, the saints testify to the sinister reality of the spirit of evil and the need to struggle against temptations to sin. The victory of the Risen Lord over the power of evil and sin gives us sure hope that, by trusting in his word and strengthened by the grace of the Holy Spirit, we can overcome every temptation, experience purification in our hearts and grow in union with Christ.

I extend a warm welcome to the English-speaking pilgrims taking part in today's audience, especially the groups from England, Australia, India, Malaysia, the Philippines, Taiwan, Canada and the United States. My special greeting goes to the new students of the Venerable English College, together with my prayers for their preparation for the Priesthood. Upon all of you, and your families, I invoke the joy and peace of our Lord Jesus Christ. God bless you!

Pope thrives, hits main themes of his pontificate during Asia-Pacific trip

By Cindy Wooden
Catholic News Service

The 87-year-old Pope Francis not only survived the longest trip of his pontificate, but he drew energy from the crowds who came to see him, and he seemed to enjoy his 12-day visit to Asia and the Pacific.

Unity, respect for one's culture, interreligious dialogue, care for the poor and for the environment were the main themes of his talks in Indonesia, Papua New Guinea, Timor-Leste and Singapore Sept. 2-13.

Except for in Jakarta, Indonesia, his last event in each country was a meeting with young people.

And despite his age, all the meetings he already had sat through, and changing time zones with each country, Pope Francis seemed to draw the most energy from the young.

He did not follow a single prepared text for his gatherings with teens and young adults, and none of the meetings finished on time. Instead, picking up on a phrase or two of what he heard from his young hosts, he'd launch a dialogue, revving up the crowd with "I can't hear you" when they didn't respond loudly enough.

The 45th trip of his pontificate took him

See POPE, page 12

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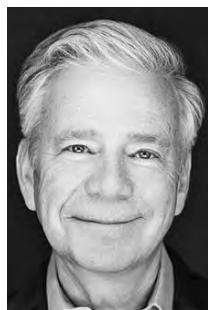
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Inside the Powerful Daily Routine of a Catholic Business Leader: Secrets to Success and Holiness

By Paul Winkler



What was the first thing you thought of when you woke up today? Chances are it wasn't God, but you were instead instantly flooded with thoughts about the day ahead, about the latest bit of irritating political or economic news, or maybe your first thoughts were about your family.

Consider breaking that habit with a better one. Upon waking up, take a moment to thank God for the day ahead.

You can pray something like this: "Hello, Lord, you have given me another day to sanctify myself. I can live out my vocation as a business leader and love for my neighbors through my work. Thank you for the chance to transform myself from a selfish to a selfless leader."

Doing this will immediately shift your mind away from the anxiety of the day ahead and instead focus on Jesus and his will for you. The thought of Christ and your prayer of thanksgiving for the day offers your first fruit of time to God.

We live according to life's rhythm that operates on multiple levels. First, there is the rhythm of the physical world — the cycle of sunrises and sunsets, the chang-

ing seasons and the weather that each season brings. Then, there is the rhythm of family life, a longer journey that involves conceiving, nurturing and educating your children before eventually guiding them into the world as mature adults, all while nurturing and deepening your relationship with your spouse. The rhythm of your work life follows daily, weekly, quarterly and annual routines designed to keep your business running smoothly. Finally, there is the rhythm of your spiritual life, grounded in your Catholic faith, with Holy Mass on Sundays, the sacraments, Holy Days and the liturgical seasons.

The competing demands of these various aspects of life and their unique rhythm can pull you in different and conflicting directions if they are not or-

dered correctly.

The acronym JOY — Jesus, Others, Yourself — makes it easy to remember the right order. Jesus set this priority when he said, "Love the Lord your God with all your heart, soul, and mind" and "Love your neighbor as yourself" (Mt. 22:36-40; Mk. 12:30-31). Though it seems like Jesus left out the "Y" for yourself, he actually placed us at the heart of the message, aiming to transform us from self-serving to serving leaders. By focusing on loving God and neighbor, there's little room for selfishness.

How does this translate into a daily routine? Begin each day by orienting your mind and heart toward God through consistent prayer: morning,

See WINKLER, page 19

We cannot follow Jesus and sidestep the cross

By Jaymie Stuart Wolfe
OSV News



The crucifixion of Jesus of Nazareth was a historical event occurring in a particular time and place. But the cross casts a long shadow, one that stretches across all of history. As Christians, we believe that the narrative of human destiny is the story of redemption in the cross of Christ. It stands at the center of time; everything before the cross leads to it, and everything that comes afterward flows from it. Marking the intersection of time and eternity, the cross is both the point of inflection and the point of convergence. All things — and all people — meet at Calvary.

Before his election to the papacy, Pope Benedict XVI contemplated an even more mystical notion. In his book, *The Spirit of the Liturgy*, Ratzinger taught that the shape of creation itself is cruciform: "The sign of the cross is inscribed upon the whole cosmos" (p. 123). Reflecting on the work of St. Justin Martyr, the Church's first philosopher, Ratzinger takes this even further. He says, "The Cross of Golgotha is foreshadowed in the structure of the universe itself. The instrument of torment on which the Lord died is written into the structure of the universe. The cosmos speaks to us of the Cross, and the Cross solves for us the enigma of the cosmos" (*Spirit of the Liturgy*, p. 124).

For Ratzinger, however, the cross of Jesus Christ is not merely a static reality, or even the key to understanding the universe. The way of the cross leads us into authentic worship. The cross itself is the way, the road we travel to our final destination in God.

This rings true when we consider the common patterns of growth in the spiritual life. Before we follow Christ, most of us do everything in our power to avoid the cross in all its forms. We run from suffering and keep a safe distance from those who suffer. But that changes when we begin to pursue our faith. It cannot be otherwise, for the Lord's invitation is clear: "Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me'" (Mt. 16:24).

We cannot follow Jesus and sidestep the cross. At first, we learn to surrender whatever we suffer to him. We see that the incarnation is not simply a great theological mystery. It opens up for us the possibility of sharing our lives with Jesus, because he came to share his life with us. So, we begin to accept our daily burdens and ask the Lord to carry them with us. Christ becomes part of our life.

As we embrace discipleship more fully, things change again. We learn to offer our crosses up, to unite all that we suffer with the sufferings of Christ. We follow St. Paul in "completing what is lacking in Christ's afflictions" (Col. 1:24) by adding ours to his. Through this, our lives become his.

But as we grow deeper in faith, we see that the suffering we experience comes with a hidden gift. Our crosses give us an opportunity to bear a splinter of the cross of Christ. This doesn't mean we are (or should be) masochists. It does mean that we learn to follow Jesus, not despite the way of the cross, but because of it. It means that we are capable of seeing all things — even what we suffer — as God's gifts.

Mature disciples understand that offering our suffering to Jesus leads us to something much deeper: the grace to

See STUART WOLFE, page 19

REFLECTION

Humble circumstances

By Mark Saucier

"Whoever wishes to come after me must deny himself, take up his cross, and follow me."

That's in Chapter 8 of Mark. In the very next chapter, those faithful followers were arguing about who was greatest.

Remember that most of these disciples were just kids.

They hadn't yet had their "aha!" moments — their conversion from "me" to "you and we."

Paul was probably 30-ish when he fell on the road to Damascus and surrendered his self-satisfying search for Jews who followed Jesus.

Moses was 80 when he knelt before the burning bush, relinquishing a peaceful desert life to lead his people.

I fall more into Moses's camp — his age of revelation, not his destiny of liberation.

And mine happened on a bathroom floor.

For years, I've been involved with some charities working with the poor, hungry and imprisoned.

These are small but effective ministries, touching lives in little but transformative ways.

I work with incredible people, men and women who are not only dedicated to the cause, but who are empathetic and vulnerable, faith-filled and fun.

Those we serve, be it a mother with a sick child or a woman trying to resurrect her life from the ashes of bad decisions, are most often friendly, smiling and truly grateful.

And therein lies my problem.

I've always wondered how deep and heart-driven my commitment was.

Leading this board or going on that mission trip was a comforting stroke to a needy ego.

I really enjoyed time spent working with others and seldom failed to learn something profound from those we try to serve.

How much of that being a servant was just about me feeling good?

Then I found myself working in the bathroom in one of the houses we have for women coming out of the judicial system with addiction histories.

It was a clogged toilet — and not one to be fixed in a few minutes with a plunger. It was a stubborn, industrial-level blockage that demanded hours of work in less-than-ideal circumstances.

Amid all that, it hit me. This was my "first shall be last."

It was a loathsome task — nothing to brag about. I did it, not without frustration, but at least without complaint.

I realized those women in the house — trying to stay sober, to atone, to forgive, to reclaim their families — were doing much tougher work than I was doing on that bathroom floor.

This was the least I could do for them.

Encounter

AT CATHOLIC CHARITIES

A message from the new board president



By Scott Thrasher

My name is Scott Thrasher, recently named Board President of Catholic Charities of Central and Northern Missouri (CCCNMO).

My wife Kris and I are 40-year members of Our Lady of Lourdes Parish in Columbia, Mo.

This is my second 3-year term on the board, which began July 1 with receiving the "President baton" from fellow OLL parishioner, Mike Maag.

During my initial first term, I served as Board Vice President for two years, allowing me to learn from Mike's leadership and develop a deeper appreciation for the mission of CCCNMO in our diocese.

My appointment to a second CCCNMO Board term by Bishop W. Shawn McKnight coincided with my retirement after a 47-year career in sales and marketing management.

This fortuitous timing has allowed me to channel my passion into serving both my parish and CCCNMO.

The past three months have been a whirlwind of activity, including a board retreat with Bishop McKnight and the Leadership Roundtable, a consulting partner at Starkenburg, attendance at the United Way Leadership Conference, alongside Executive Director Litz Main and her team, and several meetings to prepare for upcoming strategic planning

sessions.

Having these opportunities to observe the caring knowledge and desire to serve the agency staff, along with the best practices management of the executive director, serves to reassure that CCCNMO should be supported throughout our diocese.

As we begin a new fiscal year, CCCNMO and our board are going through impactful changes, both in organization and responsibilities that will continue and enhance the alignment of CCCNMO's charitable mission and vision within our diocese.

My focus in this new role will be (1) to assist and support our excellent leadership team at CCCNMO with these impactful changes, and (2) to assist in aligning with Bishop McKnight's 3-year diocesan pastoral plan and Communities of Beatitudes Program.

Through our deaneries, we can and will facilitate the sharing of CCCNMO's resources and programs to the parishes throughout the diocese.

We pray that this sharing will aid parishes in becoming centers of charity and mercy in their communities.

The facilitating efforts can be aided through our Charity and Mercy Grant program.

There is an application process with informational details on the CCCNMO website, cccnmo.diojeffcity.org.

I encourage you to visit

our website also to review the programs that represent our mission to serve those in need and learn more about Catholic Charities in the Diocese of Jefferson City.

The calendar is a great resource for looking at opportunities for involvement.

Through the strategic planning mentioned earlier, changes and enhancements to the program menu can be expected as CCCNMO strives to be the best it can be.

Furthermore, our board members, located throughout each of the five deaneries, will support CCCNMO in the communication of the programs available to the parishes in their deaneries, as well as communicate the needs supporting the CCCNMO vision back to its leadership.

I am truly looking forward to this next stage in my life, being a grandfather to my three



grandsons (and my fourth grandchild later this year), serving my parish and assisting our bishop and CCCNMO leadership in bringing its mission to those in need

throughout our diocese.

If you would like to help (not with grandparenting, I've got that!) our volunteer number is 573-635-7719 and my email is BoardPresident@cccnmo.org.

FR. GORMLEY

From page 4

tend the gatherings anymore because of health, but those who can, do.

And they all still pray for each other.

Here and there

Fr. Gormley retired from full-time ministry in 2015 but never stopped being a priest.

He moved to Boonville because it's centrally located, making it easier for him to cover for priests who are away from their parishes.

He wound up offering Mass in parishes throughout the diocese, along with a few weddings and funerals.

He occasionally administers the Sacrament of Anointing of the Sick to people who are gravely ill.

He doesn't venture out as far as he used to, but he does still fill-in at nearby parishes and hears confessions at seasonal Reconciliation services.

He offers Mass daily.

He's made over 60 visits to his homeland since becoming a Missouri resident — each year for vacation and for the funerals of his parents and several of his siblings.

He had 44 nieces and nephews when he was ordained, "and so many more now."

"I've been to all of Ireland and they bring me to those places," he said.

He's convinced of the importance of staying

close to his family of origin.

"That gives you a sense of belonging and 'groundedness,' and not just in the family of the Church," he said.

Beyond the wave

When Fr. Gormley returned home to celebrate his priestly jubilee this year, his large, extended family unveiled a concrete bench, inscribed with his name, ordination date, and the Diocese of Jefferson City, in a flower garden outside the home he grew up in.

"It'll probably last longer than a tree," he surmised.

He said he's intensely grateful for his first 60 years of Priesthood. He asks for prayers for the gift of discernment — specifically, the wisdom to know what God wants him to do at any given time, and the strength to keep doing it.

An engaged U.S. citizen for nearly half a century, he remains proud of and committed to his Irish heritage.

He has empathy for the new waves of missionary priests who come from other parts of the world to serve in the diocese.

"You have to adjust to a lot and learn an awful lot," he said.

But is it worth it?

"Absolutely!" he said. "I consider it such a great honor to be here."

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Lois Van Boening steps down as director of Aquinas Academy summer enrichment program

Program helps gifted students in Catholic schools develop and celebrate their talents with new friends

By Jay Nies

"One Thing I know, everybody's got a seed to sow."

Lois Van Boening taught that song each summer for the past 22 years to students of the diocese's Aquinas Academy.

Again and again, she's seen those seeds take root and point to an impressive harvest.

"I am humbled to see the work God has accomplished through me in my role as a Catholic educator and as the director of this meaningful endeavor," said Mrs. Van Boening, a Bowling Green native who stepped down this summer after a decade at the helm of the diocese's Aquinas Academy.

"I truly believe what I have told so many young people over the years: God has given each of us many gifts and talents," she stated.

Sponsored by the diocesan Catholic Schools Office, held on the campus of the Missouri Military Academy in Mexico and staffed by teachers and young counselors, Aquinas Academy is a summer enrichment program for Catholic school students.

Participants who have completed the sixth or seventh grade qualify for the program based on high test scores and principal recommendations.

The weeklong academy provides academic opportunities and plenty of space for the students to explore their gifts and talents.

"Aquinas Academy was established to provide a special experience for students in the diocese," said Mrs. Van Boening. "I'm not aware of another diocese that has this specific type of program."

She believes these opportunities are especially important for a rural diocese such as this one, where most of the Catholic schools are miles away from each other and have relatively small enrollments.

The camp-life format is slightly similar to the Missouri Scholars Academy at the University of Missouri in that students take a major class and a minor class consisting of material above and beyond what they learn in their own schools.

But, the major benefit of the week is not the material students learn.

"It is the experience of being with other students who are of similar academic ability," said Mrs. Van Boening.

It's often the first time that these very bright students feel they fit in.

During the closing ceremony of the week, students are asked to share something they learned during the week about their own gifts and talents.

"Many say they learned that they are good at making friends with others," Mrs. Van Boening noted.

The students form lasting relationships while learning, working and playing together.

"The week passes very quickly but creates an experience that is life-changing for them," she said.



Lois Van Boening has been a member of the diocese's Aquinas Academy faculty for 22 years and its director for the past 10.

Growing as a family

Mrs. Van Boening's relationship with Aquinas Academy has been an important part of her experience as a Catholic school educator.

She joined the faculty at St. Clement School in St. Clement in 1988, and taught math and music there until 2006.

"During that time, I had the privilege of working for my mother, who was principal for 35 years," she said.

All four of Mrs. Van Boening's sons attended school at St. Clement, and all four attended Aquinas Academy — first as "campers" and then as counselors.

The Academy, founded 38 years ago, was originally held on the campus of the former St. Thomas Aquinas Seminary in Hannibal and moved to the Missouri Military Academy in 2002.

That's when Mrs. Van Boening began as an instructor for the Academy.

"Although it was a week away from my family, I immediately fell in love with the program and with the family of campers, counselors and teachers," she said.

Mrs. Van Boening and her family moved in 2006 to St. Charles, in the St. Louis archdiocese, where she became assistant principal of St. Clement of Rome School in Des Peres.

She continued teaching physics and music at Aquinas Academy until 2014, when she took on additional duties as director.

Richard Bahner, long-time math teacher and soccer coach from Sacred Heart School in Sedalia, had been the Aquinas Academy director for many years before that.

"Knowing that he was nearing retirement, he asked me to take the reins as director," Mrs. Van Boening recalled.

She wasn't sure about accepting, mainly because of her concern for finding teachers and counselors.

"I needn't have worried," she said. "Most teachers and counselors who become part of the



Lois Van Boening (center, with sunglasses) joins in a group photo with fellow Aquinas Academy teachers.

Aquinas Academy team remain for many years."

In good faith

In addition to dedicated educators who share their love of learning and their excellent teaching skills, a group of young people help make Aquinas Academy possible by spending the week as counselors.

"They go above and beyond to make the week memorable for the young people attending," said Mrs. Van Boening.

Aquinas counselors are on-call at all times during the week — assisting teachers, planning and leading recreational activities, comforting students who are homesick, sharing part of their personal stories at an opening prayer service, and leading night prayer at bedtime.

Many of the traditions and routines of the week have remained the same, "but through the years, there has been an opportunity for an increased emphasis on our Catholic faith," said Mrs. Van Boening.

That increased emphasis was made possible through the time and talents of Father Paul Clark, who's now the diocesan vocation director, director of seminarians and chaplain of Helias Catholic High School in Jefferson City.

Mrs. Van Boening said it was

a privilege to watch Fr. Clark's growth through the lens of Aquinas Academy — first as a camper, then a counselor, followed by his willingness to become a member of the teaching staff.

He did this with the blessing of the diocese while in formation as a seminarian and then as a priest.

"His presence has allowed us to begin every day at the Academy with Mass, centering our daily activities around our faith," said Mrs. Van Boening.

Fr. Clark also teaches chemistry,

which is always one of the most popular choices for Aquinas scholars.

Upon becoming diocesan vocation director and director of seminarians, Fr. Clark asked about the possibility of seminarians serving at Aquinas in some way.

Mrs. Van Boening offered them available positions on staff.

"This opportunity has enriched the experience of the week for students, counselors and teachers as we worked, played and shared meals together," she stated.

Freedom to explore

Mrs. Van Boening has always appreciated the importance of keeping traditions at Aquinas Academy but also being open to making changes when needed.

She also understood that creating a positive atmosphere allows everyone to thrive.

"In my role as director, I tried to remain grounded in the love of Christ as I started and ended each day with a sense of joy," she said.

She never found that to be difficult, due to the efforts of the many fine teachers and counselors who have been part of the Aquinas family.

Over the years, she experienced many challenges during

See ACADEMY, page 18

POPE

From page 8

from predominantly Muslim Indonesia to predominantly Christian Papua New Guinea and from poverty-stricken Timor-Leste to super-affluent Singapore.

While poverty, development and the consolidation of demo-

cratic institutions are still challenges for the country, Pope Francis said he was impressed by how young the population was, by the people's enthusiasm and by their faith.

In fact, an estimated 600,000 people showed up for

Mass with the pope Sept. 10 in a park in Tasitolu; the country itself has a population of only 1.3 million people — 96% of whom are Catholic. With government leaders Pope Francis addressed some of the key challenges each country faces, and

with churchworkers he pleaded for ministry that was close to the people, willing to share their struggles and always conveying the joy of knowing one is loved and forgiven by God.

He did not shy away from talking about the serious divide

between rich and poor in Indonesia.

"Some people want to deal with this" by resorting to "a law of death, that is, limiting births, limiting the greatest wealth a nation has — new births," he said, referring to a long-running government program promoting the use of contraceptives.

The pope elicited smiles and laughter when he told government and civic leaders Sept. 4 that in some countries, "families prefer to have a dog or a cat."

Pope Francis visited Jakarta's Istiqlal Mosque — the largest mosque in southeast Asia — Sept. 5, and he and Nasaruddin Umar, the grand imam, signed a short document committing members of their religious communities to defending human dignity, especially when threatened with violence, and to defending the integrity of creation.

But recognizing the sensitive situation of Indonesia's Catholic community, Pope Francis told churchworkers that the Christian call to share the Gospel is not about trying to win converts at all costs, but about living in a way that exudes Christian joy and always treats others with respect.



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Candlelight Eucharistic procession after volleyball game gives witness to faith's influence at Sedalia Sacred Heart School

By Father Brad Berhorst

"Here I am Lord. Is it I Lord? I have heard you calling in the night. I will go, Lord, if you lead me. I will hold your people in my heart."

Chosen and led by a group of Sacred Heart students, this well-known hymn rang out with gusto through the halls of Sacred Heart School the evening of Sept. 11, following the girls' volleyball victory over Sweet Springs.

More than 100 students, parents, and members of St. Vincent de Paul Parish took part in a Eucharistic Procession from McGremlin Gym through the halls on each floor of the school building, finishing with a candlelight procession across Third Street into Sacred Heart Chapel for a brief time of prayer, followed by Benediction.

Despite a late start due to the varsity volleyball game going to five sets, more than 100 students and parishioners stayed to take part in the procession.

It was the first in a series of events being planned for this year to give public witness to the Catholic faith that informs every activity at Sacred Heart, including its athletic program.

Through these events, students show the broader community that they are both athletes and disciples.

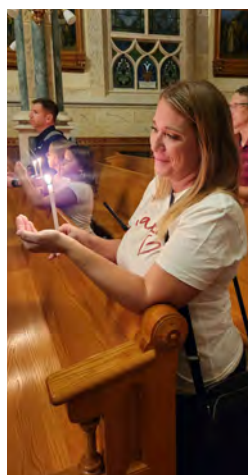
By bringing Jesus fully present in the Most Blessed Sacrament through the school's halls, they not only blessed the building, but actively expressed their desire to make Jesus a part of all they do there — from the gym to the cafeteria, from the kindergarten to the high school classrooms and everywhere in between.

Several teachers expressed that having had the Body of Christ carried in procession through the school, the hallways are now "holy land."

The next event in this series will be on Friday, Sept. 27, immediately following the boys' homecoming soccer game.

All are invited to take part in Adoration Under the Stars out at the soccer field.

The time of adoration will include Exposition of the Blessed Sacrament, communal prayers, silence and music, con-



cluding with Benediction.

Fr. Berhorst is associate pastor of St. Vincent de Paul Parish

and director of faith formation for Sacred Heart School, both in Sedalia.

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AMENDMENT 3

From page 1

these scenarios for years.

"Women under my care receive evidence-based medicine that upholds the dignity of all human life, whether it be routine well-woman care, management of a miscarriage, treatment for an ectopic pregnancy, low- or high-risk pregnancies, addressing hormonal abnormalities, counseling in natural family planning and so on," said Dr. Williams, who practices medicine in line with Catholic ethical and religious directives.

"Unfortunately, though, human error will always exist," she said. "Hospital systems and physicians will make mistakes, even in Catholic health care facilities. I think it is unfair to blame the current law for these mistakes."

A right to abortion is not necessary to preserve care for miscarriages and ectopic pregnancies, said Dr. Williams.

"This is where Amendment 3 is confusing because it essentially is promoting a right to all women's health care, which initially sounds like a

positive idea — until you notice that abortion care is intermingled into the mix with no restrictions, no safety standards, no parental consent for minors and no limitations on taxpayer funding," she said.

Terms getting mixed

Current medical terminology is a reason why miscarriage care has become intertwined with abortion, Dr. Williams added.

The term for miscarriage often used in a medical setting is "spontaneous abortion," which is defined as an early unintended pregnancy loss.

This term is different from "elective abortion," "induced abortion" and "medication abortion," all of which involve medication or surgery as a direct means to remove the embryo or fetus and placenta from the uterus, she said.

Recognizing the challenges in interpreting medical terminology, the American College of Obstetricians and Gynecologists and other health-



Dr. Alexa Williams, an OB/GYN, warns that Amendment 3 language is confusing because it essentially includes "no restrictions, no safety standards, no parental consent for minors and no limitations on taxpayer funding."

— Photo by Jacob Wiegand, courtesy of the St. Louis Review

cologists and other health-care organizations formalized a common set of definitions for women's health care in obstetrics and gynecology.

ReVITALize Gynecology Data Definitions no longer recommends the use of the term "spontaneous abortion" and instead suggests "miscarriage" or "intrauterine pregnancy loss."

An ectopic pregnancy, where a pregnancy occurs outside of the endometrial cavity (typically within the fallopian tube), is considered nonviable and likely to present significant risks to the mother's life, Dr. Williams said.

Removal of the fallopian tube is a common treatment option, she said, adding that the indirect result of this surgery is a loss of a nonviable pregnancy, where typically there is no cardiac activity and low pregnancy hormone levels.

"Practicing as conservatively as possible in regard to the law, if ectopic pregnancy management would be considered an indirect 'abortion,' there is an exception for any procedure that would be a

medical emergency, which has certainly been well established in the setting of ectopic pregnancies," Dr. Williams said.

"Real damage"

Currently, Missouri law prohibits abortions, except in cases of medical emergency.

Legislators passed in 2019 a sweeping bill, known as the "Missouri Stands for the Unborn Act," which included a "trigger ban" outlawing nearly all abortions in Missouri once *Roe v. Wade* was overturned.

Earlier in September, the Thomas More Society unsuccessfully argued before the Missouri Supreme Court that Amendment 3 includes a "super-right" to "reproductive freedom" and would repeal essentially all of Missouri's laws and constitutional provisions regulating reproductive care and technologies — including existing laws on abortion, cloning, IVF for stem-cell research, gender transition surgery and genital mutilation, among other issues.

"Amendment 3 will have far-reaching implications on the state's abortion laws and well beyond, repealing dozens of laws that protect the unborn, pregnant women, parents, and children, a reality that the initiative campaign intentionally hid from voters," Thomas More Society senior counsel Mary Catherine Martin said.

If Amendment 3 passes, Dr. Williams said she is concerned for her physician colleagues and all women.

"We as women and mothers are not meant to kill, especially not our own," she said. "We must protect, love and help those who are most vulnerable — which are the women and babies in these uncertain and unexpected positions."

"There is no doubt about it that the devastation that induced abortion causes to all those involved is palpable and real," she said. "We must start and encourage healing in this area."

Survey on Amendment 3

Saint Louis University's SLU/YouGov poll in August found 52% of likely Missouri voters support Amendment 3, which would legalize abortion rights in the state; 34% said they oppose that effort, with another 14% undecided.

Passage requires a simple majority of votes.

The poll surveyed 900 likely Missouri voters about their opinions regarding the 2024 election, political issues facing the state and country, Missouri education issues and matters considered by the Missouri state government.

The poll indicated support for Amendment 3 had increased 8% since February.

Should the amendment pass, Missouri's current ban on nearly all abortions in the state would be reversed.

Seven states have already expanded abortion access via a ballot initiative following the overturning of the *Roe v. Wade* decision.

Missouri's Amendment 3 is one of nine state-level abortion-related initiatives that will be on November ballots across the country.

Jennifer Brinker is a reporter for the St. Louis Review (stlouisreview.com) and Catholic St. Louis, publications of the Archdiocese of St. Louis. This article is republished with permission.



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BOATS

From page 1

noted. "When we learn about science, we gain valuable clues about who God is and our purpose for being here. We honor him when we marvel at what he created and how it works, and we do our best to take care of it."

Teams of two, three and four took turns boarding and paddling the outrageously decorated, some seemingly impossibly constructed, boats adorned with names like "Unsinkable 2.0," "Shark Bait," "Shor-thang," "Just Row With It" and "Sea You Later."

Many of the materials were reused or recycled.

One of the seventh-grader's boats capsized just as he was getting started, and he backstroked the entire length of the pool and back, the aft portion of his boat sagging haplessly below the water line.

He got even more applause for his tenacity than his competitors whose boats stayed afloat.

Blake Stundebek, a seventh-grader, and his teammate, Clara Linneman, successfully maneuvered their boat across the pool without tipping or taking on water.

Blake said the key to procuring a seaworthy craft is balance.

"We had to build our boat, use teamwork and make sure it was all balanced," he explained.

The time they spent in class designing and building their boats was fun and instructive.

"It helped you learn about measuring and things like that," he said.

Eighth-grader Jacob White and classmate Brooks Nanneman paddled the aptly named On the Pontoon — "you know, like the song" — across the pool without incident.

"It went really well, actually," said Jacob. "Better than we thought it would."

He had watched his older siblings sink or stay afloat at previous school boat races.

"I've seen a lot of different boats," he said. "My friend and I wanted to come with our own, and use parts of what worked well for other people."



Students of St. Joseph School in Salisbury paddle their way to the finish line in boats they built in science class, during the school's sixth annual STEM boat races Sept. 4 at the Salisbury Municipal Pool. About 150 students and adults were there to cheer on all the competitors.

— Photos by Jay Nies

"We learned that we could have gone faster if we'd have made it smaller," he added.

Its own appointed limits

This was Mrs. Millar's sixth year heading up the boat races.

She got the idea after seeing a TV report about a similar event at Bass Pro Lake in Columbia.

"I thought it could be fun for STEM and one that we could manage to pull off," she said. "So I asked people to start saving water bottles and milk jugs and other things we could use for it."

Each student's family provided two rolls of duct tape for the project, along with cardboard and other objects needed to build the boats.

"They also encouraged them and help them think of ideas from year to year," said Mrs. Millar.

The STEM boats employ aspects of both of her disciplines — art and science.

"A little bit of everything," she noted. "A lot of science, learning about things like buoyancy. Some math, because we do a lot of measuring, which is obviously part of STEM."

They also got points for creativity.

"They do like to be creative, but with some of them, it's just not gonna' float," the teacher noted. "But, that's okay. You learn from that, too."

The day of the races, after inspecting the boats, she sealed up an envelope containing her predictions for which ones would stay afloat.

She opened the envelope in class the next day and talked about what worked, what

didn't, and the reasons why.

"I think I only got three wrong this year," she said.

She noted the difference between sixth-graders building boats for the first time and eighth-graders who have a few years' experience.

"In sixth-grade, a lot of them flip because they don't necessary think Mrs. Millar quite knows what she's talking about on the stability thing," she said. "They think it's all just 'how much flotation do I have?'"

Over time, they learn to listen more and to benefit from past experience.

And they have even more fun.

"They're very persistent and they are such great cheerleaders for each other," said Mrs. Millar.

She's never had a group not cheer for a team whose boat tipped or took on water.

"They always drag their boat to the other end," she said. "Some of their friends might get in and help them. But they're always cheering each other on."

Laughter is good, she stated: "Nobody gets upset, nobody gets embarrassed."

All the while, she hopes some of her students who are gifted with their hands will discover through the STEM boat project their life's passion in one of the trades.

"Just coming up with a design and measurements and all the hands-on skills — if they didn't think they'd be good at that, and they realize that they are, that's great," she said.

Merrily, merrily ...



home at St. Joe.

"Lots of friends, nice people, nice teachers," he stated.

Mrs. Millar and her three siblings are St. Joseph School graduates, as are her children — as were her parents.

She taught there from 1996-99 before working in special education for four years at the local public school.

This is her ninth year back at St. Joseph.

"I loved the kids in special ed, but it got to where I felt I was doing

more paperwork than teaching," she stated. "I really like the hands-on, and I get to do that here."

She said working in special education helped hone her patience, perspective and appreciation for various learning styles.

Have those lessons stuck with her?

"Definitely!" she stated. "DEF-FIN-IT-LEE!"

She can't imagine going anywhere else to each.

"Honestly, we have a great group here," she said. "We all get along so well, and whatever one person might have a weakness in, the next person is super-strong in, and we play off that super-well," she said.

She's confident that her current students will be able to send their own children to St. Joseph School if that's what God has in mind for them.

"We have a great church community. Lots of support — everything we need," she said.

Quinn, the fifth-grader, isn't looking ahead that far.

"I'm looking forward to having Mrs. Millar teach us how to build a boat, and I'm looking forward to everybody working together and getting out there and having fun," she said.

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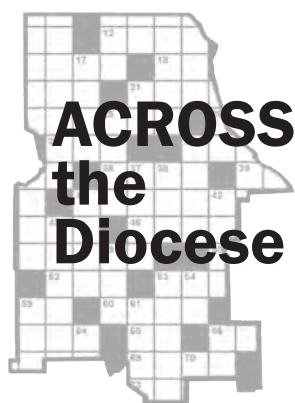
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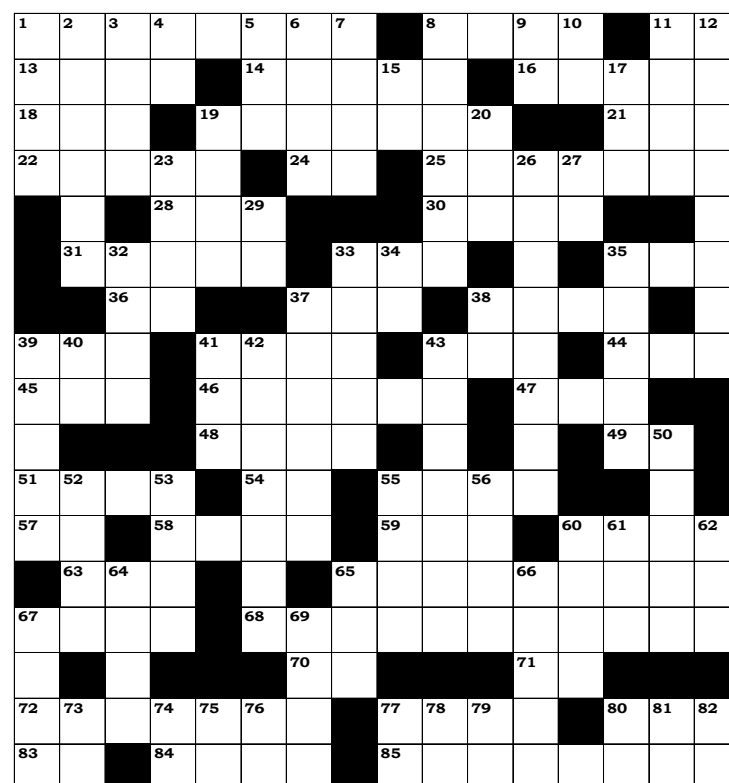
1. Mo. is rich with many distinctive, significant and diverse "nature" features that deserve mention. This puzzle presents nine ____.
8. Burnt ____ are my favorite food because of their sweet flavor and rich, smoky barbecue taste.
11. Letters for a Human Resources dept. in a company or org.
13. Mo. is famous for its high density of ____ and karst features.
14. "For creation awaits with ____ expectation the revelation of the children of God..." (Romans 8:19).
16. For toast, you can choose white, wheat, sourdough ____ bread (2 wds.).
18. 106 in old Rome.
19. Mo. has some of the largest remnants of the original ____ tallgrass prairie.
21. "Willie Lincoln had a longer, brighter face, the aspect of a cherub, and light-colored hair while Tad had more of the dark ____ about him," —*The Lincolns: Portrait of a Marriage*, by Daniel Mark Epstein.
22. Vital human organ supporting metabolism, immunity, digestion, detoxification and vitamin storage functions.
24. Prefix for crow or chew.
25. He took the athlete's slur on his teammate as a personal ____.
28. "I will be answerable to the police," said Flambeau, with a sudden ____ of having taken command of everything," "The Insoluble Problem," *Father Brown of the Church of Rome*, by G.K. Chesterton.
30. "At ____ darkness came over the whole land until three in the afternoon," (Mark 15:33).
31. Mo. is blessed with nationally-significant ____ systems and float stream sys-

- tems with 110,000 miles of running streams.
33. "St. Lawrence's love for Christ and his passionate advocacy for the poor ____ to his death," —St. Lawrence, deacon, *They Saw through God's Eyes*, by Deacon Matthew Halbach.
35. My Gal ____, of song.
36. Dir. from St. Martin Parish in St. Martins to St. Clement Parish in St. Clement.
37. Two of these make a great sauce for fish and other dishes.
38. "Even the judgeships were up for grabs — one year's pay for a ____ on the bench," —"The Disappearance of Judge Joseph Crater," *Great Mysteries of History*, by Kenneth Platnick.
39. "Trish would have said, 'Impossible,' ____ the I word was banned here," —*The Lost Symbol*, by Dan Brown.
41. The first written and also the shortest Gospel.
43. Distress letters.
44. "Her knowledge of weaponry led her to a sole chilling conclusion: they were being attacked by some kind of U.S. Special ____ Force," —*Deception Point*, by Dan Brown.
45. The 5-week battle of ____ Jima in WW II saw some of the fiercest and bloodiest fighting of the Pacific War.
46. "Philosophy is ____ for wisdom," —Cornel West (2 wds.).
47. "Or what woman having ____ coins and losing one..." (Luke 15:8).
48. Anti-acid brand.
49. Letters for Electric Vehicle.
51. "(Baptism) is not the removal of ____ from the body but..." (1 Peter 3:21).
54. A battery size.
55. Mo. has 70 species of ____ mammals (e.g., armadillos, bears, bobcats, coyotes, deer, elk, etc.).
57. In a medical supervisor's report, letters for Student Nurse.
58. Catholic radio and TV.
59. "I like ____" campaign button, for Eisenhower's run for President.
60. "...the farmer waits...being patient until it receives the early and the ____ rains," (James 5:7).
63. "Trey, as an escapee, had been living on the ____ most of his adult life," —*Camino Island*, by John Grisham.

65. "Let no one pass judgment on you in matters of food and drink or with regard to ____ or new moon or sabbath," —Colossians 2:16 (2 wds.).
67. The struggling ship began to ____ to starboard.
68. Mom made sure we had a St. ____ medal on our car's visor, as the patron saint of travelers.
70. Companion to NT.
71. "There is no accounting for people. You have to take them ____ they are," —*Personal Recollections of Joan of Arc*, by Mark Twain.
72. Nuns.
77. "Mr. Lincoln would frequently pass through the family sitting room with a bunch of papers in his ____ and pause to answer my 'good morning' and pat my head or shoulder," —*Tad Lincoln's Father*, a memoir by Julia Taft.
80. "On the third day at the prison camp, we got an American ration; it was the first time I had ever seen chewing ____," —*Benedict XVI: Last Testament in his own words*, with Peter Seewald.
83. "Laws (in England) against the church had been so refined that it was theoretically impossible ____ practice the Catholic religion," —"Who killed Sir Edmund?" *Great Mysteries of History*, by Kenneth Platnick.
84. "The Army of the Tennessee had to protect a ____ region and never had comparable (to the Army of Northern Virginia) economic support," —*Two Great Rebel Armies*, by Richard McMurry.
85. "For we shall ____ before the judgment seat of God..." (Romans 14:10).

DOWN

1. Abbr. for the Wisdom book featuring Quotheth and his treatise on the value of human life (all is vanity); 25th book of the Bible.
2. St. Francis ____ was one of the first of the new Order called Jesuits. While the Protestant Reformation raged in Europe in the 1500s, he took the Catholic faith to such far flung places as India, Borneo and Japan, and died off the coast of China. He is the patron



- saint of the parish at Taos, Mo.
3. Tel ____; biggest city in Israel.
4. "Gampy (Pres. Bush 41) always taught ____ to be humble; to be a hard worker; to go to Church; and to pray every night," —Noelle Bush, granddaughter, in *Character Matters: And Other Life Lessons from George H.W. Bush*, by Jean Becker.
5. Pasture.
6. At ____, soldier.
7. Abbr. for Beetle Bailey's Snorkel and others of his rank.
8. It would be a fool's ____ to try to convince my sister-in-law to come to the family reunion.
9. Letters after a physician's name, perhaps.
10. 4th yr. high schooler.
11. Church song.
12. Mo. has 43 species of native amphibians and 75 species of ____ in habitats from mountain glades to lowland swamps.
15. Wide shoe.
17. ____ de Janeiro; home of the 124-foot Christ the Redeemer statue on a peak overlooking the city.
19. A famous canal in New York State.
20. The National Farmer's Org. (____) was founded in 1955 in Iowa to give farmers a living wage, by withholding production of livestock and crops and by protests. Today it is described as a producer's union.
23. Part of a roof's overhang.
26. Mo. has some of the largest ____ tracts left in the Midwest, including the 3 million+ acre Mark Twain Nat. Forest.
27. Licensed professional caregiver.
29. In Monopoly, B & O or Reading.
32. "In 1591, a plague broke out in Rome. After begging alms for the victims, Aloysius (Gonzaga) began carrying the dying from the streets ____ a hospital..." —*My Life with the Saints*, by James Martin, S.J.
33. Mo. has 568 ____ with the 10 largest by themselves amounting to 286,760 water surface acres.
34. Hospital place for immediate trauma care.
35. "Who will roll back the ____ for us from the entrance to the tomb?" (Mark 16:3).
37. "President ____ was the first chief executive since Abraham Lincoln to make a major issue of civil rights," —*The Wit and Wisdom of Harry S. Truman*, ed. by Alex Ayres.
38. "The Incan economic system lacked money, markets, or merchants and yet managed to avoid the famine that stalks ____ many empires," —*Indian Givers, How Native-Americans Transformed the World*, by Jack Weatherford.
39. Nearly 400 species of our feathered friends, the ____, are present in Mo.
40. The Univ. of Wisconsin

CLUES continued on page 17

CLUES

From page 16

- (____) at Madison has over 37,000 undergraduates and has produced more CEOs of Fortune 500 companies than any other university.
41. At the front door, it often says “welcome.”
42. Mo. has nearly 200 native fish species that ply the State’s ____ habitats.
43. You can throw them in bowling and baseball.
50. ____ Foundation; a national pro-life research org. focusing on how to reach women considering abortions; headquartered In Jefferson City, Mo.
52. Cross letters.
53. Circus or pup.
55. Often said to be short for Wireless Fidelity.
56. “Beware ____ you lose the substance by grasping at the shadow,” —Aesop.
60. “It made no difference that he was just the messenger. The words that would send eight men to their deaths would still come from his ____,” —Zero Hour, by Don Bentley.
61. Letters for Auto Vehicle Hold, a safety feature in many Subaru vehicles.
62. Letters for External Loop Recorder, a portable pocket-sized device to measure and record heart beats (ECG) continuously for 30 days.
64. Official letters for the Post Office.
65. “...each day at about 6:30 a.m., an army captain often discovered that Lincoln was already awake, ‘reading the Bible or some work on the ____ of war,’” —*Lincoln’s Sanctuary, Abraham Lincoln and the Soldiers’ Home*, by Matthew Pinsker.
66. Although cousins of bullfrogs, ____ spend more time on land and secrete mild toxins on their skin.
67. One of the 7 Deadly Sins.
69. “We come to (Communion) by way of suffering, but we receive the ____ as a pledge of lasting glory...” —Scott Hahn in *Jesus and the Jewish Roots of the Eu-*
- charist, by Brant Pitre.
73. Moon of Jupiter.
74. Boob tube.
75. Letters for Electronic Arts, a major video game company, based in Calif., with 20 studios and 6,000 creators.
76. These 2 letters on a car usually stand for Racing Sport.
77. That’s a laugh!
78. The Royals’ League.
79. The Cardinals’ League.
80. This State’s largest city is home to the busiest airport not only in the U.S. but also in the world, as of 2022 (abbr.).
81. Prefix for less, like or load.
82. Letters after a physician’s name, perhaps.

See ANSWERS, page 19





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Old Westphalia Cemetery tours, Nov. 1 and 2

The Westphalia Historical Society (WHS) will offer tours of the Old Westphalia Cemetery, on Friday and Saturday, Nov. 1 and 2.

The cemetery is on the hill below Main Street and east of U.S. 63 in Westphalia.

Tickets are \$10 apiece, including a map and history brochure, which benefits the society.

The Eve of All Souls Day Tour will start at 7:15 p.m. on Friday with a group walk to the old cemetery.

The tour will include history, live characters and stories.

Participants are encouraged to bring flashlights and lanterns for limited lighting and wear appropriate footwear and clothing.

Tickets can be purchased at the WHS Museum, 119 E. Main St., between 6-7 p.m.

All Souls Day tours will be from 10 a.m. to noon, with history, stories and information about preservation of the tombstones.

Tickets for the Saturday even can be purchased on Mill Lane near the cemetery beginning at 10 a.m.



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70-74	6.3-6.8%
75-79	7.0-7.8%
80-84	8.1-8.9%
85-89	9.1-9.9%
90+	10.1%

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Visit the diocesan EVENT CALENDAR at diojeffcity.org/events.
Want your event listed?
Fill out the ONLINE FORM at diojeffcity.org/event-listing.

Fundraisers & Social Events

Sep. 27

Jefferson City, Helias Catholic High School alumni homecoming event, 9-11 pm, Last Flight Brewing Company

Sep. 27-28

Jefferson City, St. Mary's Hospital Auxiliary Rummage Sale, Fri 7:30 am-5 pm, Sat 8 am-noon, 2211 St. Mary's Blvd (across from Scheppers Distributing)

Sep. 28

Owensville, Immaculate Conception Parish Fall Festival & GTA Car Show, 9 am-6:30 pm; **Wardsville**, K of C BBQ, 11 am-5 pm, St. Stanislaus School Cafeteria

Sep. 29

Vienna, Visitation Parish Fall Festival, 11 am-5 pm

Oct. 3-5

Monroe City, Holy Rosary & St. Stephen Parishes pro-life garage sale, Holy Rosary Parish Hall

Oct. 6

Argyle, St. Aloysius & St. Boniface Fall Festival, 11 am-7 pm; **Holts Summit**, St. Andrew Parish Fall Festival, 11 am-4 pm; **Linn**, St. George Parish Fall Festival, 11 am-6 pm; **Martinsburg**, St. Joseph Parish Oktoberfest & Car Show, 11 am-7 pm; **Morrison**, Assumption Parish Fall Chicken Dinner, 11 am-4 pm; **Rolla**, St. Patrick Parish Oktoberfest, 11:30 am-5 pm

Oct. 11-12

St. Robert, St. Robert Bellarmine Parish Ladies Altar & Rosary Society annual fall sale, 9 am-5 pm

Oct. 13

Belle, St. Alexander Parish breakfast, 7-11 am; **Brinktown**,

Holy Guardian Angels Parish Fall Supper, 11 am-4:30 pm; **Hermann**, St. George Parish Fall Dinner, 11 am-5 pm; **Mokane**, St. Jude Thaddeus Parish picnic, noon-6 pm; **Wardsville**, St. Stanislaus Parish Fall Supper, 11 am-6 pm

Oct. 20

St. Anthony, St. Anthony of Padua Parish Fall Festival, 11:30 am-4 pm; **Westphalia**, St. Joseph Parish Fall Festival, 11 am-6 pm

Oct. 24

Jefferson City, 14th Annual Pregnancy Help Center Banquet, 6:30-8:30 pm, Capitol Plaza Hotel, for info or to register visit friendsofphc.org

Oct. 26

Jefferson City, Soup & chili fundraiser for Sister Ursula and the Sisters of the Poor of Abakaliki, 4-8 pm, K of C Hall, 1822 Tanner Bridge

Oct. 27

Rich Fountain, Sacred Heart Parish Fall Festival, 11 am-6 pm

Eventos del Ministerio Hispano

septiembre 27

Columbia, Retiro de Quinceañera, 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

octubre 26

Marshall, Retiro de Quinceañera, 10 am-4 pm, San Pedro, 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

Meetings & Conferences

Sep. 28

Columbia, Catechesis of the Good Shepherd Come & See, a Montessori-style religious education program, 9 am-noon, St. Thomas More Newman Center, for info or to register, visit diojeffcity.org/catechesis-of-the-good-shepherd/

Sep. 28-29

Des Moines, IA, 2024 Christ Our Life Conference, Wells Fargo Arena, for info or to register visit christourlifeiowa.com

Sep. 29

Holts Summit, Protecting God's Children for Adults (VIRTUS® Training), 1-3 pm, St. Andrew Parish; **Salisbury**, "How to Create a Tech-Ready Home" workshop for parents, 5-6:30 pm, St. Joseph School Gym, for info or to register visit diojeffcity.org/pye-registration

Sep. 30

Jefferson City, "Protect Young Eyes" workshop, 9 am-noon, Alphonse J. Schwartz Memorial Catholic Center, for info or to register visit diojeffcity.org/protect-young-eyes-workshop; **Jefferson City**, "How to Create a Tech-Ready Home" workshop for parents, 6-7:30 pm, Cathedral of St. Joseph Parish's Cana Hall, for info or to register visit diojeffcity.org/pye-registration

Oct. 12

Moberly, Protection God's Children (VIRTUS®) Training, 9-11:30 am, St. Pius X Parish Undercroft

Faith Formation & Spiritual Renewal

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

Every Friday

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

Oct. 7

Columbia, Monthly CoMo Charismatic Prayer gathering, 7-8:30 pm, Korean Martyrs Room, St. Thomas More Newman Center Parish

Oct. 10-13

Edina, Women's Cursillo Weekend #82, St. Joseph Parish Center, for info or to register contact jeffcity.diocese.cursillo@gmail.com

Oct. 16

Jefferson City, Monthly gathering of the Men of Signum Crucis, 5:30-8 pm, Helias Catholic High School, for info visit menofsignumcrucis.com

Liturgical

Oct. 2

Starkenburg, "A Night of Hope and Healing," for families and friends who have lost a child including those in miscarriage and stillborn, candlelight Mass at 6 pm, followed by a prayer

service, Shrine of Our Lady of Sorrows, to RSVP visit stghermann.diojeffcity.org/a-night-of-hope-and-healing/

Oct. 8

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

Oct. 12

Linn, America Needs Fatima Rosary Rally, noon-1 pm, sidewalk outside St. George School

Oct. 18

Columbia, St. Luke White Coat Mass for healthcare professionals, 6:15 am in the MU Hospital Chapel; noon at Boone Hospital Center, noon at St. Thomas More Newman Center Parish

Youth & Young Adults

First 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 icangels.com/youngadults

Health & Wellness

Sep. 30

Rich Fountain, Blood drive, 2-6 pm, Sacred Heart School Cafeteria



Mary's praise to God

My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior. For he has looked upon his handmaid's lowliness; behold, from now on will all ages call me blessed. The Mighty One has done great things for me, and holy is his name. His mercy is from age to age to those who fear him. He has shown might with his arm, dispersed the arrogant of mind and heart. He has thrown down the rulers from their thrones but lifted up the lowly. The hungry he has filled with good things; the rich he has sent away empty. He has helped Israel his servant, remembering his mercy, according to his promise to our fathers, To Abraham and to his descendants forever.

— Luke 1:46-55

ACADEMY

From page 11

Aquinas Academy weeks, but even more blessings.

"Although being director requires many hours of behind-the-scenes work, spending a week of the year with a group of such fine students is well worth the effort," she said.

She's learned through the years that the real value of the week is not the actual information learned in class.

"Rather, it's the freedom and encouragement for students to be able to explore their gifts and talents without fear of being judged by others who do not understand their sheer love of learning," she stated.

An atmosphere is intentionally created that allows students to feel that they are special and loved by God.

"As director, I emphasized daily that God has

given each of them many gifts and talents," said Mrs. Van Boening. "Using those gifts allows them to grow."

Her message to all who complete the program is consistent: "We hope that as your life goes on, you continue to discern and see what God has given you, and how you can use those gifts to give back to him and other people."

She's confident that Aquinas Academy will continue to flourish through the legacies of tradition and of educators who believe in its mission.

She said being an Aquinas Academy teacher and then a combination teacher-director of the program has been a significant part of her career as a Catholic educator.

"I'm honored to have been part of a program that has made a difference in the lives of so many young people," she said.

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

- Anniversaries**
- Freeburg, Holy Family
Richard & Lucille Welschmeyer, 60 years

Loose Creek, Immaculate Conception
James & Ellen Kliethermes, 40 years

Pilot Grove, St. Joseph
Jerry & Lu Gerling, 60 years

St. Martins, St. Martin
Don & Dorothy Carel, 50 years
Dan & Linda Pawliczak, 50 years

- Deaths**
- Eldon, Sacred Heart — **Wanda Clark; Mark Hoffman; Ramona Mormann**

Fulton, St. Peter — **Diana Eliuk**

Jefferson City, Immaculate Conception — **Marie Skain**

Mary's Home, Our Lady of Snows — **Nancy Whitney**

Taos, St. Francis Xavier — **Joseph Heet**

Wardsville, St. Stanislaus — **Gerrit Van Vranken**

- Marriages**
- Palmyra, St. Joseph — **Nicholas Mudd & Audrey Dean**

Novena for mental health seeks healing, awareness, action

Washington, D.C.

OSV News

The U.S. Conference of Catholic Bishops (USCCB) invites faithful to join in a novena for mental health, as part of the second year of the USCCB's ongoing National Catholic Mental Health Campaign.

The nine days of prayer will commence on Oct. 10, which marks the international observance of World Mental Health Day, and conclude on Oct. 18, the feast of St. Luke, the evangelist and a patron of health care.

Each day of the novena, which opened the USCCB campaign in October 2023, focuses on a particular aspect of mental health, addressing stigma, social relationships, and the impact of factors such as racism and poverty.

The USCCB is encouraging Catholic dioceses to share novena information with their parishes with a special emphasis on Mental Health Sunday, Oct. 13, as it falls in the midst of the nine-day renewal effort and is an opportunity to promote and support the efforts of local mental health programs.

Novena materials can be found at usccb.org/mental-health-novena.

- Baptisms**
- Mary's Home, Our Lady of Snows — **Allyson Nichole Brauch**, daughter of Aaron & Beth Sandbothe and Whitney Brauch

Palmyra, St. Joseph — **Arlen Abell**, son of Zachary & Bailey Abell; **Beckett Michael Gervais**, son of Brandon & Cecelia Gervais; **Daniel Kaltenbach**, son of Zachary & Nena Kaltenbach; **Mia Catherine Kerkhoff**, daughter of Mark & Abby Kerkhoff; **Amelia Massman**, daughter of Justin & Katie Massman; **Nelli Miller**, daughter of Thomas & Amy Miller

St. Thomas, St. Thomas the Apostle — **Lucy Holterman**, daughter of Adam & Kara Holterman

Wardsville, St. Stanislaus — **Owen Robert Grothoff**, son of Devin & Nicole Grothoff; **Josie Margaret Schulte**, daughter of Alexander & Kimberly Wilbers

Wien, St. Mary of the Angels — **David Joseph Bertsch**, son of Joe & Kelsey Bertsch
- Birthdays**
- Canton, St. Joseph — **Mary Ellen Clark**, her 97th on Sept. 24

Marshall, St. Peter — **Ann Collier**, her 99th on Sept. 6; **Albert Markes**, his 94th Sept. 25

Mary's Home, Our Lady of Snows — **Fred Evers**, his 95th on Sept. 28

WINKLER

From page 9

noon, and night. You've already seen what to do upon waking, but what about the rest of the day?

Noon: Set your phone alarm to go off at noon. Stop whatever you are doing to recite the Angelus. I can tell you from experience that my alarm goes off at the most inconvenient time, but it forces me to stop for a minute to reorient my mind and heart to God and his will by praying the Angelus.

Evening: End your day with the Examen, which is a reflective prayer that involves reviewing the events of the day with a focus on gratitude, seeking God's guidance and identifying areas for growth based on where you fell short of acting in a Christ-like manner.

Always: This is the tough one. St. Paul tells us to pray constantly. "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thes. 5:16-18) He encourages us to maintain a constant mental dialogue with God, always staying in communion with him throughout the day.

Fasting: Consider making Wednesdays or Fridays a fasting day. Fasting is both a spiritual and physical discipline. It helps you focus, pray and hear from God more clearly. While you are pray-

ing during your fast, pray for peace within your heart, your family, your neighbors, your community, your state, your country and the world.

About Others — Your Neighbors: It has been said that Pope St. John Paul II often prayed for those he was about to meet throughout his workday. Before these meetings, he prayed something like this: "Lord, you loved these individuals into existence. Let me see them as you do during our time together."

Likewise, St. Mary Magdalen de Pazzi wrote, "Oh my God, give me such perfect charity that I may know how to yield to my neighbor, helping and relieving him in all his needs, weaknesses and troubles. May I know how to have prudent compassion for the faults of others."

These two saints have given us a great way to reorient our way of seeing our neighbor, even in the most stressful moments.

Incorporating Christ's two commandments into your daily routine facilitates your transformation from a naturally selfish individual to a supernatural, selfless leader. By putting Jesus, others and yourself in the proper order (JOY), you can lead your business and life with a sense of purpose and service. Daily habits of prayer throughout the day, constant mental communion with God and fasting on Wednesdays or Fridays help reorient your focus on loving God and others, leaving less room for self-centeredness. Through these practices, you can live out your vocation as a business leader while growing in holiness and servant leadership.

Paul Winkler is a Catholic author, founder and president of Attollo (Attol lousa.com). His column, The Vocation of Business, is distributed by the Denver Catholic, the official publication of the Archdiocese of Denver.

STUART WOLFE

From page 9

bear some of his. For the saints, this spiritual disposition can take a mystical form as it did for St. Teresa of Avila when her heart was pierced by the Word of God in prayer. It can also take a physical form, in martyrdom. Or, as it did 800 years ago, when a seraph gave St. Francis of Assisi the stigmata, the wounds of the crucifixion in his own body.

There is no salvation apart from the cross of Christ. The sign of the cross is a summary of the Gospel. It is God's signature on creation. The road of discipleship is the way of the cross. Embracing it is the secret path to holiness — and there is no other.

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.

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Crossword puzzle answers

D	N	V	J	S	T	I	V	L	S	A	V	A	O	L
W	U	G	D	N	V	H	S	R	E	L	S	I	S	
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R	E	H	P	O	J	S	I	R	H	C		L	S	I
T	V	A	I	S	E	F	E		I		N	U	R	
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Life Runners on the move



Members of the LIFE Runners team at Immaculate Conception School in Jefferson City enjoy a walk or run through the neighborhood before school the morning of Sept. 4, wearing their “Remember the Unborn” T-shirts that call attention to the dignity of human life.

— Photos from the Immaculate Conception Catholic School Facebook page

“Glory, honor, adoration! Let us sing with one accord!”



Students at Helias Catholic High School in Jefferson City, led by Father Joseph Luzindana, take part in a Eucharistic procession through the school the morning of Sept. 6.

— Photos by Rebecca Martin



Into ever-greater light



“My soul magnifies the Lord”



Fifth-graders at St. Stanislaus School in Wardsville lead the school in celebration of the Blessed Mother's birthday. They came up with several examples of how to celebrate her birthday such as praying the Rosary, making her a card or baking a cake.

— Photo from the St. Stanislaus School Facebook page



Students of Our Lady of the Snows School in Mary's Home pray a Rosary using luminaries on the floor of the school gym Sept. 5 in honor of the Blessed Virgin Mary's birthday that week. They later had birthday cake with their lunch.

— Photos from the Our Lady of the Snows Catholic School Facebook page

Bible Accent

In Matthew 18, we can learn more about what Jesus had to say about children.

In verse 42, we read that Jesus taught the apostles about temptations to sin.

"Whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone hung around his neck and to be drowned in the depths of the sea," Jesus said. "Woe to the world because of things that cause sin! Such things must come, but woe to the one through whom they come!"

"See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father," he continued.

Jesus then told his friends the parable of the lost sheep.

"What is your opinion?" he asked. "If a man has a hundred sheep and one of them goes astray, will he not leave the 99 in the hills and go in search of the stray? And if he finds it, amen, I say to you, he rejoices more over it than over the 99 that did not stray."

"In just the same way," Jesus added, "it is not the will of your heavenly Father that one of these little ones be lost."

St. Edward the Confessor

St. Edward the Confessor was born in England in 1005 and became king in 1042. Edward was gifted with patience, caution and flexibility, which



made him a good leader. He defended England from its outside enemies and also from his internal opponents. He cared for the poor and was generous to the church, and he also was known for his miracles. For example, water in which he had washed his hands healed people of epilepsy and skin diseases. When he died in 1066, he left a peaceful and stable country for his successor. We remember Edward on Oct. 13.

The apostles argue about which one of them is the greatest

By Jennifer Ficaglia
Catholic Courier

After Peter, James and John witnessed Jesus' transfiguration on a mountain, the four friends descended and found that a large crowd had gathered around the other apostles. Some scribes were arguing with them.

"What are you arguing about with them?" Jesus asked.

"Teacher, I have brought to you my son possessed by a mute spirit. ... I asked your disciples to drive it out, but they were unable to do so," a man in the crowd said.

Jesus asked for the boy to be brought to him. The spirit threw the boy into convulsions, and the boy fell on the ground, rolled around and foamed at the mouth.

"It has often thrown him into fire and into water to kill him," the father said. "But if you can do anything, have compassion on us and help us."

"If you can! Everything is possible to one who has faith," Jesus replied.

"I do believe, help my unbelief!" the boy's father cried.

"Mute and deaf spirit, I command you: Come out of him and never enter him again!" Jesus said.

The unclean spirit left the boy, and Jesus helped the boy to stand.

After healing the boy, Jesus and the apostles began a jour-

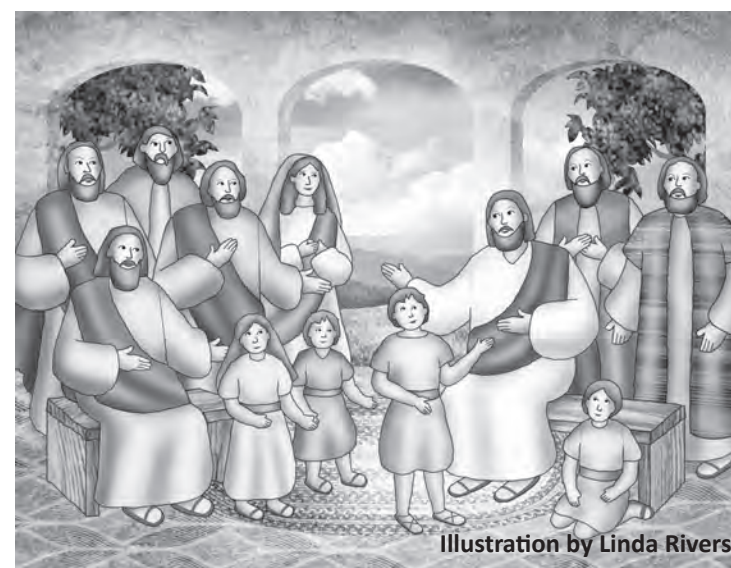


Illustration by Linda Rivers

ney through Galilee.

"The Son of Man is to be handed over to men and they will kill him, and three days after his death the Son of Man will rise," Jesus told his friends along the way.

When they came to Capernaum, they went inside a house.

"What were you arguing about on the way?" Jesus asked his friends.

The apostles did not answer, because they had been debating which of them was the greatest.

Jesus sat them down and spoke to them.

"If anyone wishes to be first,

he shall be the last of all and the servant of all," he explained.

Jesus then brought over a child who was in the house. He placed his arms around the child and put the child in the midst of the apostles.

"Whoever receives one child such as this in my name, receives me; and whoever receives me, receives not me but the One who sent me," Jesus said.

Read more about it... Mark 9

1. What were the apostles arguing about?
2. What did Jesus say about children?



Whom did Peter, James and John see during Jesus' transfiguration?
(Hint: Mark 9:4)

Answer: Moses and Elijah.

Puzzle

Using the hints provided, write a T next to the sentences that are true and an F next to the ones that are false.

1. ____ The apostles happily allowed parents to bring their children to see Jesus. (Mark 10:13)
2. ____ Jesus said it is hard for those who have wealth to enter the kingdom of God. (Mark 10:23)
3. ____ Jesus told the apostles that he would be condemned to death. (Mark 10:33)
4. ____ Peter and Andrew wanted to be seated next to Jesus in heaven. (Mark 10:35-37)

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

Edward Jones

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Job change?

Whether retiring or changing jobs, you'll want to know your retirement account options.

There are four potential options for your 401(k) when leaving an employer:

- Leave it in your former employer's 401(k) plan, if allowed by the plan.
- Move it to your new employer's 401(k) plan, if you've changed employers and your new employer plan allows for it.
- Roll the account over to an individual retirement account (IRA).
- Cash it out, which is subject to potential tax consequences.



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Book tells story of 16 Catholic heroes of civil and human rights

Including Missouri native
Venerable Fr. Augustus Tolton

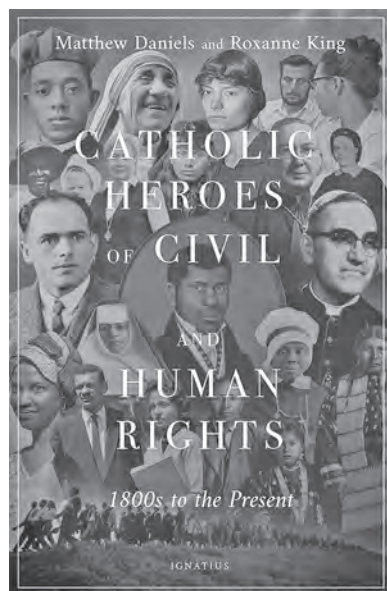
By Katie Yoder
OSV News

The authors of a new book profiling 16 holy men and women who championed civil and human rights want readers to know: You can be a saint.

"Most importantly, they should understand that every single person, through the power of God, can do the things that these men and women did," Matthew Daniels, coauthor of *Catholic Heroes of Civil and Human Rights: 1800s to Present*, said during a virtual book launch Sept. 9.

Daniels, a distinguished professor of law, political science and human rights at Anderson University in Anderson, South Carolina, and founder of the human dignity advocacy group Good of All, together with coauthor Roxanne King, former editor of the *Denver Catholic Register* and a freelance writer, spoke about the book at the virtual event held ahead of its Sept. 13 release.

More than 100 people registered for the hour-long event that took place on the 40th anniversary of the publication of a pastoral letter by U.S. Black Catholic bishops as a witness to Black American communities called "What We Have Seen and Heard."



It also marked the feastday of St. Peter Claver, a Jesuit priest who ministered to Africans under slavery, and advocated for their human dignity, during the 17th century in Cartagena, Colombia.

The event featured a panel about the book, which tells the stories of 16 Catholics who advanced civil and human rights while dedicating their lives to God.

They include St. Teresa of Kolkata, St. Katharine Drexel, St. Oscar Romero, Blessed Franz Jägerstätter, Venerable Augustus Tolton, Venerable Pierre Toussaint, Servant of God Dorothy Day, Servant of God Nicholas Black Elk and Servant of God Thea Bowman.

Daniels and King spoke

during the panel moderated by Kathryn Jean Lopez, senior fellow at the National Review Institute and editor-at-large of *National Review*, which included Deacon Harold Burke-Sivers, a Catholic author and speaker known as the "Dynamic Deacon;" Christopher Pichon, the supreme knight and CEO of the Knights of Peter Claver, and Father Maurice Henry Sands, executive director of the Black and Indian Mission Office and a priest of the Archdiocese of Detroit.

The book, published by Ignatius Press, draws from Church documents and presents the stories of holy men and women in sections organized by the natural law pillars of freedom, perseverance, hope, justice and conscience.

"Each of them in their unique ways in different eras, ranging from the birth of the United States to World War II Germany to the current Latin American immigration crisis, courageously advanced civil and human rights, transformed lives and paved the way for a more equitable society," King told OSV News ahead of the event.

"My hope," she said, "is that they may inspire readers to be the light in this world God desires and to realize their own call to holiness."

The book boasts the endorsements of several Catholic leaders, including Archbishop José H. Gomez of Los Angeles;

Movie Ratings



Adults and
Adolescents

Harold and the Purple Crayon (PG)
Reagan (PG-13)
Transformers One (PG)



Adults

AfrAid (PG-13)
The Convert (not rated)
Horizon: An American Saga – Chapter 1 (R)
It Ends With Us (PG-13)
Trap (PG-13)



Limited Adult
Audience

Alien: Romulus (R)
Beetlejuice Beetlejuice (PG-13)
Speak No Evil (R)



Morally
Offensive

Blink Twice (R)
The Crow (R)
Deadpool & Wolverine (R)
The Front Room (R)
The Killer's Game (R)

Ratings are supplied by OSV News Service.

Archbishop Samuel J. Aquila of Denver; retired Archbishop Charles J. Chaput of Philadelphia; Danielle M. Brown, director of the U.S. Conference of Catholic Bishops' Ad Hoc Committee Against Racism; and Mary Ann Glendon, the Learned Hand Professor of Law, emerita, at Harvard University and a former U.S. ambassador to the Holy See.

Daniels expressed his excitement over the endorsements and hoped that the book would educate Americans.

"It is a shame that most Americans — including many Catholics — do not know the true and inspiring stories of most of the men and women profiled in our book," he told OSV News ahead of the event.

During the panel, the participants discussed their favorite saints in the book while stressing the importance of making these lives known.

"People don't appreciate all the gifts that the Catholic Church and the heroes of the Catholic Church have given us, especially contemporary (heroes)," Lopez said, calling the book a blessing.

Deacon Burke-Sivers revealed that his mother, a convert to the Catholic faith, wanted him and his siblings to have positive role models and intro-

duced them to saints of color.

"We need to get this book in the hands of Catholic schools so that when they're learning about our Catholic faith and the history, they get a full spectrum of the Church," he said.

The legacy of saints lives on today, Pichon said. He spoke about how the Knights of Peter Claver, a historically Black Catholic fraternal organization, serves with a focus on social justice and strives to transform the world by modeling their patron saint.

Daniels hoped that readers remember that "the story of civil rights is really a story of people of faith." He and the other panelists also emphasized that saints are accessible as regular people.

"I think it's a mistake that we sometimes make to put saints up on pedestals and treat them as if they're superheroes," Daniels said. "When you read these stories, what you're going to find is that they were broken people with doubts; they struggled; they had setbacks; and they overcame by the power of God."

Fr. Sands agreed, saying that when people look at the lives of remarkable people, it's easy to think that they're very gifted and that they lived charmed lives.

"But if you really read ...

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and reflections

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Sundays, 8 am, KRLL-AM 1420, California

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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

See HEROES, page 23

FARMING

From page 7

modular and built to the highest standards for food safety, and can be installed anywhere in the world.

"So, imagine me setting one up here outside Frankenstein with highly differentiated pork processing," he said. "But we can also have a flour mill where you take wheat or barleys or buckwheat and turn them into very nutritious flours that can also be turned into pasta or bakery goods or tortillas and then transport them locally."

"Oils from sunflowers or local soybeans can be processed into oils or milked into textured proteins," he added.

At the center of all that would be a closed-loop system, allowing for total energy independence through renewable fuels, and eliminating all emissions and waste.

"We envision that you can have this system employed throughout the country," he said. "It would go a long way to decentralize the food system, make our people healthier, make our planet healthier, actually raise up a new generation of farmers."

"And we're getting a lot of traction," he noted. "It works. This system can provide affordability and accessibility to food."

Power of 5

Mr. Kremer has formed a partnership with an influential Catholic entrepreneur in Italy to deploy this system in 40 countries that have developing economies — "primarily in countries that are remote and that rely on independent energy sources, like solar," he said.

The business model is built on human relationships and trust, along with fair-trade policies and what's called the 50-50-5 model, based on a circular economy.

Namely, the goal in each village is for 50 percent of the raw agricultural products to come from within 50 miles of each processing and aggregation facility, and for the processed items to be within a 50-mile radius of this hub.

"We think we can accomplish this goal within five years," said Mr. Kremer. "Hence, the 50-50-5 model."

For example, it would help



Russ Kremer is summoned forward, and Bishop McKnight presents him with the Missouri Catholic Conference's 2024 Citizen Recognition Award for the Jefferson City diocese. — Photos by Annie Williams

local farmers in Cameroon process and sell the cocoa and coffee beans they grow in the pristine organic soil, finally free of the corporations that have been paying the farmers a pittance.

Planning for each of these "ecovillages" takes into account geography, climate and soil composition.

This will help restore diversity to farming in many communities where centralization has largely led to a monocrop commodities system, "which hurts everything from the soil to the farmers' marketing."

Smaller trucks that run on renewable fuels can then be used to ship ingredients that are needed from outside the 50- to 55-mile radius of a micro-processing plant.

"So, we're based on agro-ecological practices that have a lot to do with sustainable agriculture, and it doesn't rely on a lot of chemical inputs or other manipulation," said Mr. Kremer.

"Amazing God"

He remembers when local farming communities in this country were bastions of community, cooperation and responsibility.

"Back then, farmers had a lot of competitive markets to sell our wares," he said.

"We never had off-farm jobs," he noted. "We were able to make money, at least make a wage to feed a family."

Farmers then were able to reinvest that money in the community, buying locally the goods and services they needed.

"I grew up seeing firsthand how a sustainable economy was supposed to work," he said.

Mr. Kremer's latest effort is just one of many he has helped develop and invested in to help restore rural communities and economies.

Some of these ventures have failed, while some have succeeded in bringing new opportunities to farmers.

For instance, the pork network he established gives 125 independent family farmers a unique opportunity to make money on hogs every year.

"I've known since I was 6 that something's got to be done," he stated. "God always says you're supposed to utilize the talents he's given you."

Mr. Kremer is delighted to see how many solutions to the world's food problems can be built around Catholic principles.

"When I look at these principles and see how they line up with Catholic Social Teaching, I think, 'God you've got an amazing mind!'" he said.

Daily Readings

Sunday, Sept 29

TWENTY-SIXTH SUNDAY
IN ORDINARY TIME

Nm. 11:25-29
Ps 19:8, 10, 12-14
Jas. 5:1-6
Mk. 9:38-43, 45, 47-48

Sunday, Oct 6

TWENTY-SEVENTH SUNDAY
IN ORDINARY TIME

Gn. 2:18-24
Ps 128:1-6
Heb. 2:9-11
Mk. 10:2-16 or 10:2-12

Monday, Sept 30

St. Jerome, priest and doctor of
the Church

Jb. 1:6-22
Ps. 17:1bcd, 2-3, 6-7
Lk. 9:46-50

Monday, Oct 7

Our Lady of the Rosary

Gal. 1:6-12
Ps. 111:1b-2, 7-9, 10c
Lk. 10:25-37

Tuesday, Oct 1

St. Thérèse of the Child Jesus,
virgin and doctor of the
Church

Jb. 3:1-3, 11-17, 20-23
Ps. 88:2-8
Lk. 9:51-56

Tuesday, Oct 8

Gal. 1:13-24
Ps. 139:1b-3, 13-15
Lk. 10:38-42

Wednesday, Oct 2

The Holy Guardian Angels
Jb. 9:1-12, 14-16
Ps. 88:10bc-15
Mt. 18:1-5, 10

Wednesday, Oct 9

St. Denis, bishop, and companions,
martyrs; St. John Leonardi, priest

Gal. 2:1-2, 7-14
Ps. 117:1bc, 2
Lk. 11:1-4

Thursday, Oct 3

Jb. 19:21-27
Ps. 27:7-9abc, 13-14
Lk. 10:1-12

Thursday, Oct 10

Gal. 3:1-5
(Ps.) Lk. 1:69-75
Lk. 11:5-13

Friday, Oct 4

St. Francis of Assisi
Jb. 38:1, 12-21; 40:3-5
Ps. 139:1-3, 7-10, 13-14ab
Lk. 10:13-16

Friday, Oct 11

St. John XXIII, pope
Gal. 3:7-14
Ps. 111:1b-6
Lk. 11:15-26

Saturday, Oct 5

St. Faustina Kowalska, virgin;
Blessed Francis Xavier Seelos,
priest (USA)
Jb. 42:1-3, 5-6, 12-17
Ps. 119:66, 71, 75, 91, 125, 130
Lk. 10:17-24

Saturday, Oct 12

Gal. 3:22-29
Ps. 105:2-7
Lk. 11:27-28

The Holy Father's prayer intentions for October:

We pray that the Church continue to sustain in all ways a Synodal lifestyle, as a sign of co-responsibility, promoting the participation, the communion and the mission shared among priests, religious and lay people.

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HEROES

From page 22

about the lives of people who lived saintly lives, you're able to see that actually a big part of how their life is (is) carrying the cross, sharing in the cross of our Lord Jesus Christ," he said.

"It's our response to the crosses that are presented in our lives," he said, "that enable us to really make a difference."

Katie Yoder is a contributing editor to the *Our Sunday Visitor* magazine.

★★★★★ ST. PATRICK'S ★★★★★

FREE ENTRY

OKTOBERFEST

FOOD TRUCKS
KIDS GAMES
LIVE MUSIC
REFRESHMENTS

Sunday, October 6

11:30am-5pm

SILENT AUCTION
BASKET PRIZES
QUILT PRIZES

ROLLA

17 St. Patrick Lane

JOIN US FOR COMMUNITY FELLOWSHIP & FUN!

ANNUAL ST. GEORGE PARISH

New!
Kiddie
Tractor Pull

FALL FESTIVAL

Sunday, October 6

LINN

Serving
11 a.m. to 6 p.m.

WHOLE HOG SAUSAGE AND TURKEY WITH DRESSING
DESSERT AND BREAD — \$15 PER MEAL

DESSERT AUCTION
4 P.M.

SANDWICH STAND - COUNTRY STORE
GAMES - PRIZES - REFRESHMENTS
SWEET BEE'S SHAVED ICE

INDOOR AND OUTDOOR SEATING AVAILABLE - DINE-IN & CARRY-OUTS
Free Parking - Handicapped Parking - Not responsible for accidents

St. Andrew Parish

FALL FESTIVAL

Holts Summit

COUNTRY STORE | GAMES | SILENT AUCTION
QUILT AUCTION 4 PM | KIDS GAMES

Sunday, October 6

MENU: CHILI, BEEF STEW, TOMATO SOUP, HOT DOG, GRILLED-CHEESE, CORNBREAD, DESSERT
ADULTS \$10 | KIDS 6-12 \$7
SERVING 11 AM - 4 PM

ST. GEORGE PARISH
HERMANN, MISSOURI

FALL DINNER

SUNDAY, OCTOBER 13

FRIED CHICKEN & SAUSAGE WITH ALL THE FIXINGS,
RICE DRESSING, SALAD BAR AND DESSERT

DINNER 11 AM TO 5 PM
ADULTS \$15 | CHILDREN (6-10) \$8 | 5 AND UNDER FREE
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POLKA MASS AT 10:30 AM

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OCT. 11 & 12 —9 am to 5 pm

St. Robert, Mo.

I-44 to exit 159, then East on Route 66 for 3/4 mile

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PLUS Soup bar & baked goods!

Come and browse! Get some bargains!

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St. Aloysius & St. Boniface

FALL FESTIVAL

SUNDAY, OCTOBER 6

Argyle, Missouri

Fried Chicken Dinner
Served 11 am-6 pm @
Argyle K of C Hall
\$15/plate
With mashed potatoes & gravy,
green beans, slaw, applesauce &
dessert
Dine-in or Carry-out

Entertainment
11 am-7 pm
St. Aloysius Parish
Grounds
Live Music:
Owen Kloeppel
11:15 am-1:15 pm
Broken Arrow 1:45-3:45 pm

Fried chicken sandwiches and pork burgers available at
concession stand on parish grounds.

Country Store / Prizes / Refreshments
Live Auction 4 pm / Kids Store & Games / Clowns & Face Painting

All proceeds to benefit the parish capital improvement fund.

Prayer to Protect Life

By Sister Mary Margaret Johanning SSND

Loving, God, I thank you for the gift you gave and continue to give to me and to all of us.

Merciful God, I ask your pardon and forgiveness for my own failure and the failure of all people to respect and foster all forms of life in our universe.

Gracious God, I pray that with your grace, I and all people will reverence, protect, and promote all life and that we will be especially sensitive to the life of the unborn, the abused, neglected, disabled, and the elderly. I pray, too, that all who make decisions about life in any form will do so with wisdom, love, and courage.

Living God, I praise and glorify you as Father, Source of all life, as Son, Savior of our lives, and as Spirit, Sanctifier of our lives. Amen.

Sr. Mary Margaret (1936-94), a Glasgow native, was a former superior general of the School Sisters of Notre Dame and former chancellor of the Jefferson City diocese. She died 30 years ago, at age 57, on Oct. 1.

St. Luke White Coat Mass in Columbia

DATE: October 18
TIME: 6:15 am, noon

Three special Masses will be offered on Friday, Oct. 18, in Columbia to celebrate the Feast of St. Luke, physician and evangelist.

All who are called to minister in the healthcare profession will be honored with a special blessing.

Mass times will be at:

- 6:15 a.m. in the MU Hospital Chapel, 1 Hospital Drive
- noon in the Boone Hospital Center Chapel, 1600 E. Broadway
- noon at St. Thomas More Newman Center (lives-treamed), 602 Turner Ave.

Refreshments will be served after each Mass.

Members of all faith groups are welcome.