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Catholic

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Through the
mercy of God,
rest in peace...

Cliff Russell, director of the
Diocese of Owensboro's Catholic
Cemeteries Office, walks
through Resurrection Cemetery
in Owensboro on Oct. 6, 2020.

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Hidden life

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In this 2013 photo, Sr. Christina Marie Murphy waters the garden at Valley of Our Lady Monastery in Wisconsin. She grew up attending Precious Blood Parish in Owensboro. **Page 7**

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Start by saying Hello and watch how God works through you

Front page photo by Elizabeth Wong Barnstead | WKC

Submissions

Deadline for submissions is the 15th of the month prior to the publishing month. The Western Kentucky Catholic will take reader-submitted content into consideration but no submissions are guaranteed placement, due to space restrictions.

Article guidelines: The Western Kentucky Catholic will consider submitted articles pertaining to issues and events within our diocese. Please contact the editor in advance for a word limit, as space varies by month.

Photo guidelines: The Western Kentucky Catholic will consider your high-resolution digital photos showing special moments and memories from within our diocese. Photos must be a JPEG format (ending in ".jpg") and sent via email. A photo description, date, and name of photographer must be included. Please email your articles or photos to wkc.editor@pastoral.org by the 15th of the month prior to the publishing month.

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A Word from Bishop Medley

Thanksgiving in a Time of Pandemic

If we played a word association game and said November, the most likely response is Thanksgiving. In Catholic circles we might also hear the replies of All Saints Day, All Souls, and prayer for the dead. Others might say pumpkin pie, harvest.

Thanksgiving Day properly claims our minds and hearts when we think of November. An American tradition dating to the earliest colonies has nobly established itself a favorite event and time of year. Maybe second only to Christmas Eve and Christmas Day, it is a time of family gatherings. And as with the best of family gatherings the day is centered around a bountiful meal.

As we look forward to celebrating Thanksgiving Day in a time of pandemic, many are already thinking about the limitations that might be a part of our family celebrations. It may well be that the usual crowd will not all be present. Some may not be able to travel at this time. Others may be anxious about exposure to the COVID-19 virus or even be actively infectious. Families that might gather at Grandma's and Grandpa's house may be seeking another host to protect the frail or those with medical conditions that place them at high risk.

In other words, for many of us our Thanksgiving celebration will not be the same as usual – like so much of life this year. It might be easy to feel cheated out of yet another ritual or life's pleasure. How many times have I said of the restrictions that are required of us, "This is getting old. How much longer? How long, O Lord, how long?"

At the risk of sounding like a broken record, I remind you and myself that we embrace wearing

facial coverings, accepting physical distancing and other inconveniences out of an abundance of charity. Though as individuals we might feel very confident of our health and well-being and be willing to relax on some restrictions, we do what we do out of love for neighbor. Some are quick to say that we are requiring too much. Jesus said, "If anyone orders you to go one mile, go two miles with him." (Matthew 5:41)

So, what the heck is there to be thankful for? If you have been tempted to say this, and I have, let's step back and take a deep breath. Let us look at a world where night and day people are caring for one another with compassion and kindness. First responders – police, firefighters, healthcare workers – are reporting to work to keep us safe and well. We have the miracles of telephone, FaceTime, Zoom meetings that permit us to stay in contact that even a generation ago may not have been possible. (Though I must say my experience with Zoom is not without frustration!) And for the most part all those things that were in short supply in the grocery stores are now abundant again.

We have hope. We have hope that our God is watching over us and giving us grace we cannot always see or measure. We are never beyond the reach of God's love and kindness. Be thankful. ■



Most Reverend William F. Medley
Diocese of Owensboro

BISHOP MEDLEY'S CALENDAR NOVEMBER 2020

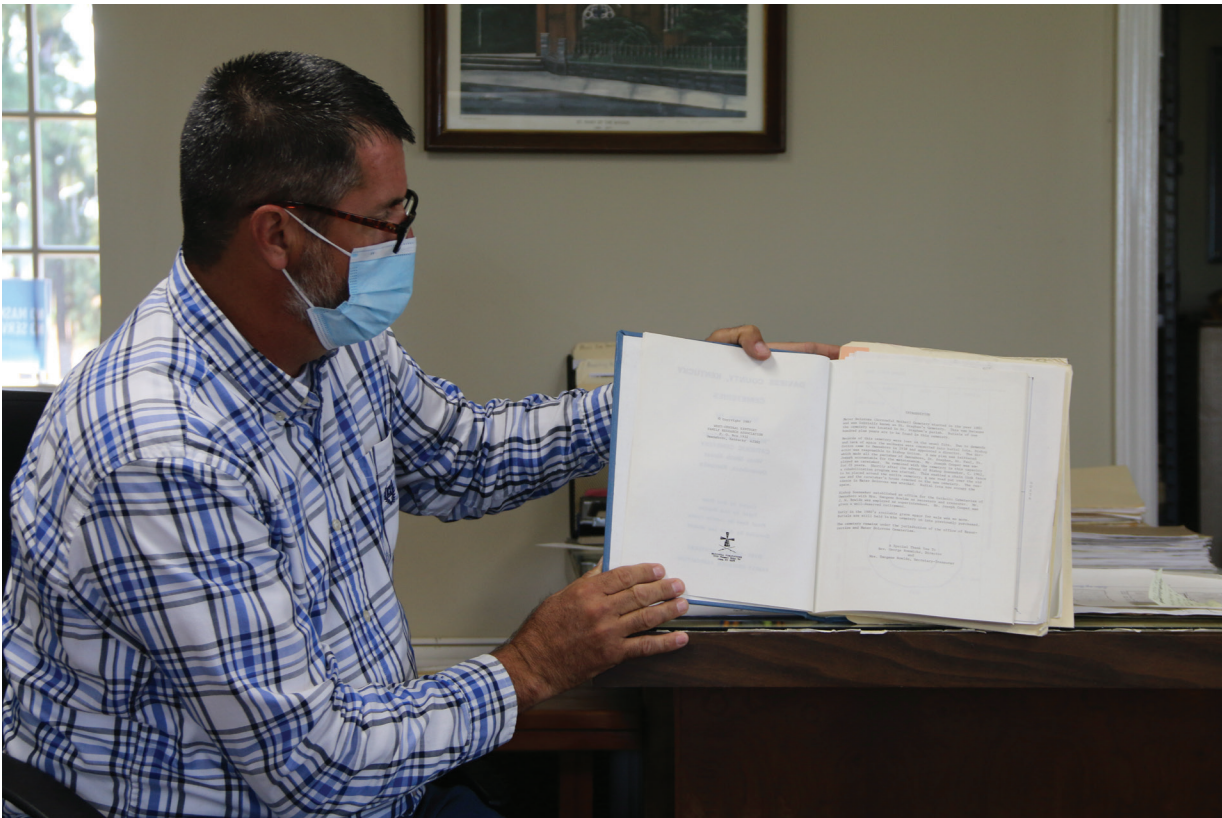
Please note: The following dates are subject to change or cancellation due to the COVID-19 situation.

NOV 7	3 p.m. Confirmation – St. Francis of Assisi Parish, Guthrie
NOV 8	1 p.m. Confirmation – St. Romuald Parish, Hardinsburg
NOV 11	8:30 a.m. Diocesan Finance Council Meeting – McRaith Catholic Center
NOV 12	1:45 p.m. School Mass – Owensboro Catholic Middle School
NOV 16	10 a.m. Priest Personnel Meeting – MCC 1:30 p.m. Priests' Council Meeting 1–4 p.m. Virtual USCCB General Meeting
NOV 17	12 noon – 4 p.m. Virtual USCCB General Meeting
NOV 19	3 p.m. Zoom Meeting with Priests
NOV 21	8 a.m. Mass on the Occasion of the 300th Anniversary of the Founding of the Passionist Nuns – Passionist Monastery, Whitesville
NOV 22	10:15 a.m. Sunday Mass – St. Benedict Parish, Wax
NOV 24	10 a.m. Paducah Office Hours – Lourdes Hospital, Paducah
NOV 29	9:30 a.m. Sunday Mass – St. Joseph Parish, Central City

Please visit
owensborodiocese.org/covid-2019
for the latest information relating to
the diocese and the situation
involving the COVID-19 pandemic.

Technology meets history with virtual cemetery database

*Burial locations can now be found online at
Resurrection, Mater Dolorosa*



ELIZABETH WONG BARNSTEAD | WKC

On Oct. 6, 2020, Cliff Russell displays a book containing the history of the founding of Mater Dolorosa Cemetery in Owensboro, formerly known as St. Stephen's Cemetery.

BY ELIZABETH WONG BARNSTEAD, THE
WESTERN KENTUCKY CATHOLIC

For the first time ever, family members and genealogists alike will be able to digitally search for gravesite locations at Resurrection Cemetery on

Highway 54 in Owensboro and Mater Dolorosa Cemetery on West 9th St. in Owensboro.

This new function is the result of several years of work by the staff at the Diocese of Owensboro's Catholic Cemeteries Office, which oversees Resur-

All Souls Day

The Catholic Church observes All Souls Day annually on November 2. It is a special day to remember those who have died and to pray for their souls. Read Bishop Medley's November 2019 column about this feast day at <https://bit.ly/3iZ7M9P>.

rection and Mater Dolorosa.

Cliff Russell, the director of the Catholic Cemeteries Office, and Vicki Jones, office assistant, told The Western Kentucky Catholic on Oct. 6 that prior to the digitization, records had been stored on physical cards in drawers.

"Having everything on the computer makes it more convenient and secure," said Jones, explaining that this is an added benefit of placing the information online.

Jones joined the cemetery office in June 2018. That fall, they started entering the information in the database, which was only made available to the public this year.

Jones and Russell explained that there are currently 4,986 buried at Resurrection Cemetery, all of which can be searched at <https://www.cemify.com/cem/resurrection>. The COVID-19 pandemic has put a delay on completing and proofing Mater Dolorosa's site, but the cemeteries staff continue to work on it when possible. They said it is searchable - with the caveat that it has not yet been fully proofed - at https://www.cemify.com/cem/mater_dolorosa.

The simple, user-friendly Cemify sites feature a bird's-eye map of the applicable cemetery, with a search bar on the left side into which visitors can type a name. After typing the name and hitting the

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FEATURES

Virtual cemetery database continued from page 4

“Enter” key, a list of burials with that name appears under the search bar. Digital markers also appear on the map, indicating the location of all of those names.

Visitors can click on the names to be sent to a page with the section, lot and grave number of each person.

Russell said it helps to be able to pull up the exact plot specifications online, rather than trying to describe the physical location to someone who is seeking to visit the gravesite of a loved one. The convenience helps ease the experience overall.

“I had a lady call whose grandfather was buried here, and she was able to find where he was buried” thanks to the online site, said Jones.

Additionally, “we have a lot of people doing genealogy and now we can just point them to the website,” said Russell.

He added that this process has taken so long to complete because the paper-focused system did work



ELIZABETH WONG BARNSTEAD | WKC

Cliff Russell, director of the Diocese of Owensboro’s Catholic Cemeteries Office, and Vicki Jones, office assistant, look through files on Oct. 6, 2020.

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A screenshot of a web application interface. At the top left is the Diocese of Owensboro logo. To the right are navigation links: "Gravesite Lookup", "Plot Availability", and "Contact". Below the logo is a search bar with the text "Search Mater Dolorosa:" and a search input field containing "Smith". Underneath the search bar is a list of burials under the heading "Burials:". The list includes: Joseph William Smith, Rebecca Smith, William E. Smith, Anna Myrtle Smith, Edward Beckham Smith, Zelma "Jo" Smith, and Walter J. Smith. To the right of the search bar is an aerial view of a cemetery with several blue location pins. Each pin has a white callout box with a name and an 'X' icon. The names shown are: E. M. Smith, Mary Erial Smith, Antoinett Smith, B. J. Smith, Robert Leon Smith, Stanley J. Smith, and Paul Jefferson Smith.

SCREENSHOT

A bird’s-eye view of Mater Dolorosa Cemetery in Owensboro is seen on the landing page for the cemetery’s digital search engine.

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Find a grave

- To browse Resurrection Cemetery's online database of gravesites, visit <https://www.cemify.com/cem/resurrection>.
- To browse Mater Dolorosa's online database of gravesites, visit https://www.cemify.com/cem/mater_dolorosa. Please note that this database is still being updated and proofed.
- For an interactive Google Map of all Catholic cemeteries across western Kentucky, visit <https://owensborodiocese.org/catholic-cemeteries/>.



ELIZABETH WONG BARNSTEAD | WKC

A historical marker notes that Bishop Francis R. Cotton of the Diocese of Owensboro was the first to be buried at Resurrection Cemetery on Sept. 30, 1960.

sufficiently for many years and “it was such a daunting task to transition from the old way of doing things.”

Previously, the gravesites were listed in a physical card catalogue in drawers in the cemeteries office. Jones pulled out every single card and entered the information in an Excel spreadsheet, which was then uploaded to the Cemify software. Cemify also provided the mapping based on paper maps in the cemeteries office.

“It’s been a multi-step process and will continue to be,” Russell said of the ongoing work of maintaining and proofing the databases.

He said that eventually, they’d like to offer even

more information, such as obituaries, scanned and digitized for the public to view – “but that’s a long way off because of the amount of stuff that it is.”

Besides searching for gravesites, Russell said you can currently view plot availability for purchase on Resurrection’s Cemify site. Resurrection’s site also features information on the purchase of memorial markers, as well as rules and regulations for the cemetery.

“I’m excited about the fact that technology has met the history,” said Russell. “Because the technology is not going away – it’s only going to advance.”

“This is a great service for the cemeteries and for the public in general,” he said. ■

Did you know?

This year is the 60th anniversary of Resurrection Cemetery’s founding and of Bishop Francis R. Cotton’s burial, which took place on Sept. 30, 1960. Bishop Cotton, the first bishop of the Diocese of Owensboro, was the first person to be buried at Resurrection.

Serving the Church through a ‘hidden life’

Cistercian nun who grew up in diocese saw her vocation ‘unfold’ over time



COURTESY OF VALLEY OF OUR LADY MONASTERY
Sr. Christina Marie in front of the altar, shortly after her solemn profession in November 2013.

BY ELIZABETH WONG BARNSTEAD, THE
WESTERN KENTUCKY CATHOLIC

If she had to pinpoint the first time she had a strong sense that God was calling her to religious life, Cistercian nun Sr. Christina Marie Murphy

She said the topic of a religious vocation was “not an infrequent topic at Owensboro Catholic Middle and High School where I attended school,” and that the community was “supportive of religious life and encouraged young people to discern that call.”

would say it was at a Youth 2000 retreat when she was a freshman in high school.

“Encountering our Eucharistic Lord at that retreat was life-changing and likely planted the seed of my vocation,” said Sr. Christina Marie, who grew up attending Precious Blood Parish in Owensboro.

Sr. Christina Marie, who belongs to the cloistered contemplative Valley of Our Lady Monastery near Madison, Wis., said a call to religious life “is always a bit of a mystery.”

“Mine seemed to unfold over many years,” explained the nun in an Oct. 2 email interview with The Western Kentucky Catholic.

It also helped that she befriended Sr. Lorraine Lauter, OSU, who worked at Precious Blood at the time and who provided a tangible example of religious life.

But that experience at Youth 2000 – an annual retreat held at Brescia University for young people to encounter Christ in the Eucharist, especially through Adoration of the Blessed Sacrament – was a powerful indicator that “God wanted me to belong to him through religious consecration,” said Sr. Christina Marie.

A hidden path

“I came to Valley of Our Lady Monastery 13 years ago as Chrissi Murphy,” said Sr. Christina Marie. “After a year’s postulancy I was given my baptismal name as my religious name: Sr. Christina Marie.”

After several years of formation, she made her final solemn vows in 2013.

She told the WKC that her attraction to religious life was exclusively toward “contemplative, monastic life.”

“While I could appreciate active religious communities and their important role in the Church and the world, it was clear that my path would be a more hidden one,” said Sr. Christina Marie.

She said she found the great need and suffering in the world “daunting.”

“What could one person do?” she said.

But, the future nun came to realize that she could “draw near and implore the One who can do all things. Even if they never knew it, I hoped others

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in the Mystical Body could be helped through my prayers, sufferings and sacrifices in this hidden life.”

‘A place for me’

Chrissi Murphy, as she was known at the time, had completed her master’s degree in ecology and was working in Puerto Rico at the International Institute of Tropical Forestry when she found herself frequently browsing information about religious communities.

“My intention was to return to the States to begin studies for a Ph.D., but each time I researched graduate programs I inevitably strayed into researching religious communities,” she said.

She realized it was necessary to address a possible call to religious life before committing to continuing her education.

Based on the information on their website and her communication with their vocation director, Valley of Our Lady Monastery “seemed a good fit,” said Sr. Christina Marie.

“I visited a few communities, but this one seemed to be where God wanted me,” she said. “There were no divine revelations, just a sense that He had prepared a place for me here.”

A conduit for grace

Sr. Christina Marie explained that in the Mystical Body, everyone has a part to play – “and the entire Body can only flourish when each member fulfills its role.”

“The contemplative life has been likened to the heart of the Mystical Body, and for good reason,” she said.

Though “very hidden,” she said contemplative life “functions as a conduit.”

“As we lift up to God the praise and thanks and needs of His children, we also allow His grace and mercy and love to flow through us to them, wherever they are and whatever they’re doing,” said Sr. Christina Marie.

“We can’t do anything on our own,” she added, “but in response to God’s call, we have the immense privilege and responsibility of giving all our prayer and sacrifices to Him and allowing Him to work in and through us for His glory and everyone’s salvation in a way we know only by faith.”

Sr. Christina Marie said that as others in the Church work, raise families and engage in active ministry, “we try faithfully to do our part, to pray day-in and day-out, with and for everyone, as we strive together to build the Kingdom of God.”

“Though unworthy of this vocation, I’m grateful to God for such a gift and grace,” she said. ■



COURTESY OF VALLEY OF OUR LADY MONASTERY
Sr. Christina Marie receives the black veil that marks her solemn profession in November 2013.

Help the nuns!

Since its founding in 1957, Valley of Our Lady Monastery has striven to maintain, expand, and creatively reconfigure their living quarters, but the buildings they inherited – never intended to be a permanent monastery – are worn out, ill-suited to their contemplative monastic life, and increasingly unsafe and unhealthy. Recent growth in vocations (from 12 to 23 in just over a decade) prompted these nuns to discern through prayer and consultation that they should build a new monastery that is safer and more conducive to their way of life. Through help from generous benefactors, they have purchased a secluded 229-acre farm in their Wisconsin diocese and have drawn up an architectural design. They have raised approximately \$9 million of the \$12 million Phase 1 goal; Phase 2 will be an additional \$6 million. The progress is encouraging, but a gap remains and so they continue to invite others to participate in this project. They hope that many will be eager to help them build a new monastery where they can continue to live their vocation faithfully, for the good of all, and for God’s glory. For more information, visit build.valleyofourlady.org. Please pray for the nuns and support them as you can, and know of their prayers for you.

Las Presentaciones for local child honors godfather's heritage

On Sept. 20, 2020, Lorelei Dickens celebrated her third birthday with Mass and the Presentation of the Child with her godfather, Fr. Julio Barrera, at Holy Redeemer Parish in Beaver Dam. Rooted in Latin American tradition, the Presentation of the Child ("Las Presentaciones") is a thanksgiving ritual normally done for 40-day-old children or three-year-old children, drawing from the presentation of Jesus in the temple at 40 days after Christmas, and Our Lady's presentation in the temple at age three.

Lorelei's mother, April Dickens, works at Sts. Joseph and Paul Parish in Owensboro, where many parishioners are of Latin American descent. April shared that she learned of the Las Presentaciones tradition at Sts. Joseph and Paul, and that their family chose to do it for their child to honor Fr. Barrera's Mexican heritage.



COURTESY OF APRIL DICKENS

(Left) Three-year-old Lorelei Dickens receives a blessing from her godfather, Fr. Julio Barrera, during her Presentation of the Child celebration on Sept. 20, 2020. (Right) Lorelei Dickens with her godfather, Fr. Julio Barrera.



Immaculate parishioners walk, fundraise, to end hunger



COURTESY OF IMMACULATE PARISH

A total of 28 people at Immaculate Parish in Owensboro participated in a Crop Walk on Sept. 27.

Twenty-eight parishioners joined Fr. John Vaughan, the pastor of Immaculate Parish in Owensboro, for the annual Crop Walk, a national event on Sept. 27. Together they raised \$1,055 to end hunger in the community, and communities around the world. Fr. Vaughan and Immaculate Parish would like to thank all those who walked and all who donated for their generosity.

Two women receive diocese's 2020 catechetical leadership award

BY WKC STAFF

This year, the Bishop John J. McRaith Catechetical Leadership Award committee struggled to select just one recipient for the annual recognition – so they were happy to award two people.

Ging Smith, a parishioner of St. Thomas More Parish in Paducah, and Patti Gutiérrez, the former pastoral associate of St. Michael Parish in Sebree, were the 2020 recipients of the award, which honors individuals who are (or have been) professional ministers working for a minimum of five years in the Diocese of Owensboro in the field of catechetics.

The award is usually announced at an annual catechetical leader appreciation dinner, but due to COVID-19 restrictions the event switched to virtual-only on Aug. 27.

Dr. Jeff Andrini, the director of the Diocese of Owensboro's Office of Evangelization and Discipleship, shared that Ging Smith was nominated by the Paducah Community Catholic Faith Formation Board of Directors.

Calling Smith a “wonderful woman of faith,” Dr. Andrini said that her nomination letter clearly showed that her service as director of Paducah Faith Formation “has impacted many over the years.”

The nomination letter stated that Smith “truly nurtures the faith development of all she comes into contact with, and fosters a spirit of unity with everyone. She is ready, willing and able to do it all and she does.”

Dr. Andrini said the letter also quoted Smith's husband, who said that her traits are driven by one factor: “a true, deep compassion for Christ... Her compassion is given to the students at faith formation as she witnesses their slow, steady move towards adulthood. Her compassion is shared with volunteers when she laughs and cries with them.”

Charlie Hardesty, director of the Diocese of Owensboro's Office of Youth and Young Adult Ministry, explained that Gutiérrez has worn “many ministry hats.”

During the Aug. 27 event, Hardesty explained that from “faith formation, to youth ministry, from young adult to adult formation, and retreats, tirelessly searching for great catechetical resources and even creating and translating them



COURTESY OF PATTI GUTIÉRREZ
Patti Gutiérrez, former pastoral associate of St. Michael Parish in Sebree, is one of two recipients of the 2020 Bishop John J. McRaith Catechetical Leadership Award.



COURTESY OF GING SMITH
Ging Smith, a parishioner of St. Thomas More Parish in Paducah, is one of two recipients of the 2020 Bishop John J. McRaith Catechetical Leadership Award.

at times, she has done it all... almost always bilingually.”

Gutiérrez served as the diocese's first full-time director of Hispanic Ministry from 2004-2007, and then as pastoral associate and parish life coordinator at St. Michael Parish from 2007-2018.

“Although no longer working for the parish, Patti Gutiérrez continues to serve our diocese and others through translation work and by serving as a consultant for different Catholic organizations/religious orders/dioceses,” said Hardesty. “She is also a member of the USCCB communications team for the V National Encuentro of Hispanic/Latino Ministry.”

Additionally, Gutiérrez's husband, Deacon Chris Gutiérrez, shared that “Patti's deep love for Christ and his Church is demonstrated daily through her good heart, sleepless nights, love and service to me and our three children.”

Alyssa Maty, who wrote the nomination, summed up her character best by saying, “Patti is concerned for and working for everyone so that all may know, see and hear God.” ■

From Priests' Council

Priests discuss varied Mass attendance during the COVID-19 pandemic

BY FR. LARRY MCBRIDE, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

Greetings from the Priests' Council. We met on Sept. 14, 2020 at the McRaith Catholic Center. We always begin our meeting with prayer, followed by comments from Bishop Medley. The bishop mentioned a pastoral letter that he sent to all the priests on the obligations of the priesthood and the expectations of the priests and the bishop of one another. Bishop Medley plans to write a second pastoral letter to the People of God in the Diocese of Owensboro on the topic of the Sunday and Holy Day obligations.

Bishop Medley asked for input from members of the Priests' Council about their experience of Mass attendance and participation in this time of pandemic. Most parishes noticed a predominance of our older parishioners returning to Mass, either on Sunday or during the week. Younger families are returning but in smaller numbers. We have heard a variety of reasons for people not returning at this time. We have also heard that some have not returned due to the masks and not wanting to wear them. Most of us were hoping for a greater return with the start of school, but that did not happen. Some parishes have had to move to larger facilities or use overflow rooms to accommodate Mass-goers. Some have seen a significant decline in attendance when the coronavirus cases spiked in their county. The people who do come are very thankful for the opportunity to return to the Eucharist. The parishes that are live-streaming do receive positive comments from those who are watching it at home.

Other items: The Diocesan Charitable Trust Fund is used in part to care for priests in their retirement. With the number of priests headed toward retirement, it is underfunded and needs to be built up. The Council approved some suggestions made by Ray Purk, diocesan Chief Financial Officer, including: an increase to the parish assessment for priest retirement, re-institute the Infirm Priest Collection across the diocese, re-institute the allocation of Disciples Response Fund monies for priest retirement and make an annual request to priests for a voluntary contribution to the Charitable Trust Fund. ■

Fr. Larry McBride serves as the pastor of Holy Name of Jesus Parish in Henderson, and is the dean of the Central Deanery and the chairperson of the Priests' Council. Questions and comments may be sent to him at lmcbride@holynameparish.net.



*Praying with
Mary through
Advent*

Saturday, Dec. 5
Online 9 a.m.–11:30 a.m.

Join us as we contemplate Mary's pregnancy with Jesus and our own spiritual journeys – honoring both through the stages of struggle and celebration. The online presentation will be led by Rebekah Wagner of Owensboro, a chaplain and spiritual director.

Fee for online Zoom session: \$25

To register: 270-229-0206

retreatcenter@maplemount.org or online:
ursulinesmsj.org/registration-form-for-sponsored-programs



Mount Saint Joseph
Conference and Retreat Center

8001 Cummings Road, Maple Mount, KY



Ways to Give to the Disciples Response Fund

Online: owensborodiocese.org/give
Text: "Give" to 270-200-5919
Mail: Checks to 600 Locust Street,
Owensboro, KY 42301

Heroes and trailblazers in Black Catholicism inspire us to be united, not divided

Office director reflects on Black Catholic History Month in 2020

BY F. VERONICA WILHITE, OFFICE OF BLACK CATHOLIC MINISTRY



FILE PHOTO
F. Veronica Wilhite is the director of the Diocese of Owensboro's Office of Black Catholic Ministry.

Each year in November we celebrate the history of Black Catholics and honor those of African descent who have and continue to contribute to the evangelization of Blacks in the Church. Many Catholics still do not recognize this month and are unaware of its instigation by the National Black Catholic Clergy Caucus of the United States in 1990. Since we celebrate the feast day of St. Martin de Porres – the only American saint of African descent – on November 3, and the birthday of the prominent African saint and Doctor of the Church, Augustine of Hippo, on November 13, this month was chosen.

Hopefully, we are all aware as Catholics of the three African popes, Sts. Victor I, Melchisedes and Gelasius I in our history who led the early Church through much turmoil. Perhaps even some of the African saints besides St. Augustine and his mother, St. Monica – such as St. Charles Lwanga, leader of the 22 martyrs of Uganda and patron saint of African Catholic Youth Action, converts, and torture victims; St. Josephine Bakhita, patron saint of Sudan and human trafficking survivor; and St. Kizito, the youngest of the 22 Ugandan martyrs, the patron saint of children and primary schools... to name a few.

As a sixth-generation Black “cradle Catholic” from slavery and a product of Catholic education from kindergarten through college, I am saddened by the lack of inclusion of the truths of the roles and significance of Blacks in our Church history and our teachings in Church history in my education. I was an adult before I knew that Sts. Augustine and Monica were Black. The only Black person we knew about was Martin de Porres who was a blessed at the time, but not a saint.

According to Catholic.org, “By the time (St. Martin) died, he was widely known and accepted. Talks of his miracles in medicine and caring for the sick were everywhere. After his death, the miracles received when he was invoked in such greatness that

when he was exhumed 25 years later, his body exhaled a splendid fragrance and he was still intact.”

And according to NotableBiographies.com, “Despite his renown throughout Latin America, recognition from the Catholic church was slow to come. In 1837 he was beatified, and his feast day is celebrated on November 3. He was canonized as a saint by Pope John XXIII on May 6, 1962, with a contingent of 350 African-American Catholics in attendance.”

He is the patron saint of people of mixed race, innkeepers, barbers, public health workers and more.

Why was the only Black/Hispanic candidate for sainthood from the Americas not canonized for 199 years and then suddenly canonized during the civil rights movement? While Black and Hispanic Catholics celebrated this long-overdue canonization of a holy man venerated by millions for generations, it was an historic milestone which also emphasized the institutional racism in the Catholic Church. My impression is that Blacks have been frequently considered incapable of the holiness of sainthood – just as we were not believed to be “called” to the vocations of priesthood and sisterhood (and therefore historically denied consideration for admission to white Catholic convents and seminaries, just as Black children were not allowed admission to white Catholic schools).

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Black Catholic History Month continued from page 12

In response to these racist practices, Black Catholics produced their own set of heroes and trailblazers in religious formation and education for Blacks, including the women who started two orders of Black Catholic nuns before the Civil War. Mother Mary Lange, who co-founded the Oblate Sisters of Providence in Baltimore in 1829, and Henriette DeLille, who founded the Sisters of the Holy Family in New Orleans in 1842. Both are among six Black Catholic Americans formally placed in the canonization process that could lead to sainthood. Both orders remain active, and have been pioneers in teaching Black history at the schools they run.

After the Civil War, two orders were formed to serve Blacks. One is the Sisters of the Blessed Sacrament, founded by St. Katharine Drexel, an American heiress, philanthropist and religious sister. She established numerous schools for Blacks and Indians including Xavier University of Louisiana – the only Black Catholic university in the U.S. and HBCU (Historically Black Colleges and Universities) of which I am a proud alumnae. Canonized in 2000, her feast day is celebrated on March 3. She was the second U.S.-born citizen to be canonized a saint.

The other order formed to serve Blacks is the Society of St. Joseph of the Sacred Heart, a society of Catholic priests and brothers headquartered in Baltimore. The members are called Josephites and work specifically among Blacks. They were formed in 1893 by a group of Mill Hill priests working with Blacks emancipated during the American Civil War and continue their work today.

Historically, the Diocese of Owensboro, founded in 1937, was racially segregated until 1959. Two Black churches, Blessed Sacrament Chapel (Owensboro) and Rosary Chapel (Paducah) were established in the 1940s and both are still open today. Both

schools were closed in the early 1960s.

This year 2020 is a continuous series of wake-up events that will either unite us in our faith or divide us racially and philosophically. COVID has divided us spatially. The Church has deemed racism as a sin. Our bishop has committed our diocese to addressing this issue. In that effort I am asking each of you regardless of your race to reflect on your understanding of race and to share your experiences or what you consider lack in your experiences with people of color or with whites. I am asking you to send your responses to my office by mail: Office of Black Catholic Ministry, 600 Locust St., Owensboro, KY 42301. Or by email: Veronica.Wilhite@pastoral.org. Please note if you are willing to share or participate in a discussion group.

In the quest for recognition of past and present “saints,” I would appreciate and am requesting nominations for Blacks whom you have known personally who exemplified Christian behavior. They can be alive or deceased. This is for a future project of the Office of Black Catholic Ministry. Please submit by Nov. 30 with your name, email address and phone number to my contact information above.

Finally, I am requesting that each of you pray especially for the six Black American candidates for sainthood in acknowledgement that we are all worthy and capable of holiness and that we are united in our faith in Christ: Venerable Pierre Toussaint; Venerable Fr. Augustus Tolton; Venerable Henriette DeLille; Servant of God Mother Mary Lange; Servant of God Julia Greeley and Servant of God Thea Bowman. ■

F. Veronica Wilhite is the director of the Diocese of Owensboro's Office of Black Catholic Ministry.



PUBLIC DOMAIN
Fr. Augustus Tolton, pictured here in 1887, was the first African-American priest in the United States.

Like St. Angela Merici, the Mount's retreat center responds to 'signs of the time' during pandemic



COURTESY OF MOUNT SAINT JOSEPH

Maryann Joyce shares a prayer on her computer screen with the online Group Spiritual Direction participants on Oct. 14 in her office at the Mount Saint Joseph Conference and Retreat Center. Each person read part of the prayer. The sessions include sharing and small group discussions. Participants were tuning in from California, Indiana, Kentucky and Tennessee.

BY JENNIFER KAMINSKI, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

Virtual/online retreats have become a new normal for the Mount Saint Joseph Conference and Retreat Center in 2020. The Retreat Center, located on the grounds of the Ursuline Sisters of Mount Saint Joseph Motherhouse in Maple Mount, has been closed since March due to the pandemic, with many scheduled programs canceled, rescheduled, or switched to an online version.

“St. Angela said to respond to the signs of the time,” said Maryann Joyce, the director of the Mount Saint Joseph Conference and Retreat Center. “These are new times, so we need to reach people in new ways. We are trying something new with virtual programming in order to continue providing the spiritual support and enrichment people

really need these days. And we are having a good response.”

Joyce had to tread new ground in planning, hosting and sometimes leading the Zoom retreats. The first online retreats were in July (“Covid, Crisis and Loss as a Catalyst for New Life”) and August (“Transfiguration to Transformation: Awakening” and “Dismantling Racism as a Spiritual Practice”).

The next one Joyce will be leading is “Exploring Illness as a Catalyst for Spiritual Growth,” on Nov. 14. To register for Center programs, call 270-229-0206, email retreatcenter@maplemount.org, or find out more at www.ursulinesmsj.org/retreat-center. The direct link to register is <https://ursulinesmsj.org/registration-form-for-sponsored-programs/>. ■

Jennifer Kaminski is the communications specialist for the Ursuline Sisters of Mount Saint Joseph.

‘Holding onto Hope’ online retreat offers encouragement

BY JENNIFER KAMINSKI, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

Twenty-four people from 10 different states came together online for a Zoom retreat on Oct. 2-3, 2020, to learn more about “Holding onto Hope.” The virtual event was hosted by the Mount Saint Joseph Conference and Retreat Center, Maple Mount, Ky. The presenter was Sr. Melannie Svoboda, SND,

a Sister of Notre Dame of Chardon, Ohio. She is a popular national speaker and author of numerous articles, books (including *Hanging onto Hope*) and a blog called “Sunflower Seeds: Celebrating Everyday Spirituality.” (A few participants learned about the online retreat on Sr. Melannie’s blog.) She has also been a teacher, novice director, and provincial (president) of her congregation.

The retreat opened on Friday evening, Oct. 3, from 6:30-7:30 p.m., and continued from 9 a.m.-4 p.m. on Saturday, Oct. 4, with lunch and break times. Attendees were emailed handouts on *Hope*; *Nourishing our Sense of Wonder*; *Courage amid Adversity, Pain and Sorrow*, and *Love*.

The retreat included a small group breakout discussion. The event closed with prayer petitions and a simultaneous reading of a “Prayer for Hope.” ■

Jennifer Kaminski is the communications specialist for the Ursuline Sisters of Mount Saint Joseph.

The most remarkable relic in the Diocese of Owensboro's Archives

BY EDWARD WILSON, ARCHIVES

An earthly remnant of a heavenly destiny, relics, perhaps more than any other item in the Catholic Church, allow the faithful to connect with those holy souls that came before us. They also command a great deal of interest. So, with November being the month that the Church dedicates to those souls passed, an article about one of our relics seems appropriate.

Often, when we think about or see a relic, it is relatively small in size. Usually contained in a reliquary about the size of a quarter, the relic is frequently a very, very small piece of a saint's mortal remains. The size does not detract from the significance of the relic or its otherworldly sacred presence, but they are often not large enough to be recognized as remnants of a body. That is not the case with this relic. It is roughly 3 inches in length. It is contained in a reliquary that is 4-inch by 4-inch by 4-inch and is lined in purple velvet with ornate golden trim and accents. The webbing of off-white human biological material throughout the relic makes it quite apparent that this is a piece of bone. This relic is a piece of a foot bone of St. Veneranda, or St. Venera. St. Veneranda was a martyr of the early Church. Little is known about her. However, the book of "Roman Martyrology" states that "... in France, the holy virgin Veneranda... received the crown of Martyrdom under the emperor Antoninus and the governor Asclepiades." She lived in the early half of the second century. It is said that she was martyred in 143 AD.

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COURTESY OF ARCHIVES

Pictured is the relic and reliquary of St. Veneranda. The inscription on the reliquary reads "Sanctae Venerandae Martiris," translated "St. Veneranda Martyr."

UPCOMING EVENTS

Remarkable relic continued from page 15

The account of her martyrdom under the reign of Emperor Antoninus Pius gives this date further credence.

So, how did this treasure come into the possession of the Diocese of Owensboro's Archives? Based on clues surrounding the relic and some tracking, we now know the answer to this question. The relic was acquired in Italy by Bishop Ivo Benedetti. Bishop Benedetti brought it with him to the United States where, decades before in Pennsylvania, his sister, Mother Teresa (not to be confused with St. Teresa of Calcutta) along with four other Passionist nuns had established the first monastery of Passionist nuns in the United States. It appears that on this trip to the U.S., Bishop Benedetti visited the Passionist nuns in Owensboro and gifted them the relic. Being that their monastery had only been established a few years prior, it must have been a very joyous occasion. This was before they moved to their current location in Whitesville. It was likely given to the diocese's Archives to avoid damage as a result of the move, or simply because St. Veneranda was not a saint of the Passionist order. Whatever the reasoning, we are now honored to be entrusted with its care.

I would like to send an enormous thank you to Mother John Mary of the Passionist Nuns of St. Joseph Monastery, in Whitesville, for her assistance and proper history lesson of Passionist nuns in the United States. ■

Edward Wilson is the director of the Diocese of Owensboro's Archives and the Archives of the Ursuline Sisters of Mount Saint Joseph. Comments and questions may be sent to edward.wilson@pastoral.org.

Exploring Illness as a Catalyst for Spiritual Growth



Fee: \$30 online Zoom
in your home



Office of Spiritual Life for the Diocese of Owensboro

Saturday, Nov. 14

Online schedule: 9–11 a.m., lunch break, 1–3 p.m.

If illness is a cause of suffering in the human experience, why do saints and mystics have such a positive attitude about it? Join us in the comfort of your own home as we explore how illness can bring forth transformation and growth in our journey with God. Through presentation, storytelling, journal prompts, group sharing, poetry and music, you will be invited to reflect on surrender and trust, vulnerability and acceptance. This retreat could be a comfort and inspiration for anyone coping with serious or chronic illness.

Presenter Maryann Joyce, director of the Mount Saint Joseph Conference and Retreat Center, brings her life experience in parish ministry, hospice work and mental health advocacy to her soul care for others. She enjoys offering opportunities for transformation. She shares an authentic wisdom as a cancer survivor, wife and mother in a contemplative Christian tradition.



To register, call 270-229-0206

Email retreatcenter@maplemount.org

Or sign up online: <https://ursulinesmsj.org/registration-form-for-sponsored-programs>



Mount Saint Joseph
Conference and Retreat Center

8001 Cummings Road
Maple Mount, Kentucky 42356

Family Retreats at Gasper River

FACILITIES

COME FOR THE DAY

Bosco Lodge or
Outdoor Only Use
(with restrooms available)

\$100 PER HOUSEHOLD

OR

SPEND THE NIGHT

Boone, McRaith,
and Bosco Lodges

\$125/NIGHT FOR FAMILY OF 4

PLUS \$10 FOR EACH ADDITIONAL
IMMEDIATE FAMILY MEMBER

ACTIVITIES

COMPLIMENTARY

hiking, basketball, mini-golf, outdoor
games, board games, Rosary Walk, and
Stations of the Cross Trail
Fishing available, but gear not provided

ADVENTURE ACTIVITIES

Zipline: \$25/household

Vertical Playground:
\$25/household

Archery: \$25/household

Hayride: \$10/household

Campfire: \$5/campfire

S'mores: \$0.50/person

*All Adventure Activities will be led by a trained
Gasper River Staff member

MEALS

COOK YOUR OWN

You are welcome to bring or cook
your own meals. Each lodge is
equipped with a kitchenette that
has a fridge, stove, oven, sink,
and microwave.

OR

CATERING

Breakfast: \$5/person

Lunch: \$7/person

Dinner: \$8/person

All 3 meals: \$20/person

Gasper River can provide meals catering-style.
We can provide paper plates/utensils, but
not beverages and snacks.

FOR RESERVATIONS, CALL 270-781-2466 OR EMAIL GASPERRIVER@HOTMAIL.COM

NOVEMBER 2020 BULLETIN BOARD

Please note: The following program dates are subject to change or cancellation due to the ongoing COVID-19 situation.

Ursuline Sisters' Big Quilt Sale in November

You won't want to miss the big Quilt Sale being offered by the Ursuline Sisters of Mount Saint Joseph (based in Maple Mount, Ky.) in November! Starting Nov. 2, a cornucopia of 70 quilts will be listed for sale on their website at www.ursulinesmsj.org. Each quilt will be pictured along with its size and sale price. You can be sure to find beautiful quilts to use as home décor, to cuddle up with on a couch, or to give as a wonderful gift for someone special on your Christmas list. Quilt sizes range from wall hangings to baby quilts to throws to queen and king quilts. You will be amazed at the myriad of patterns and colors. The Ursuline Sisters and friends have worked many long hours to bring you these one-of-a-kind treasures. The Quilt Sale will provide needed funding for the Ursuline Sisters to continue their mission and ministries focusing on education and Christian formation. Watch our website and Facebook page (www.facebook.com/ursulinesmsj) for information about the sale. The quilts will remain on the website until they are sold. If you have any questions, contact Carol Braden-Clarke, director of development, at 270-229-2008 or carol.braden-clarke@maplemount.org

Living with Alzheimer's & Dementia for Caregivers: Middle Stages Series

In the middle stages of Alzheimer's disease and dementia, those who were care partners now become hands-on caregivers. Join us for this three-part virtual series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care. The program will take place on Wednesday, Nov. 4, 11 and 18 from 10 a.m.-11:30 a.m. EDT/9 a.m.-10:30 a.m. CDT. Registration is required through the Alzheimer's Association 1-800-272-3900.

Brescia University seasonal concert Nov. 17

Brescia's band and choir will perform seasonal works on Nov. 17, 7 p.m. in St. Stephen Cathedral. All appropriate state and diocesan COVID mea-

asures will be followed, to include 6-foot separation (seating is limited) and masks. The concert is dependent on pandemic protocols; contact Brett Ballard, brett.ballard@brescia.edu for any info or updates. The concert is free.

Ascension Press study of Catholic Church history at Blessed Mother in Owensboro

Learn how Catholicism shaped the Western world. Pivotal events, popes, saints and a deeper understanding that the Holy Spirit is with the Church and continues to guide the Church. Starts Jan. 7, 2021; 20 sessions. Thursdays 10 a.m. & 6:30 p.m. Books are \$30, including online viewing of DVD sessions. Sign up by Dec. 7, 2020. Call the office (270) 683-8444, ext. 2

"Boundless Compassion" in person and online Jan. 29-31, 2021

"Living a Life of Boundless Compassion" will be presented on Jan. 29-31, 2021. It is inspired by the book *Boundless Compassion: Creating a Way of Life* by well-known author Joyce Rupp. It will feature presentations, quiet reflection, breakout sessions, media resources, and communal prayer to explore compassion. Presentations include: *Compassion as a Way of Life*, *Self-Compassion*, *Compassion and Suffering*, and *Becoming a Compassionate Presence*. The retreat leader will be Sr. Mary Dean Pfahler, SND, a certified Boundless Compassion facilitator. She was a former educator in Ohio and Papua New Guinea, and she takes joy in caring for creation. The retreat is hosted by the Mount Saint Joseph Conference and Retreat Center, 8001 Cummings Road, Maple Mount, Ky., (12 miles west of Owensboro on Hwy. 56). It will begin on Friday at 7 p.m. and end after lunch on Sunday. The in-person fee which includes lodging and meals is \$190. The online Zoom fee is \$60. Note: The in-person option is tentative. To register, call 270-229-0206 or email retreatcenter@maplemount.org or sign up online at <https://ursulinesmsj.org/registration-form-for-sponsored-programs/>

A message from Mary Hagan, Cursillo #42, 1990

I have some good news for us. Many prayers have

been offered up for the healing of my ruptured left eye from a fall. My eye is healing very well and I now have 20/30 vision in my eye that is still in the healing process. I want to thank all those Prayer Warriors who prayed for me or prayed for Cursillo. God gave me a miracle and saved my eye. I am sure that others' prayers have been answered as well. We are asking for Prayers and Palanca for the upcoming four weeks. Prayers can be as simple as saying an Our Father, Hail Mary and Glory Be, a rosary a day, Liturgy of the Hours prayers, offering up Mass and Communion, holy hours of Adoration, 15 minutes of Adoration, reconciliation, for our new Cursillistas, and the success of our English and Hispanic weekends. Palanca is offering up our times of suffering to God, giving up coffee, soft drinks, foods for a period of time, working, cleaning, Friendship Grouping, praying a rosary standing with arms outstretched in the shape of a cross, and any other action that is offered up for the success of our weekends and for men and women to sign up for the weekends.

- English weekend: Men's – March 4-7, 2021; Women's – March 11-14, 2021
- Hispanic weekend: Men's – Oct. 14-17, 2021; Women's – Nov. 4-7, 2021

Information: Martha and Denis Wheatley (270) 927-6540, or cursillo-owensboro.org for applications in the "Pre-Cursillo" section.

Marriage counseling opportunities

Is stress causing problems in your marriage? You are not alone. Please call Catholic Charities at 270-683-1545 and mention CAP. We will direct you to a licensed counselor. You may also visit owensborodiocese.org/counseling.

Finding Faith: Sharing Stories of Encounter and Questions – New podcast series

Jessy and Ethan Bennett, parishioners at St. Mary of the Woods in Whitesville, have launched a podcast series for sharing witness and testimony of faith encounters. New episodes will be released every Thursday at 2 p.m. You can find these podcasts by visiting: Apple Podcast, Spotify, and Google Podcast. Coming soon to Amazon Music/Audible and Pandora.

‘Building a Family of Faith’ *A virtual family retreat*

BY CHARLIE HARDESTY, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

During the closing Mass of the Eighth World Meeting of Families on Sunday, Sept. 27, 2015 in Philadelphia, Pope Francis said, “Love is shown by little things, by attention to small daily signs which make us feel as home. Faith grows when it is lived and shaped by love. That is why our families, our homes, are true domestic churches. They are the right place for faith to become life, and life to grow in faith.”

There have been many challenges posed during this COVID-19 pandemic; however one of the blessed opportunities has been a refocusing on family life. It is out of this spirit, that the Diocese of Owensboro is pleased to offer a virtual family retreat called “Building a Family of Faith.”

These three-hour retreat experiences are geared towards the whole family and will consist of brief talks equipping parents, family prayer experiences and engagement, and guidance in creating a fami-

ly plan for establishing your home as a community of faith. You will not just hear about, but actually engage as a family in practices of faith during the retreat experience. The retreat is broken up into the following three sessions:

- Session 1: A Family that Prays Together
- Session 2: A Family that Talks and Shares Together
- Session 3: A Family that Plays, Worships, and Serves Together

At the close of the retreat, there will be guidance in creating a Family Faith Plan.

Registration information:

This retreat experience is a free event and will be offered at two different times. You only need to choose one of the two options if you wish for your family to attend. We are limiting registration to 20 families at each option with the hope of offering this retreat again in 2021 if it fills up or the times or dates don’t work for your family.

Pre-registration required:

- **Option 1:** Saturday, Nov. 21, 2020 | 9:00AM-12:00PM
Register at <https://bit.ly/2GSSKFS>
- **Option 2:** Sunday, November 22, 2020 | 1:00PM-4:00PM
Register at <https://bit.ly/3IjRVxy>

Upon registering your family, you will be sent a link through Zoom Video Conferencing to your email to gather with us on the day of retreat. Please contact Danny May (danny.may@pastoral.org) with any questions you may have about the retreat or pre-registering.

This retreat is hosted by Danny May, Office of Marriage and Family Life, Charlie Hardesty, Office of Youth and Young Adult, and Ben Warrell, director of Gasper River Catholic Youth Camp. ■

Charlie Hardesty is the director of the Diocese of Owensboro’s Office of Youth and Young Adult Ministry.

How to store leftovers

BY MYRNA VÁZQUEZ, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

The festive season is getting closer and when it comes to food safety and storing food there are some things to consider: refrigeration, freezing and reheating.

Doubling a recipe, using leftovers, and preparing food ahead of time are great ways to save money and time – you just have to know how to store the food

the right way. Read these ‘best way to store leftovers’ tips from the USDA and make sure you and your family are keeping your food – and yourselves – safe from food-borne illnesses.

Watch your food. Refrigerate perishable food within 2 hours.

Wrap leftovers well. Wrap leftovers in airtight packaging or seal them in storage containers. This will help keep bacteria out, retain moisture, and

prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

Store leftovers safely. Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer. Follow the USDA Food Safety Cold Storage chart (<https://bit.ly/3k0f2Uh>). Thaw

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Evangelization is as easy as ‘Hello’



FILE PHOTO
Dr. Jeff Andrini

BY DR. JEFF
ANDRINI, OFFICE
OF EVANGELIZA-
TION AND
DISCIPLESHIP

Have you ever answered the phone and been excited to hear the voice of an old friend, only to move from excitement to being annoyed as they begin to tell you about this new product they are selling and they wonder if they can stop by and show you? It feels ingenuous and a little sneaky. It is easy to question their motives and understandable to want to get off the phone as soon as possible.

The word evangelization can carry a similar feeling for some Catholics. Perhaps you have a Christian coworker who is always challenging you about your Catholic faith. Or you’ve had people come to your door and want to tell you about their beliefs and invite you to their church. It can feel contrived, forced and just uncomfortable.

Evangelization should be none of these things. In the original Greek it means “announcing good news.” It is not our job to convert people to the Catholic faith; it our job to love them. Conversion is the work of the Holy Spirit. As Roman Catholics and disciples of Jesus, we are called by Jesus to model our lives after our Lord. What did he do? He loved people.

Zacchaeus was not a popular man. He was wealthy, he had a good job, but he did not have many friends. Jesus noticed him, talked to him, went to his home and ate with him. He took the time to see this man with kindness and by his actions, offered him dignity. How about the Samaritan woman at the well? Jesus’s disciples knew what kind of woman this was. She was at the well in the middle of the day by herself. She was rejected by the other woman, in part, because of her lifestyle. They did not want Jesus speaking with her, but what happens? Jesus talks with her, accepts her and speaks to her loneliness and need for love. She is so transformed that many believed based on her account. When we follow Jesus example, we come without judgement, willing to listen, help and care for the needs of the other.

None of us feel worthy to be an evangelist. That is too much pressure and expectation, and quite frankly, we have lots to learn about our faith. But let’s prayerfully consider this: people today are in desperate need of experiencing love and meaning in their lives. But most people are too busy with their own life to care for others. As Christians, we are called to care. And not just with our own human love, but with the endless supply of God’s love. We receive this love daily through prayer, creation, family and ultimately in the Eucharist. This love is meant to overflow in our lives to all those we meet.

As we journey through life, we will learn more and more about God. We will be enriched and learn about the Word made flesh in the scriptures and in many other ways. But today, turn to Jesus, receive his love, and ask for the grace to share his love. Start by saying Hello and watch how God works through you. You do not need to sell anything, just be God’s instrument of love. ■

Peace in Christ, Jeff

Dr. Jeff Andrini is the director of the Office of Evangelization and Discipleship.

Comments: jeff.andrini@pastoral.org

Storing leftovers continued from page 18

frozen leftovers safely. Safe ways to thaw leftovers include the refrigerator, a cold water bath, and the microwave. Refrigerator thawing takes the longest, but the leftovers stay safe the entire time. After thawing, the food should be used within 3 to 4 days or can be refrozen.

Reheating leftovers without thawing. It is safe to reheat frozen leftovers without thawing, either in a

saucepan or microwave (in the case of a soup or stew) or in the oven or microwave (for example, casseroles and combination meals). Note that total cook time will take longer than if the food was thawed first.

Reheat leftovers to 165°F. Reheat sauces, soups and gravies by bringing them to a rolling boil. Cover leftovers to reheat. This retains moisture and ensures that food will heat all the way through.

Visit www.planeatmove.com or contact your local Extension Service office for more information. ■

Myrna Vázquez is the Calloway County Nutrition Education Program Assistant (SNAP-Ed) and provides information and lessons in both Spanish and English. She can be contacted via email at Myrna.Vazquez@uky.edu or at Facebook www.facebook.com/CallowayNEP. She is a parishioner of St. Leo Parish in Murray.

November Wedding Anniversaries

5, 10, 25, 40, 50 and More Than 50 Years of Marriage

Please send any anniversary updates or corrections to Charlotte Hedges, Office of Marriage & Family Life, at charlotte.hedges@pastoral.org.

Blessed Mother, Owensboro

Robert & Lynne Pope, 40
Pat & Kathy Buntin, 40
David & Jerri Rudd, 58
Randall & Ruthie Payne, 53
Don & Bernice Christian, 59
Richard & Nancy Blandford, 59
Gene & Linda Howard, 56
Henry & Bernadette Hayden, 56
James & Monica Payne, 50
Joseph & Beverly Carrico, 51
David & Monica Calhoun, 40

Blessed Sacrament, Owensboro

Philip and Joyce Moorman, 63

Christ the King, Scottsville

Leroy & Jean Jansen, 51

Holy Cross, Providence

Claude & Sherry Melton, 56

Holy Guardian Angels, Irvington

James H. & Betty Hardesty, 61
Alan & Diana Brown, 25
Ronnie & Janet Robinson, 25
Alvin & Loretta Heck, 69

Holy Name of Jesus, Henderson

Steve & Pamela Austin, 54
Joseph & Carrie Beck, 40
David & Kathleen Brauer, 50
Robert & Sue Christian, 5
Gary & Brenda Crawford, 51
Joseph & Cindy Henshaw, 40
William & Pam Crawford, 54
Larry & Jane Denton, 61

Ed & Brenda Duncan, 40
William & Sandra Haynes, 59
Leland & Donna Leslie, 56
J. Ralph & Jeannine O'Nan, 62
Charles & Faye Pippin, 63
Ernest & Mary Schreiner, 59
Jacob & Elaina Shoulders, 10
Ronald & Judy Wilkerson, 59
Jimmy & Dianne Willett, 53

Holy Spirit, Bowling Green

Bernard & Lois Schwitzgebel, 61
Randy & Jean Thompson, 59
John & Linda Meyer, 56
Don & Judy Dobernic, 55
Wesley & Gail Simone, 52
Timothy & Martha Vogel, 52
Robert & Gayle Cron, 51

Holy Trinity, Morgantown

Phillip & Marie Fe Tyree, 10

Immaculate Conception, Hawesville

Troy & Debbie Muse, 25
J. Rodney & Loretta Wheatley, 55
Mike & Sheila Ogle, 55
David & Ellen Gibson, 40

Our Lady of Lourdes, Owensboro

Craig & Christy Blandford, 25
Donald R. & Janice Crask, 53
Garett & Jennifer Keller, 10
Stephen & Patty Johnson, 56
Estil & Dianne Woodward, 57
Gene & Shirley Zoglman, 60
Patrick & Jodi Rafferty, 25
Matthew & Jordan Pogue, 5

Parish of the Immaculate, Owensboro

Tyler & Sarah Frey, 5
Christopher & Jennie Kluck, 5
Brent & Stephanie Hayden, 10

Houston & Brittany Kamuf, 10
Jason & Natalie Aud, 10
Martin & Carol Settles, 25
Ben J. & Mickey Brewer, 52
John & Pat Mountain, 64
William M. & Martha Mills, 59
Stewart & Barbara Coomes, 66
Joseph & JoAnne Mason, 53
Paul J. & Sarah Hayden, 54
Larry & Jean Sims, 52

Precious Blood, Owensboro

Larry & Linda Jollay, 53
William & Shelby Martin, 53
Mike & Vickie Howard, 51
Tommy & Shirley Merimee, 64
Sherman & Dolores Roberts, 57

Resurrection, Dawson Springs

Jimmie Ray & Patricia E. Solomon, 52

Rosary Chapel, Paducah

Kenneth & Ayana McKenzie, 10
Sacred Heart, Hickman
David & Sandra Lattus, 53

Sacred Heart, Russellville

Kenneth & Karen Brown, 51
William & Jean Danhauer, 70

Sacred Heart, Waverly

Bruce & Jama Danhauer, 40

St. Agnes, Uniontown

Ross & Jane Thomas, 61
Joseph L. & Ann Hagan, 53
Fred & Mary Evelyn Eckman, 61

St. Alphonsus, St. Joseph

Bill & Daisy Gibson, 64
Robert & Mary Ann Mattingly, 63
Doug & Janie Hayden, 57

St. Ann, Morganfield

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Ken & Nori Baurle, 54

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Billy Joe & Philomena Bollinger, 59

St. Charles, Bardwell

Darryl & Angela Burgess, 52
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Dan & Jane Thomas, 54
Wayne & Diane Wilson, 50

St. Charles, Livermore

James & Margie Logsdon, 57

St. Denis, Fancy Farm

Ray & Sue Potts, 50

St. Edward, Fulton

Bill & Jean Fenwick, 68

St. Francis de Sales, Paducah

Charles W. & Bonnie Kortz, 58

St. Henry, Aurora

Thomas & Joyce Lyons, 53

St. Jerome, Fancy Farm

Gary & Janie Miller, 40
Joe & Wanda Mathys, 58
Jerry & Lyndia Elder, 57
Charles & Joyce Hayden, 51
Charles & Mary Ann Thomas, 62

St. John the Evangelist, Paducah

Francis & Dorothy Scheer, 66
Bennie & Doris Durbin, 70
Marvin & Marie Willett, 52

St. Joseph, Bowling Green

Miguel & Amy Flores Torres, 10
Michael & Terri Holl, 25
Stan & Cody Young, 58

St. Joseph, Mayfield

Howard & Rita Darnell, 57
Douglas & Hilda Webb, 72
Fred & Nancy Lancaster, 51
Tommy & Nancy Ballard, 52
James & Wanda Warner, 60

St. Lawrence, Philpot

Wayne & Wilma Knott, 51
Huck & Barbara Huskisson, 53

St. Leo, Murray

Jason & Cheryl Chadwick, 25
Mark & Jackie Kennedy, 51
David & Margaret Perez, 54
Kenneth & Carolyn Ramsey, 64
Steven & Linda Breck, 40

St. Martin, Rome

Larry & Phyliss Henderson, 52
Wayne & Betty Hamilton, 55

St. Mary, Franklin

Dr. A. V. & Kay Wilwayco, 63
Harry & Mae King, 56

St. Mary, LaCenter

Pat & Joan Hutchins, 53

St. Mary Magdalene, Sorgho

Jim & Martha Kamuf, 57

St. Mary of the Woods, McQuady

Gary & Patty Carwile, 50

St. Mary of the Woods, Whitesville

Mike & Deanna Isbille, 25
Phillip & Darlene Beyke, 40
Richard & Mary Rose Howard, 40
Leo & JoAnn Kauffeld, 50
Gary & Sylvia Howard, 51

Lou & Martine Boarman, 72
Gordon & Evelyn Millay, 66
J. W. & Mary Morris, 68
Arthur & Genevieve Boarman, 55

St. Michael, Sebree

Artemio & Maria Gabriela Barco, 60

St. Peter of Alcantara, Stanley

Tim & Melody Cecil, 25
George III & Rose Mary Clary, 59
Hugh & Betty Cecil, 68

St. Peter of Antioch, Waverly

Darrell & Bernice Russelburg, 59

St. Pius X, Calvert City

David & Vicki Spencer, 52
James & Shirley Poat, 54
Jerry & Gayle Seay, 67

St. Pius X, Owensboro

Paul L. & Judy Payne, 50
Dennis & Charlotte Gatton, 61
Michael & Nancy Ferguson, 52
Gary & Beverly Estes, 50
Geraldine & George Keller, 56
Don & Linda Logsdon, 51

St. Romuald, Hardinsburg

George & Nancy Walz, 55
Justin & Carrington Arnold, 5
Wayne & Judy Hardesty, 58
Jim & Gail Pollock, 50

St. Rose of Lima, Cloverport

Billy & Candy Weatherholt, 50

St. Sebastian, Calhoun

Jimmy & Brandy Rice, 40

St. Stephen, Cadiz

Joe & Janie Anderson, 55
John & Karen Franklin, 40
Lyndell & Cecelia Wheeler, 40

St. Stephen Cathedral, Owensboro

William, Jr. & Jean Danhauer, 70
Harry, Jr. & Charlene Baumgarten, 63

St. Thomas More, Paducah

Jim & Sharon Godec, 58
Jack & Vonnie Howard, 58
Mike & Yvonne Bosch, 54
John & Camille Warden, 50
Bill & Mary Ann Graves, 51

St. William, Knottsville

James & Julie Jackson, 40
Thomas & Stella Boehman, 56

St. William of Vercelli, Marion

George & Diane Sutton, 57

Sts. Joseph & Paul, Owensboro

Tom & Barbara Calhoun, 5
Justin & Valerie Harpe, 5
Donald & Martha Hare, 65
Paul & Anna Marie Haynes, 56
James & Joyce Logsdon, 54

Sts. Peter & Paul, Hopkinsville

Charles & Judy Folz, 59
Ronny & Darlene Fuller, 56
John & Vanessa Kranz, 40

**The Office of
Marriage and Family
Life offers a variety of
programs and
services!**

Visit their webpage:
owensborodiocese.org/office-of-marriage-family-life.

‘Home Brew,’ a virtual Theology on Tap, provides new opportunity for young adults during unusual times

BY CHARLIE HARDESTY, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

During this time of pandemic it’s easy to get stuck focusing on all the events that have been lost. My friend and colleague in the diocese’s Office of Marriage and Family Life, Danny May, often reminds me to focus on all the new opportunities instead. It’s in



COURTESY OF JULIANNE STANZ

Julianne Stanz, is the director of Parish Life and Evangelization for the Diocese of Green Bay and a consultant to the USCCB Committee on Catechesis and Evangelization. On Sept. 28 she participated in a virtual Theology on Tap with young adults from around the Diocese of Owensboro.

this spirit that we have begun offering an online version of Theology on Tap called “Home Brew.”


A Theology on Tap event for young adults is typically hosted regionally at a bar or restaurant and is a time of fellowship, good conversation, and a special guest speaker presenting on a topic of theology. This time of pandemic has given us the unique opportunity of gathering young adults from all corners of the diocese into a virtual space to hear from national speakers, all from the comfort of their own home or small group community.

On Sept. 28, we gathered for our first Theology

on Tap “Home Brew” with Julianne Stanz, the director of Parish Life and Evangelization for the Diocese of Green Bay and a consultant to the USCCB Committee on Catechesis and Evangelization. Her presentation focused on the need for hope in our current world and how our faith can offer that hope.

We will continue offering online Theology on Tap “Home Brew” events for the next year and details about upcoming events can be found at Facebook.com/OwensboroYoung Adult. The live events are geared towards a community of 18 to 39-year-

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**Diocese of
OWENSBORO**


YOUNG ADULT MINISTRY

"HOME BREW"

GREAT TOPICS AND FELLOWSHIP WITH ALL THE COMFORTS OF HOME



Upcoming Events




Monday Night, November 23 | 7PM
DOUG TOOKE

Doug Tooke is Vice President of Ministry Advancement for ODB films. He has more than 20 years of professional ministry experience. Over the past 15 years, Doug has served more than 100 Dioceses - teaching, keynoting at conventions, and training youth ministers. His passion for Catholic teaching combined with his knowledge of story are prevalent in his ministry. He is also the host of the Renovo Podcast.

Monday Night, December 14 | 7PM
BONNIE ENGSTROM

Bonnie is a writer, baker, speaker, and homemaker. She the author of 61 Minutes to a Miracle: Fulton Sheen and a True Story of the Impossible. In the book she shares the story of her son James' stillbirth and how, through the intercession of Venerable Fulton Sheen and for the glory of God, he came back to life after being without a pulse for 61 minutes. Additionally, Bonnie is a devotion writer for Blessed Is She.



FREE EVENTS FOR AGES 18-39
FACEBOOK.COM/OWENSBOROYOUNGADULT

Gasper River to name new climbing tower after Logan Davis



COURTESY OF BEN WARRELL
Oct. 9, 2020, Scott, Murphy & Daniel Construction set up the future Tower #68 in honor of beloved camper Logan Davis, who died in July 2020.

BY ELIZABETH WONG BARNSTEAD, THE WESTERN KENTUCKY CATHOLIC

Gasper River Catholic Youth Camp and Retreat Center in Bowling Green recently was given a 52-foot climbing tower from the YMCA in Madisonville – and they’ll be naming it after a very special camper: Logan Davis, who died in July 11.

“They were giving it away for free to anyone who could move it,” said Ben Warrell, Gasper River’s director. “I contacted Mike Murphy, our biggest donor and supporter down here. He’s with Scott, Murphy & Daniel Construction in Bowling Green.”

Murphy told Warrell they would move it for them – “and put it up at no cost to us!” said Warrell.

Eighteen-year-old Davis had died following an automobile accident on July 11, 2020, deeply shaking his school community at Owensboro Catholic High School and the community of Gasper River, which Davis had attended for many years.

Throughout his life, the teen had already been recognized as a kindhearted, faith-filled witness, but

after his death, even more stories and memories were shared of his commitment to others.

Warrell said they decided to name the climbing structure “Tower #68” in honor of Davis’s football number, 68. (Davis was a 6-foot-3, 320-pound offensive guard and defensive tackle on Owensboro Catholic High School’s football team.)

“It’s the biggest thing here at camp and he was always the biggest person here and always pushing us to go higher and achieve things we never thought we could,” said Warrell. “We’ll have a plaque with his image and story of faith on the tower so he can continue to influence lives for years to come.”

Warrell said that before they can use it, the tower still needs to be inspected, which will be done during Gasper’s annual inspection in December.

“It is going to be a great addition to camp to really challenge campers and a great way to honor a wonderful young man who touched all our lives,” said Warrell. ■

Learn more at www.gasperriverretreatcenter.org.

Home Brew continued from page 22

olds, but the recordings will be made available for all to enjoy. On Monday night, Nov. 23, Doug Tooke, the vice president of Ministry Advancement for ODB films, will join us to present “Orthodoxy to Orthopraxy: Living Faith at Work and at Home.” On Monday night, Dec. 14, Bonnie Engstrom, a blogger for Blessed is She and author of “61 Minutes to a Miracle: Fulton Sheen and a True Story of the Impossible” will join us.

We hope to see as many young adults as possible at our live events. Please keep an eye on Facebook.com/OwensboroYoungAdult for details on other upcoming events. ■

Charlie Hardesty is the director of the Diocese of Owensboro’s Office of Youth and Young Adult Ministry. For young adult resources, visit owensborodiocese.org/young-adult-ministry or email charlie.hardesty@pastoral.org.

Listen to Julianne Stanz’s Home Brew presentation

A recording of her presentation can be found at www.youtube.com/watch?v=aDf1KwVr8uM for anyone (young and old) who may wish to share in her message.

Meet Joseph McGinnis

Seminarian grew up at Sacred Heart in Russellville



COURTESY OF JOSEPH MCGINNIS

Joseph McGinnis (back row, third from right) with his family, including his niece and nephew, on Easter two years ago.



COURTESY OF JOSEPH MCGINNIS

Joseph McGinnis attends the annual March for Life in Washington, D.C., with two students from University of Kentucky in 2019, during his first year as a FOCUS missionary. Left to right: Jared Becraft, Joseph McGinnis, Preston French.

BY JOSEPH MCGINNIS, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

Hey, y'all! I wish I could meet each of you in person! But since I can't, I wanted to share a little bit of myself with you. I'm from the rolling hills of Russellville, KY (Logan County.) I grew up being the third oldest of 11 siblings, with two hardworking, God-fearing parents who love their family, work, and

community very much.

I graduated from Western Kentucky University in 2018. I studied business and sales, was in a fraternity, and on the sales team for WKU. Throughout college, my path was by no means a straight line. I was all over the place in those four years, trying to discover who I was. I was placing my identity in my abilities, activities, and organizations that I was a part of.

Then I went to a FOCUS (Fellowship of Catholic University Students) conference called SEEK, which changed my life forever. I had an encounter with the person of Jesus Christ in the Eucharist that gave me the grace to realize my true identity as a beloved son of an eternal and loving God.

After graduation, I became a full-time campus missionary with FOCUS at the University of Ken-

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Joseph McGinnis continued from page 24

tucky. The Lord continued to work in my life and heart in profound ways for the two years I spent as a missionary. He led me to this conviction that He is enough for me, enough to satisfy the desires of my heart. When I found that to be true, it made me want to be His priest.

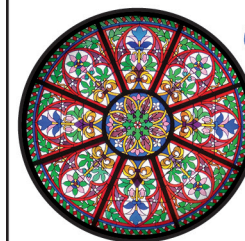
I am currently now at St. Meinrad Seminary to further discern God's call in my life. I came to see if this is indeed where my vocation lies. So far, St. Meinrad has treated me very well. My experience has been full of joy, sacrifice, fun, and challenge. But most of all, it has been a great time of discernment as my life revolves around prayer and studies. Please continue to pray for the rest of the diocesan seminarians and me! If you ever see me in person, please introduce yourself; I would love to meet you! ■

Joseph McGinnis is in first philosophy at St. Meinrad Seminary and School of Theology in southern Indiana.



COURTESY OF JOSEPH MCGINNIS

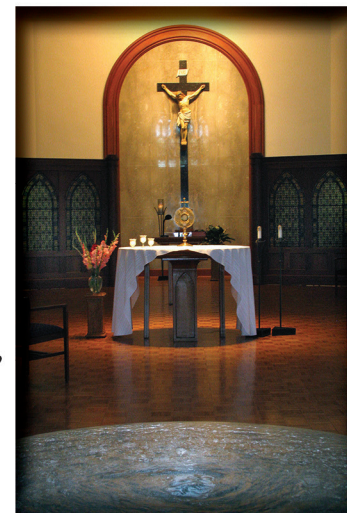
Joseph McGinnis (first on left) with a group of students he took to St. Meinrad on a "come and see" in spring 2020 – one week before everything changed with the COVID-19 lockdown.



*Curious about
Charism?
Discover the
Joy of Being
Loved by God!*

“Zoom and See” Virtual Gathering Saturday, November 7

The Ursuline Sisters of Mount Saint Joseph invite single Catholic women ages 18-40 to a “Zoom and See” experience. Join us online from 6:30 p.m. – 8:30 p.m. CST to learn more about our creative, contemplative response to the needs of God’s people.



For more information and to register, call Sister Monica Seaton: 270-229-0601 or email monica.seaton@maplemount.org



Ursuline Sisters
of Mount Saint Joseph

8001 Cummings Road, Maple Mount, KY • ursulinesmsj.org

Un Mensaje del Obispo Medley

Acción de Gracias en un tiempo de pandemia

Si jugásemos un juego de asociación de palabras y mencionásemos noviembre, la respuesta que más probablemente se daría, por lo menos en los Estados Unidos, sería Acción de Gracias. En círculos católicos podríamos también quizás escuchar respuestas tales como, Día de Todos los Santos, Día de Muertos y oración por los difuntos. Otros a lo mejor dirían pastel de calabaza o la cosecha.

Con justa razón, la festividad de Acción de Gracias nos viene a la mente y al corazón cuando pensamos en noviembre. Una tradición estadounidense que data desde las primeras colonias y que noblemente se ha establecido como evento y tiempo favorito del año. Quizás solo segundo en preferencia comparado a Noche Buena y Navidad, siendo un tiempo de reuniones familiares. Y como parte de lo mejor de estas reuniones familiares, el día está centrado en una buena comida.

Al prepararnos para celebrar Acción de Gracias en un tiempo de pandemia, muchos están ya pensando en las limitaciones que quizás vayan a ser parte de nuestras celebraciones familiares. Es muy probable que los mismos no estarán todos presentes. Algunos quizás no podrán viajar en este tiempo. Otros quizás estén preocupados por la posibilidad de exponerse al virus del COVID-19 o quizás hasta ser portadores activos. Las familias que quizás se reúnen en casa de la abuelita o abuelito esta vez es probablemente estén buscando a otros con quien juntarse este día

y así proteger a los más débiles o aquellos con enfermedades de base que los pone en alto riesgo.

En otras palabras, para muchos de nosotros nuestra celebración de Acción de Gracias este año, no será la misma como de ordinario. Al igual que tantos otros aspectos de la vida este año. Puede ser fácil el sentirnos robado, una vez más, de otro rito o placer de la vida. Cuántas veces he mencionado sobre las restricciones que nos son impuestas, “Ya nos cansamos de esto. ¿Por cuánto tiempo más? ¿Hasta cuándo Señor, hasta cuándo?”

Arriesgándome a sonar ya como disco rayado, les recuerdo y me recuerdo a mí mismo que aceptamos usar el cubre bocas, el distanciamiento físico y demás disconformidades por un sentido abundante de caridad. Y aunque como individuos quizás nos sintamos muy seguros de nuestra salud y bienestar, y a lo mejor dispuestos a relajar algunas de las restricciones, hacemos lo que hacemos por amor al prójimo. Algunos son rápidos en expresar que estamos requiriendo demasiado. Jesús dijo: “Si alguien te obliga a llevarle la carga, llévasela el doble más lejos” (Mateo 5, 41).

Entonces, ¿Qué carambas hay de que estar agradecidos? Si te has sentido tentado a decir esto, y yo lo he estado, tomemos un pasito hacia atrás y respiremos hondo. Observemos un mundo donde personas día y noche se están preocupándose unos por otros con compasión y amabilidad. Personal de emergencia:

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CALENDARIO DEL OBISPO MEDLEY NOVIEMBRE DE 2020:

El siguiente calendario es tentativo debido a la incertidumbre sobre la duración de la pandemia del COVID-19.

7 DE NOV	3 p.m. Confirmación – Parroquia San Francisco de Asís, Guthrie
8 DE NOV	1 p.m. Confirmación – Parroquia San Romualdo, Hardinsburg
11 DE NOV	8:30 a.m. Reunión del Consejo Diocesano de Finanzas – Centro Católico McRaith (MCC)
12 DE NOV	1:45 p.m. Misa escolar – Escuela Secundaria Católica de Owensboro
16 DE NOV	10 a.m. Reunión del Consejo de Personal Sacerdotal – MCC 1:30 p.m. Reunión del Consejo Sacerdotal – MCC 1– 4 p.m. Reunión General Virtual de la USCCB
17 DE NOV	12 p.m. - 4 p.m. Reunión General Virtual de la USCCB
19 DE NOV	3 p.m. Reunión con sacerdotes a través de Zoom 8 a.m. Misa con motivo del 300 aniversario de la Fundación de las Monjas Pasionistas – Monasterio Pasionista, Whitesville
21 DE NOV	10:15 a.m. Misa dominical – Parroquia San Benedicto, Wax
24 DE NOV	10 a.m. Horas de la Oficina de Paducah – Hospital de Lourdes, Paducah
29 DE NOV	9:30 a.m. Misa dominical – Parroquia de San José, Central City

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Policía, bomberos, trabajadores de la salud, todos ellos llegan a sus trabajos para mantenernos seguros y con bien. Tenemos los milagros del teléfono, del FaceTime, reuniones de Zoom que nos permiten estar en contacto y que incluso una generación atrás ni se concebía hubiera sido posible. (¡Aunque sí debo aclarar que mi experiencia con Zoom no se da sin

frustración!) Y en la mayoría de los casos aquellas cosas que en el supermercado antes se estaban escaseando, ahora parecen estar en abundancia de nuevo.

Tenemos esperanza. Tenemos esperanza de que nuestro Dios cuida de nosotros concediéndonos la gracia que no siempre podemos ver ni medir. Nunca estamos más allá del amor y la bondad de Dios.

Sean agradecidos. ■



Obispo William F. Medley
Diócesis de Owensboro

Parroquias con ministerio hispano/latino

Parroquia del Santo Redentor, Beaver Dam

107 13th Street, Beaver Dam, KY 42320
Contacto: Hermana Aida Badillo (706) 284-0996,
o Padre Julio Barrera (270) 274-3414

Parroquia de San José, Bowling Green

434 Church Street, Bowling Green, KY 42101
Contacto: Sra. Gina Holmes (270) 777-5925 o
Padre Basilio Az Cuc (270) 842-2525

Parroquia de San Francisco de Asis, Guthrie

7600 Russellville Road, P.O. Box 297, Guthrie, KY
42234
Contacto: Diácono Heriberto Rodríguez (270)
265-5263 o (302) 438-7335

Parroquia de Santa María, Franklin

403 North Main Street, Franklin, KY 42134
Contacto: Padre Daniel Dillard (270) 586-4515

Parroquia del Santo Nombre de Jesús, Henderson

511 2nd Street, Henderson, KY 42420

Contacto: Abraham Brown (270) 724-2172 o
Padre Gary Clark (270) 826-2096

Parroquia de Santos Pedro y Pablo, Hopkinsville

902 East 9th Street, Hopkinsville, KY 42240
Contacto: Sra. Mayra Tirado (270) 498-6456

Parroquia de Cristo Rey, Madisonville

1600 Kingsway Drive, Madisonville, KY 42431
Contacto: Padre Carl McCarthy (270) 821-5494 o
Padre Carmelo Jiménez Salinas (270) 881-7737

Parroquia de San José, Mayfield

702 West Broadway, Mayfield, KY 42066
Contacto: Hermana Maria Luisa Morales Solano
(270) 247-2843

Parroquia de la Santísima Trinidad, Morgantown

766 Logansport Road, Morgantown, KY 42261
Contacto: Hermana Aida Badillo (706) 284-0996,
o Padre Julio Barrera (270) 274-3414

Parroquia de San Leo, Murray

401 North 12th Street, Murray, KY 42071
Contacto: Hermana Esperanza Rivera (270) 753-
3876

Parroquia Santos José y Pablo, Owensboro

609 East 4th Street, Owensboro, KY 42303
Contacto: Padre Will Thompson (270) 683-5641

Parroquia de Santo Tomás Moro, Paducah

5645 Blandville Road, Paducah, KY 42001
Contacto: Padre Al Bremer (270) 534-9000

Parroquia del Sagrado Corazón de Jesús, Russellville

296 West 6th Street, Russellville, KY 42276
Contacto: Padre Ken Mikulcik (270) 726-6963

Parroquia de San Miguel Arcangel, Sebree

57 Watkins Road, Sebree, KY 42455
Contacto: Alyssa Maty (815) 207-3208 o Padre
Carmelo Jiménez Salinas (270) 881-7737

Para Hacer Informe de Alegatos de Abuso Sexual

Para denunciar una sospecha de abuso, llame a la Línea Directa de Protección Infantil de Kentucky: 1-877-KYSAFE1 o 1-877-597-2331 (llamada gratuita) o comuníquese con su Fiscal Local del Commonwealth. Para reportar abuso, actual o pasado, a la diócesis por parte de cualquier persona que actúe en nombre de la Iglesia, llame a Louanne Payne, Coordinadora de Asistencia Pastoral (inglés) al 270-852-8380, o Susan Montalvo-Gesser/Miguel Quintanilla, Coordinadoras de Asistencia Pastoral (español) al 270-880-8360. También puede visitar la Oficina de Ambiente Seguro (owensborodiocese.org/safe) para obtener más información.

Cómo almacenar las sobras de alimentos



PIXABAY

A medida que se acercan los días festivos, es importante prestar mucha atención a la seguridad alimentaria y el almacenamiento de alimentos, especialmente cuando se trata de refrigeración, congelación y recalentamiento.

POR MYRNA VAZQUEZ, ESPECIAL PARA EL CATÓLICO DE KENTUCKY OCCIDENTAL

La época de festejos se acerca y debemos de pensar en cómo almacenar las sobras de alimentos de una manera segura y correcta, ya sea en el refrigerador, congelador y a la hora de recalentar.

Duplicar una receta, usar las sobras y preparar los alimentos con anticipación son excelentes maneras de ahorrar dinero y tiempo: solo tienes que saber cómo almacenar los alimentos de la manera correc-

ta. Lea estos consejos de la "mejor manera de almacenar las sobras" del USDA y asegúrese de que usted y su familia mantengan su comida y a ustedes mismos a salvo de enfermedades transmitidas por los alimentos.

Hay que tener mucho cuidado con la comida. Refrigerar los alimentos perecederos en un plazo de 2 horas del momento de comprarlos en el supermercado. También se deben refrigerar o congelar, dentro de un plazo de 2 horas, los alimentos cocinados.

Envuelva bien las sobras. Envuelva las sobras en envases herméticos o sellelas en recipientes de almacenamiento. Esto ayudará a mantener las bacterias fuera, retener la humedad y evitar que las sobras adquieran los olores de otros alimentos en el refrigerador. Refrigere o congele inmediatamente las sobras envueltas para un enfriamiento rápido.

Almacene las sobras de forma segura. Las sobras se pueden mantener en el refrigerador de 3 a 4 días o congeladas de 3 a 4 meses. Aunque son seguras indefinidamente, las sobras congeladas pueden perder humedad y sabor cuando se almacenan durante más tiempo en el congelador. Siga la tabla de almacenamiento en frío de seguridad alimentaria del USDA. (<https://bit.ly/3k0f2Uh>)

Descongelar las sobras congeladas de forma segura. Las formas seguras de descongelar las sobras incluyen el refrigerador, un baño de agua fría y el microondas. La descongelación dentro del refrigerador toma más tiempo, pero las sobras permanecen seguras todo el tiempo. Después de la descongelación, el alimento debe utilizarse en un plazo de 3 a 4 días o puede volver a congelarse.

Recalentar las sobras sin descongelar. Es seguro recalentar las sobras congeladas sin descongelar, ya sea en una cacerola o microondas (en el caso de una sopa o estofado) o en el horno o microondas (por ejemplo, guisos y comidas combinadas). Tenga en cuenta que el tiempo total de cocción tomará más tiempo que si el alimento se descongeló primero.

Recalentar las sobras a 165°F. Recaliente las salsas, sopas y salsas llevándolas a hervir o a punto de

Continúa en la página 29

Monja cisterciense que creció en la diócesis vio su vocación 'desarrollarse' con el tiempo



FOTO POR CORTESÍA DEL MONASTERIO DEL VALLE DE NUESTRA SEÑORA
Christina Marie frente al altar, poco después de su profesión solemne en noviembre de 2013.

POR ELIZABETH WONG BARNSTEAD, EL CATÓLICO DE KENTUCKY OCCIDENTAL

Si tuviera que precisar la primera vez que tuvo un fuerte sentido de que Dios la estaba llamando a la vida religiosa, la monja cisterciense Hna. Christina Marie Murphy diría que fue en un retiro de Youth 2000 cuando estaba en el primer año de la escuela preparatoria.

“Encontrar a nuestro Señor Eucarístico en ese retiro me cambió la vida y probablemente plantó la semilla de mi vocación”, dijo la Hna. Christina Marie, quien creció asistiendo a la Parroquia Preciosa Sangre en Owensboro.

La Hna. Christina Marie, que pertenece al claustro contemplativo del Monasterio del Valle de Nuestra Señora cerca de Madison, Wis., dijo que un llamado a la vida religiosa “es siempre un poco misterioso”.

“El mío pareció desarrollarse durante muchos años”, explicó la monja en una entrevista por correo electrónico el 2 de octubre con El Católico de Kentucky Occidental.

Dijo que encontraba la gran necesidad y el sufrimiento en el mundo “abrumadores”.

“¿Qué podría hacer una sola persona?” preguntó.

Pero la futura monja se dio cuenta de que podía “acercarse e implorar a Aquel que puede hacer todas las cosas. Incluso si nunca lo supieran, esperaba que otros en el Cuerpo Místico pudieran ser ayudados a través de mis oraciones, sufrimientos y sacrificios en esta vida escondida”. ■

Continuado de la página 28

ebullición. Cubra las sobras para recalentar. Esto retiene la humedad y asegura que los alimentos se calienten completamente.

Visite la página de www.planeatmove.com del programa educacional de nutrición (NEP) de la Universidad de Kentucky para simple y saludables recetas o comuníquese con Myrna.Vazquez@uky.edu. ■

Myrna Vázquez es la asistente del Programa de Educación Nutricional SNAP-Ed (NEP/SNAP-Ed) del condado de Calloway (localizado al oeste de Kentucky) y se pueden comunicar por email Myrna.Vazquez@uky.edu o por Facebook www.facebook.com/CallowayNEP/ para atenderles en Español e informales de los programas gratuitos disponibles para la comunidad hispana.

Myrna Vázquez es miembro de la Parroquia de San Leo, Murray.

Conozcan al seminarista Joseph McGinnis



FOTO POR CORTESÍA DE JOSEPH MCGINNIS

Joseph McGinnis (fila de atrás, tercero de derecha a izquierda) con su familia, incluidos su sobrina y sobrino, en la Pascua de hace dos años.

POR JOSEPH MCGINNIS, ESPECIAL PARA EL CATÓLICO DE KENTUCKY OCCIDENTAL

¡Hola a todos! ¡Ojalá pudiera conocerlos en persona a cada uno de ustedes! Pero como no puedo, quería compartir un poco de mí con ustedes. Soy de las colinas de Russellville, KY (condado de Logan). Crecí siendo el tercero mayor de 11 hermanos, con dos padres trabajadores y respetuosos de Dios que aman mucho a su familia, su trabajo y su comunidad.

Me gradué de Western Kentucky University en 2018. Estudié negocios y ventas, estuve en una fraternidad y en el equipo de ventas de WKU. A lo largo de la universidad, mi camino no fue de ninguna manera una línea recta. Andaba por todos lados en esos cuatro años tratando de descubrir quién era yo. Colocaba mi identidad en mis habilidades, activi-

dades y organizaciones de las que formaba parte.

Luego fui a una conferencia de FOCUS (por sus siglas en inglés - Fraternidad de Estudiantes Universitarios) llamada SEEK, que cambió mi vida para siempre. Tuve un encuentro personal con Jesucristo en la Eucaristía que me dio la gracia de darme cuenta de mi verdadera identidad como hijo amado de un Dios eterno y amoroso.

Después de graduarme, me convertí en misionero universitario de tiempo completo con FOCUS en la Universidad de Kentucky. El Señor continuó obrando en mi vida y en mi corazón de manera profunda durante los dos años que pasé como misionero. Me llevó a la convicción de que Él es suficiente para mí, suficiente para satisfacer los deseos de mi corazón. Cuando descubrí que eso era cierto, me hizo querer ser Su sacerdote.



FOTO POR CORTESÍA DE JOSEPH MCGINNIS

Joseph McGinnis (primero a la izquierda) con un grupo de estudiantes que él llevó a San Meinrad en una experiencia de "vengan y verán" en la primavera de 2020, una semana antes de que todo cambiara con el cierre de emergencia por el COVID-19.

Actualmente estoy en el Seminario de San Meinrad para discernir más el llamado de Dios en mi vida. Vine para ver si en realidad es aquí donde reside mi vocación. Hasta ahora, San Meinrad me ha tratado muy bien. Mi experiencia ha estado llena de alegría, sacrificio, diversión y desafío. Pero, sobre todo, ha sido un gran momento de discernimiento ya que mi vida gira en torno a la oración y los estudios. ¡Por favor continúen orando por el resto de los seminaristas diocesanos y por mí! Si alguna vez me ven en persona, por favor preséntense; ¡Me encantaría conocerlos! ■

Joseph McGinnis está en el primer año de filosofía en el Seminario y Facultad de Teología San Meinrad en el sur de Indiana.

Dos mujeres reciben premio de liderazgo catequético 2020

POR EL PERSONAL DEL WKC

Este año, el comité del Premio Catequético del Obispo John J. McRaith batalló para seleccionar un solo ganador para el reconocimiento anual, por lo que se alegraron de premiar a dos personas.

Ging Smith, feligrés de la parroquia Santo Tomás Moro en Paducah, y Patti Gutiérrez, la Asociada Pastoral anterior de la parroquia San Miguel en Sebree, fueron las ganadoras del premio 2020, que honra a las personas que son (o han sido) ministros profesionales que trabajan por un mínimo de cinco años en la Diócesis de Owensboro en el campo de la catequesis.

El premio generalmente se anuncia en una cena anual de agradecimiento a los líderes catequéticos, pero debido a las restricciones por el COVID-19, el evento cambió a ser un evento virtual el 27 de agosto.

El Dr. Jeff Andrini, director de la Oficina de Evangelización y Discipulado de la Diócesis de Owensboro, compartió que Ging Smith fue nominada por la Junta Directiva de Formación en la Fe Católica de la Comunidad de Paducah.

Al llamar a Smith una “maravillosa mujer de fe”, el Dr. Andrini dijo que su carta de nominación mostraba claramente que su servicio como directora de Formación en la Fe de Paducah “ha impactado a muchos a lo largo de los años”.

La carta de nominación decía que Smith “verdaderamente alimenta el desarrollo de la fe de todas las personas con las que entra en contacto y fomenta un espíritu de unidad con todos. Ella está lista, dispuesta y capaz de hacerlo todo, y lo hace”.

El Dr. Andrini dijo que la carta también citaba al

esposo de Smith, quien dijo que las cualidades de Ging son impulsadas por un factor: “una verdadera y profunda compasión por Cristo...su compasión se da a los estudiantes en la formación en la fe mientras es testigo de su lento y constante movimiento hacia la edad adulta. Su compasión es compartida con los voluntarios cuando se ríe y llora con ellos”.

Charlie Hardesty, director de la Oficina del Ministerio de Adolescentes y Jóvenes Adultos de la Diócesis de Owensboro, explicó que Gutiérrez ha usado “muchos sombreros ministeriales”.

Durante el evento del 27 de agosto, Hardesty explicó que desde “la formación en la fe, la pastoral juvenil, la formación de jóvenes adultos, hasta la formación de adultos y retiros, buscando incansablemente grandes recursos catequéticos e incluso creándolos y traduciéndolos en ocasiones, lo ha hecho todo...casi siempre de forma bilingüe”.

Gutiérrez se desempeñó como la primera directora del Ministerio Hispano de tiempo completo de la diócesis de 2004 a 2007, y luego como Asociada Pastoral y Coordinadora de la Vida Parroquial en la parroquia San Miguel de 2007 a 2018.

“Aunque ya no trabaja para la parroquia, Patti



FOTO POR CORTESÍA DE PATTI GUTIÉRREZ

Patti Gutiérrez, la Asociada Pastoral anterior de la parroquia San Miguel en Sebree, es una de las dos ganadoras del Premio de Liderazgo Catequético del Obispo Juan J. McRaith 2020.



FOTO POR CORTESÍA DE GING SMITH
Ging Smith, feligrés de la parroquia Santo Tomás Moro en Paducah, es una de las dos ganadoras del Premio de Liderazgo Catequético del Obispo Juan J. McRaith 2020.

Gutiérrez continúa sirviendo a nuestra diócesis y a otros a través del trabajo de traducción y sirviendo como consultora para diferentes organizaciones católicas/órdenes religiosas/diócesis”, dijo Hardesty. “Ella también es miembro del equipo de comunicaciones de la USCCB para el proceso del V Encuentro Nacional de la Pastoral Hispana/Latina”.

Además, el esposo de Gutiérrez, el Diácono Cristóbal Gutiérrez, compartió que “el profundo amor de Patti por Cristo y su Iglesia se demuestra a diario a través de su buen corazón, noches sin dormir, amor y servicio para mí y nuestros tres hijos”.

Alyssa Maty, quien escribió la nominación, resumió mejor su carácter diciendo: “Patti se preocupa y trabaja por todos para que todos puedan conocer, ver y escuchar a Dios”. ■

La Presentación de una niña local honra la herencia del padrino

El 20 de septiembre de 2020, Lorelei Dickens celebró su tercer cumpleaños con la Misa y la Presentación del Niño con su padrino, el P. Julio Barrera, en la Parroquia Santo Redentor en Beaver Dam. Arraigada en la tradición latinoamericana, la Presentación del Niño (“Las Presentaciones”) es un ritual de acción de gracias que normalmente se realiza para niños de 40 días o niños de tres años, basado en la presentación de Jesús en el templo a los 40 días después de Navidad y la presentación de Nuestra Señora en el templo a los tres años.

La madre de Lorelei, April Dickens, trabaja en la Parroquia Santos José y Pablo en Owensboro, donde muchos feligreses son de ascendencia latinoamericana. April compartió que se enteró de la tradición de las Presentaciones en Santos José y Pablo, y que su familia eligió hacerlo para que su hija honrara la herencia mexicana del P. Barrera. ■



FOTO POR CORTESÍA DE APRIL DICKENS

Una niña canta durante la Misa de Apertura de la SemLorelei Dickens, de tres años, recibe una bendición de su padrino, el P. Julio Barrera, durante su celebración de la Presentación del Niño el 20 de septiembre de 2020.

Día de Formación en temas del Matrimonio Cristiano

Para parejas en preparación al matrimonio sacramental en sus Parroquias

**PARROQUIA DE CRISTO REY
EN MADISONVILLE KY**

1600 Kingsway Dr, Madisonville KY 42431

¿Cuándo? Sábado 14 de Noviembre

8:30am-3:00pm

**distanciamiento entre parejas y mascarillas
(cubrebocas) obligatorio**

CUPO LIMITADO/NO CUIDADO DE NIÑOS



Por registraci3n solamente:
Dcn. Crist3bal Gutierrez
(270) 880-8018

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