Priest escapes Nazis, serves in SW Kansas

The story of Father Cornelius

How did this priest know Edith Stein, the Jewish convert to Catholicism who the world now knows as Saint Teresa Benedicta of the Cross? How did he escape German-occupied Holland and later serve in parishes in the Catholic Diocese of Dodge City? The answers to these questions are part of a story that demonstrates the hatred the Nazis had for the Jews, as well as their contempt for the Catholic Church.

See Page 3

I wrote last month about a recent Sunday Gospel: The Prodigal Son (Luke 15:11-32). My focus was on evangelization, as the father evangelized his son with joy. All of Jesus’ parables provide rich insights for our spiritual life. The beloved child is another theme of this scripture passage.

Edward Sri (Into His Likeness) writes that the lost son is not “turning back as a beloved son. He doesn’t view himself as worthy of that anymore.” We can feel like that. I may feel lost, unworthy, distant from God and others, unloved, unable to love. But the father in the parable does not think this way about his son, but rather exclaims “This, my son was dead, and is alive again; he was lost, and is found.” What a happy reunion!

Sri continues: the story is “about turning away from the incorrect picture we have of God and of ourselves.” We are each beloved sons and daughters of the Heavenly Father. Nothing we can do or fail to do will change this eternal truth!

Pope St. John Paul II teaches: “We are not the sum of our weaknesses and failures; we are the sum of our Father’s love for us and our real capacity to become the image of His Son.”

The Lord will help us see ourselves as His beloved children. God will help us love ourselves and others. Let us thank God, who loves us so much!

+ Bishop John

Margaret Klenke, former Southwest Kansas Register editor, dies

Margaret served as editor of the Spearville News for 20 years; the Register for 16 years, and the Southwest Kansas Senior Beacon for two years before retiring.

See Page 8
With finest wheat

S

being God and loving God by turning toward him with mind and will: this is a real union with God, to be sure. But it is not yet enough. It is not only mind and will that reach out for him: even our heart and our flesh thirst for the Living God, as the psalmist said. We shall be at rest only when our whole being is joined to his. Father Romano Guardini put it this way, when World War I was still raging on the Western Front: “We hunger and thirst after God. It is not enough for us to know him and to love him. We would clasp him, draw him to ourselves, hold him fast, and, bold as it sounds, we would take him into ourselves as we do our necessary food and drink, and thereby still and satisfy our hunger to the full.”

“To eat his flesh, to drink his blood, to eat him, to drink him, to absorb into ourselves the living God: this is beyond any wish we might have, yet it satisfies to the full what we long for from the bottom of our souls.

“Bread is food. It is wholesome, nourishing food for which we never lose our appetite. Under the form of bread, God becomes for us even the food of life. By this food our being is so nourished with God himself that we exist in him, and he in us. "Wine is drink. To be exact, it is more than drink, more than a liquid like water which merely quenches thirst. Wine also gives pleasure, and satisfaction, and exhilaration: it possesses a sparkle, a perfume, a vigor that expands and clears the imagination. Wine brings life in intoxicating excess, both to possess and to impart. Under the form of wine, Christ gives us his divine blood.”

The Eucharist gives us, Bishop Brungardt says, more “than we could ask for or imagine.” Finest wheat, and finest wine, indeed.

Opioid addiction/suicide hotline

For information about opioid addiction or to seek help, visit https://cketreatment.org/, or call (785) 825-6224. For information about suicide prevention, visit SpeakingOfSuicide.com, or, if you are having thoughts of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255.

National Problem Gambling Helpline

The National Council on Problem Gambling operates the National Problem Gambling Helpline Network (1-800-522-4700). The network is a single national access point to local resources for those seeking help for a gambling problem. Help is available 24/7 and is 100 percent confidential. The National Problem Gambling Helpline also includes text and chat services. These features enable those who are gambling online or on their mobile phone to access help the same way they play. One call, text or chat will get you to problem gambling help anywhere in the U.S. 24/7/365. Help is also available via an online peer support forum at www.gamtalk.org.

Come to the table

You are cordially invited to dinner

Belpre, Oct. 23

St. Bernard Parish in Belpre will present its 57th Annual Turkey Supper in the parish hall, Wednesday, Oct. 23, from 5 p.m. until the food runs out. The cost for the meat tickets are $10; children ages 5-12, $5; and children under five, free.

The parish will serve mashed potatoes, gravy, dressing, green beans, homemade breads, jello, and a variety of desserts. Included will be a country store, games and raffle. Prizes include a quilt handmade by Cheryl Skalsky; a hundred dollar bill; a $75 certificate to Burkart Meats in Kinsley; Mannheim Steamroller Christmas Tour concert tickets for two at United Wireless in Dodge City; and a Rosewood Wine Cellar gift basket.

Garden City, Nov. 9

On Saturday, Nov. 9, the Daughters of Isabella will host its annual soup supper at the Knights of Columbus Hall in Garden City, 205 N. 8th St., from 4-8 p.m. The supper is the largest fund raiser of the year for the DofI. Homemade chili and chicken noodle soup will be served, and a relish plate, and cheese and jalapenos will be available. Included will be a silent auction and raffle. The cost is $8 for adults, $5 for children 13 and under, and children under 3 at eat for free.

If you need more information, contact Betty Brungardt at (620) 275-4836. The DofI is a fraternal organization open to all Catholic women age 16 and older. They are a spiritual and charitable organization, donating their time and do fund raisers to allow them to donate financially to Birthright, Prolife, high school youth groups, and many others.

Protecting God’s Children

The Catholic Diocese of Dodge City requires all employees and volunteers who work with children to participate in a Protecting God’s Children awareness session.

Through the Diocesan Awareness Sessions and other educational efforts of the diocese, all people of the diocese can learn how to discuss different aspects of abuse — including sexual.

IF YOU SUSPECT ABUSE

If you suspect abuse or neglect of a child in Kansas and the child is in immediate danger, call 911 or local law enforcement.

If you have suspicion a child is being abused or neglected, make a confidential report to Kansas Department for Children and Families Protection Report Center, 800-922-5330 or to the KBI Hotline, 800-KSCRIME (800-572-7463), or by emailing ClergyAbuse@kbi.ks.gov.

If you suspect sexual abuse by Church personnel, in addition to making a report to the proper civil authorities, please contact Mr. Charles Befort, the diocesan Review Board representative who receives and follows up on reports. His contact information is cbefort@cox.net, 620-285-3219. In addition, Mr. Befort will offer the help of the Assistance Minister whose goal is to be a listening ear and to promote healing.

The Review Board is a consultative body of lay Catholics and one priest- representative who advises the Bishop in his assessment of allegations of sexual abuse, reviews diocesan policies for dealing with sexual abuse of minors and offers advice on all aspects of sexual abuse cases retrospectively and prospectively.

The Assistance Minister’s role is to aid in the pastoral care of persons who claim to have been sexually abused as minors by clergy or other church personnel, whether the abuse was recent or occurred many years in the past.

Need to talk? Reach out.

Free Counseling

620-227-1590

Another Way

Most Rev. Ronald M. Gilmore
Bishop Emeritus of Dodge City
What! You a Yankee, represent a Jew! That was the Gestapo's response when Father Cornelius Leunissen, then the Carmelite Provincial in the Netherlands, answered a Nazi summons on behalf of Edith Stein in December of 1940. This act by Father Cornelius, who himself was under surveillance because of his American citizenship, only drew greater attention to himself and he narrowly escaped arrest.

How did this priest know Edith Stein, the Jewish convert to Catholicism who the world now knows as Saint Teresa Benedicta of the Cross? How did he escape German-occupied Holland and later serve in parishes in the Catholic Diocese of Dodge City? The answers to these questions are part of a story that demonstrates the hatred the Nazis had for the Jews, as well as their contempt for the Catholic Church.

Father Leunissen was born October 31, 1899, in Geleen-Limburg, the Netherlands. He was ordained for the Order of Discalced Carmelites on August 15, 1925. He arrived in the United States in 1927 and served as Superior and pastor at St. Florian Parish, a Discalced Carmelite community in Milwaukee. In 1933, he was assigned to the Carmelites Monastery at Holy Hill at Hubertus, Wisconsin, where he was novice master. He became a naturalized American citizen in 1935. When he was recalled to Holland in 1938, Father Cornelius was elected provincial of the 14 houses of the Discalced Carmelite Monks and Discalced Carmelite nuns in the Netherlands.

Edith Stein was born October 12, 1891, in Cologne, Germany in 1916 at the age of 25. She converted to Catholicism and was baptized on January 1, 1922. When she entered the Discalced Carmelite order in Cologne, Germany in 1933, she took the name Teresa Benedicta of the Cross. In 1938, to avoid the growing Nazi threat, the Order transferred Edith and her sister, Rosa, who was also a convert and a tertiary member, to the Discalced Carmelite monastery in Echt, Holland.

With the approaching fourth centenary of the birth of St. John of the Cross in 1542, Edith's superior's, aware of her academic training as a philosopher, gave her the task of preparing a study of this Carmelite saint's writings. They hoped this task would occupy her time and take her mind off the threatening situation. Edith corresponded with Father Cornelius, writing of the rigors of her project and sharing with him comments from her editor. In a letter dated June 20, 1939, Father Cornelius responded: “Good and a tertiary member, to the Discalced Carmelite Order and his relatives in Holland would be in danger. Father Leunissen wrote the Carmelite General in Rome to notify him of this threat. The General suggested that he resign as Carmelite provincial and seek a bishop in order to prevent the Carmelites from criticism. Bishop Christian H. Winkelmann accepted him for work in the Wichita Diocese in August of 1942. During the Nazi occupation, Sister Teresa Benedicta and her sister Rosa lived at the monastery at Echt in great anxiety. They applied to leave Holland and transfer to a Carmelite Monastery in Switzerland and then perhaps to the United States. These attempts and hopes ended on August 2, 1942, when the Nazis arrested Sister Theresa Benedicta and Rosa. Their arrest, and the arrest of others that day, was the Nazi response to a pastoral letter written by the Church hierarchy in Holland. In this letter, read in all the Catholic churches on Sunday, July 26, 1942, the bishops of the Netherlands decried the Nazi treatment of Jews and protested their deportation “to the territory of the German Reich.” In retaliation, the Nazis arrested Jewish members, both men and women, of the Catholic religious orders throughout Holland.

In one of her last letters to her congregation, written on August 4, 1942 from Drente-Westerbork Barracks en route to the Auschwitz concentration camp, Sister Teresa Benedicta mentions other religious who were arrested: “All the Catholics are together and in our dormitory we have all the nuns (two Trappistines, and one Dominican) and others are here. Two Trappist fathers (from Tilburg, Holland) are also here with us.”

The Jewish members in the religious orders were included in the 700 Catholic Jews registered in the Netherlands. Of these, 212 from the district of The Hague and 44 from Amsterdam were also arrested on August 2, 1942. Four Jewish members of the Carmelite Order and their relatives in Holland would be in danger. Father Leunissen wrote the Carmelite General in Rome to notify him of this threat. The General suggested that he resign as Carmelite provincial and seek a bishop in order to prevent the Carmelites from criticism. Bishop Christian H. Winkelmann accepted him for work in the Wichita Diocese in August of 1942.

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Father Cornelius continued to lecture about the Nazi occupation after he relocated to Kansas. He was a sought-out speaker for civic groups and high schools for his first-hand experience of the war. In his presentations he outlined the religious situation in the occupied countries of Europe and said that unless Nazism was crushed, the Catholic Church in Europe would be crushed. A newspaper article in the Catholic Advance dated October 22, 1944, included this quote: “Nazi ideologies would, if Hitler won, throw Europe back to the days before Christ.”

Father Cornelius became a member of the clergy of the Diocese of Dodge City when the Wichita diocese was divided in 1951. He served in the following parishes in the Dodge City diocese: St. John the Evangelist, Hoisington (1942); St. Andrew, Wright, and St. Lawrence, Jetmore (1943-49), where he built a new church; Holy Family, Odin (1949-61), and St. Aloysius, Random, with St. Ignatius, Nonchalanta (1961-66). He retired in 1966 and resided in Ransom until he suffered a heart attack and died on October 23, 1971. He is buried in the Dominican Sisters cemetery in Great Bend.

Author's note: I am grateful to Father John Sullivan, O.C.D., STD, of the Province of the Immaculate Heart of Mary, Chairman of the Carmelite Institute Studies at The Catholic University of America, for his assistance in locating references documenting Father Leunissen’s assistance to Edith Stein in The Netherlands; and to Joyce Sueltenfop, retired professor of History from Newman University for her editing suggestions.

Footnotes:
We are family

While on the way to Denver a few weeks ago for my mom’s funeral (and then on the way back again), my wife, Charlene, and I were delighted to see several herds of pronghorn. These are colorful deer-like animals that have adopted the chameleon-like ability to alter their appearance to look like used car dealers in order to frighten predators. (On a recent “Mysteries of the Universe” TV show, Earth Colo. resident Amos Dulhuhrer related an occurrence from the 1950s: “I couldn’t believe my eyes! A whole herd of Oldsmobile dealers were runnin’ across my back 40!”)

The pronghorn, along with the deep blue, nearly cloudless sky, made for a pleasant drive that sad day. An overcast sky is hard on an overcast heart. The hardest part of the trip was when we passed the turn-off I always took to Mom and Dad’s place. Man, that was rough.

The next day was the funeral. We got out of my truck at the church, and there, standing at the door, were Diocese of Dodge City seminarians John Stang and Adam Urban! It was so cool! Both attend seminary in Denver, and came to offer their prayers and support. Something like that really buoyed the soul, shining light through that cloud that was their heads and brought joy to so many.

I was honored to be the one who picked out the readings. My awesome brother-in-law, Chris, who, with his looong, grey beard looks like a member of ZZ Top, read the first one: “Then the King will say to those on His right, ‘Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world....’”

Then my other awesome brother-in-law, Stan, read the second one: “Then the King will say to those on His right, ‘Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world....’”

Hmmmm. Why does that reading sound so familiar? ....He’s read the same reading before! ....I’m reading the same reading! I just sat there in that weird stupor, not knowing if I should run up there, whisper loudly to him, or shoot him with a rubber band. It’s like when you stand at the wrong time during Mass, and then keep standing there because it’s the wrong time for a multi-national company, couldn’t help but blurt out in laughter: “Bla-haaaai!”

Which caused us both to start shaking with laughter. People must have thought we were crazy. We had just said those words to those on His right, “Come, you who are blessed of My Father, inherit the kingdom prepared for you from the foundation of the world....”

I grinned, just slightly. That’s all it took. Tom, a generally serious fellow who is constantly studies the scriptures through the lens as a major executive for a multi-national company, couldn’t help but blurt out in laughter: “Bla-haaaai!”

And there was my best buddy, Dave, who I’ve known since seventh grade, serving as pallbearer. We share a wealth of memories: school days; camping trips; going to the mall to attempt to pick up girls, failing even to make eye contact, and then wending up the evening at Taco Bell — an event which repeated itself each weekend for more than five years.

He’s lost both his parents, too. I saw the tears running from his eyes as we went to the same military cemetery for Mom’s internment in which his parents are buried.

On our way out of Denver, Charlene and I stopped at Mom’s apartment complex to say a few good-byes. We brought Mom’s friend Mary Pat some Hershey’s bars, and then by chance, happened to meet up with “Big Joe” Staab, who shared with us his admiration for Mom and Dad. I had never met Joe. Turns out, the former Hays resident is a cousin of Stan Mel’s (my brother-in-law), and knows the Urbans of Hays (family of Father Reggie and Seminarian Adam)! What a great blessing as we wound up the trip.

As we walked out of Mom’s apartment building for the last time, it dawned on me that all people with good, compassion-filled hearts are our family—not just in word (everyone is family in word after all), but in deed.

They are the sisters and brothers God yearns for us to be to one another—regardless of race, nationality, religion, documentation, sexuality, politics .... There are no exceptions. (At least I don’t recall Christ saying, “Love everyone except...”)

—If you don’t quite understand, wait for that moment when you desperately need God’s touch. The person who helps deliver it. That’s family.

Acts of Kindness

Editor’s Note: Please send your stories of kindness to the Catholic. Send to skregister@dcdiocese.org, or mail to Southwest Kansas Catholic, P.O. Box 137, Dodge City, KS 67801.

Read the essay below and other essays on acts of kindness and view videos associated with these essays at www.theslist.com/81368/stories-kindness-will-make-cry.

She was honored for her daily kindness

Tinney Davidson, an 84-year-old woman, waved to students from Highland Secondary School in Comox Valley (British Columbia) everyday as they walked to school. The students’ art teacher, Charlotte Hood-Tanner, told ABC News, “She’s lived in the community forever. She’s very connected to the kids and she has all sorts of funny stories about them waving to her. She gets a kick out of it. She’s a fireball, she’s full of love, she’s a ton of fun and I think it keeps her young.”

A homeless man with a big heart

Riceman, a YouTuber who does social experiments and pranks, did an experiment in which he told people his brother was missing to see how they would react. The reaction of one homeless man showed him how generous a person—even with little means—can be.

The man was standing on the corner, holding up a sign reading “U.S. Vet in need, please help.” Riceman went up, gave the man some change, and told him that his brother was missing and to let him know if he saw him. When Riceman walked away, instead of holding up his own sign to passing cars, the man held up the sign with Riceman’s missing brother on it. He deliberately chose to stop asking for money for himself, in order to help Riceman.

When Riceman returned, he told the homeless man about the experiment and asked him why he chose to hold up the missing person’s sign rather than continuing to ask for money. The man told him, “What kind of a person would I be if I didn’t help someone else?” Riceman then gave him some cash and a hug, moved by his desire to help someone in need.

Inherit the Mirth

By Cuyler Black (cuylerblack.com)

So let me get this straight, Doctor. The first stage of grief I’ll go through over the recent death of my son is denial?

The Southwest Kansas Catholic
March in Washington to stand up in defense of life

The Catholic Diocese of Dodge City is once again sponsoring a bus trip to the national March from Wednesday, Jan. 22 thru Sunday, Jan. 26. We will be led by one of the priests of the diocese in order to make this a prayerful pilgrimage in defense of life. This year’s Pilgrimage, in addition to the March, includes:

• Send-off Mass and Blessing
• Rosary, Divine Mercy Chaplet, Liturgy of the Hours prayed enroute
• Public Rosary at Planned Parenthood
• Daily Mass, including at the Basilica of the National Shrine of the Immaculate Conception
• “Life is Very Good” Rally
• Tour of Arlington National Cemetery and/or Franciscan Monastery of the Holy Land in America as well as walking tours of the monuments.

By TOM and LISA RIDDER

Dear Catholic Faithful:

This upcoming Jan. 24 will be the 47th Anniversary of the U.S. Supreme Court’s Roe v Wade decision legalizing abortion in the United States. This landmark decision has had a tremendously negative impact on our country. Did you know:

• Supra, 1973, when the Supreme Court handed down its decision, more than 60 million babies have been legally aborted. In Kansas alone, the figure is close to 420,000.
• More unborn babies have been legally aborted in the United States in the past half-century than the number of victims of the combined atrocities carried out by socialist dictators in the 20th century.
• Not only have more than 60 million lives been destroyed, but increasingly, psychologists, clergy and others are seeing the long-term harmful effects of abortion on survivors: women, men, and children trapped in guilt and remorse.

In 1968 Pope Paul VI prophesied that all this would come about if, as a Church and as a society founded on Judeo-Christian values, we did not hold true to the sanctity of marriage and family life.

Since last January’s March for Life, there has been legislative and judicial activity on both sides of the abortion issue. Some states have moved toward limiting and/or eliminating abortions. At the same time, several states including Kansas have passed legislation and court rulings that allow abortion be legal from conception up through birth that includes partial birth dismemberment and infanticide.

This polarization is already evident in the 2020 U.S. Presidential election cycle. This momentum, both pro and con, may eventually force the Supreme Court to reverse its contentious Roe v Wade decision.

While we cannot right all the wrongs of the past 50 years in a single day, we can take action by joining tens of thousands from around the United States who will gather for the March for Life in Washington, D.C. on Friday, Jan. 24, 2020, to make our voices heard.

The Catholic Diocese of Dodge City is once again sponsoring a bus trip to the national March from Wednesday, Jan. 22 thru Sunday, Jan. 26. We will be led by one of the priests of the diocese in order to make this a prayerful pilgrimage in defense of life. This year’s pilgrimage, in addition to the march, includes:

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• “Life is Very Good” Rally
• Tour of Arlington National Cemetery and/or Franciscan Monastery of the Holy Land in America as well as walking tours of the monuments.

Please prayerfully consider participating in the March for Life. If you cannot travel to our nation’s capital, consider taking part in the Mass and March for Life in Topeka, also in January.

The cost of this Pilgrimage is $450 per person and is limited to one bus of 48 passengers. This price is inclusive of D.C. hotel accommodations and transportation but does not include meals. This pilgrimage is open to all Catholics in our diocese, preferably ages 14 and up. The deadline to register is November 25, 2019 in order that rooms can be reserved. If you have any questions, please don’t hesitate to contact us via the information below.

Our Lord and Savior, Jesus Christ came so that all “might have life and have it more abundantly” (John 10:10). From the abundance of God’s blessings on you and your family. Please join us for this special pilgrimage in defense of the unborn life.

For more information, contact Tom or Lisa Ridder at tridder68@gmail.com or call 620-874-0447 or 620-874-8599. Last year the bus filled quickly so make your plans soon. If you are unable to take part in this trip, consider joining the March for Life pilgrimage to Topeka January 21-22. More details will be coming soon for the Topeka trip.

Yoked not burdened

Some years ago I developed this little habit when traveling alone: when boarding an airplane or a train, I would ask the Lord to give me the least desirable seat, the one no one else wanted, next to the crying baby, for example. I cannot count how many times I have been seated next to a young mother traveling with a small child.

One woman was from India and had been traveling for more than 24 hours already with a baby just learning his first steps. She was completely exhausted and it wasn’t long before she and her child were fast asleep. But at some point, the boy awoke and started to make for the aisle. I caught him and ended up holding him while he played with my rosary beads for at least another hour while her mother slept.

When she woke up with a start looking for her son and saw him tucked in my me and the flight attendant, who kept watch on the crying child than someone else, but if I do, it is only because in that moment, I am best yoked to Christ.

My burden is light only because he is Lord, let me always remember that the world in every direction. I get that, I wanted to move too. We don’t all have the same gifts and that’s all right. But that’s not a free pass to turn your back on those in need. Rather it’s an invitation to think about the ways Christ has made your burden light, the ways that you can serve others in joy that perhaps others cannot.

Lord, let me always remember that my yoke is first yours, and let me get to work.

Elizabeth Kelly is an award-winning speaker and the author of six books, including including Jesus Approaches: What Contemporary Women Can Learn about Healing, Freedom and Joy from the Women of the New Testament. She is trained as a spiritual director in the Ignatian exercises and leads retreats with a particular focus on helping women to flourish in their faith. She teaches in Catholic Studies at the University of St. Thomas (MN). Her website is: www.LizK.org.
The Catholic Church in the United States has more than 20,000 community centers and works with more than 17 million people a year, said Kim Burgo, Senior Director of Disaster Response Operations for Catholic Charities USA.

"Almost 70 percent of us are ill-prepared for disaster," she said. "Since 1900, worldwide natural disasters have increased dramatically. In the United States, they have more than doubled since 1980."

Here in Southwest Kansas, we’ve had our fair share of flooding and tornadoes, the most damaging of which flattened Greensburg in May of 2007, leveling 95 percent of city and damaging of which flattened Greensburg in the most of our flooding and tornadoes, it was difficult for most of us to make. To really care, I mean. Sure, I was concerned, moved enough to say some prayers, saddened by the loss. But really care? Care enough to sacrifice time and treasure to help? I don’t think I’m alone in this, because it’s a normal response. We have our own concerns, our own stresses. And that problem is so big, after all.

Thank goodness for Kim Burgo, and all those who work at Catholic Charities, because for them, giving their time and treasure to help those most in need isn’t just a job, it’s their vocation.

Burgo spoke at the August Stewardship Conference at the Cathedral of Our Lady of Guadalupe on "The Role of Catholic Charities in Disaster Response." She is the Senior Director of Disaster Response Operations for Catholic Charities USA.

"Almost 70 percent of us are ill-prepared for disaster," she said. "Since 1900, world-wide natural disasters have increased dramatically. In the United States, they have more than doubled since 1980."

Here in Southwest Kansas, we’ve had our fair share of flooding and tornadoes, the most damaging of which flattened Greensburg in May of 2007, leveling 95 percent of city and killing 11 people. (I attended some of the meetings to follow regarding assistance and rebuilding efforts. It was difficult for me to make heads or tails of the dollar amounts, organizational needs and efforts, funding and grants, etc...)

Fortunately, also attending the meetings was Debbie Snapp, Executive Director of Catholic Charities of Southwest Kansas, who was able articulate with those gathered the ways in which the Catholic Church would be able to be of assistance.

In the months following the Greensburg tornado, we saw houses and businesses slowly rising from the debris, and today it’s once again a thriving community.

But what of the poor of Greensburg, Liberal, Garden City and other local communities that have faced disaster? What about the poor of the Bahamas?

"There are currently 43,100,000 people living in poverty in the United States," Burgo said. "Disasters will always disproportionately affect the poor and vulnerable, people who can’t bounce back, people who live paycheck to paycheck."

"In 2018, there were 18,792 severe weather reports. This is the kind of work that Catholic Charities deals with every day.

In 2018, Catholic Charities assisted 586,000 people, working with grants totalling $46 million—just for disasters.

While Burgo highlighted the work of Catholic Charities in disaster preparedness and helping those dealing with disasters, she also focused on the need for everyone, people like you and me, to become involved.

And it can be everything from writing a check to being a shoulder to cry on.

"I believe that God put a seed in all of us as a do-gooder," Burgo said with a smile. "Go out and see what you can do. Go out and help. The Catholic Church in the United States has so many assets to provide help, we just don’t know it. We really can impact disaster."

She suggested we stifle our desire to snap photos of disaster zones, and instead "be with people at this time. Be there to hold their hands; be that pillar. It’s the Catholic social teaching principal of solidarity: walk with somebody instead of telling them what to do."

"Find ways that you can participate, so you can help someone else in need."

You need not be Superman or Wonder Woman to make a tremendous difference. Several years ago Burgo watched a diminutive woman walk into a chapel at a Catholic Relief Services office. She pushed past the kneller and went right to the cross, where she knelt and prayed. Then she stood up and walked over to Burgo.

"She grabbed my arm and I walked her through the halls of Catholic Relief Service. She said, 'Thank you.' I responded, 'No, thank you!'"

"That encounter made me think: This four-foot, five-inch-tall woman was an absolute powerhouse. Always humble, extremely grateful. "She fed the hungry, visited the sick and imprisoned. It was so profound that she would be presented the Nobel Peace Prize." You may have guessed that the diminutive woman was Mother Teresa."

"We are called to be Christ ... the light of the world. Love one another. Open the door when someone knocks. Feed the 5,000. Visit the sick and clothe the naked. It isn’t complicated."

"We are called to be Christ ... the light of the world. Love one another. Open the door when someone knocks. Feed the 5,000. Visit the sick and clothe the naked. It isn’t complicated."

-- Kim Burgo
We walk by faith and not by sight

Editor’s Note: The following is reprinted from Sacred Stories, a publication of Catholic Health Initiatives, www.catholichealthinitiatives.org.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” — Romans 15:13

Looking from the outside in, working in a hospice can be a difficult and depressing job. But for those of us inside, it is not only a rich and rewarding privilege but a sacred honor to walk with patients and their loved ones during the precious final days here on earth. It is especially sacred when one of the persons we are caring for has not even breathed their first breath yet.

Early in 2011, St. Catherine Hospice received a call from a local physician asking for prenatal/perinatal hospice services for a local family, beginning a walk of faith.

Jim and Carolyn had been surprised but excited to learn a baby was on the way so early in their marriage. Then, they were surprised and afraid as they learned the baby had problems. The baby was diagnosed with Potter’s Syndrome, almost certain to result in very early infant death. Jim and Carolyn made an unwavering decision not to terminate the pregnancy, but to keep the hope that they would one day be able to hold their child, even just for a minute, and let the child know he or she was always loved and wanted.

Five hospice staff members committed to being available for this family at all times. We all fell in love with this beloved Christian couple, who were willing to bear the pain of loss to save a moment of love for their child.

Doctors monitored the baby’s progress — it was a girl. Jim and Carolyn shared ideas with the hospice staff as they picked out a name for the baby: Gabrielle Marie. The couple asked for a small crucifix necklace for Gabrielle to wear in her casket.

Late in March, the doctors studied Carolyn’s sonogram and saw major changes. Gabrielle’s kidneys were starting to develop. In early April, things changed dramatically. Carolyn was hospitalized due to a decrease in Gabrielle’s movement. Suddenly, the doctors determined they needed to take the baby right away.

On Easter Sunday morning, Gabrielle Marie was born — alive, beautiful and with a good chance of survival. She did not have Potter’s Syndrome, but had contracted a virus in utero. She will still have some challenges, but her life will be good. The hospice staff presented the tiny crucifix necklace to Gabrielle, to be worn in life.

Gabrielle is a gifted child. She is gifted with two parents who treasured and guarded her life; a doctor who supported them in their precious choice; support from a church family; and a God who creates only life.

St. Catherine Hospice was gifted with traveling on this family’s journey, walking together “by faith, not by sight,” and to witness our little patient taking her first breath of life on Easter Sunday.

Glenda Patterson, LBSW
St. Catherine Hospice
Garden City, Kansas

Dare to Believe, Rise Up to Act: Equipping Laity to be the Public Face of Christ

Catholic author, speaker, and evangelizer Mary Sharon Moore has a new book, her eighth, titled Dare to Believe, Rise Up to Act: Equipping Laity to be the Public Face of Christ. For many years the Southwest Kansas Catholic ran Mary Sharon’s monthly column “Poor, Like Jesus.” We email-interviewed her about her book and about her larger Dare to Believe parish process.

Dave Myers: Mary Sharon, congratulations on your latest book. It’s great to connect with you again. Tell me about the title of your work, Dare to Believe, Rise Up to Act.

Mary Sharon Moore: The work has been forming for decades. Academically my roots are in liturgical spirituality. My “church” roots are in Vatican II. My spiritual roots are in the contemplative tradition which brings the world’s concerns to the heart of prayer. My social roots are in the world where I live. And my political roots are in the Gospel.

These roots form the foundation for this next generation of work. And the message? Dare to believe, Rise up to act.

DM: Can you talk about the subtitle, “Equipping laity to be the public face of Christ”?

MSM: My work is to awaken laity to the power of their anointing. Learning more about the faith can be fascinating. But right now Church needs to be something bigger than that. Our work as laity is the public face of Christ.

DM: What feeds you in your work?

MSM: I am fed by the beauty and challenge of the Gospel. Jesus says, “If you want to follow me, first sell that which you have, give to the poor, and then follow me.” Can I skip the first two steps and just follow him? It doesn’t work.

I am fed by my faith community, those who worship with me, who live the Gospel generously and who challenge me to do the same. And Eucharist deeply feeds me. I know Whose flesh is embedded in my flesh, and Whose blood flows in my veins.

DM: Dare to Believe has many stories which are simple, humorous, and insightful. Can you talk about them?

MSM: Every story is absolutely true. I cannot teach what I have not lived. If I want to follow Jesus, I have to walk by faith and not by sight. This is the invitation to actually dare to believe.

“The humor comes in my freedom to be vulnerable in living a life of faith. Turning down a job offer when I had no income; or taking another job, out of obedience, for which I was painfully unqualified; inserting myself between two angry men who were ready to come to blows; not walking away from the forsaken homeless woman who disdised me. In all of these situations I felt raw vulnerability. And I felt free to trust Jesus.” — Mary Sharon Moore
Margaret Klenke, 98, former editor of the Southwest Kansas Register, died Oct. 10, 2019. Father Robert Schremmer celebrated the funeral mass at St. John the Baptist Church in Spearville. Burial was at Holy Cross Cemetery, Windthorst.

Margaret was born Nov. 11, 1920, at Offerle, the daughter of Adam J. and Margaret (Riedl) Kisner. She was a graduate of Offerle High School and on August 25, 1941, she married Urban Klenke at Offerle. She was a homemaker and after raising her family, she became the editor of the Spearville News for 20 years; the Southwest Kansas Register for 16 years and the Southwest Kansas Senior Beacon for two years before retiring.

Margaret retired as editor of the Southwest Kansas Register in 1990 after serving in that post since 1974. Prior to her years as editor, Margaret worked in a variety of roles since its formation in 1966. At the time of her retirement, Bishop Stanley G. Schlarman named her Editor Emerita, recognizing her many years of dedicated service to the dioce.

During her tenure as editor of the SKR, Margaret was often recognized by the association of Kansas Press Women. In 1977 Margaret received a first place award for editing and a third place award for her work in promotion and publicity for the DDP (Diocesan Development Program) campaign. In 1978, she received four second place awards. One recognized the special issue of Bishop Eugene J. Gerber’s installation.

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During her tenure she edited nearly 750 issues of the Southwest Kansas Register. She covered the activities of three bishops and gathered diocesan news over 28 counts to meet weekly deadlines. Margaret chronicled the growth and activities of the diocese for 16 years and left editors and archivists with a magnificent body of resource material.

Margaret was a member of St. John the Baptist Church, Daughters of Isabella, VFW Auxiliary Unit 5984, Senior Center and Minerva Club all in Spearville. She was also a member of Soroptimist International, Dodge City Media Pros, Salvation Army Auxiliary and Phi Beta Psi Zeta Lambda Chapter all in Dodge City and the National Federation of Presswomen. She was a volunteer for Hospice of the Prairie and American Cancer Society.

Survivors include: five children, Paulette Knoble and husband Craig, Jetmore, Tom Klenke and wife Rosie, Spearville, Brenda Klenke, Kansas City, Missouri, Roger Klenke and partner, Gary Hockman, Oklahoma City and Arlene Holdersness and husband Mark, Monteuzia; five grandchildren, Jeff Knobble and wife Ivy and their children, Karley, Kaitlyn and Kery and their children; five siblings and their children, Nick, Andrew and Shao, Jessica Knobble, Eric Holdersness and Audrey King and husband Evan.

She was also preceded in death by her parents, her husband, Urban, on December 11, 2002, two sisters, Frances Rapp and Kathern Caldwell, a brother, William Kisner and an infant sister.

‘Reverse the Ruling’ campaign seeks to save countless lives

The second step is to place the amendment proposal on the ballot during a primary or general election in 2020. Volunteers began gathering signatures petitions on Respect Life Sunday, Oct. 5-6 at parishes across southwest Kansas. The petition efforts are being conducted by the Knights of Columbus and parish pro-life committee members. You can still sign the petition at your parish or by visiting Kansascatholic.org. The “Reverse the Ruling” petition effort is directed toward the first step. The petition does not obligate the legislators to vote a certain way, but it is a powerful tool to show them how seriously Kansans take this issue.

Weber said the legislation will be introduced in both chambers “right out of the gate” when the next session begins on Jan. 13, 2020.

Debra Niesen, consultant for the archdiocesan pro-life office, said Catholics should be motivated to petition and later vote for the amendment.

“The initial reaction is that we had made such progress by passing common-sense laws that were widely supported by Kansans,” said Niesen. “As a result, the abortion rate decreased [since 1997] by 50 percent, from around 12,000 abortions a year to 6,000 a year.”

The case that led to the decision by the Kansas Supreme Court was a challenge by two abortions against a dismemberment abortion ban that had become law, but had not yet taken effect because of the challenge.

“According to the Kansas Department of Health and Environment, there are about 12 live dismemberment abortions every week in Kansas, thanks to that ruling,” said Weber.

The case that led to the decision by the Kansas Supreme Court was a challenge by two abortions against a dismemberment abortion ban that had become law, but had not yet taken effect because of the challenge.

“What is particularly upsetting is that we had made such progress by passing common-sense laws that were widely supported by Kansans,” said Niesen. “As a result, the abortion rate decreased [since 1997] by 50 percent, from around 12,000 abortions a year to 6,000 a year.”

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Editor’s Note: The following is part of Catholic News Service’s “Children at Risk” series. Bishop Brunpradt has asked the SKC to run stories such as this periodically, in hopes that victim-survivors will seek hope and help, and that the perpetrators find justice.

By GINA CHRISTIAN
Catholic News Service

Listening to some songs is a kind of time travel — a few notes, and you’re instantly back years, not just remembering but reliving a moment from your past.

Recently (and at the risk of showing my age) I found myself whisked to the late 1980s, when fashion, music and hair were all quite loud. I’d happened to hear the first few bars of “On the Turning Away,” a thundering ballad by Pink Floyd. Suddenly I was in my college dorm room, strumming the chords on my guitar when I should have been studying.

Although I was never a diehard Floyd fan (as a Jersey girl, I favored Springsteen), that one song always could — and still does — move me to tears. The lyrics implore the listener not to dismiss the agony of those who suffer, the heartache of “the pale and downtrodden ... the weak and the weary.”

“On the Turning Away” is a relevant song today, as headlines and hearts break, as the perpetrators find justice. Survivors will seek hope and help, and the perpetrators find justice.

For more than 15 years, I was abused by a family member. My relatives knew something was wrong, as did my teachers. I remember the day Sister Sandra, my grade school principal, pulled me aside after I’d fainted yet again during the nurse’s lesson on “the facts of life.” The mere mention of human sexuality made me violently ill; it was one of many symptoms I manifested, along with depression and self-mutilation.

If our church was born in the flames of Pentecost, then may that same Spirit rage within us now — because we can no longer afford to turn away. If our church was born in the flames of Pentecost, then may that same Spirit rage within us now — because we can no longer afford to turn away.

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By CHRISTINE ROUSSELLE

Arlington, Va. (CNA) - Catholics with special needs are a central part of “who we are and what we do” as a community, Bishop Michael Burbidge of Arlington told attendees of the diocesan Mass for Persons with Disabilities on Sunday, Sept. 29.

Bishop Burbidge told the assembly that he hopes and intends to work so that every school and parish in the Arlington diocese is able to offer special education and inclusion programs.

The Mass was sponsored by the diocese’s Office of Faith Formation, Porto Charities, and Holy Spirit Church in Annandale, where the Mass was celebrated. The Virginia-based branch of Porto Charities works to help and support people with intellectual and developmental disabilities.

Bishop Burbidge drew from Sunday’s Gospel reading, the parable of the poor man, Lazarus, going to heaven while the rich man went to hell.

“Do not think the rich man intentionally and deliberately did anything evil. He did not order Lazarus from the gate. He did not treat him intentionally cruelly,” said Bishop Burbidge.

“The failure of the rich man was that he simply did not notice Lazarus right there in his midst. Instead, the rich man accepted him as part of the landscape.”

In today’s world, it is important to not become like the rich man and ignore the suffering of those around us, even if this is not an intentional act, Bishop Burbidge said. He challenged those at the Mass to search for ways to assist those who may need help, including in the diocese’s schools. Bishop Burbidge explained that many Catholic schools in the diocese have programs to include students of varying abilities.

“I want to highlight today the expanded services and inclusion and options programs that our Catholic high schools and some of our elementary schools [have], where those with learning challenges and gifts are part of who we are and what we do,” said Bishop Burbidge.

He said that students with special needs
Vatican City (CNA) - To serve the poor and sick in a generous manner is a powerful form of evangelization, Pope Francis said recently in a message for the World Day of the Sick.

"The Church – as a Mother to all her children, especially the infirm – reminds us that generous gestures, like that of the Good Samaritan, are the most credible means of evangelization," the pope wrote.

His message for the World Day of the Sick was published Jan. 8, in advance of the solemn celebration to be held Feb. 11, 2019, in Calcutta, India. The theme of this year’s message comes from Matthew 10:8: “You received without payment; give without payment.”

“Gift,” Francis said, is more than giving of physical property or objects as presents: “it involves the giving of oneself,” freely, and with the desire for relationship with others, “the basis of society.”

Moreover, “gift” is a reflection of God’s love, which culminates in the incarnation of the Son and the outpouring of the Holy Spirit, he said.

The pope noted that one person who exemplified self-gift, especially in service of the sick, is St. Mother Teresa of Calcutta, who “helps us understand that our only criterion of action must be selfless love for every human being, without distinction of language, culture, ethnicity or religion.”

Her example continues to be a guide of hope and joy for those in need of understanding and love – especially the suffering, he said.

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In this file photo, Pope Francis greets pilgrims during an Aug. 2, 2017, general audience in the Paul VI Hall.

Pope Francis: ‘Serve the sick with generosity’
Caring for the care-giver: advice, ideas, sources

By SARA SMITH
Special to the Catholic

Editor’s Note: The following is part of a series of articles focusing on caring for those with challenges. This particular article is being published in two parts. This is Part II. Sara Smith belongs to the Cathedral of Our Lady of Guadalupe Parish in Dodge City.

The following article highlights sources and ideas designed to assist the caregiver amid the variety of challenges he or she faces.

The following are suggestions for maintaining caregiver well-being:

• Become informed about the care recipient’s health issues and any expected changes in behavior.
• Accept the facts and deal with your situation the best that you can.
• Seek professional help whenever necessary.
• Share the burden of caring and caregiving with family members and other interested persons.
• Talk about your problems with a trusted person.
• Don’t be too shy, proud, or afraid to seek help with caregiving.
• Become aware of the limits of your caregiving abilities.
• Maintain social activities and important relationships.
• Get away from the responsibilities from time to time.
• Pace yourself. You may be responsible for caregiving for many years.
• Work off anger with physical activity.
• Plan ahead to avoid crises where possible.
• Live one day at a time.
• Recognize the worst-case scenario, but hope for the best.
• Join a family support group.
• Keep your sense of humor.

Another resource is the Veterans Administration. The VA offers caregiver support to veterans who are caregivers or to those who are providing care for veterans. Some of the resources are available to anyone through www.caregiver.va.gov/. A self-care activity book that can be printed is also offered by the VA and can be found at www.caregiver.va.gov/pdfs/TipsTools/CaregiverSelfCareActivityBook.pdf. It offers creative activities and practical suggestions for self-care. Caregivers of veterans and veterans can call the VA Caregivers Support Line at 1-855-260-3274 to learn about the support available to them and to contact the caregiver support coordinator at VA medical centers.

The American Society on Aging has compiled a list of organizations that take care of caregivers. The list can be accessed at the following web address: www.asaging.org/blog/25-organizations-take-care-caregivers. This list has links to disease specific websites.

Randi Kaplan quoted First Lady Rosalynn Carter in her article How to Care for the Caregiver: “There are only four kinds of people in the world. Those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.” Kaplan continues, “You yourself might be a member of a large but barely recognized group. It’s time we opened the door on yet another closet, and help people who are members of the same community find and support one another. This support is key in finding your way in the world of caregiving, which can be lonely, isolating and..."
Birth Control and Natural Family Planning

What’s the difference?

Editor’s Note: The SKC has been presenting a series on the different models of Natural Family Planning. The article below seeks to clarify the differences between NFP and birth control, and in doing so, presents the reasons why it is so embraced by the Catholic Church.

CATHOLIC NEWS AGENCY
The following is provided by Priests for Life

Tom and Jane have three children, and have determined that they cannot adequately provide for any more at the present time. They know that artificial means of birth control are morally wrong, and their priest recommended that they use NFP (Natural Family Planning). Yet they do not understand why NFP is okay if birth control is wrong. Don’t they amount to the same thing?

Actually, they don’t. NFP is very different from all other methods of birth control. Here we will give some other reasons -- but first, a word about what NFP is not.

NFP does NOT refer to the so-called “calendar rhythm method,” which was based on calendar calculations of a “normal” cycle. NFP is instead based on direct observations of various signs that occur in a woman’s body (changes in the cervix, cervical mucus, and temperature) which tell her when ovulation occurs. These observations are relatively easy to make, take only a few minutes, and work even for irregular cycles. NFP is internationally known and practical and is extremely effective. The medical principles on which NFP rests are being used by more and more doctors for a wide range of purposes.

Morally speaking, then, what is it that makes NFP acceptable while artificial birth control is not?

1) NFP does not separate sex from responsibility. The act of intercourse has a twofold meaning: sharing of love and marriage. Every couple owes it to themselves to learn more about it! And marriage. It enriches both love and marriage. It enriches both love and reverence to God’s plan for love and marriage. NFP, instead, is a practice of “family planning” but “family avoidance”!

2) NFP puts the responsibility for family planning squarely on the shoulders of both partners, because it requires communication and cooperation. Both spouses need to know when the fertile days of the woman’s cycle have arrived, and then decide together what to do (depending on whether they are trying to avoid or achieve pregnancy). To think that such communication and cooperation make the sexual act less pleasurable (because less spontaneous) is simply not true. To know with certainty what stage of the cycle one is in can increase the pleasure and spontaneity of the act, since the spouses can ignore worries about contraceptive failure or side-effects of the pill.

3) NFP is not just a method based on

4) NFP is not just a means of avoiding pregnancy, as artificial contraception is. Rather, it can also be used to ACHIEVE pregnancy since it pinpoints ovulation. It is a wholly positive approach to the sexual life of the spouses. It is clean, inexpensive, morally acceptable, and reliable.

As with anything good, NFP can be misused, if a couple has the wrong motives. Married couples are called by God to cooperate generously in bringing forth and educating new life. For a couple to decide that “we don’t want children at this time”, there need to be serious, objective reasons (health, finances, etc.). If the reasons are not objective but selfish, then the couple cannot justify the avoidance of pregnancy just because they are using NFP to do it. In this case they are not practicing “family planning”, but “family avoidance”!

There are differences between NFP and artificial birth control, but let these suffice for now. As Pope John Paul II has explained, the difference really rests on a person’s answers to some very basic questions like, “What is marriage?” “What is sex? What is the human body? What is love?” Artificial contraception distorts the meaning of all these things. It sees the body and its sexual faculties as something to be “used”, and it fails to acknowledge God’s place in love and marriage. NFP, instead, is a practice of virtue, resting upon self-control, inner freedom, respect, trust, communication, and reverence to God’s plan for love and marriage. It enriches both love and marriage. Every couple owes it to themselves to learn more about it!
El hijo perdido

El mes pasado escribí sobre un evangelio dominical reciente: El hijo pródigo (Lucas 15:11-32). Mi enfoque era en la evangelización, ya que el padre evangelizaba a su hijo con alegría. Todas las parábolas de Jesús proveen perspectivas para nuestra vida espiritual. El hijo amado es otro tema de este pasaje de las Escrituras.

Edward Sri (Into His Likeness) escribe que el hijo perdido no está “volviendo como un hijo amado. Ya no se ve a sí mismo como digno de eso”. Nosotros podemos sentirnos así.

Puedo sentirme perdido, indigno, distante de Dios y de los demás, no amado, incapaz de amar. Pero el padre de la parábola no piensa así de su hijo, sino que exclama: “Esto, mi hijo estaba muerto, y ahora está vivo; estaba perdido, y es encontrado”. ¡Qué feliz reencuentro!

Sri continúa: la historia es “sobre alejarnos de la imagen incorrecta que tenemos de Dios y de nosotros mismos”. Somos cada uno de nosotros hijos e hijas amados del Padre Celestial. ¡Nada de lo que hagamos o dejemos de hacer cambiará esta verdad eterna! El Papa San Juan Pablo II enseña: “No somos la suma de nuestras debilidades y fracasos; somos la suma del amor de nuestro Padre por nosotros y nuestra capacidad real de convertirnos en la imagen de su Hijo”.

El Señor nos ayudará a vernos como sus hijos amados. Dios nos ayudará a amarnos a nosotros mismos y a los demás. ¡Demos gracias a Dios, que nos ama tanto!

Joven cumple promesa a la Virgen y se viste como ella para desfile patrio en El Salvador

Por DAVID RAMOS

Lourdes María Cornejo, una joven salvadoreña, en cumplimiento de una promesa realizada a la Virgen María, participó en el desfile de la ciudad de San Vicente por las Fiestas Patrias de El Salvador, este 15 de septiembre, vestida como Nuestra Señora de la Paz.

A diferencia de otras jóvenes, vestidas en trajes “de moda”, Lourdes María sorprendió con esta expresión de fe, que ha viralizado en redes sociales.

En diálogo con ACI Prensa, la joven, de apenas 16 años, aseguró que toma este ofrecimiento que le hizo a Santa María “con mucho cariño, amor y respeto”.

“Más que una idea es una promesa que le hice a la Virgen desde mis 13 años, desde el Jubileo de los 100 años de la aparición de la Virgen de Fátima”. Esa, dijo, fue la primera vez que representó a la Virgen en un desfile.

“La segunda vez fue en los 75 años de la Diócesis de San Vicente”, en 2018, vestida como María Auxiliadora. “Y la tercera fue de la Virgen de la Paz, patrona de El Salvador”.

Para Lourdes, participar en estos desfiles vestida como Santa María es una ocasión para “transmitirle un mensaje a los jóvenes de que sigamos el modelo de la Virgen”.

La joven es consciente de que “son tiempos muy difíciles, en los que la juventud está perdiendo bastante su fe”, por lo que los invitó a “poner en alto a nuestra Iglesia Católica y seguir los ejemplos de nuestra Madre Santísima, de nuestro Señor Jesucristo”.

“El murió en la cruz por nosotros, por los pecadores. Nos tenemos que sentir dichosos y con honores”, aseguró.

A quienes pueden sentir vergüenza de mostrar su fe, Lourdes les alentó a que “no tengan pena, que se sientan orgullosos, dichosos de ser católicos, de expresar la fe y transmitirselo a otras personas.”

“Que no nos importen (las críticas), porque el Señor cargó con nosotros, ahora tenemos que hacer honor a lo que Él hizo”, expresó.

Lourdes María Cornejo, a young Salvadoran, in fulfillment of a promise made to the Virgin Mary, participated in the parade of the city of San Vicente for the National Holidays of El Salvador Sept. 15, dressed as Our Lady of Peace.

Unlike other young women dressed in “fashionable” costumes, Lourdes María surprised everyone with this expression of faith, which has become viral on social networks.

In a dialogue with ACI Prensa, the young woman, barely 16 years old, said she dressed as Santa Maria “with much love, love and respect.”

For Lourdes, participating in these parades dressed as Santa Maria is an occasion to “convey a message to young people that we follow the model of the Virgin.”

The young woman is aware that “these are very difficult times, when youth are losing their faith a lot”, so she invited them to “put our Catholic Church first, and follow the examples of our Blessed Mother of our Lord Jesus Christ.”

“He died on the cross for us, for sinners. We have to feel happy and honored,” she said.

To those who may feel ashamed to show their faith in public, Lourdes encouraged them to “not be sorry, but to be proud, happy to be Catholic, to express the faith and pass it on to others.”

A quienes pueden sentir vergüenza de mostrar en público su fe, Lourdes les alentó a que “no tengan pena, que se sientan orgullosos, dichosos de ser católicos, de expresar la fe y transmitirselo a las demás personas”.

Vengan a mí todos ustedes que están cansados de sus trabajos y cargas, y yo los haré descansar. Acepten el yugo que les pongo, y aprendan de mí, que soy paciente y de corazón humilde; así encontrarán descanso. Porque el yugo que les pongo y la carga que les doy a llevar son ligeras.

-- San Mateo 11:28-30
Ver a Dios y amar a Dios volviéndose hacia Él con la mente y la voluntad: esta es seguramente una verdadera unión con Dios. Pero aún no es suficiente. No es sólo la mente y la voluntad lo que llega a él: nuestro corazón y nuestra carne tienen un papel del Dios vivo, como dice el salmista. Descansemos sólo cuando todo nuestro ser esté unido al suyo.

El padre Romano Guardini lo dijo así, cuando la Evangelización Mundial todavía estaba en el frente occidental.

«Tenemos hambre y sed de Dios. No basta con conocerlo y amarlo. Lo abrazaríamos, lo atraeríamos hacia nosotros, lo abrazaríamos con fuerza y, por muy audaz que suene, lo tomaríamos dentro de nosotros mismos mientras hacemos nuestra comida y bebida necesaria, y, por lo tanto, tranquilizarnos y satisfacer nuestras hambre al máximo».

«Comer su carne, beber su sangre, comerlo, absorber en nosotros el Dios vivo: esto está más allá de cualquier deseo que podamos tener, pero satisface plenamente lo que anhelamos desde el fondo de nuestra alma».

«El pan es comida. Es un alimento sano y nutritivo por el que nunca perdemos el apetito. Bajo la forma de pan, Dios se convierte para nosotros incluso en el alimento de la vida. Por este alimento nuestro es tan alimentado con el mismo Dios que existimos en él, y en nosotros». 

«El vino es bebida. Para ser exactos, es más que beber, más que un líquido como el agua que simplemente apaga la sed. El vino también da el fruto de la regocijo: posee una chispa, un perfume, un vigor que expande y despeja la imaginación. El vino da vida a los excesos embragadores, tanto para poseer como para impartir. Bajo la forma de vino, Cristo nos da su sangre divina».

La Eucaristía nos da más, como dice Mons. Brungardt, «más de lo que podemos pedir o imaginar». Verdaderamente, el mejor trigo y el mejor vino.

Por Rev. RONALD M. GILMORE, Obispo Emérito de la Diócesis Católica de Dodge City

Fe y gratitud, dos virtudes exquisitas que enmbolecen el corazón

Por MONSEÑOR ENRIQUE DÍAZ DÍAZ

Cuando los mares se llenan de viento y la tormenta es intensa, es más difícil desentenderse de las寒uras que nos rodean y ver con claridad lo que está bien. Para ser fe, es necesario salir del estado de unidistorsión, mantener un corazón abierto y receptivo a la realidad. Para ser gratitud, es necesario reconocer lo que tenemos y valorarlo.

No basta con conocerlo y amarlo. Lo abrazaríamos, lo atraeríamos hacia nosotros, lo abrazaríamos con fuerza y, por muy audaz que suene, lo tomaríamos dentro de nosotros mismos mientras hacemos nuestra comida y bebida necesaria, y, por lo tanto, tranquilizarnos y satisfacer nuestras hambre al máximo.

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CHOCOLATE — a true American tradition

In 1768, John Hancock, protesting Britain’s decision to tax the colonies without representation in Parliament, organized a boycott of tea from China sold by the British East India Company. As it was unpatriotic to drink tea, colonists breakfasted on coffee and chocolate instead. As you can see in this portrait, Hancock enjoyed the tasty goodness of Hershey’s chocolate.

Read the full story at www.AmericanHeritageChocolate.com, which Mars manufactures. This chocolate is sold exclusively through and at the following historical sites: Colonial Williamsburg, Historic Deerfield, the Fortress of Louisbourg in Canada, Monticello, Mount Vernon, the Smithsonian and Fort Ticonderoga.

Here’s a recipe for chocolate ice cream with an old-world flair.

Ingredients:
6 large eggs
1 5-oz. American Heritage Chocolate Bar
1 package of American Heritage Chocolate Spice Drink
1 quart of whole milk
6 large eggs
1 vanilla bean or 1 tsp. of vanilla extract
1/2 cup sugar

Directions: Grate the chocolate bar into a bowl. Add the entire contents of the spice drink package, and set aside.

Separate the egg yolks from the whites. Whisk the egg yolks until smooth. Save the whites for another recipe.

Split the vanilla bean in half down the entire length of the pod and scrape out the seeds from both halves. Put the seeds and scraped pods into the milk.

Pour all the milk and the chocolate into a saucepan and heat to a boil, stirring continuously. Add the sugar and cook until both the sugar and the chocolate are melted.

Take a quarter of a cup of the hot mixture and slowly add to the egg yolks, stirring constantly with a whisk, to prevent scrambling.

Stir the warmed egg yolk mixture into the saucepan and bring all the ingredients to a boil for about a minute or until slightly thickened. Strain the hot custard through a sieve into another bowl. Set aside and allow the mixture to cool to room temperature.

Cover and refrigerate the mixture for 4 hours or overnight.

Freeze the cooled chocolate mixture in an ice cream freezer according to the manufacturer’s directions.


The Southwest Kansas Catholic

Page 16   October 20, 2019

Editor’s Note: The following is provided by ARA Content, with contributions by Dave Myers, who eats one to two (to 16) squares of dark chocolate a day for its positive affect on heart function. Having said that, he has to admit that the following article is provided more for emotional fitness than for its positive affects on physical health.

You’ve probably heard the saying, “As American as baseball, mom and apple pie.” Well, the original author of that famous phrase left something out. Chocolate is all-American too. So as you celebrate Thanksgiving over a meal with friends and family this year, take a moment to consider how chocolate has helped to shape the American experience for more than three centuries.

People tend to associate chocolate with European culture, yet the confection’s roots are actually a whole lot deeper in the Americas. The trees that grow the cacao beans, ultimately made into chocolate, actually originated in the tropical regions of the Americas. Chocolate didn’t find its way to Europe until Christopher Columbus brought the cacao bean back to Spain from his “New World” adventure. So, to eat and drink chocolate is to share a common connection throughout American history from before the Revolutionary War into the 21st Century.

Here are some other interesting facts about chocolate in the Americas:

• Chocolate was a military ration during the American Revolutionary War.

• In 1768, John Hancock, protesting Britain’s decision to tax the colonies without representation in Parliament, organized a boycott of tea from China sold by the British East India Company. As it was unpatriotic to drink tea, colonists breakfasted on coffee and chocolate instead.

• George and Martha Washington, Thomas Jefferson and Benjamin Franklin all drank chocolate.

• Chocolate was drank for its purported medicinal benefits during the Lewis and Clark Expedition and on the Overland Trails by California Gold Rush miners.

• Amelia Earhart had a cup of chocolate during her record-setting flight over the Pacific from Hawaii to the U.S. mainland on Jan. 11, 1935.

Even though it seems as if chocolate is ubiquitous, we do not yet know all of the facts surrounding the origins of this tasty treat. Mars, Incorporated, maker of some of the world’s favorite brands such as Dove Chocolate, M&M’s and Snickers, is leading the effort to identity and weave these threads into the true history of chocolate in the Americas. This effort has unearthed evidence of chocolate 60 years prior to all previous accounts and will be presented in a book to be published in January 2009 called, American Heritage Chocolate. The book delves into the culinary, cultural, economic and social implications of chocolate from the Colonial era through the early 20th century.

“This book was a beginning,” says Howard-Yana Shapiro, Mars global director, plant science and external research. “Mars is a leader in cocoa science and has been making high-quality chocolate products for more than 100 years. Our intention was to uncover the mysteries and interesting stories surrounding the origins of chocolate.”

But you won’t necessarily have to pick up a copy of the book to learn more about the history of chocolate in America. Just log on to www.AmericanHeritageChocolate.com and go back in time to experience chocolate the way our ancestors did.

The site features information about the history of chocolate and the role it played in the lives of early Americans, as well as recipes for chocolate desserts made the old-fashioned way.

Chocolate making is an art as well as a science. The modern chocolate making process is finely calibrated to consistently produce a smooth texture. In Colonial America, chocolate was either ground by hand or with stone mills. Sometimes chocolate makers, or “chocolate millers” as they were called, were diversified and also made ginger, mustard and pepper in their mills. As a result, early American chocolate often carried hints of these flavors.


Chocolate was wrecked for its purported medicinal benefits during the Lewis and Clark Expedition and on the Overland Trails by California Gold Rush miners.

7. Could Improve Brain Function
Cocoa or dark chocolate may improve brain function by increasing blood flow. It also contains stimulants like caffeine and theobromine.

There is considerable evidence that cocoa can provide powerful health benefits, being especially protective against heart disease. Of course, this doesn’t mean you should go all out and consume lots of chocolate every day. It is still loaded with calories and easy to overeat.

Maybe have a square or two after dinner and try to really savor them. If you want the benefits of cocoa without the calories in chocolate, consider making a hot cocoa without any cream or sugar.

Also be aware that a lot of the chocolate on the market is not healthy.

Choose quality stuff — dark chocolate with 70 percent or higher cocoa content. Dark chocolates typically contain some sugar, but the amounts are usually small and the darker the chocolate, the less sugar it will contain.

Without replication may or may not have been Photo-shopped into the portrait of John Hancock by SKC editor Dave Myers.

Seven proven health benefits of dark chocolate

This article reviews seven health benefits of dark chocolate or cocoa that are supported by science.

1. Very Nutritious
If you buy quality dark chocolate with a high cocoa content, then it is actually quite nutritious.

It contains a decent amount of soluble fiber and is loaded with minerals. Quality dark chocolate is rich in fiber, iron, magnesium, copper, manganese and a few other minerals.

2. Powerful Source of Antioxidants
Cocoa and dark chocolate have a wide variety of powerful antioxidants. In fact, they have way more than most other foods.

3. May Improve Blood Flow and Lower Blood Pressure
The bioactive compounds in cocoa may improve blood flow in the arteries and cause a small but statistically significant decrease in blood pressure.

4. Raises HDL and Protects LDL From Oxidation
Dark chocolate improves several important risk factors for disease. It lowers the susceptibility of LDL to oxidative damage while increasing HDL and improving insulin sensitivity.

5. May Reduce Heart Disease Risk
Observational studies show a dramatic reduction in heart disease risk among those who consume the most chocolate.

6. May Protect Your Skin From the Sun
Studies show that the flavonoids from cocoa can improve blood flow to the skin and protect it from sun damage.

Did you know?
A little known translation of the Book of Mark makes reference to “swaha ašhwakwlan,” during the “Miracle of the Loaves and Fishes.” Roughly Translated, the term means, “chocolate pudding.” You can draw your own conclusions.

The preceding may or may not have been entirely fabricated by the editor of the SW Kansas Catholic.

Article courtesy of healthline.com.
Essential tips for keeping your mind sharp

Three older ladies were discussing the travails of getting older. One said, “Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can’t remember whether I was on my way up or on my way down.”

The second lady chimed in, “Yes, sometimes I find myself on the landing of the stairs and can’t remember whether I was on my way up or on my way down.”

The third one responded, “Well, I’m glad I don’t have that problem—knock on wood.” She tapped her knuckles on the table, looked up and said, “That must be the door! I’ll get it.”

Enjoy a strong faith-life—According Dr. Dave Albeck, an associate professor of psychology at the University of Colorado at Denver, having a strong faith-life is instrumental in not only providing a means of study, meditation, and community involvement (thus keeping the brain active), but the strong devotion to a forever-loving Lord provides a needed support both now, and when age or disability begins to take a toll on one’s life.

1. Brain workouts—Engage your brain daily. Working with numbers is a great option. Try Sudoku, a numbers game using grids that has become very popular in the United States. Since today’s baby boomers don’t consider themselves “elderly,” the organization is changing the name of its programs to Exploritas to better reflect the strong devotion they have to travel and explore—Stimulating your mind with travel and learning experiences is a great brain-health activity. Elderhostel, the world’s largest nonprofit educational travel organization, offers a wide variety of affordable travel experiences across the U.S. and in more than 90 countries. These all-inclusive programs offer behind-the-scenes access to fascinating places and provide camaraderie with new friends, comfortable accommodations and appetizing meals at an excellent value.

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Try opposite-hand exercises, like brushing your hair or teeth with the hand you don’t usually use or opening the door with your left hand instead of your right.

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Try opposite-hand exercises, like brushing your hair or teeth with the hand you don’t usually use or opening the door with your left hand instead of your right.

3. Read whatever you can—Books, newspapers and magazines—reading is a great way to keep your brain active and mind sharp. Plus, depending on what interests you, you might be able to learn something new. Visit your local library for a free resource to just about any literary work you’re interested in.

4. Have quality conversation daily—Engaging in social activity is a great way to keep your brain active, plus it increases quality of life. See if there is a community group of your peers that you could join—card club, club, Rotary, or in your parish. Or, start volunteering for a cause that interests you—this will allow for plenty of interaction with people of different ages.

5. Learn something new—You’re never too old or too young to learn something new. Try taking an affordable community education class or look for free opportunities in your neighborhood. Learn to play an instrument, speak a new language, plant a garden or start a new hobby. You might be surprised with how much fun you have.

6. Switch up your routine—A good way to keep your mind sharp is to change up your routine.

Try opposite-hand exercises, like brushing your hair or teeth with the hand you don’t usually use or opening the door with your left hand instead of your right.

7. Get physically active—Moving your body and staying physically active can help with cognitive health. Physical movement increases blood flow to the brain and the act of walking, swimming, biking, etc., helps work the brain as it communicates with the body to move. Elderhostel offers many programs that allow boomers to stay active through exciting outdoor activities. For instance, an Exploritas program in Maine offers participants a chance to see kayaking, bike and hike while exploring Acadia National Park.

8. Enjoy a strong faith-life—According Dr. Dave Albeck, an associate professor of psychology at the University of Colorado at Denver, having a strong faith-life is instrumental in not only providing a means of study, meditation, and community involvement (thus keeping the brain active), but the strong devotion to a forever-loving Lord provides a needed support both now, and when age or disability begins to take a toll on one’s life.

ARRRRGGGG! POLITICS STRESSING YOU OUT?

Editor’s Note: The following is provided by ARA Content, with contributions by Dave Myers.

Politics seems to be on everyone’s mind these days. Even though the presidential election is a year away, it feels as if we are already swimming in the election stew typically reserved for the months closer to the actual vote.

On the one hand, interest and participation is at all time high, as citizens take seriously the responsibilities that accompany the right to make a decision and cast their vote.

Intense candidate scrutiny has passions running very high and straining relationships as people press their political viewpoint.

In addition, many people are finding this pre-election cycle very stressful as their emotions rise and fall depending on polls, news coverage, and polarizing posts on social websites.

Dr. Patrice Alvarado, associate professor in clinical psychology at the Argosy University, Washington, D.C. campus, offers a few tips to help people manage their passion, but let go of the stress.

Dr. Alvarado recommends:

• Get perspective.
• Don’t talk politics at work.
• Be compassionate to yourself.
• Keep in perspective the many areas of understanding, commonality and connection between you and those close to you and minimize the differences that are based on political preferences.

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Editor’s Note:
Got a minute? Send a letter of support to our seminarians!

The people of the Catholic Diocese of Dodge City are awesome! Back a few years ago when Father Mark Brantley was in seminary, he had several letters from well-wishers pinned to his bulletin board. Other seminarians from much larger dioceses and archdioceses noted how lucky he was to have the prayers and support of the people back home. Please take a moment to send a letter of support to our seminarians who, if it be God’s plan, will one day serve as a priest for the Catholic Diocese of Dodge City! The seminarians have said on many occasions how much these letters mean to them!

John Stang
Austin Habash
Eric Frieb
Carson Haupt
Esteban Hernandez
Jonathan Lemus
Adam Urban

Saint Jacob’s Well (Clark County)

Saint Jacob’s Well is located in the Big Basin Prairie Reserve, located 14 miles northwest of Ashland. The exact origin of the name is not known, but two stories survive. Some speculate the well was named for Jacob’s Well in the Bible. Formerly the location included a welcome sign with scripture verse, John 4, 5-6: “Then cometh he to a city of Samaria, near the parcel of ground that Jacob gave to his son Joseph. Now Jacob’s well was there.” An article in the March 1, 1979, Clark County Clipper provides evidence that the well was named for Milo Jacobs who owned the land from 1887 to 1890. “Saint” later became attached to the name of the site as its official title.

The Kansas Forestry, Fish and Game Commission purchased the 1,818 acres of rangeland—on which Saint Jacob’s Well is located—in 1973, largely due to the efforts of the late Mrs. C.G. (Janie) Stein. Mrs. Stein, a parishioner of Saint Joseph Parish in Ashland, recognized the importance of the Big Basin area and spent seven years working towards its preservation. The area is located on the 100th meridian, nature’s east-west dividing line and a natural meeting point of plant, mammal and reptile life of eastern and western species. This results in a wide diversity of plant and wildlife species in a concentrated area. The land also has many variations of strata and rock formations in which marine fossils and prehistoric bones have been found. In 1979, the Saint Jacob’s Well- Big Basin area was designated a National-Natural Landmark.

Available now at Amazon.com and Catholic/Christian bookstores. Mail order available through the Cathedral gift store by contacting the author at twenzl@dcdiocese.org.
Is laughter really the best medicine? ‘Well, duh!’ say experts

Editor’s Note: The following is from helpguide.org.

It’s fun to share a good laugh, but did you know it can actually improve your health? Learn how to harness the powerful benefits of laughter and humor.

The benefits of laughter

It’s true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Laughter is good for your health

Laughter relieves the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. OK, so it’s no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger’s heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don’t laugh as much. The difference was particularly notable for those battling cancer.

The benefits of laughter and humor

Physical health benefits

• Boosts immunity
• Lowers stress hormones
• Decreases pain
• Relaxes your muscles
• Prevents heart disease

Mental health benefits

• Adds joy and zest to life
• Eases anxiety and tension
• Relieves stress
• Improves mood
• Strengthens resilience

Social benefits

• Strengthens relationships
• Attracts others to us
• Enhances teamwork
• Helps defuse conflict
• Promotes group bonding

Laughter helps you stay mentally healthy

Laughter makes you feel good. And this positive feeling remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

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More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

The link between laughter and mental health

Laughter stops distressing emotions. You can’t feel anxious, angry, or sad when you’re laughing.

Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict.

Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health.

Laughter brings people together and strengthens relationships

There’s a good reason why TV sitcoms

Caring for the care-giver: advice, ideas, sources

From Page 12

overwhelming.

“You might know a co-worker who rarely speaks about taking care of her elderly, frail mother at home. Perhaps a friend cares for a terminally-ill spouse, but keeps his struggle a secret from others. Acting on his own, he might feel invigorated in the past. (See the box “I’m Taking Care of Myself.” Caregivers...)

The goal is for the caregiver to acknowledge the stress needed for caregiving. Caregiving is difficult. It can be emotionally draining to watch a loved one decline or suffer, but there are many rewards to sharing that journey with someone we love. The time spent in caring can also be time spent remembering wonderful times, enjoying the moment at hand, laughing at inside jokes only the two of you understand, and acknowledging blessings we have received through one another. What an honor to be trusted so much by a loved one! I am grateful for all of us."


Helpful links:

https://health.usnews.com/health-news/patient-advice/articles/2015/05/13/how-to-care-for-the-caregiver

https://bustedhoio.com/ministry-resources/encouragement-caregivers-6-bible-verses-give-strength-care-giving-journey

www.caregiver.org/


Catholics with special needs show us the ‘face of Christ’

From Page 10

who attend these schools “show others the face of Christ and bring out the best in all of us.”

Fifteen diocesan schools currently enroll students with special educational needs. The bishop said it is his aim that every part of the diocesan community be able to accommodate students with special needs.

“It is my expressed desire and hope and intention to make these expansion programs part of every parish and every school,” said Bishop Burbidge. Presently, three of the diocese’s five Catholic high schools have programs that serve students with intellectual or developmental disabilities.

Dr. Joseph Vorbach, who serves as bishop of Arlington’s Catholic schools, told CNA "growing priority” in the diocese.

With Bishop Burbidge’s vision and support, schools are initiating new programs and expanding existing ones that benefit not only the students with intellectual disabilities, but also entire school communities as everyone becomes more acutely aware of individual differences and challenges,” said Vorbach.

“Moving in this direction has been possible because of bold leadership at the school level empowering wonderfully creative and mission-focused educators.”

Sacred Heart Academy, a diocesan elementary and middle school in Winchester, VA, was chosen by the Virginia Division of Rehabilitative Services to receive the Winchester Division of Rehabilitative Services “Champion Employer Award." This award recognizes employers who “go above and beyond” to employ and support people with disabilities.

Bishop Michael F. Burbidge of Arlington accepts the offertory gifts at the Mass for Persons with Disabilities, Sept. 29.
The Southwest Kansas Catholic

OBITUARIES

GREGORIA SANCHEZ-SOULS, 71, of St. Bernardette Parish, Junction, died Sept. 29, 2019. Gregoria grew up in Mexico. She married Mario Olivas and they moved to Johnson. She is survived by her husband; children, Ramon Montoya, Bertha Alicia Montoya, Margarita Morales, Diego Montoya, Abundio Montoya, Jr., Ubaldo Montoya, and Sandra Olivas; brother, Jose E. Marin; sister, Guadalupe Torres; 16 grandchildren; and five great-grandchildren, Father Aneesh Parappanattu, MSFS, presided.

SHEILA MARIE SCHREMMER, 75, of Garden City, died Sept. 30, 2019. She was a lifetime resident of Holyrood, where she taught music and played the organ for 66 years at St. Mary Catholic Church. In addition she played the organ for more than 30 years at Immaculate Conception Church in Clifton. Survivors include children, Mark Breford, Matt Breford, Brenda Hekele, and Teresa Konda; brother, Jerome Stumps; and 13 grandchildren.

SUSAN M. ORTEGA, 63, of Garden City, died Sept. 30, 2019. Susan worked for many years as a paraprofessional for the Gimiran and Garden City school districts. Susan enjoyed helping at the Garden City Family YMCA, Daycare, translating, teaching English, and helping people to become United States citizens. Survivors include five children, Cory Davila, John Davila, Mario Davila, Stephanie Cruz, and Brandi Ortega; two brothers, Frank Hernandez and Michael Hernandez; 22 grandchildren; and six great-grandchildren. Father Jacob Schneider presided.

DOROTHY ROSE OSTMEYER, of St. Mary Parish, Garden City, died Oct. 1, 2019. After graduating from high school, she worked at the ASCS office in Colby as a receptionist and clerk for the Finney Co. Sheriff’s office, and eventually retired from St. Catherine’s Hospital in 2003. She was a member of the Daughters of Isabella and St. Mary’s Altar Society. She sang in the church choir at St. Mary, and later was a lector and Eucharistic minister. Survivors include her husband, Kenny; five children, Steve, Dennis, Jolene, Laura, and Annette; and 17 grandchildren. Father Jacob Schneider presided.

GLORIA D. BRAKE, 75, of St. Nicholas Parish, Kinsley, died Oct. 2, 2019. She and her husband, Mark, ran the family dairy for many years. In 1986, they purchased M & R Ford in Kinsley. They ran this business for 12 years and then Glora worked for Gibson’s Distribution Center in Dodge City until it closed. She then went to work for United Telephone until her retirement. She is survived by her husband, Mark; four children, Frances Kinkelar, Joseph Brake, Eugene Brake, and Christopher Brake; eight grandchildren; one great-grandson; and on the way. She is also survived by siblings, Zoe Cooper, Milton Gilmore, Mae Taylor, and many nieces and nephews.

LOIS LOUISE (SCHREMMER) KLUG, 81, of St. John the Evangelist Parish, Hoisington, died Oct. 2, 2019. She spent her youth on a farm near Hoisington with her parents and seven siblings. She enjoyed a long career at Beaver Bank, and was very involved in the Altar Society. She is survived by her husband of 63 years, Leon Klug; sons, Dr. Kirby Klug and Kelly Klug; daughter, Kala Crites-Clary; five grandchildren; two great-grandchildren; sister, Pat Proksch; brothers, Ron Schremmer, Bill Schremmer, and Gene Schremmer; and sister-in-law, Helen Schremmer. Father Anselm Eke, MSP, presided.

ELMA M. STRICKER, 76, of St. John the Evangelist Parish, Hoisington, died Oct. 3, 2019. She was a daughter of Elmer; sisters, Kathy Thompson and Betty Steiner.

ARTURO ARMANDO GARCIA FLORES, 79, of St. Bernard Parish, Dodge City, died Oct. 6, 2019. Arturo is survived by his wife Maria Olga Dominguez; a son, Arturo Armando Garcia Dominguez; a daughter, Maria Olga Garcia Dominguez; one brother, Tomas Garcia; two sisters, Margarita Garcia and Maria De Soccoro Garcia; and three grandchildren.

BETTY NAUERT, 95, of Sacred Heart Parish, died Oct. 6, 2019. Betty married Edward Eugene Nauert on May 25, 1948. He preceded her in death on July 1, 2002. She was employed at First State Bank and Trust Co. beginning in March 21, 1948, retiring April 30, 1990. She was a member of the Sacred Heart Altar Society, American Legion Auxiliary, V.F.W. Auxiliary, and volunteered in Girl Scouts and the American Cancer Society. Survivors include her five daughters, Carol Mott, Cathy Kuhn, Connie Lett, Cherie Berndt, and Cristi Mourn; nine grandchildren; and four great-grandchildren; a sister-in-law Faye Seibel; and many special nieces and nephews. Father Bernard Felix presided.

DONNA M. FRONTERHOUSE, 73, formerly of Prince of Peace Parish at St. Patrick Church, Great Bend, died Oct. 10, 2019. She married Terry Fronterhouse on Dec. 18, 1965. He survives. Donna was a cosmetologist, owning and operating a salon in Great Bend and Phoenix. Other survivors include one son, Troy Fronterhouse; one daughter, Dee Hettinger; one sister, Lela Johnston; two aunts, Natalie Herndon, Blake Hettinger and Michael; two uncles, Elmer; three grandsons; and Betty Steiner.

HELP WANTED

Diocese of Dodge City seeks
Diocesan Director of Youth Ministries

The Diocesan Director of Youth Ministries supports and encourages diocesan and parochial ministry to youth and with youth in collaboration with parish ministers and pastors; specifically implementing US Bishops’ document, “Renewing the Vision: A Framework for Catholic Youth Ministry”. The director provides direct outreach and development to 47 parishes over 23,000 square miles in our rural, multi-ethnic, mission diocese, as well as, provides diocesan, regional, and national events and gatherings. A successful candidate has a degree in Pastoral Ministry or equivalent, a minimum of 3 years successful diocesan or parish ministry, must be a practicing Catholic in good standing. Proficiency in Spanish is a definite plus. Send résumé and cover letter describing applicant’s vision of effective, comprehensive youth ministry to Georgina Paz, Director of the Curia, gpaz@dcdioocese.org, P.O. Box, 137, Dodge City, KS 67801. Position open until filled.

Join pro-lifers from across the state and be ready for the fight for life in Kansas!!

Active for Life Convention
November 9, 2019
Newman University
Wichita

Go to kf.org/event or call 800.928.5433 for more information and to register.

Presented by

Kansans for Life

OBSERVATION POLICY

All listings are included free of charge. Due to space constraints, listings must be edited for space and for editorial style.

If you see that a listing for a friend or loved one has not been included, call (620) 227-1519 or email skregister@dcdioocese.org.

Please pray for all those included in the listings above.

For more information on a career with the Knights of Columbus, contact Darin Reed at (785) 726-4899.

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Please pray for all those included in the listings above.
The Southwest Kansas Catholic October 20, 2019   Page 21

Gabriel’s Crossword

Each Sudoku puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area’s top-left corner.

Printed with permission from www.sudokuofday.com/

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ACROSS
2  Papal vestment
5  John preached in the wilderness here (Mt 3:1)
8  OT historical book
9  Bk. of the Pentateuch
11  It was written in three languages (abbr.)
13  Not ordained
14  Hosea, formerly
15  St. ___ de Beaupré
16  Agency headed by uncle of Cardinal Dulles
17  Place of reservation for the Blessed Sacrament
20  He knocked down the Philistine temple
22  11th century theologian
27  What some angels are
28  Congregational initials
29  A sacrament is an outward ___
30  Catholic actor Guinness
32  He gave Hannah words of comfort
33  Omission and commission
35  Second of IHS
36  Biblical dry measure
37  Land of milk and ___
38  Solemn holy day

DOWN
1  Those who exercise the public power of the Church
3  Sebastian is their patron saint
4  “Let him ___ himself and take up his cross and follow me.” (Mt 16:24)
5  An epistle
6  “Agnus ___”
7  One of the proph-ets
8  Blessed are those who do this, in Matthew 6:24
9  Creed
10  “...of my ___ and flesh of my flesh...” (Gen 2:23)
11  “homo”
12  ___ Creed
13  Ancient holy day
14  “...of mine ___ ...” (Gen 2:23)
15  Meal
16  “...of my ___ and flesh of my flesh...” (Gen 2:23)
17  ___ Meal
18  God and this Mt 6:24
19  ___ of Man
20  ___ of the Mo-hawks
21  You cannot serve God and this Mt 6:24
22  ___ of Man
23  The Council of Trent
24  Catholic author of the “Father Dowling” series, Ralph ___
25  Grandson of Adam
26  Pope St. ___
27  Land of milk and ___
28  ___ homo
29  ___ of Man
30  Biblical dry measure
31  ___ of the Mo-hawks
32  “___ homo”
33  ___ Meal
34  ___ of Man
35  Second of IHS
36  Biblical dry measure
37  Land of milk and ___
38  Solemn holy day

St. Martin’s Mind Teasers

Teaser the First:
Spell 4-letter words that use one letter from each row. They do not have to connect. Score 1 point for each 4-letter word you form. Spell one 10-letter word that begins with the top letter in the triangle and uses every letter in the triangle. Score 5 points for this word.

Teaser the Second (right):
Complete the 7-letter word at the top of the diagram. Use the last two letters of the first word as the first two letters of the second word. If you get stuck, try starting at the bottom of the diagram and working your way up, in met in three

Teaser the Third:
Each pair of hints below relates to two words. One of the words is the other one spelled backward. What are the ten word pairs?

Example: married, moisture

Answer: wed, dew

1. light source, rodents
2. dwell, wicked
3. retain, sneaking look
4. weapons, tight fit
5. portion, catching device
6. prize, furniture compartment
7. drinking aid, skin blemishes
8. stopper, big swallow
9. implement, stolen goods
10. precinct, illustrate

First Dental

2306 First Avenue • Dodge City
(620) 225-5154

Ryan Lehmkuhler, D.D.S.
Katie Asbjornson, D.D.S.
Some things you shouldn’t buy online.
For affordable health insurance call:
Joe Sauer
316-687-3658

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RELIGIOUS GIFTS FOR ALL OCCASIONS:
Baptism, First Communion, Confirmation, RCIA & Wedding

Word Search

LITURGICAL OBJECTS
PECNARTSNOMKYZX
AEZWHERFVVZMEY
LALTARAKZUTTYP
LAFNOLECANDLEWP
REQMQALJPJHHL
IEVQECRFNZFMUU
AESDZRCAOHFIWTY
DZNOSIRPSYPZA
MNESEHQLSRHBSQ
GWDSQCSHAAPOTBC
WDHALQWHECVN
CIBORIUMSEUCIPE
LUNAYDQTHRURDT
OXDKORDOCABUOA
XHMQRYPXGOSCUP

ALTARCORPORALMONSTRANCEORDO
CENSERCRUETSPALL
CHALICELUNAMPATEN
CIBORIUMMISSALPYX

Be of service to others
Theology and Methods of Ministry
Pastoral Ministry Formation
dcdioes.org/pastoral-ministry-formation
Coles Stein:
(620) 227-1538

ANSWERS

1. world
2. -or
3. -or
4. world
5. -er
6. -or
7. -or
8. -or
9. -or
10. -or

1. bottles
2. -es
3. -es
4. -es
5. -es
6. -es
7. -es
8. -es
9. -es
10. -es

MOVIE REVIEWS
See movie reviews based on a Catholic perspective.
Why this Franciscan nun is about to run her 10th marathon

By MARY FARROW

CHICAGO (CNA) - You might say that running 10 marathons is extreme.

Well, Sister Stephanie Baliga, who is about to run her tenth, is somewhat of an extreme person. Just ask her. She’ll tell you.

She was once even more of an extreme runner, she told CNA.

But while she was a college athlete at the University of Illinois, she was grounded by a foot injury. While she recovered, Baliga, who had been running seriously since she was 9 years old, had some time to reevaluate her life.

“The metatarsal of my foot spontaneously fractured, so I went from being in very good shape to completely messed up because it was...a complete fracture. So I was in a boot and crutches for a very long time,” Sister Baliga told CNA.

“And it made me—it forced me to reevaluate my life priorities and realize that I had pretty much placed running on this pedestal. It was how I defined myself, and how I explained myself everybody else.”

But the injury, and the time off, made Baliga realize that she was ready to go.

“Around February of her senior year, Sister Baliga found the sisters that she was ready to go. When her friends invited her on a retreat, it made me—it forced me to realize that I was being called. ‘It was only like five months, because I’m extreme,’ she added.”

Sister Baliga decided to join after a Franciscan order of her discernment because of their “love of the Eucharist of Chicago. A relatively new religious community, there were only two other sisters in the order at that time.”

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Sister Baliga decided to join after a Franciscan order of her discernment because of their “love of the Eucharist of Chicago. A relatively new religious community, there were only two other sisters in the order at that time.”

On the day of her senior year, Sister Baliga found the sisters that she was ready to go. When her friends invited her on a retreat, it was how she was thinking about my life and who I was.”

But the injury, and the time off, made Baliga realize that she had pretty much placed running on this pedestal. It was how I defined myself, and how I explained myself everybody else.

It was during that time that Sister Baliga decided to join after a Franciscan order of her discernment because of their “love of the Eucharist of Chicago. A relatively new religious community, there were only two other sisters in the order at that time.”

She said after the experience of realizing Jesus is real, she took time to delve more deeply into prayer and her faith community. It wasn’t long after that she realized she was being called. “It was only like five months, because I’m extreme,” she added.

Sister Baliga said she felt drawn to a Franciscan order from the start of her discernment because of their “love of the Eucharist and focus on the Eucharist, and love of the poor and work with the poor, and then (living in) actual poverty.”

As she was looking into different religious orders, Sister Baliga said she considered one that would have required her to completely give up running, because it wouldn’t have been compatible with that order’s way of life. In prayer, she said, she told Jesus that if he was asking her to give up running, that was okay.

“I told Jesus that if he really would rather me not run ever again, that’s what I’ll do, if that’s what’s needed, that’s what I’ll do,” she said.

“And that was just kind of this experience of freedom in that once I gave into Jesus, which is what I did at that moment, it then became his. And then he was able to use it for his glory instead of me being selfish and prideful and...showy about my running.”

Around February of her senior year, Sister Baliga found the sisters that she would soon join—the Franciscans of the Eucharist of Chicago.

“Told Jesus that if he really would rather me not run ever again, that’s what I’ll do, if that’s what’s needed, that’s what I’ll do,” she said.

“So I’m kind of an extreme person,” Baliga said.

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Around February of her senior year, Sister Baliga found the sisters that she would soon join—the Franciscans of the Eucharist of Chicago. A relatively new religious community, there were only two other sisters in the order at that time.

Sister Baliga decided to join after graduating from the University of Illinois in 2009.

“The order encourages sisters to exercise as their schedule allows, and Sister Baliga has been able to keep up her running—though not in full habit, she said.

“I wear a bandana, and a T-shirt, and then a long running skirt with tights,” she said.

“So some orders do run in their habits because they’re shorter, but ours...we have ankle-length habits. It would be kind of a problem.”

Sister Baliga ran her first marathon as a sister in 2011, and for the past several years has used the Chicago Marathon as a chance to recruit people to be on a team that raises donations for her order’s mission.

“My community runs a place called Mission of Our Lady of the Angels, and we work with the poor on the west side of Chicago. We are a presence of Jesus here on the west side and this is one of the worst areas in the United States and leading Chicago in murders this year and things of that nature,” she said.

“So we provide a presence of peace, and a presence of love, and a presence of Jesus here in the midst of violence and poverty. We feed about 1,000 families a month with food and provide clothing and household goods for that same group, as well as work with senior citizens and families and do a lot of special events.”

This year, she’s recruited 105 people for Team Our Lady of the Angels for the October 13 marathon, and so far they have raised more than $126,000 of the $200,000 goal.

The money will go toward the renovation of an old Catholic school building that caught fire in 1950, killing 92 students and three sisters. Sister Baliga and her sisters plan to transform the building into a community center.

According to the team’s fundraising page, the new outreach center will provide space for the Mission’s donation storage and distribution, a handicapped accessible kitchen and dining room, meeting space for neighborhood and retreat groups, and a more than 60-bedroom retreat center for volunteers and retreat guests.

Sister Baliga also has a personal fundraising page for the marathon, where she is raising $30,000 for the boiler system in the sisters’ church and school.

“I have spent the past nine years of my life tackling maintenance issues. By far the most annoying, long-lasting, and time-consuming issue was the boilers/heat system. It has innumerable issues. The only advantage has been my opportunity to evangelize at least 10 different HVAC repair companies,” Sister Baliga wrote on her fundraising page.

“This is the year the Lord has made. Both boilers in the school-rectory-choir heat system will be replaced by winter 2020-2021. I am running the 2019 Chicago Marathon to end the boiler issues once and for all!”

By press time, Sister Baliga’s page had raised about half of its goal.

Sister Baliga said she would encourage anyone else who finds themselves in a similar situation as herself in college—to wonder what God is calling them to do—to be courageous.

“I think the Church right now needs saints and saints in the making. So we need people to be courageous... If people think Jesus is calling them to religious life, they probably is. So people should take that very seriously and not wait,” she said.

“Listen to Jesus and make the sacrifices that he asks because the rewards will be great. Honestly, here on earth, he has provided for us beautifully. And then obviously we know that he’ll provide infinitely for us in heaven.”
Is laughter really the best medicine?

From Page 19

use laugh tracks: laughter is contagious. You’re many times more likely to laugh around other people than when you’re alone. And the more laughter you bring into your own life, the happier you and those around you will feel.

Sharing humor is half the fun—in fact, most laughter doesn’t come from hearing jokes, but rather simply from spending time with friends and family. And it’s this social aspect that plays such an important role in the health benefits of laughter. You can’t enjoy a laugh with other people unless you take the time to really engage with them. When you care about someone enough to switch off your phone and really connect face to face, you’re engaging in a process that rebalances the nervous system and puts the brakes on defensive stress responses like “fight or flight.” And if you share a laugh as well, you’ll both feel happier, more positive, and more relaxed—even if you’re unable to alter a stressful situation.

How laughing together can strengthen relationships

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment.

Laughter helps you forget resentments, judgments, criticisms, and doubts. Use humor to resolve disagreements and tension in your relationship.

Laughter is an especially powerful tool for managing conflict and reducing tension when emotions are running high. You can learn to use humor to smooth over disagreements, lower everyone’s stress level, and communicate in a way that builds up your relationships rather than breaking them down.

Wrapping ‘Boxes of Joy’

JUNIOR high school girls in the parish school of religion program at St. Mary’s (Marienthal) and St. Anthony of Padua’s (Leoti) prepare the boxes for the parishes’ participation in the Box of Joy Christmas gift program. Parishioners are taking the shoebox-sized boxes and filling them with small toys, hygiene items, candy and other gifts for needy boys and girls in the Caribbean and Central America.

The Box of Joy is a program of Cross Catholic Outreach. Along with St. Joseph the Worker Parish in Tribune, the three parishes hope to fill and ship 100 Boxes of Joy this holiday season.

Papal humor

“It often happens that I wake up at night and begin to think about the serious problems afflicting the world and I tell myself, I must talk to the pope about it. Then the next day when I wake up I remember that I am the pope.”

— Pope Saint John XXIII

“Stupidity is also a gift of God, but one mustn’t misuse it.”

— Pope Saint John Paul II

Question to Pope John XXIII: “How many people work in the Vatican?”

Pope John XXIII’s response: “About half.”