

Safe enviroment

Regina Quinn, director of the diocesan Safe Environment Office, is committed to helping all Catholics make their parishes and schools safe for the young and vulnerable.

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The CATHOLIC MISSOURIAN

April 4, 2025 • Vol. 68 No. 20

Newspaper of the Diocese of Jefferson City

A good way to thank retired priests, religious



Sister Ruth Ann Klauser SSND, left, a retired School Sister of Notre Dame who served for many years in this diocese as an educator and is now a member of Mary Immaculate Parish in Kirksville, takes part in a weekly Rosary group to pray for people's prayer intentions. "So, the busier I am, the more persons I meet each day, the closer I feel to God," she says. — Photo by Adam Davis

Chrism Mass April 15 to celebrate unity, communion in the Church during Jubilee Year

By Jay Nies

Only one thing could be better than a Jubilee Year of Hope pilgrimage to the Cathedral of St. Joseph for the Chrism Mass.

Bringing someone else along.

"There are people, most of them elderly, who would love to come to the Chrism Mass but can't drive themselves," said Bishop W. Shawn McKnight.

"If people could make the effort not only to come but also invite someone who couldn't come otherwise, that would be an excellent way of preparing for the Mass and doing something very much in keeping with the Jubilee Year of Hope,"

the bishop stated.

The Chrism Mass will be offered at 3 p.m. on April 15, the Tuesday of Holy Week, in the Cathedral.

All are invited and encouraged to attend the Mass, during which Bishop McKnight and the priests of the diocese will bless the oils and consecrate the Sacred Chrism that will be used to administer the Sacraments in every parish during the upcoming year.

The bishop and priests will also renew the promises they made at their Ordination.

The 2025 Easter Special Collection that will be taken up in parishes throughout the diocese will benefit retired priests and retired members of religious orders and congregations.

A special envelope for this collection is inserted in this issue of The Catholic Missourian. Online contributions can be made at: diojeffcity.org/donate-easter.

By Jay Nies

When Sister Ruth Ann Klauser was young, several older sisters in her congregation gave her clear advice on how to live like they were living.

She takes it all to heart now in her own season of retirement.

"To live one day at a time and to always be thankful for the many blessings that I have received," she recounted.

"To be myself and to be thankful to God for all the gifts he has given to me. To not take life for granted, but to open my eyes and see the surprises and miracles that God shares with me daily and to help others do the same."

Sixty years after entering religious life as a School Sister of Notre Dame (SSND), Sr. Ruth Ann — formerly an educator for nearly half a century, formerly a teacher and principal at Holy Family School in Hannibal, formerly principal of St. Brendan School in Mexico, formerly principal of Mary Immaculate School in Kirksville, formerly general secretary and archivist for the SSND International Generalate in Rome — no longer has an official title.

She's simply a member of Mary Immaculate Parish in Kirksville.

A very active member.

She serves as an extraordinary minister of Holy Communion on weekends at Mary Immaculate.

See EASTER COLLECTION, page 13

Find us online at
CATHMO.COM

and

  **@DIOJEFFCITY**

See CHRISM MASS, page 15

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

NEW ADDRESS

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

NEW PARISH _____

OLD PARISH _____

04/04/25

Pray for deceased priests

Apr. 7 — **Fr. Robert J. Chenoweth**, St. Louis (2003)

Apr. 8 — **Fr. Bernard H. Mers**, Holy Guardian Angels, Brinktown (1984); **Fr. Richard Cronin**, Immaculate Conception, Loose Creek (2019)

Apr. 10 — **Fr. William F. Flanagan**, Holy Rosary, Monroe City; and St. Stephen, Indian Creek (2014)

Apr. 15 — **Fr. Edwin A. Schmidt**, St. Martin, St. Martins (2017)

Apr. 17 — **Fr. Blase J. Scheffer**, Annunciation, California (1969)

J.C. grief support group

The Seasons of Hope Grief Support Group at St. Peter Parish in Jefferson City puts Jesus at the center and invites participants to entrust their loss and loneliness to him, within the abundant consoling wisdom of Catholic tradition.

Participants share loss experiences, as well as their healings

within the context of faith, including devotion to the sacraments, Mary and the saints.

The group meets for six weeks, from 6:15 to 8 p.m., beginning on Tuesday, April 22, in the Fr. Ahrens Room at St. Peter Parish in Jefferson City.

Call 573-636-8159 for information.

Fifth Grade Teacher Needed - Westphalia



ST. JOSEPH
CATHOLIC PARISH
WESTPHALIA, MO

St. Joseph School in Westphalia, Mo., is looking for a fifth grade teacher for the coming school year. Teachers must have the ability to create a positive classroom environment as well as plan and implement engaging lessons. Good communication skills and the ability to communicate with colleagues and parents are expected. Applicants should hold the appropriate Missouri teaching certification or its equivalent. If you are looking to join a positive educational team and make a difference in the lives of students, search no further and apply. All interested persons should complete the application and contact the Principal, Jeremy Horvath, jhorvath@stjosephwestphalia.org.

Development Coordinator, Catholic Charities

Catholic Charities of Central and Northern Missouri is looking to fill the position of Development Coordinator. The Development Coordinator ensures Catholic Charities' long-term sustainability by generating revenue and building relationships with donors, volunteers, parishes and the community. By integrating donor relations, volunteerism and parish engagement, the Coordinator creates a cohesive strategy that maximizes support and resources, advancing Catholic Charities' mission. All interested applicants are encouraged to visit diojeffcity.org/about-us/employment/ for the full job description and to complete an application.



Catholic Charities
of Central and Northern Missouri

Correction

The list of communal Reconciliation Services for Lent in the March 21 edition of *The Catholic Missourian* included an incorrect time for the service in Brookfield. It will be at 6 p.m. on Thursday, April 10, in Immaculate Conception Church.

We apologize for the error.

Seeking reader input for stories

The Catholic Missourian is seeking information from readers on the following topics:

- the upcoming canonization of Blessed Carlo Acutis. Has Blessed Carlo's ministry, example, and intercession before God's throne had a positive influence on you or a member of your family?

- the 20th anniversary of Pope St. John Paul II's death. Do his memory and intercession before God's throne continue to influence your journey to Christ or that of anyone in your family?

- the 60th anniversary of the exhibition of Michelangelo's "Pieta" in the Vatican Pavilion at the 1964 World's Fair in New York, along with Pope St. Paul VI's historic visit to the fair and the United Nations. Do you or anyone you know have memories of the Vatican Pavilion, the "Pieta" exhibit, the Pope's visit or anything related?

To submit information for any of these stories, write to Jay Nies, editor of *The Catholic Missourian*, at editor@diojeffcity.org.

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

Bishop W. Shawn McKnight
Publisher

Jacob Luecke, Director of Communications
jluecke@diojeffcity.org

Jay Nies, Editor
editor@diojeffcity.org

Kelly Martin, Advertising
advertize@diojeffcity.org

THE CATHOLIC MISSOURIAN (ISSN 1083-6977 or USPS 556940), April 4, 2025, volume 68, number 20. 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.



Notice of Appointments

I am announcing that the Most Reverend W. Shawn McKnight, Bishop of Jefferson City, has recently made the following appointment:

PRIESTS

Very Reverend Brad T. Berhorst, J.V., and Very Rev-

erend R. William Peckman, V.F., appointed to fill the vacant positions on the College of Consultors created by the lawful resignation of Reverend Monsignor Marion J. Makarewicz and the death of Reverend Michael W. Penn, effective immediately.

From the Office of the Chancellor,

Mr. Benjamin Roodhouse, JD, JCL
Chancellor

Fast and Feast

Fast from judging others;
Feast on Christ dwelling in them.

Fast from fear of illness;
Feast on the healing power of God.

Fast from words that pollute;
Feast on speech that purifies.

Fast from discontent;
Feast on gratitude.

Fast from anger;
Feast on patience.

Fast from pessimism;
Feast on hope.

Fast from negatives;
Feast on encouragement.

Fast from bitterness;
Feast on forgiveness.

Fast from self-concern;
Feast on compassion.

Fast from suspicion;
Feast on truth.

Fast from gossip;
Feast on purposeful silence.

Fast from problems that overwhelm;
Feast on prayer that sustains.

Fast from anxiety;
Feast on faith.

DIOCESE OF Jefferson City

WE'RE HIRING!

The Chancery Office of the Diocese of Jefferson City is now taking applications for the following positions in our Jefferson City office:

- ▶ **Matrimonial Tribunal Judge**
- ▶ **Director of Pastoral Liturgy**

Job descriptions and links for applying can be found at diojeffcity.org/about-us/employment

Regina Quinn, safe environment director, brings decades of commitment, experience to her role

By Jay Nies

Throughout her career of safeguarding children and young people — first in the military, then in the Church — Regina Quinn JD has recognized two common reactions to allegations of abuse by an adult.

“I don’t believe it! I know that person, and I know they’d never do anything like this”; or

“I’m not surprised. I always thought there was something fishy with that person.”

“The second reaction frustrates me the most of all,” said Ms. Quinn, director of the Jefferson City diocese’s safe environment office.

“The first is a gut-level response,” she stated. “The second says you saw or suspected something but were reluctant to get involved.”

She pointed out that everyone is responsible for keeping children safe in the parishes.

“The bishop sets the policies, my office enforces the policies, but creating and maintaining

safe environments is everyone’s responsibility,” she continued.

“Safe environments affect everyone, regardless of what they do anywhere in the diocese,” she said. “So, we all need to be working together as a team.”

Ms. Quinn’s role as diocesan safe environment director is to ensure that everyone in the diocese who works with children is in compliance with the Charter for the Protection of Children and Young People and the local requirements for implementing it in this diocese.

The Charter, approved by the U.S. Conference of Catholic Bishops (USCCB) in 2002, provides consistent, verifiable norms for ensuring that all of the Church’s environments are safe for children and others who are vulnerable.

“If the bishop is a shepherd, then I’m one of the border collies, herding the sheep away from danger and back into the

safety of the sheepfold,” said Ms. Quinn.

“I’m nipping at their heels, keeping them away from the wolves and heading them back to safety,” she stated.

She does this in cooperation with fellow Church personnel at the Chancery, including diocesan Chancellor Benjamin Roodhouse JD, JCL and Erin Vader Ed.D., diocesan superintendent of Catholic schools.

“So, I’m one of several ‘border collies,’” said Ms. Quinn. “The chancellor in my previous diocese used to describe us as ‘people outside the balloon, protecting the people inside the balloon.’”

By that, he meant that they were protectors not only of vulnerable people’s safety but also their innocence.

“Most people who work for the Church believe in the inherent goodness of people,” said Ms. Quinn. “And I believe in that, too ... to a point.”

An early adapter

Ms. Quinn accepted the safe environment role in this diocese after performing a similar function for over 15 years for the Diocese of Columbus, Ohio.

She succeeds Fiona Lavery, who late last year accepted a Chancery position with the Archdiocese of Dublin, Ireland.

For Ms. Quinn, the work of safeguarding vulnerable people fits into a lifelong personal relationship with God.

She grew up in a large, devout Catholic family in Ohio and served as a member of the Reserve Officer Training Corps (ROTC) while studying history and English in college.

She served for 16 years in the Air Force Judge Advocate General (JAG) Corps after completing her undergraduate degree and her law degree at The Ohio State University.

“From the beginning, I was involved in investigations and prosecution of allegations of child abuse,” she noted. “So,



Regina Quinn JD is the director of the Jefferson City diocese’s safe environment office.

— Photo by Annie Williams

and properly reporting signs of possible abuse of children.

The key is to maintain clear protocols for adults who interact with children or young people under the auspices of the Church.

People who persistently fail to observe those protocols would stand out and be barred from working with children or young people in the Church.

“The biggest misconception about this policy is that we are punishing the many for the misconduct of the few,” said Ms. Quinn.

“But by requiring this training, we are not saying that you’re part of the problem; we’re asking you to be part of the solution,” she said.

A soul on fire

Ms. Quinn’s favorite book of the Bible is Isaiah, especially the verses about the Suffering Servant.

Seen as a prefigurement to Christ, the Suffering Servant accepts shame and punishment for other people’s iniquities but in the end is found pleasing to God and lifted up in glory.

Ms. Quinn’s favorite saint is the Blessed Mother.

“I was named after my Mom, and she was named for the Queen of Heaven,” said Ms. Quinn. “So, I have a spe-

See QUINN, page 11



Bishop McKnight’s Calendar

APRIL

Apr 5	Confirmation Mass, Mary Immaculate Parish, 5:30 pm, Kirksville
Apr 6	Confirmation Mass, St. Joseph Parish, Palmyra and Queen of Peace Parish, Ewing, 9:30 am, St. Joseph Church, Palmyra
Apr 9	Confirmation Mass, Our Lady of Lourdes Parish, 6:30 pm, Columbia
Apr 11	SPIRE Foundation luncheon, 11 am, Cana Hall, Jefferson City
Apr 12	Confirmation Ceremony, St. Peter Parish, 11 am, Marshall
Apr 13	Palm Sunday Mass, Cathedral of St. Joseph, 10 am, Jefferson City; Bishops of Province of Missouri meeting, Archbishop’s residence, St. Louis
Apr 14	Missouri Catholic Conference meeting, Archbishop’s residence, St. Louis
Apr 15	Priests’ Jubilarian luncheon, noon, Cana Hall; Joint Corporation Board Meeting for the Parishes of the Diocese of Jefferson City, 1 pm, Cana Hall; Chrism Mass, 3 pm, Cathedral of St. Joseph, Jefferson City
Apr 17	Diocese of Jefferson City Jubilee Retirement Trust Fund meeting, 10 am; Diocese of Jefferson City Real Estate Corporation meeting, 10:30 am, Chancery
Apr 19	Hal Dulle Radio Show, KWOS Radio Station 950 AM/104.5 FM, 8 am, Jefferson City; Easter Vigil Mass, 8:30 pm, Cathedral of St. Joseph, Jefferson City

Bishop McKnight’s April prayer intention for our Local Church

For all who have suffered abuse, that they may experience healing and restoration. That we may be ever-vigilant in protecting the vulnerable and ensuring our parishes remain places of safety, love, and respect. We pray to the Lord.

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

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

Por todos los que han sufrido abuso, para que experimenten sanación y restauración. Que estemos siempre vigilantes en la protección de los vulnerables y en asegurar que nuestras parroquias permanezcan como lugares seguros, de amor y respeto. Roguemos al Señor.

Students, missionaries make Spring Break pilgrimage to Assisi, Rome, Vatican City for Jubilee year

By Jay Nies

A long-deceased priest of this diocese often reminded his parishioners to “pray and play your way to heaven.”

No better advice could be given to participants in a Spring Break Jubilee Year of Hope pilgrimage to Rome and Vatican City.

“It’s been a very holy experience but also very fun,” said Emma Bruegenhemke, a University of Missouri senior from Flint Hill in the St. Louis archdiocese.

Miss Bruegenhemke and 13 other college students from the St. Thomas More Newman Center in Columbia and the Rolla Catholic Newman Center; three Fellowship of Catholic University Students (FOCUS) missionaries; Angelle Hall, director of Campus Ministry at the Columbia Newman Center; and Father Daniel Merz spent Spring Break on pilgrimage in and around the Eternal City.

Members of the group gave daily reports from the pilgrimage over social media at facebook.com/diojeffcity/reels.

Fr. Merz, pastor of St. Thomas More Newman Center Parish and Sacred Heart Parish, both in Columbia, explained to the group that time to pray and time to play are both a foretaste of heaven.

The conviviality among the pilgrims made this clear.

“We have such a great time together on the bus, going from place to place,” Miss Bruegenhemke stated in a March 28 phone interview from Rome. “You’d think we would be getting sick of each other, but we still really want to be with each other and pray together.”

The Newman pilgrims had spent a day and night in Assisi, breathing in the inspiration of St. Francis and his confreres, visiting spectacular churches and the places where St. Francis, St. Clare and Blessed Carlo Acutis are buried.

“We were so struck by the beauty of everything there,” said Miss Bruegenhemke. “The next day on the bus ride to Orvieto, we were all in a great mood, very joyful.”

Suddenly, for no reason,



Students, chaperones and Fellowship of Catholic University Students (FOCUS) missionaries from the St. Thomas More Newman Center in Columbia and the Rolla Catholic Newman Center and Father Daniel Merz gather for a photo near the Colosseum in Rome during a Jubilee Year of Hope pilgrimage over Spring Break.

two of the men in their group broke out into an impromptu staging of a scene with the sisters from “The Parent Trap.”

“We were all laughing like children,” Miss Bruegenhemke stated.

A year of favor

Worldwide Jubilee celebrations in the Church, in modern times held usually every 25 years, hearken back to the early history of God’s chosen people.

In keeping with the Law of Moses, the Israelites of antiquity celebrated a jubilee year every 50 years.

They let their fields lie fallow for a year, having saved up enough to eat during the previous year.

They celebrated a year of thanksgiving, renewal, liberation of captives and freedom from debt.

Jesus presented himself as the fulfillment of a new jubilee when he told the assembly at the synagogue these words from the Book of Isaiah — “The Spirit of God is upon me, for he has anointed me to announce a year of favor for the Lord and a day of vindication by our God, to comfort all who mourn” — which were being fulfilled in their hearing.

Pope Boniface VIII called the Catholic Church to cel-

brate her first holy year in 1300. Since then, holy years have been times for repentance, forgiveness, reconciliation, special blessings, prayers, pilgrimages and commitment to Christ.

Pope Francis called for this year’s Jubilee observance — a quarter-century past the Church’s Great Jubilee 2000 celebration of the beginning of the third millennium of Christianity — to be a “pilgrimage of hope.”

Christians must “abound in hope” to be credible witnesses of God’s love, the pope wrote in a document formally proclaiming the current Holy Year.

Miss Bruegenhemke said she couldn’t imagine a better way to spend her last Spring Break before graduating than on pilgrimage to the heart of the Church.

“It’s been really beautiful,” she said. “It’s the four pillars of jubilee: Slaves are set free, everyone gets to go home, all debts are forgiven, and everyone gets to rest and play.”

Jubilee pilgrims have been flocking to Rome this year, where St. Peter and St. Paul gave their lives, along with several generations of Christians whose blood helped germinate the seeds of the Church.

“It’s overwhelming the

comfort and love that Jesus Christ has for us, to give us the Church, and the sacrifices of those who came before me, and how privileged I am to be Catholic and to be a pilgrim here,” Miss Bruegenhemke stated.

Joy and tears occasionally overlapped.

Upon arriving, the pilgrims went straight to the Basilica of St. Mary Major — one of the four major basilicas in Rome — to step through the jubilee holy door there and participate at Mass.

“And at first, you’re exhausted from all the traveling, and you can’t really believe that you’re here yet,” said Miss Bruegenhemke.

The simplest report upon entering, “This is a beautiful church,” Became a continual unfolding of more and more treasures each day.

“As we walked around, devotion to our Blessed Mother started to move something in me that I couldn’t give a name to,” she said.

Fr. Merz offered Mass with the pilgrims in one of the basilica’s side chapels known as the Chapel of the Crucifixion.

The Gospel reading was Jesus’s Parable of the Prodigal Son (Luke 15), one of Fr. Merz’s favorite passages.

He preached about how

Rome, “this city, was built out of love for us, out of witness, out of love for God.”

“A lot of us started crying,” said Miss Bruegenhemke. “I just wept the entire Mass.”

A few days later, the pilgrims ascended the steps next to the Santa Scala, the 28 steps that were moved from Jerusalem to Rome, that Jesus walked up after being scourged and crowned with thorns, when Pontius Pilate said, “Ecce Homo!” — “Behold the man!”

Up they went, on their knees.

“It’s so powerful to pray through that and to do so together,” said Miss Bruegenhemke.

They gradually went about settling into a new time zone, six hours later than back home, as well as a new and intriguing culture.

“It’s been so good to be here with one another, to pray with one another, to sing praise together and visit these beautiful churches,” said Miss Bruegenhemke.

“It’s exciting to be Catholic here,” she stated. “Not that it wasn’t exciting back home. But we all truly feel so home here.”

She recalled seeing a beautiful mosaic of the Blessed Mother on the side of a building.

“Especially for us as Catholics, Mary is our mother, so it’s so fun to walk down the street and right next to this gelato store, to see this picture of the Blessed Mother and Jesus, and to say, ‘That’s my mom!’” she said.

Altogether, the pilgrimage to Rome was a springboard to a yearlong observance of the Jubilee of Hope — at school, at home and wherever else Miss Bruegenhemke lives out her mission.

“We’re meant to live it out each day,” she stated. “In that way, we will continue to be on pilgrimage throughout the rest of this Jubilee year.”

Taking it all in

Miss Bruegenhemke described the Newman pilgrims

See PILGRIMAGE, page 17

Work right on schedule for Helias Catholic H.S. expansion

Students excited about using new Performing Arts Center, baseball/softball complex, expanded fieldhouse

School officials make pitch for pledges to finish the Spirit of Excellence campaign

By Jay Nies

Students of Helias Catholic High School in Jefferson City joyfully await being the first to use the new facilities that are rising up all around them.

Among these are a state-of-the-art performing arts center, a fully equipped baseball/softball complex, expanded training facilities at the Rackers Fieldhouse, additional parking, and an outdoor prayer garden.

"Telling my kids and grandkids that I was the first senior class that got to use the theater and perform in it and maybe coming back and watching future performances and future games in the new facilities will be really cool," said sophomore Beck Truesdale, who participates in the school's spring musical productions and helps direct musicals at St. Peter School.

"It's really cool to watch it evolve and all of the different parts come together," said freshman Norah Wolters.

"It's a big family school, so watching future generations and saying you were the first to be part of that would be a really cool experience, and I think all of this will be a great for the school," said Norah, who is active in the school choir and spring musical productions.

A year and three months into Helias Catholic's Spirit of Excellence capital campaign (heliascatholic.com/spiritofexcellence), the progress on fundraising and construction has been astounding.

The campaign is about \$2 million away from reaching its \$30 million goal for new and expanded facilities.

The southern half of the school's campus has undergone a tectonic transformation as the new facilities begin to take shape.

The campaign's organizers are asking members of the school community, the greater Jefferson City community and local businesses who have not already done so to consider



The new Performing Arts Center can be seen on the left of this architectural rendering of the front of Helias Catholic High School in Jefferson City. The foundation for the center's stage was recently set in place.

making a pledge, "to help get this campaign over the finish line," said Ron Vossen, president of Helias Catholic.

"At this time, we're needing just a little under \$2 million to meet our goal," he stated.

School and diocesan officials, including Bishop W. Shawn McKnight, kicked off the Spirit of Excellence campaign in February 2024.

The project is an estimated investment in the future of Helias Catholic.

Of that, \$16 million was secured between gifts made to the school's previous Rooted in

Faith, Building on Excellence campaign intended for these projects and generous private donor commitments.

The Spirit of Excellence campaign intends to raise a total of \$14 million between new donations and committed support up to \$7 million from The Foundation for the Benefit of Helias Catholic High School.

There is \$1.9 million left to raise of that \$14 million between community donations and the foundation's contribution.

"We've really broadened our appeal to different ages,"

said Mr. Vossen. "Part of our message is: Your children and your children's children will be using these facilities and this completed campus for years to come."

Sophomore Drew Heislen is excited about getting to practice and play baseball a few steps from where spends his day in class.

"Every day, we drive to American Legion Field, which is an awesome complex," he stated. "But it will be really nice to have everything here at school, where it brings our community closer together."

Sophomore Harper Sherry, who plays softball, agrees.

"It will be a lot easier to get to practice, and it will be more accessible to go to games right here instead of across town," she said.

Junior Alex Wieberg is a member of the wrestling team and takes part in spring musicals. He said the school currently has two separate rooms for wrestling, so the varsity and junior varsity teams must practice apart from each other.

"The emphasis on community is very big here," he noted. "Having one big room will allow us to practice together and keep the J.V. guys up to date with some of the techniques, making our team better as a whole, along with that bonding that's such an important part of our success."

For freshman Logan Dunn, a member of the archery team, the Rackers Fieldhouse expansion will mean having a set time for practice.

Archery programs have been growing in popularity over the past several years, both in Catholic grade schools and Catholic high schools.

"Sometimes, we get bumped

out of the gyms," said Logan. "That won't happen when we have room for everything."

Work in progress

Mr. Vossen looked out his office windows at the three big construction projects taking place all around him.

"We're completing our master plan, and now is the time to do it all," he said. "Not to mention, we'll have more parking for our students, staff and the people who will use these facilities."

Construction workers with bright yellow vests were finishing the foundation walls for the Performing Arts Center stage.

Lights and floors were being installed in the Rackers Fieldhouse expansion, with the elevator shaft work soon to follow.

A large retaining wall for the baseball/softball complex had been built, and the next phases that depend on that wall were progressing.

"It's moving right along," said Mr. Vossen. "It's going like clockwork, really. They're making a lot of good progress."

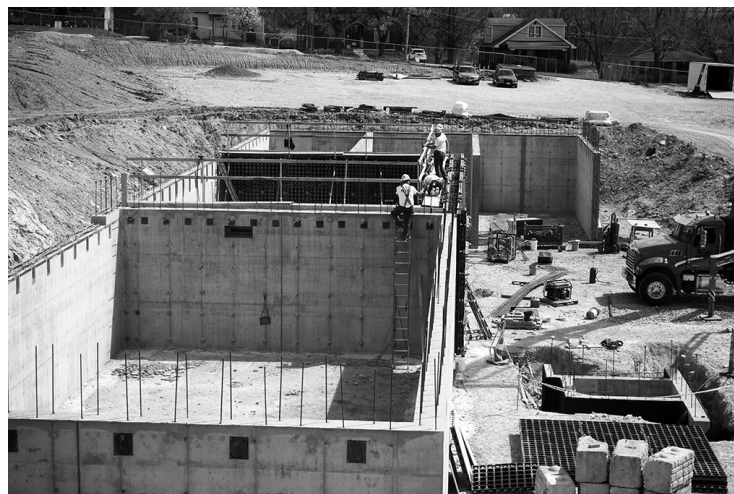
The Fieldhouse addition is on target to be ready this upcoming fall.

"There will be some updates with the other parts of the Fieldhouse the following summer, after we get in and start moving a few things around," he said.

The Performing Arts Center is expected to be completed by December 2026, with the school hosting its first Spring Musical there in March of 2027.

"That's still right on schedule," said Mr. Vossen.

See HELIAS, page 17



TOP: Construction workers pour the concrete foundation for the stage at Helias Catholic High School's new Performing Arts Center. **BOTTOM:** Work progresses on the school's new baseball/softball complex.

— Photos by Jay Nies

Helias Catholic H.S. principal releases updated handbook of Catholic apologetics

A book about how to explain even the toughest teachings of the Church

By Jay Nies

Some of the best discussions about the Catholic faith begin with the foundational questions.

Spencer Allen Ed.D., principal of Helias Catholic High School in Jefferson City, hopes to help facilitate those conversations with his newly updated, expanded handbook for Catholic apologetics.

It's called *The Catholic Defender*.

"I hope people who read this are emboldened to start having serious conversations about the faith," said Dr. Allen.

The 423-page book, distributed under Dr. Allen's own Redux Publishing nameplate, has 52 chapters organized thematically into seven sections.

Each chapter opens with a quote from the writing of early Christians or other important spiritual sources.

The author then adds a personal touch to help make the Church's teachings assessable. Stories such as the birth of his children, the death of his father, or the time a bear raided his campsite, create a bond of shared experience between the reader and the author.

From there, he moves into an unvarnished, evidence-based, logical explanation of a timeless truth upheld

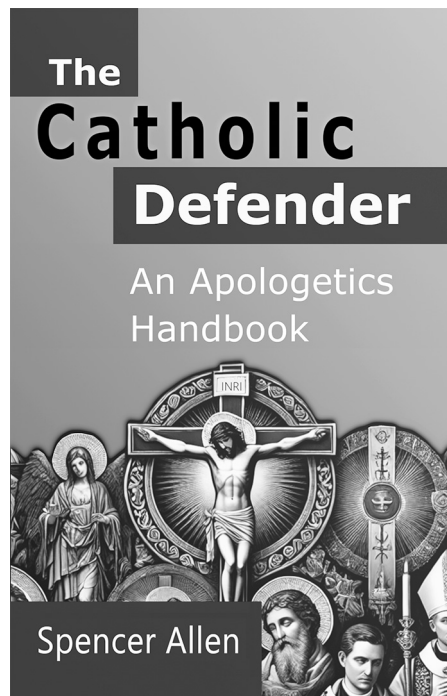
by the Church and concludes with a handy, bullet-pointed summary.

In this way, moving from general to specific, he lays out and defends the Church's position that truth is objective, that God created the universe and everything in it, that God sent his only Son into the world to redeem humanity, that the Son "deputized" his Holy Church to reveal and uphold his objective truth on matters of faith and morals, and that all of this has real, eternal consequences for people in this life and in the next.

Dr. Allen sets out to answer questions and objections Catholics will likely encounter in interactions with people of other faith traditions or who profess no faith at all.

He addresses such topics as the one and triune God; the divinity of Christ; the source of authority in the Church; Christ's Real Presence in the Eucharist; the ministerial Priesthood; the origin of Sacred Scripture and its relationship to Sacred Tradition; the existence of and need for Purgatory; and devotion to Jesus's Blessed Mother.

"These are questions we need to answer, and we need to be able to provide some evidence for it," said Dr. Allen.



Spencer Allen Ed.D., principal of Helias Catholic High School in Jefferson City, is author of *The Catholic Defender: An Apologetics Handbook*.

"Once we know that God exists, once we know that we can trust him, then we can take on faith anything that he tells us."

"Isaiah says, 'Come, let us reason together,'" Dr. Allen pointed out. "That's what we're called to do."

He noted how participants in online forums and social media often show an appalling lack of critical thinking skills — "too much emotional response to things that we should be able to discuss logically and objectively."

"People don't know how to talk about faith in a non-emotional, objective manner," he observed. "We compartmentalize people based on who they are and what they believe."

Of course, emotion does play an important part in committing one's heart and soul to an Almighty Being.

"But, we have to be able to talk about these things in a way that lets that emotion fill us with the hope that sustains us, and, as we read in 1 Peter 3:35, to be able to explain and defend that in a way that's re-

spectful."

A solid defense

Bishop W. Shawn McKnight granted *The Catholic Defender* his *imprimatur*, a Church designation that the work conforms to Church teaching and is free of doctrinal error.

The work is a substantially updated version of Dr. Allen's 2013 apologetics book, which he called *Mackerel Snappers*.

The whimsical title came from a nickname tossed at Catholics for eating fish on Fridays.

"I wanted a title that didn't sound stuffy," he said, "but it wasn't written to be a book of humor, so the title didn't fit very well."

The title of the new book leaves no question about its purpose and tone.

He dedicated both books to his children.

"The dedication of the new book is bigger, because I have two more kids now than I had back then," he said.

The inscription to them reads: "I wrote this for you, other people found it useful."

"The intended target audience for the original book was my kids," Dr. Allen said.

Much of the material came from essays he wrote while serving as principal of St. Joseph Cathedral School in Jefferson City "to help support

parents as the first and best educators of their children."

His purpose for the book is to help adults and teens understand the faith beyond what they got from formal schooling.

"Because what you get through eighth grade and your senior year of high school is just the tip of the iceberg," he noted.

Catholics need to continue learning about the faith for the rest of their lives.

"I think there are a lot of people who are emotionally Catholic or culturally Catholic or bound-by-family-loyalty Catholic," said Dr. Allen. "I hope they read this and see that there's so much more to the Catholic faith than 'I do this because my Mom and Dad were Catholic.'"

The Catholic Defender begins with a section on how to be a Catholic apologist, followed by "Roadblocks to Defending the Faith," "Authority," "the Sacraments," "Prayer and Worship," and "Catholic Living."

"I've done some expansion on the 'Catholic Living' section," said Dr. Allen. "It explores some hot-button topics, such as contraception, *in vitro* fertilization, euthanasia, abortion, and whether we should be taking our faith with us to the voting box."

He said this isn't a book that needs to be memorized in order for it to help people defend their faith.

"While I have a chapter on almost anything — I mean, there's so much minutia — I keep going back to a foundational approach," the author stated.

"You can be having a discussion with someone who's

See DEFENDER, page 23



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Former public-school educators savoring the joys, opportunities that Catholic schools bring

By Jay Nies

It's not for everyone, but for those who are called to it, teaching in a Catholic school can be the adventure of a lifetime.

Even for people who have spent most or all of their career in public education.

"The eight years that I've been teaching in a Catholic setting have been the most rewarding for me," said Mike Barner, who's in his 41st year in education and his eighth as a teacher at St. Pius X School in Moberly.

He relishes getting to work with students in a faith-based setting.

Mr. Barner previously taught and coached for 17 years, then served for 16 as an assistant principal, principal, and director of a vocational school.

He enjoyed serving in all those capacities, but he also appreciates the benefits of teaching in a Catholic school.

"Our students are very focused and much more engaged in developing not only the core curriculums but also growing their faith," he stated.

He attributes that to students having self-driven, self-disciplined and goal-oriented families.

He said it's very enjoyable to see the children in his care grow not just academically, but also in their relationship with God.

"These factors allow us to push our students past the normal expectations in academic, social and character development," he stated.

He's convinced that together, St. Pius X School and its families are developing students who are well prepared for today's world.

"This is why I became a teacher," he said.

No place like home

Lucinda Varner is in her third year as principal of Our Lady of the Snows School in Mary's Home, where she was once a student.

"I feel blessed to be in a position that not only allows me to do what I love but also encourages me to grow spiritually every day," she said.

She previously spent most of her career in public schools, where opportunities to nurture her belief and understanding of God were limited.

"Since coming to Our Lady of the Snows School, I have experienced significant growth in my Catholic faith," she said.

She believes it's a gift to be able to serve in a Catholic environment, "and I consider myself fortunate to grow both professionally and personally in such a meaningful way."

One of the most powerful aspects of her work day is starting each morning in prayer with the staff and students.

"This time of prayer not only helps center me spiritually, but also connects me with others who share the same commitment to our faith," she said.

She's deeply inspired by the devotion and passion she regularly encounters in the people of the parish and community.

"Being surrounded by such supportive and faith-filled people has made a profound impact on me, and I feel incredibly blessed to be part of it," she said.

"Nothing better"

Mike Aulbur thoroughly enjoyed the 28 years he spent in public education, both as a teacher/coach and an administrator.

"I had the opportunity to meet many great people, work with great educators and had many awesome students," he said.

Now, he's in his seventh year as principal of St. Pius X School in Moberly.

"I have loved the transition to Catholic education," he said. "It is refreshing to come to work with God as the main part of the day."

"Starting each morning with an all-school prayer helps set the tone for every day being a positive day," he added.



Principal Mike Aulbur and teachers Sheila Nagel, Marsha Thornton and Roger Williams gather for a photo at St. Pius X School in Moberly, to which they and about half of the rest of the faculty bring experience from previously teaching at public schools.

— Photo Tina Turnbough

The move has also been good for his finances.

"Teacher pay has been an issue for a long time," he pointed out. "One thing for teachers to consider is to take advantage of being able to draw a full public school retirement pension and also get a salary from a private school."

This can be a game changer for educators who are eligible to retire, but still enjoy teaching.

"Many people can retire from public school in their early 50s," he noted, "so they can usually teach another 10 to 15 years at a private school and draw two paychecks."

Several of Mr. Aulbur's colleagues at St. Pius X School have followed in his footsteps.

Sheila Nagel taught in a public school setting for 28 years and has been at St. Pius for the past four.

She was "super excited" to be hired at her parish school, where her three children are students.

"I've always loved being a teacher, but being at the Catholic school has been like a breath of fresh air," she stated.

"I absolutely love our kids and our faith and how our school and Church all work together as one," she said.

Mrs. Nagel teaches every child in the school in technol-

ogy and in the library.

She said it's awesome to be able to go to Mass with the students as part of their daily schedule.

"There is nothing better than starting out your day at church," she said.

She also loves being able to talk openly about God and incorporate her faith into her everyday lessons.

"And it is nice when a student gets a little off task, that we can simply ask them, 'Are you following our school Motto?'" she said.

Namely: "Are you being Respectful, Responsible, Safe and living your Faith?"

"This usually gets them right back on track," she said.

Mrs. Nagel loves hearing "Thank you for class" every day as her students head out.

"It is just part of our normal routine," she said.

Her Catholic school is a tight community, with all the students getting to know each other and becoming a big family.

"We do hold our students to a high standard, and they know it," said Mrs. Nagel. "Obviously, education is very important, but we also know at the Catholic school, God is the reason we are here, and living our faith through our education is what we expect."

Right time, right place

Marsha Thornton retired after 32 years of teaching in a public school.

Mr. Aulbur hired her two weeks later to teach second grade.

"I can tell you that working at St. Pius X has been a blessing," said Mrs. Thornton. "I was going to stay for two years and I am now on Year 6."

She loves being able to talk about God and all of the stories her students learn from the Bible.

Father Louis Nelen, pastor of St. Pius X Parish, preaches homilies at school Masses that the children understand.

"I find that helpful

to maintain classroom discipline, because many times I refer back to the homily given at Mass," said Mrs. Thornton. "I can say, 'What did Fr. Lou say about living your faith and respecting others?'"

Mrs. Thornton said she enjoys a level of support from parents that she couldn't always count on in her past endeavors.

"St. Pius parents are willing to donate items for an activity or whatever the need," she said. "The stress level is so much better. I could go on and on."

Roger Williams spent 31 years teaching in Missouri public schools — 26 years at a middle school near his home — before "discovering" St. Pius X School.

He has fond memories of the places he previously taught at, but he was ready for a change.

"After retiring, I jumped back in, subbing for two years," he said.

His second year, he found himself at St. Pius X several days a week.

"God and I did a lot of talking that year," Mr. Williams recalled, "and he let me know where I was needing to be."

Mr. Williams relayed that

QUESTION CORNER

Does divorce due to abuse prevent reception of Holy Communion?

By Jenna Marie Cooper
OSV News

Q: If someone were in an abusive marriage, if they divorced would they still lose their right to Holy Communion?

A: The short answer is no, the simple fact of being divorced does not in any way hinder or cut off a Catholic's access to the sacraments.

For some background, we as Catholics do believe that on a theological level, divorce as such is not truly possible. While the Church does recognize and respect the purely secular legal effects of a civil divorce (e.g., things like property divisions and child custody arrangements), at the end of the day the Church understands divorce as somewhat of a "legal fiction." That is, a consummated marriage between two baptized adults who entered the union with the proper intention and with full knowledge and freedom cannot be ended by anything other than the death of one of the spouses. We can find a scriptural basis for this teaching in Matthew 19:1-12.

It is possible that there could have been a problem at the time of the wedding — such as a mental health issue that prevented one of the parties from being able to consent, or a party having the wrong intentions — which prevented a true marriage from occurring in the first place. This is what the Church's marriage nullity process exists to discern. Yet we should keep in mind that declaring an apparent marriage invalid is very different from holding that an actual marriage bond can be broken.

However, for serious reasons the Church does allow spouses to separate. In canonical terms, this is called "separation while the bond remains." And in cases of abuse, the Church's law could be interpreted as practically encouraging the endangered spouse to leave the marital home.

As we read in Canon 1153 of the *Code of Canon Law*: "A spouse who occasions grave danger of soul or body to the other or to the children, or otherwise makes the common life unduly difficult, provides the other spouse with a reason to leave, either by a decree of the local Ordinary [that is, the diocesan bishop or his Vicar General] or, if there is danger in delay, even on his or her own authority."

Although Canon 1153 envisions the bishop's involvement in the separation of Catholic spouses, it is noteworthy how this same Canon empowers ordinary lay Catholics to use their own best judgment in determining whether there is "danger in delay" in escaping an abusive or otherwise harmful domestic situation.

In a similar vein, while the Church teaches against divorce in general, the Church also acknowledges that a merely civil divorce might be necessary and acceptable in certain situations. Paragraph 2383 of the *Catechism of the Catholic Church* tells us: "if civil divorce remains the only possible way of ensuring certain legal rights, the care of the children, or the protection of inheritance, it can be tolerated and does not constitute a moral offense."

Divorce only becomes an obstacle for receiving the sacraments when a divorced Catholic attempts to remarry civilly without having had their first marriage declared null by a Catholic marriage tribunal. Since even a legitimately separated Catholic is still married to their original spouse in the eyes of God and the Church, any attempt at a new marriage would not "work." And living with another person in the manner of a married couple, when one is still actually married to another, is technically adultery.

See QUESTION, page 19



Andrew Wright becomes new executive director of Mothers' Shrine in Laurie

Andrew Wright, a seasoned marketing and Catholic professional, has been appointed the executive director of The National Shrine of Mary, Mother of the Church, as of March 17, 2025.

Mr. Wright and his wife Beth have owned a home at the Lake of the Ozarks since 2019.

Last year, they moved permanently from Littleton, Colorado, to take up residence in the area and are members of Our Lady of the Lake Parish in Lake Ozark.

For the past six and a half years, Mr. Wright has provided his expertise and talents to the Fellowship of Catholic University Students (FOCUS), a Catholic outreach program that assists Catholic college

students in being missionaries in college environments.

He has also worked for the Archdiocese of Denver, leading its marketing and communication efforts for three years.

For 10 years, he owned Wright Brothers Films, which provided video for commercial clients and which developed its own social media presence with nearly 100,000 followers and created documentaries with millions of online views.

He holds a bachelor's degree in business administration finance/marketing from the University of Denver.

"I am excited about the opportunity to bring my talents and gifts to the Mothers' Shrine, increasing its visibility

among Lake visitors and helping people deepen their relationship with Mary and her Son," said Mr. Wright.

The Wrights have three grown daughters and two grandsons, with another grandchild due in May.

A little bit of heaven is nestled within the Ozark hills in the Lake of the Ozarks region, on 63 acres along Missouri Route 5 between Versailles and Camdenton.

The National Shrine of Mary, Mother of the Church is dedicated to Mary, the Blessed Mother, and to all the mothers of the world and is affectionately known as the "Mothers' Shrine."

To learn more, visit mothersshrine.com.

Catholic Charities transitions refugee support to partner agencies

Catholic Charities of Central and Northern Missouri has established agreements with partner agencies to provide continuing support to local refugees as the Refugee Services program at Catholic Charities is being discontinued.

Earlier this year, amid uncertainty regarding federal funding, Catholic Charities paused efforts to welcome new refugees into communities in the diocese.

Now, Catholic Charities will fully transition its support of refugees already present in these communities to partner agencies.

This important step, which was completed in March, will enable refugees to continue receiving the assistance and care they need.

"Refugee resettlement has been part of Catholic Charities' mission from the beginning," said Litz Main, executive director of Catholic Charities.

"Refugees bring resilience, culture and talent that enrich our communities in countless

ways," she noted. "We are proud to have welcomed and walked alongside so many who now call Missouri home, and we remain steadfast in our commitment to supporting these families through our partner agencies."

With this change, Catholic Charities remains focused on its core mission of providing charity and mercy to those in need in the Diocese of Jefferson City.

"I would like to express my gratitude to Catholic Charities of Central and Northern Missouri and everyone involved in this long-standing effort to welcome and support refugees in the Diocese of Jefferson City," said Bishop W. Shawn McKnight.

"This work has been a testament to our faith — and to our belief in the dignity of every individual," he said. "As we move forward, I ask that everyone in our community unite and further strengthen our efforts to fulfill our call to charity and mercy as we assist those in need."

Pope clears way for three new saints, including first woman from Venezuela

Catholic News Service

Vatican City

Pope Francis has cleared the way for the canonizations of three blessed: an Armenian Catholic archbishop martyred during the Armenian genocide, a lay catechist from Papua New Guinea killed during World War II and a Venezuelan religious sister who dedicated her life to education and the poor.

The Vatican announced March 31 that the pope authorized the decrees March 28.

Among them were the approval of a miracle attributed to Blessed Carmen Rendiles Martínez and authorization for the canonizations of Blessed Ignatius Maloyan and Blessed Peter To Rot, following a vote by cardinals and bishops.

While the Vatican did not

specify whether the decrees were signed during an audience, such decisions are typically formalized during a meeting between the pope and Cardinal Marcello Semeraro, prefect of the Dicastery for the Causes of Saints.

Pope Francis, recovering from a respiratory infection, has not been holding meetings since being discharged from the hospital March 23.

A Eucharistic Word: Remembrance

By Michael R. Heinlein
OSV News



Remembrance is a central part of our Catholic faith.

For the nine years I attended Catholic grade school, Friday afternoons of Lent were spent in church. The entire school community gathered to pray the Stations of the Cross, led by the pastor. Stations always ended for us with exposition of the Bless-

ed Sacrament and Benediction.

Over the years, I've often thought about how we concluded Stations with Eucharistic worship, and it's been on my mind a bit this Lent. The connection seems quite fitting.

The Stations are an opportunity for us to remember what Jesus did for us in a precise and specific way. Our meditation on his passion and death — traditionally following along from his condemnation to death to his burial — offers us the opportunity to enter a bit more fully into his experience.

For me, ending the Stations with Eu-

charistic worship provided the means for making the Stations more fruitful. Having remembered and prayed intensely through reflections on the Lord's passion and death, being in his sacramental presence offered the opportunity to make the experience more fruitful and, in a sense, real.

This prayerful and focused way of remembering is a central aspect of Judeo-Christian spirituality. The technical term "anamnesis," or memorial, conveys this reality and is a central component of our Eucharistic worship. Ultimately, it's a mystery made present by the Holy Spirit.

This biblical sense of memorial, the *Catechism of the Catholic Church* says, "is not merely the recollection of past events but the proclamation of the mighty works wrought by God for men" (No. 1363). This sense of "memorial," in the context of liturgical celebration, makes the events of our salvation "present and real."

The Catechism continues: "This is how Israel understands its liberation from Egypt: every time Passover is celebrated, the Exodus events are made pres-

See HEINLEIN, page 19

The meaning of Lent

By Scott P. Richert
OSV News



Every Lent for over 45 years, I have given up watching TV and have chosen a spiritual classic to read and meditate on instead. Over the years, I have returned to certain classics mul-

multiple times (especially *The Ladder of Divine Ascent* by St. John Climacus and *The Imitation of Christ* by Thomas à Kempis), and as with any book, new circumstances in life and years of study and prayer in between readings lead to a new experience of the text and new insights.

The volume I chose for this Lent is one that I haven't read in over 30 years, in large part because the first time I read it, I came away frustrated rather than spiritually uplifted. I've pulled it off the shelf many times over the last three decades and thumbed through it but always put it back, because each time the memory of my struggle with the text came welling up.

The work in question is *The Cloud of Unknowing*, written in the 14th century by an unknown English mystic. Translated into modern English, the text is not particularly hard to understand. It is usually presented as — in the words of the promotional copy on the paperback edition I'm currently reading — "a practical guide in the path of contemplation."

My struggle with the text the first time around stemmed entirely from a literal reading of that promotional copy. Young and eager to grow in my knowledge of God, I wanted a step-by-step guide to mystical union. Instead, what I found were such lines as "I do not believe reasoning ever helps in the contemplative work" and "Thought cannot comprehend God." Contemplation, the author says, requires deliberately moving beyond thought: "By love he may be touched and embraced, never by thought."

"Contemplative prayer is God's gift,

wholly gratuitous. No one can earn it." Thirty years ago, I was not ready to read such words. What is the point of the Christian life if not movement toward union with God? But if we cannot move ourselves but must wait for God to move us — "let that mysterious grace move in your spirit as it will and follow wherever it leads you" — isn't everything we do simply futile unless and until God makes the first move?

In my mid-20s, the simple reality of this truth didn't make sense, in a rational, discursive way. But the decades of experience of God's gratuitous love in between have opened up the meaning of these words. The idea that one must move beyond reason in order to contemplate God is still as foreign to reason as it was back then, but having experienced the limitations of my own reason, I can now understand what the author means when he writes, "As long as we live in these mortal bodies the keenness of our intellect remains dulled by material limitations whenever it deals with spiritual realities and most especially God."

Decades of prayer, fruitful and otherwise, have convinced me of the truth that "prayer is simply a reverent, conscious openness to God full of the desire to grow in goodness and overcome evil." All of our actions must flow from God and return to him. With John the Baptist, we must be able to cry from the depths of our being, "He must increase; I must decrease" (Jn. 3:30) because, in the words of our anonymous author, "a true lover not only cherishes his beloved more than himself but in a certain sense he becomes oblivious of himself on account of the one he loves."

In these pages that I avoided for so long, I have, this Lent, found the true meaning of Lent: Our Lenten practices of prayer, fasting and almsgiving are not goods in themselves but must be manifestations of our desire to be united to God. There is no blueprint, no series of steps we can follow that will reliably lead us to that union, because it takes place within that cloud of unknowing. All we

can do is to strive to place ourselves there by rising above the cares and concerns of

this world, and let God do the rest.

Scott P. Richert is publisher for OSV.

REFLECTION

Servitude by any other name

By Mark Saucier

Genesis is the first book of the Bible and contains the creation narratives. But, it is Exodus, the second book, that provides the origin story of the Israelite people.

With Moses, the burning bush, and the 10 plagues, Exodus tells how God brought the Israelites out of slavery in Egypt.

The remainder of the book, the saga of the wanderings in the desert, is about the formation of a community in relationship with their God, each other and the world.

According to Brian McLaren, the 40 years in the wilderness is about getting the slavery out of the Israelites.

We've learned about slavery from the plantations of Virginia to the gulags of Russia.

We see it today in news about debt bondage, human trafficking, and forced marriage.

From all this, we can at least imagine the horrors of life in servitude to another.

What is more difficult to grasp, and far more difficult to change, is slavery that is within each of us.

Freed from the pharaoh's lashes, the Israelites still proved to be a bellyaching band of malcontents.

This new life of freedom, with all its demands for change and trust, was not for them.

They wanted their old gods and their old ways. One thing you could say about a life of slavery, there was a comforting certainty to it.

We're not forced to make bricks or tend fields under a blazing Egyptian sun, but we are not free from slavery.

Ours takes the form of habits, attitudes and compelling emotions that can subjugate us as much as any taskmaster.

Our addictions — and not just the apparent ones like drugs, sex and other compulsive behaviors — bind us and prevent us from flourishing as the person we were meant to be.

In Exodus, the Israelites are given the Ten Commandments. For too long, we have seen these as a checklist of the primary behaviors that annoy our God.

What they really speak to is not one-off actions, but forms of slavery to which we are most susceptible.

Anger, righteousness, materialism, self-serving deceit, and denial of any power greater than our own judgment and desire are not just immediately harmful to ourselves and others, they enslave us — distracting and diminishing our lives.

For the Israelites, 40 years in the desert represented a generation. For us, it is a reminder that getting the slavery out takes a lifetime, no less needed at 75 than at 17.

Encounter

AT CATHOLIC CHARITIES

Partnering for a healthier tomorrow: CCCNMO & MU Extension



By Jullia Fox

At Catholic Charities of Central and Northern Missouri (CCCNMO), we are privileged to work alongside numerous dedicated community partners who help us fulfill our mission of serving and empowering our neighbors.

Our vision is to provide compassionate care through the healing ministry of Jesus and create hope for a better life for those challenged by the poverty of mind, body, emotions and spirit.

This mission is not achieved alone; it thrives in collaboration with other agencies and the local community.

One of these invaluable partners is Dawn Seibon, a Nutrition Program Specialist with MU Extension.

Through her expertise, passion, and generosity, Dawn has become an integral part of CCCNMO's Health and Nutrition programs, particularly within the Community Garden and Pantry.

Dawn's involvement with CCCNMO spans several key initiatives designed to promote nutrition education and healthy living, especially for individuals with limited access to resources.

One of the primary programs she facilitates is the "Eating Smart, Moving More" series — an engaging and educational set of classes aimed

at providing participants with practical, actionable knowledge about nutrition, exercise and overall wellbeing.

These classes empower individuals to make healthier choices in their daily lives.

Many of our neighbors who have attended Dawn's classes have been able to integrate their newfound knowledge into their meal planning — transforming the ingredients they receive through the pantry into healthy, nutritious meals.

In addition to leading structured classes, Dawn plays an active and supportive role in our pantry.

She regularly provides educational materials featuring nutritious, limited-ingredient recipes tailored to the ingredients available in our pantry.

This allows participants to immediately apply what they've learned, creating balanced, healthy meals with accessible foods.

Beyond providing these materials, Dawn takes time to engage directly with our neighbors, answering questions, fostering conversations about nutrition, and offering support and encouragement.

Her hands-on approach creates a welcoming atmosphere, making the learning process about healthy living feel attainable and personal.

Dawn's contributions also extend into our Communi-



ty Garden, where she works closely with local gardeners to promote sustainable food practices.

Her dedication has helped neighbors develop their gardening skills and reinforced the importance of growing fresh, nutritious foods.

Dawn often humbly acknowledges that she learns just as much from the gardeners as they do from her.

This mutual exchange of knowledge fosters a collaborative learning environment, where she not only enhances her own understanding but also values the knowledge and experience of the community.

By listening to the wisdom of local gardeners, Dawn strengthens relationships, creating an environment of shared learning.

The garden becomes more than just a space to grow food — it becomes a place where people grow together, united by a common goal of health, sustainability and community resilience.

The impact of Dawn's work is evident in the positive changes within our programs and among our neighbors.

By integrating nutrition education into daily interactions,

she helps break down barriers to healthy eating and encourages lasting lifestyle changes.

Her presence reassures neighbors that they are not alone on their journey to better health — there is a supportive network dedicated to their wellbeing.

Since the opening of the Community Garden in 2023, gardeners have produced approximately 500 lbs. of produce.

This bounty has been shared with the pantry and neighbors, with common items like tomatoes, radishes and various peppers contributing to the collective effort.

At CCCNMO, we deeply value partnerships like those with Dawn and MU Extension.

Her commitment to education, engagement and empowerment perfectly aligns with our mission, and we are deeply grateful for the time, effort and heart she invests in serving our community.

As we continue to collaborate, we look forward to expanding our efforts, reaching more neighbors and making an even greater impact together.

Community partnerships are the driving force behind the success and vision of CCCNMO.

As the Bible reminds us, "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" (1 Peter 4:10).

This guiding principle reflects our ongoing work, which is continually enriched by the expertise and dedication of professionals like Dawn.

Looking ahead, we are excited to build upon these relationships, forge new connections and create even more opportunities for growth and support.

Together with partners like Dawn and MU Extension, we are committed to ensuring that our agency, community and neighbors not only thrive today but are equipped for a brighter, more prosperous future.

If you or your organization is interested in learning more about partnering with Catholic Charities of Central and Northern Missouri or volunteering visit cccnmo.diojeffcity.org or scan the QR code.



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QUINN

From page 3

cial devotion to the Queen.”

Ms. Quinn completed her time in the Air Force in 2001 and returned to her home state.

Aware of her skills as an attorney and experience in handling abuse cases, the pastor of her parents’ parish in her hometown asked her to help him implement the Charter there.

She became a passionate advocate for helping her fellow parishioners open their eyes to the possibility of abuse taking place around them — and what they could do to help

Youth Protection told her that Bishop W. Shawn McKnight was looking for a new diocesan safe environment coordinator for the Jefferson City diocese.

Impressed by Bishop McKnight’s demonstrated commitment to promoting healing from the abuse scandal and to keeping children safe, Ms. Quinn submitted her resume.

Bishop McKnight called her to talk and set up a formal interview. She traveled here and spent a day in discussions with him and several of his advisors.

Her experience with safe

around them.”

She further noted that people tend to see themselves as the ultimate judge of another person’s character, based on what they know and can see.

“One of the things the safe environment program teaches us is that the abusers groom all of us, in order to get that position of trust, to get that time alone with a victim in order to abuse them,” she said.

Ms. Quinn is confident that an upcoming study by the John Jay College of Criminal Justice in New York will demonstrate that efforts to eliminate the abuse of minors by Church personnel in the United States have been overwhelmingly successful.

But, she insists on the need for continued vigilance.

“I worry about ‘Charter fatigue’ — that people, especially the clergy, are just tired of hearing about this,” she said.

“I’m also worried about complacency — the idea that after 23 years, we have all these

Prayer for Healing for Victims of Abuse

*God of endless love,
ever caring, ever strong,
always present, always just:
You gave your only Son
to save us by his blood on the cross.*

*Gentle Jesus, shepherd of peace,
join to your own suffering
the pain of all who have been hurt
in body, mind, and spirit
by those who betrayed the trust placed
in them.*

*Hear the cries of our brothers and sisters
who have been gravely harmed,
and the cries of those who love them.
Soothe their restless hearts with hope,
steady their shaken spirits with faith.
Grant them justice for their cause,
enlightened by your truth.*

*Holy Spirit, comforter of hearts,
heal your people’s wounds
and transform brokenness into wholeness.
Grant us the courage and wisdom,
humility and grace, to act with justice.
Breathe wisdom into our prayers and labors.
Grant that all harmed by abuse may find
peace in justice.
We ask this through Christ, our Lord. Amen.*

learned in the JAG Corps and in the Columbus diocese was the need for constant reevaluation and improvement.

“Acknowledging that we can always improve things, and getting away from the habit of thinking, ‘Wow! We sure dodged that bullet,’ to ‘that was way too close — how can we update our system to keep that from happening again?’

“We can never stop having those discussions,” she said.

Work and pray

Ms. Quinn encourages every Catholic in these 38 counties to read the diocesan policy on the protection of children of young people, “and contact us if they have any questions or concerns.”

The policy can be found on the diocesan website at diojeffcity.org/safe-environment.

She also requested prayers for all victims of abuse. She recommended the USCCB Prayer for Healing for Victims of Abuse, which is published on this page.

For all who have suffered abuse, that they may experience healing and restoration. That we may be ever-vigilant in protecting the vulnerable and ensuring our parishes remain places of safety, love, and respect. We pray to the Lord.

—Bishop McKnight’s April 2025 prayer intention

prevent it.

She also started working on a master’s degree in pastoral studies through the Loyola of New Orleans Institute for Ministry Extension (LIMEX).

One of the courses she took was, “Your Spiritual Journey.”

“So that had me actively thinking about my relationship with God,” she recalled.

“As a cradle Catholic, I had kind of taken my faith for granted. But as I was working on this paper, I made a conscious choice — something to the lines of ‘I’m Catholic because I want to be, not just because my parents are,’” she said.

Ms. Quinn eventually accepted an invitation to serve as safe environment coordinator for the Columbus diocese, helping parishes throughout the entire diocese implement the Charter.

It was satisfying but difficult work. She risked burning out.

Last summer, she stepped away from the Chancery and thought about taking up different work for the next phase of her career.

Ms. Quinn is serving her second term as a consultant for the USCCB’s Committee on the Protection of Children and Young People.

Colleagues at the USCCB’s Secretariat for the Child and

environment programs from the beginning of implementing the Charter were a strong selling point.

For her part, she was impressed with the team atmosphere in the Chancery — “how they emphasized the importance of working as a team here.

“It shows the commitment of the bishop to providing a safe environment for the most vulnerable members of his flock,” said Ms. Quinn.

Bishop McKnight called to offer her the job the Tuesday after Thanksgiving Day.

She began work here on Jan 3 of this year.

Vigilance and exertion

Ms. Quinn said the most rewarding parts of her work is stopping abuse and preventing it from happening in the first place, and helping people in the pews recognize their own role in those efforts.

She noted that the common stereotype of an abuser is often incorrect.

“It’s usually not the antisocial guy with the trench coat, hiding in the bushes, or the grumpy neighbor who lives in the creepy house at the end of the block,” she said.

“It’s often a person who’s charismatic, engaging and very capable of grooming everyone

Hearing confessions is a ‘privilege,’ Pope tells priests

By Cindy Wooden
Catholic News Service

Vatican City

Priests must recognize that it is a privilege to administer the sacrament of reconciliation and grant absolution, Pope Francis wrote.

“Celebrating mercy, especially with Jubilee pilgrims, is a privilege: God has made us ministers of mercy by his grace, a gift we welcome because we were, and are, the first objects of his forgiveness,” the pope wrote in the message dated and released March 27.

Pope Francis, who is convalescing after more than a month in the hospital, sent his brief message to seminarians and priests participating in a Vatican course on the sacrament of confession and on matters of conscience.

The pope usually would meet with partici-

pants in the annual course offered by the Apostolic Penitentiary, a Vatican court focused on the forgiveness of sins, the lifting of censures for those who repent of their wrongdoing and indulgences.

In his message, Pope Francis asked the priests and seminarians to be “men of prayer” because that is the basis for their ministry, “by which you prolong the work of Jesus, who still and always repeats, ‘Neither do I condemn you. Go, and from now on do not sin any more.’”

“May this liberating word of the Lord echo throughout the church in the Jubilee Year for the renewal of hearts, which flows from reconciliation with God and opens one to new fraternal relationships,” the pope wrote.

The peace that the world desires, he said, also “springs from mercy, like the hope that does not disappoint.”

Communal reconciliation services for Lent

Lent is a good time for an examination of conscience and to receive the Sacrament of Reconciliation in preparation for Easter. Here is a partial list of Lenten communal reconciliation services in the Jefferson City diocese. The listings will be updated in upcoming issues of *The Catholic Missourian* and in our online edition. Most services will include a short prayer service followed by individual Confessions. Extra priests from neighboring parishes are typically present to help out.

Boonville — Sun., April 6 at 4 pm, Ss. Peter & Paul Church

Brookfield — Thurs., April 10 at 6 pm, Immaculate Conception Church

Camdenton — Wed., April 9 at 6 pm, St. Anthony Church

Edina — Fri., April 11 at 6 pm, St. Joseph Church

Eldon — Tues., April 8 at 5:30 pm, Sacred Heart Church

Indian Creek — Wed., April 9 at 6:30 pm, St. Stephen Church

Marceline — Sun., April 6 at 3 pm, St. Bonaventure Church

Mary's Home — Thurs., April 10 at 6 pm, Our Lady of Snows Church

Montgomery City — Thurs., April 10 at 6:30 pm, Immaculate Conception Church

Pilot Grove — Wed., April 9 at 7 pm, St. Joseph Church

St. Martins — Wed., April 9 at 6 pm, St. Martin Church

Salisbury — Tues., April 8 at 6:30 pm, St. Joseph Church

Catholic aid organizations in a race against time to provide relief in Myanmar

By Junno Arocho Esteves
OSV News

As the death toll following the massive earthquake in Myanmar is expected to reach 3,000, humanitarian organizations in the region, like Catholic Relief Services, are working round the clock to get essential

supplies to those in need.

Cara Bragg, country manager for CRS Myanmar, said that while it's "still too early to tell," the devastation wrought by the 7.7 magnitude quake is "sure to cause some major, long-term impacts for people here."

"Thousands have lost their homes, so there will be more people in need of temporary housing. Many have lost their businesses, so they won't have a source of income. We've already heard reports of people unable to find anywhere to buy food, so we are worried about hunger," Bragg said in an email to OSV News April 1.

"And we don't know yet what the impact has been for farmers, so we could be talking about a long-term, large-scale disruption in crops, and that of course will impact hunger levels," she said. "It is so critical to provide immediate relief now — providing food, water, medicine, shelter materials and

other household items, like mosquito nets, soap and blankets."

The epicenter of the March 28 earthquake struck Mandalay, the country's second largest city, destroying roads, buildings and religious sites. While the death toll as of April 2 stood at 2,886 people with another 4,639 injured, according to state television MRTV as cited by The Associated Press, the number is believed to surpass 3,000 as hundreds more are still missing or feared dead, the Reuters news agency reported.

Based in Yangon, the country's largest city, CRS Myanmar is coordinating relief efforts with local and international partners, including Caritas, which is known locally as the Karuna Mission Social Solidarity, or KMSS. CRS is the official international relief and development agency of the Catholic Church in the U.S.

Bragg told OSV News that due to the devastating "loss of

life, the high number of injuries and the wide-scale destruction," assessing a "clear picture of the impact of the earthquake was challenging at first."

"Phone networks were down or unreliable. The major highway between Yangon -- where the CRS office is -- and Mandalay, which is the second-largest city in Myanmar and very close to the earthquake's epicenter, was damaged, impeding our ability to send teams to support our staff and partners in the most affected areas," she explained.

The earthquake hit the country at a time of uncertainty due to the ongoing civil war between resistance groups and Myanmar's governing military junta, which overthrew the previous democratically elected government in 2021.

Bragg urged prayers and asked that those "who are in a position to donate," visit support.crs.org.

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EASTER COLLECTION

From page 1

She's part of the parish's Ministry of Visitation, taking Holy Communion to people who are homebound or living in local nursing homes.

She has been a facilitator for several "Parishes as Communities of the Beatitudes" faith-sharing groups.

She participates in the monthly gatherings of Mary Immaculate's Young at Heart group, where members enjoy social time, Mass, the Sacrament of Anointing of the Sick, and a meal.

She joins a group of 12 or more women of the parish who pray the Rosary for peace and for other prayer intentions.

She recently joined Mary Immaculate's Order of Christian Initiation of Adults (OCIA) team, helping people who are entering full communion with the Church learn more about their faith.

"These activities enable me to stay in touch with the lives of many people, which helps me grow in love with them and with God," said Sr. Ruth Ann.

She also represents the religious sisters in this diocese as a member of the Diocesan Pastoral Council (DPC), which assists the bishop in his governance of the diocese.

Some days, she's as busy in retirement as she was in full-time ministry.

"I've been blessed with good health," she said. "So, the busier I am, the more persons I meet each day, the closer I feel to God."

"God has blessed me abundantly throughout my life, and I want to share as many of those blessings as I can while I'm still able to do so each day," she stated.

A time to sow

Sr. Ruth Ann dreams in color.

"I dream about a rainbow and how my life has so many times received a rainbow after a rainstorm," she said. "This reminds me of God's love and faithfulness to me throughout my life, and how many blessings he continues to shower on me."

She grew up on a farm in Quincy, Illinois, and attended Catholic grade school and high school taught by the SSNDs.

Her parents were strong Catholics who instilled a deep faith and love for God and service to others throughout her early life.

Working on the farm and out in the fresh air helped her maintain great health. She never missed a day of school through all of her grade school and high school years.

"That aspect of good health was a drawing card to becoming a sister," she said.

Sr. Ruth Ann worked as a bookkeeper for six months after high school before entering religious life as an SSND on Jan. 2, 1965.

"Religious life is a special call from God to a woman who desires to love God and to



Sister Ruth Ann Klauser SSND brings Holy Communion to homebound parishioners of Mary Immaculate Parish in Kirksville. — Photo by Adam Davis

serve his people," she said. "A person who wants to live her life to someday be a saint and to help others become saints."

The bulk of Sr. Ruth Ann's ministry has been as an educator, serving in Catholic schools as a teacher and principal for nearly 50 years.

She was the principal of Mary Immaculate School when she got summoned to be the General Secretary and Archivist at the SSND International Congregation's Gen-

eralate in Rome.

She returned to Kirksville after eight years in Rome, and officially retired.

She said the SSND congregation has consistently trusted her and her gifts throughout these past 60 years.

"They have encouraged me and challenged me to listen to my God and to follow his call," she said.

She's convinced that all religious sisters, regardless of which order or congregation they belong to have a true love for God and his people.

"They value prayer and openness to recognize the many surprises and miracles

See RETIRED, page 14

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DIocese of
Jefferson City

RETIRED

From page 13

that God puts in their daily lives," she said.

"The fun stuff"

Fifty-five years after priestly ordination and nearly five years into retirement, Father Gerald Kaimann still treasures his health and a vibrant ministry.

"I don't have any grandkids to chase around!" he noted. "I wanted to stay in ministry, being here at the rectory, there's always lots of things going on, and I like to be around people."

Fr. Kaimann lives in the St. Joseph Rectory in Palmyra and offers the Mass and the Sacraments. The parish provides him with room and board.

"When you're retired, the big thing is, you don't have to do the administration," said Fr. Kaimann. "The planning and administration are really what take the most time. I mean, if you're going to help a parish to progress and really grow, you have to plan and really work at it."

He said he's happy to be able to do more of what he was ordained to do — "Sacraments, the Mass, working with people."

"Now, I just get to do the fun stuff," he said. "I have a lot more freedom. I have a lot of time during the day."

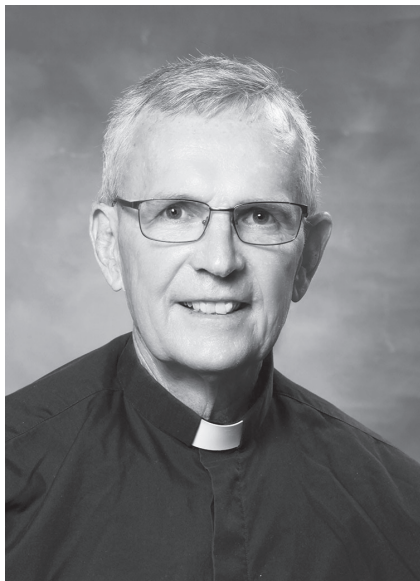
Not that he doesn't stay busy.

In addition to his sacramental ministry at the Palmyra parish, he offers a weekday Mass twice a month in the Northeast

Correctional Center in Bowling Green, about a 45-minute drive from the rectory, along with Mass in a local nursing home.

He also has more time to serve as a spiritual director on Cursillo weekends for Catholic adults and on Residents Encounter Christ (REC) retreats for prison residents.

He had gotten involved in Cursillo while serving as pastor of St. Joseph Parish in Canton in the 1970s and '80s.



Father Gerald Kaimann, who was ordained 55 years ago, ministers in retirement at St. Joseph Parish in Palmyra.

"And now that I'm back in the area, I'm involved in it again," he said.

"All God's doing"

Fr. Kaimann sees the ministerial Priesthood as "a bridge that brings people to God and

God to people."

With and for Christ, "my purpose is to be that connecting link for everybody — not just my parishioners or certain people, but everybody," he said.

"My most important thing is the faith of the people," he stated, "that they follow in faith and trust in the Lord."

He was ordained to the Holy Priesthood on March 14, 1970.

He served first as an associate pastor at St. Mary Parish in Glasgow, at what is now Holy Family Parish in Hannibal, at Cathedral of St. Joseph Parish in Jefferson City, and at Sacred Heart parish in Columbia.

He served as a pastor in Canton, St. Patrick and La-Grange; Boonville and Fayette; Montgomery City and Jonesburg; Marceline and Hurricane Branch; and then Marceline and Brookfield.

He noted his 50th priestly anniversary in 2020, the year he retired.

He stays grounded and avoids burnout by attending to his own relationship with the Lord "in order to be more like him and being open to the Spirit forming and changing me."

He believes the decades have helped make him humble and more trusting in the Lord.

"It's all about God, about



Father Gerald Kaimann, a retired priest of the Jefferson City diocese, carries the Most Blessed Sacrament in procession in Palmyra on the Solemnity of the Most Holy Body and Blood of Christ ("Corpus Christi").

— Photo from the St. Joseph Catholic Church - Palmyra, MO Facebook page

God's plan," he said. "It's all God's doing."

He thanks God for the good health he's been blessed with.

He has always made a priority of staying in shape.

"I've been a runner all my life," he said. "I started when I was in college. I've always done it early in the morning. I found that it has been great for self-discipline and it's been a really important thing for me."

He also enjoys bicycling and fishing for "whatever's biting."

The diocesan Priest Retirement Fund, which is supported by the Easter Collection, ensures that when each priest of the diocese reaches retirement age, he receives a pension.

He's grateful for the people who contribute to the Easter Collection each year.

"I would say, the priests and religious have given their service to the people," he stated, "so it's only right that they be provided retirement when they no longer can serve."

To be

Sr. Ruth Ann anticipates a time when she won't be able to do as much but will still present herself as an offering to God.

"I believe that it is so important to be my best self that God wants me to be," she said. "The doing will come along. So, when I no longer can do because of illness, old age or whatever, I am still able to be, and my prayer and presence are of utmost importance."

She's grateful to all the generous donors who have shared

and continue to share their gifts with the many retired religious and priests over the years.

"It is your generosity that helps all of us today and in the future," she stated. "Please know each of you and your loved ones are in our daily prayers. If you are able, please continue to share with us."

"So many persons who have crossed my life have shown gratitude to me, and I am so thankful to each of them," she said.

She suggested offering prayers of praise and gratitude to God for the many gifts that he gives each day, especially his love.

She also asked for prayers for God to continue to summon persons who will be faithful to his call to live lives that will lead to being a saint.

How could people help God answer that prayer?

"By being faithful to your individual call that God has given to you," said Sr. Ruth Ann.

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Diocese of Jefferson City

CHRISM MASS

From page 1

Bishop McKnight will preach a homily touching on the themes of the Jubilee Year of Hope and outlining progress on implementing the current pastoral plans for the diocese and the deaneries.

A reception, including a light meal, will be held in Cana Hall after the Mass. Reservations are requested to provide an approximate count for the reception. Visit diojeffcity.org/chrism-mass-rsvp to make a reservation.

The Chrism Mass is a designated Jubilee Year pilgrimage event. People who attend this year's Mass in keeping with the Church's guidelines for making a Jubilee pilgrimage will be able to obtain a plenary indulgence — a full remission from the temporal punishment for all sins that have been forgiven through the Sacrament of Reconciliation.

A guide to receiving a plenary indulgence can be found with the diocese's Jubilee Year of Hope resources at diojeffcity.org/jubilee-year.

Oil of gladness

Offered each year in this diocese on the Tuesday of Holy Week, the Chrism Mass highlights and solidifies the bonds among the bishop, priests, the sacraments and all the faithful who receive them.

"Indeed, it's the one Mass each year, in my experience, when the whole diocese really gathers," said Bishop McKnight.

In recent years, a point has been made of ensuring lay representation at the Chrism Mass from each deanery, as well as people who are involved in leadership and in developing the pastoral plans of their parishes or their deaneries or the diocese as a whole.

"We gather in order to celebrate the communion of the Church and the priestly character of the Church, principally experienced in the bishop and his coworkers — the priests who concelebrate the Mass and with him bless the holy oils."

The bishop, priests and faithful will also observe the 60th priestly anniversary of Monsignor Michael T. Flanagan, senior priest in residence

at Our Lady of Lourdes Parish in Columbia, and the 25th priestly anniversary of Father Joseph S. Corel, pastor of St. Vincent de Paul Parish in Sedalia, vicar for prison ministry in the diocese, and Dean of the Southwest Deanery.

The lay faithful will be present to witness the commitment that the bishop and priests renew together.

"Just as all the baptized renew their baptismal promises at the Easter Vigil and on Easter Sunday, the priests at the Chrism Mass renew their priestly promises from Ordination," said Bishop McKnight.

He emphasized that in contemplating the mission and role of priests in the community, "we're also talking about the mission of the whole Church."

"That's why we have priests — because of the mission that the whole Church has and that the laity share with us," the bishop noted.

Unlike the purple or red vestments priests wear at Mass during most of Holy Week, the bishop and priests wear white vestments at the Chrism Mass.

"This signifies that this is not a penitential Mass," the bishop emphasized. "This is a Mass that is celebrating at the core of who we are and our communion with Christ crucified."

"And by his crucifixion, the Holy Spirit is poured out upon us," the bishop noted. "And that anointing that we all received in Baptism and Confirmation and that priests and bishops in particular, by their acceptance of the Sacrament of Holy Orders, makes us recipients of the gifts of the Holy Spirit in order to preserve the communion of the Church in what we believe and how we pray and how we live as Catholics."

In the beginning

The annual blessing of the sacramental oils dates from the early Church.

It originally was part of the Holy Thursday Liturgy, since the Last Supper was not only

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the origin of the Eucharist but also the Holy Priesthood.

The Oil of Catechumens is used for infants during the baptismal ceremony, and for the anointing of the Elect during the Order of Christian Initiation of Adults (OCIA) as they prepare to be baptized.

This oil designates all members of the Church as learners in the Church and gives them a protecting strength in the contest against evil.

The Oil of the Sick is used in the Sacrament of Anointing of the Sick.

Sacred Chrism is used in Baptism, as well as Confirmation, the ordination of priests and bishops and the anointing of churches and altars.

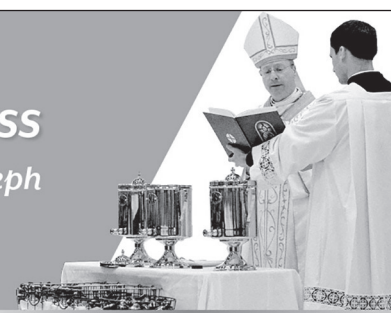
From desert to jubilee

Filled with music, prayer and ancient symbolism, the Chrism Mass is a moment of tremendous grace in any year.

But during a Jubilee year of the Church, the joyful emphasis on evangelization and charity is even more pronounced.

"In offering this Mass together," said Bishop McKnight, "we are renewing our sense of what it means to belong to the Church. It's a reminder that we are to go out and spread the Good News, as ones who are, in the language of the Gospel reading for the Chrism Mass, 'anointed to bring glad tidings to the poor.'"

"That message fits very well not only with Pope Francis's entire pontificate, but in particular the theme of the Jubilee Year of Hope," the bishop stated.



sense of communion — of the communion of the entire Church — that goes beyond what our minds can define or articulate," he said.

"Because ultimately, the communion of the Church is having communion with Jesus Christ, and we all share in that relationship with him, and we are members of HIS Church, members of HIS Body," the bishop stated. "And that is where the greatest joy is to be found."

Circle of intercession


In the days leading up to this year's Chrism Mass, Bishop McKnight asks the faithful to continue to pray for Pope Francis, for their bishop and for their priests, "because of the importance of the roles that we play within the life and vitality of our local Church."

He pointed out that priests are always praying for the laity.

As bishop, he offers his Sunday Mass for the people of the entire diocese — "clergy and laity, deceased and living."

"I will offer the Chrism Mass for that same intention," he said.

The Chrism Mass will be livestreamed on the diocesan Facebook page at: [facebook.com/diojeffcity](https://www.facebook.com/diojeffcity).

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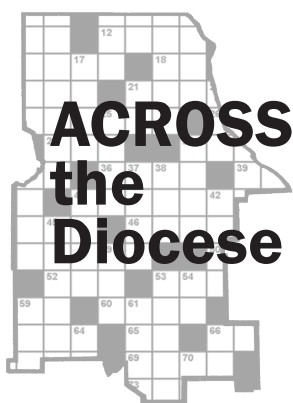
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By Father Donald Antweiler

ACROSS

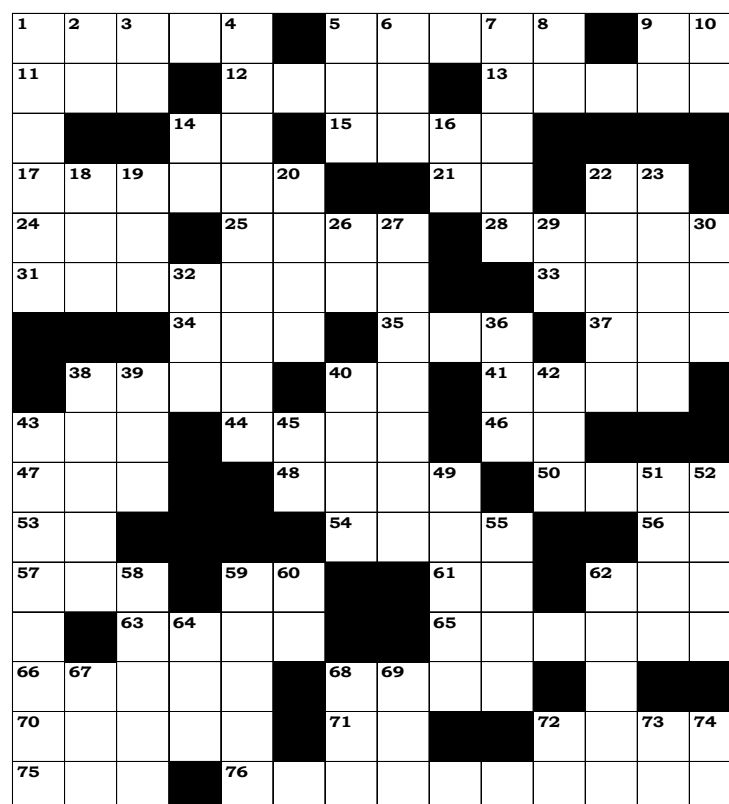
1. "In the time of Jesus the word family had a ____ meaning both in Aramaic and in Hebrew than it often does in English," —*Marriage and Family at the Time of Jesus*, by Msgr. Charles Pope.
5. "Families often lived in extended ____, including parents, children, grandparents, sometimes aunts and uncles, etc." —ibid.
9. "*Et ____, Brute?*" "And you, Brutus?" Caesar's dying words to his betraying friend in Shakespeare's *Julius Caesar*.
11. "Frank edged to the railing and peered over the side. His heart shuddered inside his chest. The ____ end of his ship was missing," —*Zero Hour* by Don Bentley.
12. "It is not ____, even at the best of times, for two people to decide amicably which one of them shall commit suicide," —*Breaking Strain*, by Arthur C. Clarke.
13. Desert watering hole.
14. "____' Man River;" famous song written for Paul Robeson by Oscar Hammerstein for the 1951 musical hit *Showboat*.
15. "We priests are anointed down to our very bones... and our joy, which wells up from deep within, is the ____ of this anointing," —2014 Holy Thursday homily at St. Peter's Basilica by Pope Francis.
17. Powerful OT prophet; appeared with Jesus at the Transfiguration (Luke 9:30).
21. "Someone had targeted Gabe, made ____ personal," —*Murder, Sonoran Style*, by Kathy McIntosh.
22. "____, I am sending my messenger to prepare the way before me..." (Malachi 3:1).
24. Q thru U.
25. "It was every Jewish per-

- son's duty to maintain and depend upon their extended family ____," —Pope; *ibid*.
28. "Marriage, of course, is the ____ of family," —Pope; *ibid*.
31. "Extended family networks were both insisted upon and essential for ____," —Pope; *ibid*.
33. "The ____ of the U.S. in part came from how the (Civil) War's outcome enhanced its reputation as a liberal and socially open nation," —*A Nation Forged By Crisis*, by Jay Sexton.
34. "Give us aid against the ____; worthless is human help," (Psalms 60:13).
35. "Spiritualism was one of the great fads of the ____, esp. among educated, middle-class northerners," —*Lincoln's Sanctuary*, by Matthew Pinsker.
37. Pontiac muscle car.
38. "Several generations of families often lived in the same ____ providing a strong support system," —Pope; *ibid*.
40. "Southwestern cowboys stand aghast and almost skeptical at Fr. Kino's well authenticated feats ____ the saddle," —*The Padre on Horseback*, by Herbert Eugene Bolton.
41. "...that at the name of Jesus every ____ should bend..." (Philippians 2:10).
43. Golf hole goal.
44. "...everyone who listens to these words...but does not act on them will be like a fool who built his house on ____," (Matthew 7:26).
46. When you pass ____ in Monopoly, you get \$200.
47. Letters after the name of a member of the Order of St. Benedict.
48. A type of ladder.
50. "Although major biblical figures had more than one ____ (e.g., Abraham, Jacob, David, Solomon), the bible does clearly show it often led to intractable troubles, sometimes between the women, other times, the sons," —Pope; *ibid*.
53. Third gospel writer (abbr.).
54. Delicious sandwich cookie.
56. Winnebago, for ex.
57. Letters for Yves Saint Laurent; French fashion designer (clothes, cologne, etc.); considered among the foremost fashion designers of the 20th cen.; d. 2008.

59. Moon of Jupiter.
61. Letters for the internet domain name for Taiwan.
62. A ball holder.
63. "At last he spied a glorious craft, equipped with two banks of ____," —*Jonah*, by Ellen Gunderson Traylor.
65. "The ____ disciples went to Galilee, to the mountain to which Jesus had ordered them," (Matthew 28:16).
66. "Think of what is ____, not of what is on earth," (Colossians 3:2).
68. Pubs or saloons or, "...who has strengthened the ____ of your gates, blessed your children within you..." (Psalms 147:13).
70. "Jesus himself summoned the men of his day to love their wives and specifically prohibited the leniencies of ____ in marriages," —Pope; *ibid*.
71. Abraham's ancestral city.
72. "Jesus re-proposed God's original plan of one man for one woman till death do them ____," —Pope; *ibid*.
75. ____-haw! Cowboy yell, perhaps.
76. The Bible has these two major parts.

DOWN

1. "Therefore neither the one who plants nor the one who ____ is anything, but only God, who causes the growth," (1 Corinthians 3:7).
2. "____ nine of us had a vote, Rafter would be the first sacrificial lamb. Eight to one," —*The Street Lawyer*, by John Grisham.
3. 5th book of the Bible (abbr.).
4. "The word for family could be used to refer to brothers, sisters, half-brothers, half-sisters, cousins, and even other near ____," —Pope; *ibid*.
5. "No sir. There is no State, and no ____ for a minister of State. France is shrunk to a couple of acres of ground," —*Personal Recollections of Joan of Arc*, by Mark Twain.
6. Largest city in America (abbr.).
7. "I have a sweet ____ for song and music. This is my Polish sin," —Pope John Paul II.
8. Letters sometimes referring to South Africa.
9. 7th musical note.
10. "Fairy stories serve as a lens



- by which the heavenly can be seen by those of ____ on earth," —*Further Up & Further In: Understanding Narnia*, by Joseph Pearce.
14. Letters for orange juice.
16. Informal hello or, "____ and Lois"; comic strip about a suburban family, created by Mort Walker of Beetle Bailey fame; one of his kids currently works on the strip; debuted in 1954.
18. Big SEC powerhouse football team; located in Baton Rouge, LA (abbr.).
19. Letters for Income Tax Return.
20. "Something was jiggling and worrying in his brain; it felt like a ____ of bees, stirred up by a stick," —*Whose Body?* by Dorothy Sayers.
22. "____ families were common, children were greatly desired, barrenness was considered a curse," —Pope; *ibid*.
23. "____ *pro nobis*"; "Pray for us."
26. ____ (Electronic Arts) Sports is a leading U.S. digital sports interactive entertainment platform; headquartered in Redwood City, CA.
27. "Rid yourselves of all malice and all deceit, insincerity, envy, and all ____..." (1 Peter 2:1).
29. Newsman Bradley or actor Asner.
30. "The very first direction God gave to Adam and Eve were that the ____ should become one, and should increase and multiply," —

- Pope; *ibid*.
32. Letters for Veterans of Foreign Wars; for those who served in foreign conflicts; 1.4 million members and Auxiliary; National HQ in Kansas City, Mo.
36. Heart scan.
38. "Children were seen as a blessing, providing help with household and field ____, and later, as a form of social security," —Pope; *ibid*.
39. "I stare at the huge world for several minutes. Bands of dark and light green cover the ____..." —*Project Hail Mary*, by Andy Weir.
40. "It is notable that the 1540-ish Coronado (Kansas) and De Soto (Florida-Arkansas) expeditions ____ the North Am. interior were a full 65 years before the 1607 founding of the first English colony of Jamestown, Va." —*A Guide to Historic Missions and Church[es] of the Arizona-Sonora Borderlands*, by Richard J. Morgan, Jr.
42. "Joe Castle, standing alone on second base and alone in the record book, ____ a legend, was human enough to show emotion," —*Calico Joe*, by John Grisham.
43. "By the time of Jesus, ____ seems to have disappeared among the Jews; there is simply no mention of it," —Pope; *ibid*.
45. "My cab driver blessed himself with the sign of the

CLUES continued on page 17

CLUES

From page 16

- cross ____ we passed by each Catholic Church (but not the other churches)," —Charles Kuralt's America," New Orleans.
49. Head of the 12 Apostles.
51. "However, esp. by the time of Christ, there were some men and women who lived celibate lives so as to be ____ to serve God. Jesus and Paul both were examples of and praised such people," —Pope; *ibid*.
52. "The army needs men who have the quiet courage to stick in their foxholes and fight and kill ____ though they hate killing and are scared to death while doing it," —*Up Front*, by Bill Mauldin.
55. Nighttime hooters or, mascots of Marshall, Mo. high school.
58. The parish in ____ Creek, Mo. in Osage County, west of Linn, is named for the Immaculate Conception of the Virgin Mary. The parish was founded by Fr. Helias in 1843.
59. ____ my case, your Honor!

For those in tribulation

Let us pray, dearly beloved, to God the Father almighty, that he may cleanse the world of all errors, banish disease, drive out hunger, unlock prisons, loosen fetters, granting to travelers safety, to pilgrims return, health to the sick, and salvation to the dying.

Prayer in silence.

Almighty ever-living God, comfort of mourners, strength of all who toil, may the prayers of those who cry out in any tribulation come before you, that all may rejoice, because in their hour of need your mercy was at hand. Through Christ our Lord. Amen.

— From the Solemn Intercessions for Good Friday

- (2 wds.)
60. Bone.
62. Even with only limited stations on my old television set, the powerful almost magnetic pull the ____ have on my young grandkids troubles me (2 wds.).
64. ____ Maria, gratia plena...
67. Letters for Benevolent Orders of Eagles, also known as Fraternal Order of Eagles; founded in 1898; 800,000 members in 1,500 locations in the U.S. and Canada.
68. Greyhound or Trailways.
69. "The old American settlers cannot develop a taste of wine or beer to this day. The wine is too sour. The beer too bitter. The present generation however has thoroughly mastered the ____ of drinking wine and beer," —*Longer than a Man's Lifetime in Missouri*, by Gert Goebel.
72. Short for Physical Education class in high school.
73. ____ Rev. Msgr.
74. Letters for Top Secret, or in text Talk Soon, or, ____ (Thomas Stearns) Eliot; one of the greatest poets of the 20th cen.; born in St. Louis, Mo.

See ANSWERS, page 19

PILGRIMAGE

From page 4

as "very child-like" — much like what Jesus said people must become like in order to enter the Kingdom of God.

"Not childish, but child-like," she emphasized. "It's been so wonderful to be a child in the Eternal City, in God's Kingdom here on earth."

As much as they were enjoying their time in Rome, the Newman pilgrims realized that an important part of a pilgrimage is to return home, changed.

"We have such wonderful people here," said Miss Bruegenhemke.

"We talk a lot about how exciting it will be to get back and see other people and find out what they did on their Spring Break."

In the meantime, she planned on spending the rest of the pilgrimage "just being here, soaking up the prayer time that I have with Jesus, soaking up the community before I graduate."

She pointed out that the same Jesus is present in the tabernacle of St. Peter's Basilica as in every tabernacle in the world.

"It's really so wonderful," she stated. "When I can't remember things when I get back home, he will, and he can remind me."

For everyone making pilgrimages for the Jubilee Year of Hope, Miss Bruegenhemke suggests cultivating a spirit of joy and gratitude.



The Newman pilgrims from Missouri gather in the courtyard of the Basilica of St. Paul Outside the Walls in Rome during their Spring Break pilgrimage.

"Know that as much as you desire God, it's not even a fraction of how much he desires you," she said.

"So, whether your pilgrimage is in your living room, to your parish, to the Cathedral or to Rome, he wants to encounter you and give you the hope you desire, and he wants to give you peace and set you free."

After graduating, said Miss Bruegenhemke plans to spend two years mentoring college students as a FOCUS missionary on a college campus somewhere in the United States.

"And I was crying that God would call me on mission for the next two years, and I have a great desire to lead people back home to the Church," she said.

She asked for prayers for herself and her fellow Newman pilgrims as they continue listening for what God has to say to them.

"What's clear here, walking in the steps of so many who laid their lives down for God, is that he wants us to give him everything," she stated.

"A lot of us are in the process of discerning, 'Lord how do you want me to live for you? How do you want me to die for you?'" she said.

"So, I would ask people to pray for us to have clarity for what the Lord is asking of us, and confidence to live it out."

HELIAS

From page 5

An outdoor corner made accessible by the site's reconfiguration will become a prayer garden containing an altar, a crucifix and room for 30 to 40 people.

"So, our students will be able to come out during the day for class, to offer things up in prayer," said Mr. Vossen. "Or if they want to have a prayer before a game or anything like that, then they'll be able to use the prayer garden for that."

All together

The updated facilities are intended for use by current and future Helias Catholic students, both while they're in high school and while they're in still parochial grade schools.

Current Helias Catholic students are close to beholding what those who came before them could only dream of.

"Our opportunities grow as the school does, and being able to do the things you love right at the school you love makes you feel so much more connected to the school and its message of excellence," said Norah.

She enjoys taking part in Spring Musi-

cals and choral performances at the Miller Performing Arts Center several miles away from school, "but having it all here, and having local grade schools do their productions here, brings it all closer and helps build up the community," she said.

Beck said having the Performing Arts Center on campus will make scheduling rehearsals easier and give everyone at the school a view into the process of creating a student production.

"It will also allow assemblies and Masses to be a lot more comfortable for the students and overall a much better experience," he said.

Beck said making a donation to the Spirit of Excellence campaign will help improve the everyday experience for everyone who goes to Helias Catholic.

Norah said having all student activities on campus will increase safety, enhance school unity and show that all extracurricular activities are valued and supported.

"It will really complete the Helias campus and have all of it in one spot, and we

won't be racing out of the parking lot to get across town to be at different events on time," said Harper.

In God's hands

Father Paul Clark, the school's chaplain, blessed the construction in February of this year.

The prayers continue.

"We need to pray for the construction workers, for everything to go well and happen in a timely manner and for everyone to stay safe while working on the future of the Helias campus," said Beck.

"And for continual communal support, from the city and for all the events here to go well and for everyone to enjoy them," said Norah.

"For good weather and for no external factors that might slow down the construction process," said Alex.

"And that everything goes safely and well in the future for all the events we'll be hosting," said Drew.

beliascatholic.com/spiritofexcellence

Fundraisers & Social Events

Apr. 4

Argyle, K of C fish fry, 4:30-6:30 pm; **Boonville**, K of C fish fry, 4:30-7 pm, Ss. Peter & Paul Parish parking lot; **Chamois**, Most Pure Heart of Mary Parish seafood buffet, 4-7:30 pm, parish hall; **Columbia**, K of C Council 1529 fish fry, 4:30-7 pm, K of C Hall; **Eldon**, K of C fish fry, 5-7 pm, Eldon Catholic Center; **Fulton**, K of C fish fry, 4-7 pm, St. Peter School gym; **Hannibal**, K of C fish fry, 4:30-7 pm; **Jefferson City**, Bishop McAuliffe K of C/Boy Scout Troop 104 fish fry, 4:30-7 pm, Cathedral of St. Joseph's Cana Hall; **Montgomery City**, K of C fish fry, 4:30-6:30 pm; **Owensville**, Immaculate Conception Parish fish fry, 3:30-6:30 pm; **Russellville**, K of C fish fry, 4:30-7 pm, St. Michael Parish Hall; **St. Clement**, St. Clement Parish fish fry, 4:30-7:30 pm, K of C Hall; **St. James**, K of C fish fry, 4:30-6:30 pm; **Versailles**, St. Philip Benizi Parish fish fry, 4:30-7 pm, church basement; **Warsaw**, K of C fish fry, 4-7 pm

Apr. 6

Vienna, K of C monthly breakfast, 7:30-10:30 am

Apr. 11

Boonville, K of C fish fry, 4:30-7 pm, Ss. Peter & Paul Parish parking lot; **Eldon**, K of C fish fry, 5-7 pm, Eldon Catholic

Center; **Fulton**, K of C fish fry, 4-7 pm, St. Peter School gym; **Hannibal**, K of C fish fry, 4:30-7 pm; **Linn**, K of C fish fry, 4:30-7 pm, St. George Parish; **Montgomery City**, K of C fish fry, 4:30-6:30 pm; **Owensville**, Immaculate Conception Parish fish fry, 3:30-6:30 pm; **Palmyra**, K of C fish fry, 4:30-6:30 pm, Farischoon Hall; **St. Clement**, St. Clement Parish fish fry, 4:30-7:30 pm, K of C Hall; **St. James**, K of C fish fry, 4:30-6:30 pm; **Sedalia**, K of C fish fry, 4-7:30 pm; **Taos**, K of C fish fry, 4:30-7:30 pm; **Warsaw**, K of C fish fry, 4-7 pm

Apr. 13

Koeltztown, St. Aloysius & St. Boniface Spring dinner, 11 am-5:30 pm, annex building

Apr. 18

Hannibal, K of C fish fry, 4:30-7 pm

Apr. 25

Jefferson City, Helias Catholic High School Marching Crusaders trivia night, 6-10 pm, auxiliary gym

Apr. 25-26

Camdenton, St. Anthony Parish SISTERS in Christ Spring garage sale, Fri. 7 am-4 pm, Sat. 7 am-2 pm, lower level of church

Meetings & Conferences

Every Tuesday

Jefferson City, Divorced Catholics group, 6:30-8 pm, Immaculate Conception Parish

ish's Emmaus Room

Every Wednesday & Saturday
Jefferson City, 12-Step Meetings, 7-8 pm, Immaculate Conception Parish's Emmaus Room

Apr. 5

Columbia, "The role of palanca in our prayer life and the joy of our Lenten journey," Cursillo School of Leaders program, 9:15-10:45 am, Our Lady of Lourdes Parish office building, OCIA room

Apr. 10

Camdenton, "Catholics Returning Home" meeting, 6:30-8 pm, St. Anthony Parish Education Building

Apr. 22

Jefferson City, Seasons of Hope grief support group (6-week program), 6:15-8 pm, St. Peter Parish's Fr. Ahren's Room, for info call 573-636-8159

Eventos del Ministerio Hispano

5 abril

Marshall, Sesión: Plan Pastoral, 9 am-12 pm, iglesia de San Pedro

5-6 abril

California, Retiro de Vida en el Espíritu, iglesia de Anunciación; **Marshall**, Formación de Sanación Interior, salón de los Caballeros de Colón, para más información contacte al líder RCC de su parroquia

18 abril

Sedalia, Parroquia de San Vicente de Paúl, procesión en vivo del Vía Crucis desde la Capilla del Sagrado Corazón hasta la Capilla de San Patricio, 3-4 pm

26 abril

Columbia, Retiro de Quinceañera, 9 am-3 pm, iglesia de Sagrado Corazón, para más información contacte el

equipo de quinceañera de su parroquia; **Sedalia**, Sesión: Plan Pastoral, 9 am-12 pm, capilla de San Patricio; **Sedalia**, Curso Introductorio de Planificación Familiar Natural, 9 am-12 pm, capilla de San Patricio (sótano)

ru cis.com/mens-conference Liturgical

Apr. 8

Jefferson City, Monthly community prayer hour and Mass for Vocations to the Priesthood and Religious Life, with Adoration at 4:30 pm, Rosary at 5 pm and Mass at 5:30 pm, Immaculate Conception Church; **Starkenburg**, Second Tuesday Mass, with the Sacrament of Reconciliation at 11 am, Rosary 11:40 am, Angelus and Mass at noon, Shrine of Our Lady of Sorrows, followed by luncheon in Valentine Hall

Apr. 14

Jefferson City, Monthly community prayer hour for support of our diocesan priests, 5:30-6:30 pm, Immaculate Conception Church

Apr. 18

Sedalia, St. Vincent de Paul Parish live Stations of the Cross procession from Sacred Heart Chapel to St. Patrick Chapel, 3-4 pm

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

Jun. 8-12

Union, MO, Camp Lolek Session 1 for junior high boys, for info or to register visit diojeffcity.org/youth-ministry

Jun. 15-19

Union, MO, Camp Lolek Session 2 for junior high girls, for info or to register visit diojeffcity.org/youth-ministry

Jul. 13-18

Camdenton, Camp Macca-bee Session 1 for high school boys, for info or to register visit diojeffcity.org/youth-ministry; **Shelbina**, Camp Siena Session 1 for high school girls, for info or to register visit diojeffcity.org/youth-ministry

Jul. 20-25

Camdenton, Camp Macca-bee Session 2 for high school boys, for info or to register visit diojeffcity.org/youth-ministry; **Shelbina**, Camp Siena Session 2 for high school girls, for info or to register visit diojeffcity.org/youth-ministry

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

Anniversaries

Kirksville, Mary Immaculate
Thom & Denise Bahr, 30 years
Tom & Cassie DeBlauw, 25 years
Elijah & Ilene Elmlinger, 15 years

Palmyra, St. Joseph
Joe & Veronica Thomas, 45 years
Kirt & Debbie Malone, 35 years

Wien, St. Mary of the Angels
Dan & Debbie Minshall, 40 years

Baptisms

Osage Bend, St. Margaret of Antioch — **Korbin Otto Talken**, son of Eric & Elizabeth Talken

St. Thomas, St. Thomas the Apostle — **Evelyn Jane Lackman**, daughter of Paul III & Kathryn Lackman

Tipton, St. Andrew — **Charlotte Diane Berwanger**, daughter of Martin & Kayla Berwanger

Wardsville, St. Stanislaus — **Wesley Alan Stockman**, son of Cole & Blake Stockman; **Rosie Kate Wilbers**, daughter of Blake & Kylie Wilbers

Westphalia, St. Joseph — **Norman Henry Boillot**, son of Nicholas & Madelyn Boillot; **Ellie Lynn Groner**, daughter of Caleb & Kristin Groner; **Jonah Douglas Heimann**, son of John & Andie Heimann; **Stella Anne Mullins**, daughter of Benjamin & Abigail Mullins

Birthdays

Kirksville, Mary Immaculate — **Mary Maye Bennett**, her 95th on Apr. 14

St. Elizabeth, St. Lawrence — **Victor Block**, his 96th on Apr. 16

Tipton, St. Andrew — **Virgil Koechner**, his 95th on Apr. 15

Marriages

Osage Bend, St. Margaret of Antioch — **Madelyn Noel Luebbering & Dalyn Cole Feigenspan**

Deaths

Lake Ozark, Our Lady of the Lake — **Sergio Cervantes; Vincent Harrington**

Mary's Home, Our Lady of Snows — **Marvin Plank**

Osage Bend, St. Margaret of Antioch — **Evelyn Bode**

St. Anthony, St. Anthony of Padua — **Diane Bax**

St. Elizabeth, St. Lawrence — **Joyce Blomberg; Cyrilla Doerhoff**

Taos, St. Francis Xavier — **Haley Brenneke; Roy Prenger**

Wardsville, St. Stanislaus — **Betty Castrop**

Westphalia, St. Joseph — **Leander Falter**

HEINLEIN

From page 9

may conform their lives to them. In the New Testament, the memorial takes on new meaning. When the Church celebrates the Eucharist, she commemorates Christ's Passover, and it is made present the sacrifice Christ offered once for all on the cross remains ever present. 'As often as the sacrifice of the Cross by which 'Christ our Pasch has been sacrificed' is celebrated on the altar, the work of our redemption is carried out."

Remembering is something of an art, and, as a society, it sometimes seems like we have forgotten more than remembered. With our faith's insistence on its importance, we should consider anew how to remember better.

In addition to the Stations ending with Benediction, I think of a lot of other activities from my early years — not all that long ago! — centered around remembering. Having Masses offered for loved ones or visiting cemeteries as a family. Researching family history with my grandpas. Looking at old family photos with my grandmas. Having them tell me stories about their

parents and grandparents or drive me past places they once lived or went to school. The list goes on.

And I'm so grateful I learned how to remember like this. These were sacred occasions that not only brought me into contact with the past, but, in a sense, helped me remember who I am. These are things I try to keep alive for my own kids, unusual as they might be in our own day.

So, for Lent, I'm trying to pray the Stations of the Cross more often as a means of remembering. And I believe this remembering will help me to appreciate more fully and enter more deeply one of the core realities of the Mass — the depth of Christ's love manifested in his passion and death. Doing so can help us to remember, not only who we truly are and what we are called to be, but to be Eucharistic people.

Michael R. Heinlein is author of "Glorifying Christ: The Life of Cardinal Francis E. George, O.M.I." and a promised member of the Association of Pauline Cooperators.

QUESTION

From page 8

Granted, most divorced and civilly remarried Catholics probably would not experience their new romantic situation as an adulterous union on a purely subjective and emotional level. Still, this does not change the fact that "on paper" at least they are living in a situation of objective and manifest (that is, publicly knowable) grave sin, which is why the divorced and remarried cannot receive Holy Communion.

But these considerations do not apply to a Catholic who is divorced and striving to live a chaste life according to the Church's teachings.

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

TEACHERS

From page 7

message to the principal shortly after the end of the school year.

The principal sent him a text message a month later, asking if he still felt called to teach at St. Pius.

"Six years down, I'm happy to still say 'yes,'" he said.

Mr. Williams has found the classes to be mostly smaller and the discipline issues to be more manageable than what he was used to.

"We have some amazing students who look forward to being at school, and supportive parents who want their children educated in a Catholic school," he said.

He believes attending Mass three mornings a week helps everyone "get things right with God" each morning.

He feels blessed to work with his fellow educators "in a school where prayer is encouraged and where talking to students about their faith isn't forbidden."

"I've attended many activities throughout the diocese and the positive environment that is fostered and encouraged is refreshing and welcomed," he said.

Soul surprises

Mrs. Nagel said she would encourage other teachers — "whether you have had public school experience or not, whether you're Catholic or not, or even if you're a retired teacher and realizing you still need something to do" — to consider teaching at a Catholic school.

"Being able to teach and incorporate faith is the best thing we could ever ask for in education," she said.

Mrs. Varner said the commitment to the Catholic faith in the Our Lady of the Snows community is truly remarkable.

"It is evident in the way the parish and school come together to support one another and grow in faith as a collective," she said.

It has given her countless opportunities to deepen her personal relationship with God.

"I've found myself reflecting more on my spiritual journey, and through these moments, I have grown closer to God in ways I didn't anticipate," she said.

Crossword puzzle answers

S	J	N	E	M	V	J	S	E	J	E	E	A	75
J	A	R	P	R	U	S	E	S	O	M			76
		C	S	R	A	B	E	V	O	B	A	77	
N	E	A	E	T	E	S	S	R	S		G	78	
E	J	W	J		O	I		T	S		79		
V	R		O	R	O			K			80		
E	I	W	P	J	S	B	S	O			81		
		O	G	D	N	S	R	V	A		82		
E	E	N	K	N	I	N	W	O	T		83		
O	J	G	A	V	E	O	F				84		
W	V	R	D		T	V	I	A	R	U	S	85	
J	R	V	H	S	E	I	J	L	S		86		
	O	J	L	I		H	V	J	I	T	L	87	
			O	H	C	E	T	O			88		
S	I	S	V	O	A	S	V	E	L	F	V	89	
U	J	S	I	N	I	N		E	D	I		90	

Picking up the tab



Harper and Quinten, who are members of St. Jude Thaddeus Parish in Mokane and students at South Callaway R-II School, present a check for \$850 to South Callaway District Superintendent Corey Pontius, to close out the parish's January Year of Hope Initiative. With them are South Callaway School Board Member Justin Lauf, a member of St. Jude Thaddeus Parish in Mokane; and St. Jude Thaddeus Parish January Initiative co-chair Deb Bond. To kick off the Jubilee Year of Hope, the parish's January Initiative was a school lunch funds drive to pay off overdue lunch balances or to add to lunch funds for students and families who need a little help with meal money.

— Photo from the St. Jude Thaddeus Catholic Church-Mokane Facebook page

Ashes to ashes

Preschoolers at Immaculate Conception School in Jefferson City receive their ashes during a special Ash Wednesday ceremony with Father Paul Clark and Deacon Kenneth Wildhaber.

— Photo from the Immaculate Conception Catholic School Facebook page



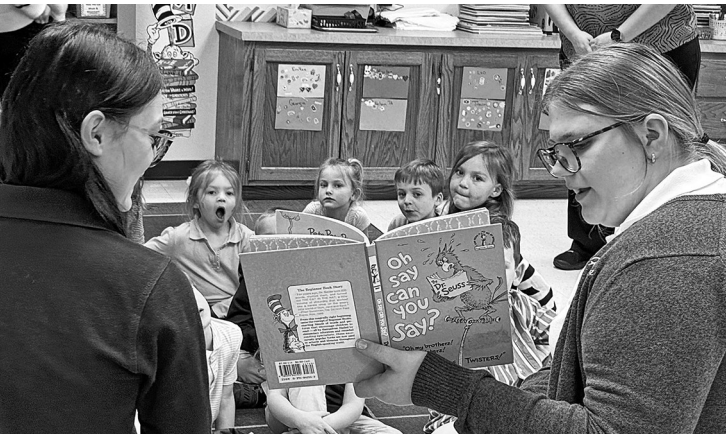
An “adopted” seminarian



Ms. Prenger's second-graders at St. Joseph Cathedral School in Jefferson City have “adopted” a seminarian of the diocese: Gabriel Eckstein. They have been communicating with him all year and on March 14 finally got to enjoy meeting him in person via Zoom. The students had many questions prepared about the Sacrament of Reconciliation, which they were preparing to receive for the first time.

— Photo from the St. Joseph Cathedral School Facebook page

“Red fish, blue fish ...”



ABOVE: Students from Helias Catholic High School in Jefferson City read to students at St. Francis Xavier School in Taos on March 3, during Read Across America Week. Helias Catholic students also read at St. Martin School in St. Martins, Immaculate Conception, St. Joseph Cathedral and St. Peter schools in Jefferson City, and St. Stanislaus School in Wardsville.

Journey to Golgotha



ABOVE AND RIGHT: Children present the Live Stations of the Cross in Sacred Heart Chapel in Bevier March 7, in conjunction with a Lenten pasta meal.

— Photos by Janet Adams Prokup



Bible Accent

In John 11, we can read more about Jesus raising Lazarus from the dead.

In verse 3, we learn that Mary and Martha sent word to Jesus that Lazarus was ill. By the time Jesus and the apostles reached Bethany, Lazarus had been dead for four days.

"Lord, if you had been here, my brother would not have died," Martha said.

"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and anyone who lives and believes in me will never die. Do you believe this?" Jesus asked.

"Yes, Lord," Martha answered. "I have come to believe that you are the Christ, the Son of God, the one who is coming into the world."

Martha, Mary and some Jews who were there to comfort the sisters took Jesus to Lazarus' body, which had been placed in a cave.

Jesus had the stone removed from the cave's entrance then looked up to heaven.

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

Suddenly, Jesus cried out in a loud voice.

"Lazarus, come out!" he shouted.

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

"Untie him and let him go," Jesus said.

St. Simeon of Jerusalem

St. Simeon of Jerusalem was born in the first century and was a cousin of Jesus. Simeon became the bishop of Jerusalem about the year 62 after the martyrdom of St. James. During Simeon's time as bishop, Christians were fleeing Jerusalem because of persecution. During the reign of the Roman Emperor Trajan, Simeon was arrested, tortured and crucified for being a Christian and a descendant of David. Simeon died around the year 107, and he was said to have been 120 years old. We remember him on April 27.



Mary anoints Jesus' feet with oil and dries them with her hair

By Jennifer Ficaglia
Catholic Courier

Six days before Passover, Jesus and the apostles traveled to the small village of Bethany, which was located a couple of miles away from Jerusalem.

Bethany was a special place to Jesus, because it was where three of his dear friends lived — the siblings Mary, Martha and Lazarus.

Mary, Martha and Lazarus invited Jesus and the apostles to their house for dinner. Martha served the dinner, and Lazarus reclined at table with Jesus and the apostles.

Mary, meanwhile, took a liter of costly perfumed oil that was made from genuine aromatic nard. She used the oil to anoint Jesus' feet and used her long hair to dry them.

One of Jesus' apostles, Judas the Iscariot, who would betray him, was upset to see what Mary did.

"Why was this oil not sold for 300 days' wages and given to the poor?" Judas asked.

Judas was in charge of holding the money bag that contained the contributions the apostles received. He also was a thief and would steal the contributions. So he did not make the comment because he was concerned about the poor, but rather because he had missed an opportunity to steal the money the oil could have been sold for.

Jesus looked at Judas.

"Leave her alone," he said. "Let her keep this for the day of my burial. You always have the poor with you, but you do not always have me."



Illustration by Linda Rivers

A large crowd of people found out that Jesus was at the home of Mary, Martha and Lazarus. They went to the siblings' home not only to see Jesus but also to see Lazarus, whom Jesus had raised from the dead.

The chief priests had been plotting to kill Jesus, and they now plotted to kill Lazarus as well, because many people began to believe in Jesus after he raised Lazarus from the dead.

On the next day, when the

large crowd of people heard that Jesus was coming to Jerusalem, they took palm branches and went out to meet him.

"Hosanna! Blessed is he who comes in the name of the Lord, even the king of Israel," they cried out.

Read more about it...
John 12

1. What village did Jesus and the apostles travel to?
2. What substance did Mary place on Jesus' feet?

Essay

Reading for
April 14, 2025:
John 12:1-11

How do you
demonstrate love and
respect for your family
and friends?



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Puzzle

Unscramble the letters in each word and arrange the words to form a quotation from the children's story.

vahe od em uyo slawya ton

Sentence:

Answers: have, do, me, you, always, not; You do not always have me.

Monk Manual collaboration with CFRs fosters sensitivity to God's voice

By Maria Wiering
OSV News

St. Paul, Minnesota

In Eucharistic adoration, one of Cassie Clark's go-to prayer tools is a prayer journal. Instead of being blank, however, each two-page spread prompts her to acknowledge, relate and receive, and respond to how she feels, in prayer.

The 48-year-old sees the process as a way of "talking to Jesus" about her life, with the good and the bad. "That journal has been such a beautiful resource, and a kind of step-by-step, especially for someone who is new to Catholicism," said Clark, who lives in a Minneapolis suburb and joined the Catholic Church at Easter in 2024.

The journal, *Mysteries and Medicines*, was created in collaboration between the planning and journaling tool Monk Manual and the Franciscan Friars of the Renewal, a religious order widely known by their Latin-based religious initials "CFR."

It shares its name with an



***Mysteries and Medicines* is a prayer journal recently developed through a collaboration between the Franciscan Friars of the Renewal and Monk Manual, a mindfulness and productivity systems company known for its 90-day planner.** — OSV News photo/courtesy Monk Manual

album released in October by Brother Isaiah, a friar and popular Catholic musician.

The journal is part of a small collection of resources from the collaboration, which also includes a CFR-branded Monk Manual, a 90-day planner and journal system to help users focus on meaning and fulfillment in their life.

Monk Manual's founder, Steven Lawson, is Catholic and drew inspiration from the intentionality and purpose inherent in the monastic tradition.

The Franciscan Friars of the Renewal is a men's religious community founded by eight Capuchin friars in

1987. While the CFRs are known especially for their work with the poor in the Bronx and other parts of New York, they also have friaries in California, New Jersey and New Mexico, as well as in Ireland, the United Kingdom, Honduras and Nicaragua.

Their website states their charism, which begins: "In imitation of St.

Francis of Assisi, we seek to follow in the footsteps of Jesus, as a prophetic witness that life is a pilgrimage to the Father, of faith, hope, and love of God and neighbor, made possible by the Holy Spirit."

In the CFR's "Poco a Poco Podcast," Father Mark-Mary Ames, the friars' communications director and the community's director of priestly studies, described the resources in the Monk Manual-CFR collaboration as connected to "the Franciscan spirituality of the pilgrimage."

The *Mysteries and Medicines* journal is designed to help people learn how to pray, Fr. Mark-Mary said. Its ARR method — acknowledge, relate and receive, respond — include prayer prompts including: "What do I feel?" "Why do I feel this way?" "Do you feel the Lord saying anything to you?" and an invitation to

Movie Ratings



General Patronage

Paddington in Peru (PG)



Adults and Adolescents

The Chosen: Last Supper - Part 1 (not rated)
The Last Supper (PG-13)
Snow White (PG)



Adults

Captain America: Brave New World (PG-13)
I'm Still Here (PG-13)
Last Breath (PG-13)
The Woman in the Yard (PG-13)



Limited Adult Audience

Mickey 17 (R)



Morally Offensive

The Monkey (R)
Novocaine (R)
A Working Man (R)

Ratings are supplied by OSV News Service.

make a resolution with the Lord Jesus.

This way of praying falls into a broader system of prayer that flows from self-knowledge to self-acceptance to self-possession to self-gift, he said. Fr. Mark-Mary explained he expects the prayer journal to help the user with self-acknowledgment, self-acceptance and self-gift, and the Monk Manual to help with self-possession.

"These are tools for the journey," he said. "These are resources to help us intentionally live; intentionally go about life; to make the first things first; and to live in a way that's healthy and holy and integrated. And also to develop this self-awareness muscle, this prayer muscle; develop this capacity to be aware of what's going on in my own life, but even more foundationally, what's the Lord doing, what's the Lord saying. And I believe these resources are going to help us live the type of life which will allow us to do both."

Mysteries and Medicines was born, in part, from Lawson's friendships with the friars, he said. What began with just a CFR-branded Monk Manual (although the CFRs are not monks, Lawson noted) grew into a journal based on the CFR approach to spiritual direction.

"The idea was that you could take this model and create some sort of a physical tool that would make it easier for people to go into prayer time, or designate time for reflection, and not just do something in their heads, but really process it on paper, which takes it to the next level," Lawson said.

"In a very real sense, it's making this already proven spiritual technique ... a little more accessible, and even taking it a little more deeper."

It is Lawson's hope that the Monk Manual and prayer journal, used together, could foster "a virtuous cycle of growth" for

See JOURNAL, page 23



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JOURNAL

From page 22

the user, and “bear and produce, ultimately, more fruit in that individual’s life.”

Fr. Mark-Mary, who is also known for chart-topping podcast *The Rosary in a Year*, emphasized that the collaboration is not about creating products, but rather tools that “could be exceedingly useful.”

“Especially in a world of dissipation, this helps to bring us back to collect us, to live an integrated life, an intentional life and to be aware of what God’s asking me to do, what I need to be doing in a healthy way,” he said.

For Clark, *Mysteries and Medicines* has helped

her better recognize her feelings and bring them to God.

“I’m coming into awareness of how I’m doing in my heart,” she said. “It gives me the tools to sit with emotions and then to be able to go a little bit beyond that, to go deeper and ... towards what maybe Jesus is trying to show me or tell me or ask me, which is what I want. I want that sensitivity to his voice.”

Maria Wiering is senior writer for OSV News. For more information on Monk Manual, visit monkmanual.com/tegrated.

DEFENDER

From page 6

not Catholic and, and you can both sling Bible verses back and forth at each other, and you’re really not going to get anywhere,” he noted.

It helps to talk about authority, where it comes from and whether one’s own authority is sound.

“You have to keep steering the conversation back to the source of authority,” said Dr. Allen.

Hard-fought conclusions

Some of the book contains arguments the author came up with on his own, but much of it is a compilation of his almost 30 years of study on this topic.

Raised nominally Catholic, Dr. Allen had checked out of belief entirely by the end of high school.

Only after he started dating his wife, Christy, a devout Catholic, did he revisit the subject in earnest.

He undertook a methodical survey of belief systems, reading numerous science, philosophy and religion books and documents — some in favor of religion, others anti-religion, anti-Christian and anti-Catholic.

He carried out the process with intense curiosity, but little emotion.

“And what I found in the end was that the Catholic Church had a much better case than any of the atheistic or anti-Catholic stuff I was reading,” he said.

He emphasized that the delicate art of Catholic apologetics is not about winning a battle.

It’s much more a matter of giving consistently good

Christian witness in life, listening attentively and offering respectful, logic-based answers to people’s questions.

It requires knowledge, patience and Christian love.

“No bravado,” Dr. Allen cautioned. “What we need are polite, respectful but reason-guided conversations.”

He’s convinced that because what the Church teaches is rooted in objective, eternal truth, Catholics should have no problem investigating their own faith with confident humility.

“We have to challenge ourselves with healthy skepticism,” he said. “I hope this book shows people how to do that in a way that leads to a greater understanding of the truth.”

He noted that solely Bible-based Christian apologetics amounts to circular reasoning.

“You can’t start by saying that the Bible is the inspired Word of God, just because it says it is,” said Dr. Allen.

“You start by investigating whether it can be considered a reliable historical document,” he said. “Then, even if you don’t think it’s inspired, there are things you can conclude about Jesus and who he is and what he said.

“And we know that he said there is a Church, that he is establishing it to continue his ministry and safeguard the truth. And the Church comes around and says there is divine

inspiration in these certain books and not these certain other books.”

Only from that line of reasoning comes a clear picture of the historicity, the credibility of the Bible, he said.

Thought and prayer

Some local parishes are now using *The Catholic Defender* as an informational resource for people in the Order of Christian Initiation of Adults.

A women’s Bible study group is using it to augment its studies.

Dr. Allen hopes parishes, high schools and high school youth groups will make the book available as a study aide.

If there’s enough demand for it, he plans to offer a separate guide for parents and educators who teach from the book.

He’s happy to visit parishes and Catholic gatherings to talk about the book and sell and sign copies of it.

He sees *The Catholic Defender* as “an invitation to use the minds that God gave us to know him and his Church more deeply.”

“Therefore, I think the best prayer we can ask for is that he opens our minds and removes the distractions in order for us to do that,” he said.

The Catholic Defender is available from Dr. Allen at Helias Catholic High School and at amazon.com.

Daily Readings

Sunday, Apr 6

FIFTH SUNDAY OF LENT

Is. 43:16-21

Ps. 126:1-6

Phil. 3:8-14

Jn. 8:1-11

Monday, Apr 7

St. John Baptist de la Salle, priest

Dn. 13:1-9, 15-17, 19-30, 33-

62 or 13:41c-62

Ps. 23:1-6

Jn. 8:12-20

Tuesday, Apr 8

Nm. 21:4-9

Ps. 102:2-3, 16-21

Jn. 8:21-30

Wednesday, Apr 9

Dn. 3:14-20, 91-92, 95

(Ps.) Dn. 3:52-56

Jn. 8:31-42

Thursday, Apr 10

Gn. 17:3-9

Ps. 105:4-9

Jn. 8:51-59

Friday, Apr 11

St. Stanislaus, bishop and martyr

Jer. 20:10-13

Ps. 18:2-7

Jn. 10:31-42

Saturday, Apr 12

Ez. 37:21-28

(Ps.) Jer. 31:10-13

Jn. 11:45-56

Sunday, Apr 13

PALM SUNDAY OF THE

PASSION OF THE LORD

Lk. 19:28-40

(Ps.) Is. 50:4-7

Phil. 2:6-11

Lk. 22:14-23:56 or 23:1-49

Monday, Apr 14

Is. 42:1-7

Ps. 27:1-3, 13-14

Jn. 12:1-11

Tuesday, Apr 15

Is. 49:1-6

Ps. 71:1-4a, 5ab-6ab, 15, 17

Jn. 13:21-33, 36-38

Wednesday, Apr 16

Is. 50:4-9a

Ps. 69:8-10, 21-22, 31, 33-34

Mt. 26:14-25

Thursday, Apr 17

Holy Thursday

Evening Mass of the Lord’s Supper:

Ex. 12:1-8, 11-14

Ps. 116:12-13, 15-16bc, 17-18

1 Cor. 11:23-26

Jn. 13:1-15

Friday, Apr 18

The Passion of the Lord (Good Friday)

Is. 52:13-53:12

Ps. 31:2, 6, 12-13, 15-17, 25

Heb. 4:14-16; 5:7-9

Jn. 18:1-19:42

Saturday, Apr 19

Holy Saturday

Easter Vigil:

Gn. 1:1-2:2 or 1:1, 26-31a

Ps. 104:1-2, 5-6, 10, 12-14, 24,

35 or 33:4-7, 12-13, 20, 22

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

Ps. 16:5, 8-11

Ex. 14:15-15:1

(Ps.) Ex. 15:1-6, 17-18

Is. 54:5-14

Ps. 30:2, 4-6, 11-13

Is. 55:1-11

(Ps.) Is. 12:2-6

Bar. 3:9-15, 32-4:4

Ps. 19:8-11

Ez. 36:16-17a, 18-28

Ps. 42:3, 5; 43:3-4 or Is. 12:2-3, 4bcd-6 or Ps. 51:12-15, 18-19

Rom. 6:3-11

Lk. 24:1-12

The Holy Father’s prayer intentions for April:

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises of our times.

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“We adore you, O Christ, and we praise you, because by your holy cross, you have redeemed the world!”

Giving glory to God, affirming human life at Midwest March for Life, May 1 in J.C.

DATE: May 1
TIME: 8 am - 2:30 pm

By Jay Nies

A powerful slate of activities to honor and glorify Jesus Christ and defend innocent human life are slated for the 16th annual Midwest March for Life on Thursday, May 1, on the grounds of the Missouri State Capitol in Jefferson City.

Activities are planned from 8 a.m. to 2:30 p.m.

Parishes and schools throughout the diocese are encouraged to attend.

Participants are urged to wear red.

The event will begin at 8 a.m. with a Prayer Walk in the Capitol.

Father Anthony Viviano — pastor of St. Andrew Parish in

Tipton and Annunciation Parish in California, and diocesan moderator for pro-life activities — will lead a May Crowning of the Blessed Mother and the praying of the Rosary and the Divine Mercy Chaplet at 9 a.m. on the Capitol North Lawn.

Announcements will begin at 9:45 a.m. on the South Lawn, followed by a pre-march Rally, including prayer, the Pledge of Allegiance, presentation of Team P.L.A.Y. awards for Pro-Life Champion of the Year and Pro-Life School of the Year, and rally speakers.

Presenters will include: David Bereit, executive director of the Life Leadership Conference; Christina Bennett, a Live Action correspondent; Missy

Parishes and schools throughout the diocese are encouraged to attend.

Martinez-Stone, president and CEO of the Center for Client Safety; Toni McFadden, a pro-life advocate and author; and Brandy Meeks, president of the Vitae Foundation.

An impressive march around

the Capitol, past the Governor's Mansion and through the heart of Jefferson City will begin immediately after the rally.

A grilled hot dog lunch prepared by the Knights of Columbus St. Peter Parish Council in Fulton will be offered at a reasonable cost from 11:45 a.m. to 1 p.m.

More than 30 life-affirming exhibitors will have displays and information throughout the Capitol grounds.

At 1 p.m., Jerry Angelo, founder, president and CEO of Vanguard Marriage and Family Advocates, will lead a National Day of Prayer event on the Capitol South Steps (moprays.org/events).

Bishop Edward M. Rice of Springfield-Cape Girardeau will preside and preach the homily at Mass at 1:30 p.m. in the Proto-Cathedral of St. Peter, across the street from the Capitol.

Further information and a full listing of the agenda for the day can be found at: midwestmarchforlife.com.

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