

THE WESTERN
KENTUCKY



Catholic

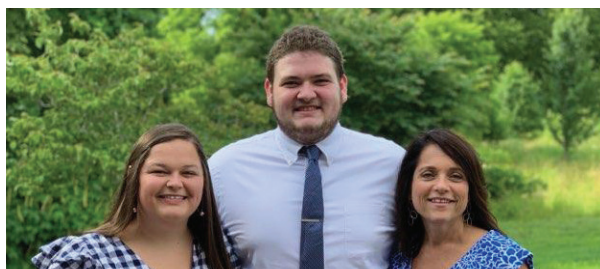
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At long last

After postponing due to the pandemic, 10 people came into the Catholic Church at Blessed Mother Parish on Pentecost Sunday, May 31, 2020. [Page 8](#)



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Sr. Alicia Coomes, OSU, director of Local Community Life at the Ursuline Sisters of Mount Saint Joseph Motherhouse, blesses the graves of all those sisters, priests and other companions who paved the way for today's Ursuline Sisters. **Page 27**

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Front page photo courtesy of Jolee Hayden.

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.

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The Triumph of the Holy Cross

The one symbol most associated with Jesus and his Church is the cross. The image marks churches, schools, hospitals. A cross, often with an image of the body of Jesus and thus called a crucifix, is to be found in hundreds of millions of homes around the world. We wear crosses on our persons as a mark of faith, sometimes as jewelry or decoration.

On September 14 each year we observe the feast of the Exaltation of the Holy Cross, or the Triumph of the Holy Cross. (And September 15 is the Feast of Our Mother of Sorrows – a companion feast illustrating Mary's place in salvation history.) On Good Friday, Christians commemorate the Passion and Death of Jesus and we reflect upon the culmination of our salvation story. The Triumph of the Cross is an extension of this reflection, but focuses on the cross itself and that it should identify Jesus' followers.

Early in the fourth century, St. Helena, the mother of the Roman Emperor Constantine, went to Jerusalem in search of the holy places of Christ's life named in the gospels. She learned of a tradition that identified the site of the tomb of Jesus. There was a pagan temple erected there, allegedly to discourage Christians from venerating the site. She directed that the temple should be razed. We assume as the mother of the emperor she could do anything she desired. Subsequently her son erected the first Basilica of the Holy Sepulcher. That and subsequent churches were built and destroyed as wars continued over the land. But the basilica that stands there in 2020 dates from the 12th century and is thus one of the oldest surviving structures of Christian devotion.

For any who have ever been privileged to make a pilgrimage to the Holy Land, the traditional

Via Dolorosa (Way of the Cross) concludes here observing the last several of the 14 stations. Within the basilica there is an altar to mark Calvary Hill where Jesus was stripped of his garments, nailed to the cross, and suffered in agony over three hours until his death, "Into your hands, O Lord, I commend my spirit." Just yards away is a small mausoleum-like chapel reputed to mark the spot of Jesus' burial and also then his Resurrection.

According to an article by Loyola Press, "Believers have always looked to the cross in times of suffering. People in concentration camps, in prisons, in hospitals, in any place of suffering and loneliness, have been known to draw, trace or form crosses and focus their eyes and hearts on them."

The first time I visited the Kentucky State Penitentiary as bishop, an inmate presented to me a beautiful cross that he had carved out of soap.

The Loyola Press article continues, "The cross does not give us easy answers. But it does help us to see our lives united to Christ's. We often make the Sign of the Cross over ourselves. We make it before prayer to help fix our minds and hearts on God. We make it after prayer, hoping to stay close to God. In trials and temptations the cross is a sign of strength and protection. The cross is a sign of the fullness of life that is ours... by the Sign of the Cross... Jesus takes us as his own in a unique way."

At Baptism the Sign of the Cross is traced on the forehead. This sign is repeated in the Sacrament of Confirmation.

It is good to look upon the cross with devotion. Every Christian household should display a cross in a place of reverence. In many families a cross – in Catholic families a crucifix – is often an heirloom. I have a crucifix that came from my grandparents that

BISHOP MEDLEY'S CALENDAR

SEPTEMBER 2020

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

SEPT 3-6	Bishops' Meeting – St. Meinrad Seminary & School of Theology
SEPT 9	8:30 a.m. Diocesan Finance Council Meeting – McRaith Catholic Center
SEPT 10	10:30 a.m. Mass of the Holy Spirit – Brescia University
SEPT 16	6 p.m. Confirmation – St. Jerome Parish, Fancy Farm
SEPT 21	10 a.m. Priest Personnel Meeting – MCC 1:30 p.m. Priests' Council Meeting – MCC
SEPT 22	10 a.m. – 2 p.m. – Paducah Office

my father remembered from his earliest childhood. It is a custom that a crucifix is often displayed in the casket of the deceased and then becomes a treasured relic for the family. Quite often at Confirmations some of the newly-confirmed receive a crucifix as a gift and they ask me to bless it. I hope that it finds a prominent place in the young person's life for years to come.

Is there a cross or crucifix in your home? Have you and others of your household paused to give respect and prayer before it?

"We adore you, O Christ, and we bless you. For by your Holy Cross you have redeemed the world." ■



Most Reverend William F. Medley
Diocese of Owensboro

Article cited: "The Exaltation of the Holy Cross," www.loyolapress.com/catholic-resources/saints/saints-stories-for-all-ages/triumph-of-the-cross.

‘Even if it’s tomorrow or a thousand years’

‘Unashamed’ faith of Logan Davis revealed wisdom beyond his 18 years



COURTESY OF DAVIS FAMILY

Logan Davis (center) with sister Haley Davis (left) and mother Karla Davis (right).

BY ELIZABETH WONG BARNSTEAD, THE WESTERN KENTUCKY CATHOLIC

Logan Davis’s sister, Haley Davis, is the one who discovered the journal.

They hadn’t known that Logan had kept a journal. And “it wasn’t something that was filled with lots of pages,” said their mother, Karla Davis.

But among the pages, they found the following words:

“My God, my God, I love you. I love you. There is no words I can use to express my wanting to be with you in heaven, the goal and our destiny. I’m ready whenever you call my spirit home, its yours. I ask that when you call me home that everyone will be happy not sad, for they will know that we love them. Until this moment I’ll keep praying. I’ll keep loving you even if it’s tomorrow or a thousand years.”

There was no date on the entry, and they deter-

mined it had been several years since Logan had touched the journal.

But it was clear that “he wasn’t scared to put that stuff down on paper,” said Haley.

She said that some notes found on his cellphone had similar spiritual reflections: “Maybe not like a collective journal, nothing daily, but he wasn’t ashamed for sure to put that stuff down.”

That entry, said Karla, “has touched a lot of people.”

One of the best

The community at Owensboro Catholic High School – and all throughout western Kentucky – was shaken by the news of football player and rising senior Logan Allen Davis’s death on July 11, 2020 following a one-vehicle auto accident.

The 6-foot-3, 320-pound offensive guard and defensive tackle had just turned 18 on May 5.

After the Owensboro Catholic School System posted the news of Logan’s passing on its Facebook page, the post was quickly flooded with comments offering condolences and prayers, as well as witness- es of the young man’s faith.

Sharon Johnson, a teacher at Owensboro Catholic Schools’ K-3 Campus, commented that not only was Logan one of her favorite students, but “one of my favorite people.”

“The kindest heart and the brightest smile,” wrote Johnson. “Logan preached kindness and compassion to everyone from the time he was in kinder-

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garten way before it was ever put on a sign reminding you to do so. My love and prayers for the entire Davis family and our OC family. We have lost one of the best.”

Diocesan seminarian Deacon Corey Bruns, who had gotten to know Logan as a camper when Deacon Bruns was working at Gasper River Catholic Youth Camp and Retreat Center, posted on his own Facebook timeline that “Logan was a wonderful young man who truly loved the Lord.”

“I always enjoyed seeing him at the different youth events across the diocese and hearing how the Lord was moving in his life,” wrote Deacon Bruns. “May he have the joy of seeing the Lord he loved and served face to face and may eternal rest be his.”

The funeral Mass was held outdoors on July 15 at Steele Stadium in Owensboro, officiated by Fr. Jason McClure, OCHS chaplain; and Fr. John Vaughan, pastor of Immaculate Parish where the Davis family are members.

According to a July 16 story by the Messenger-Inquirer, approximately 1,000 mourners filled the stands.

The funeral programs that were distributed contained a copy of the journal entry that Haley and Karla had found.

From deep within

Logan’s friends have told Karla that her son had often said he wasn’t afraid of dying.

“And he would tell them that he thought he would be the first one to die,” said Karla in an Aug. 13, 2020 interview with The Western Kentucky Catholic.

“I don’t know where that comes from,” said Karla. “Most people at that age don’t even consider that kind of stuff.”

Then again, Karla and Haley know Logan wasn’t like most people his age.

“He’s been that way for a long time,” said Karla, adding that Logan had attended Catholic school since kindergarten and had participated in many youth ministry opportunities, as well as benefitting from attending church as a family.



COURTESY OF DAVIS FAMILY
Fr. Jason McClure, Logan Davis, and Fr. Richard Powers.

And Gasper River, said Karla, “was huge for him.”

She said Logan had attended the diocesan camp and retreat center located near Bowling Green as soon as he was old enough, “and he absolutely loved it.”

“I feel like that deepened his faith a lot, but I feel like something, too, came from within him,” said

Karla. “A lot of that he developed on his own.”

Haley added that, “even just small things, like when he was younger, wearing a crucifix around his neck all the time,” were a testament to the faith of her brother, who also wore a scapular every day.

From a young age Logan would talk about becoming a priest, and while perhaps that wasn’t his most recent plan, Haley said the priesthood “definitely was something he considered for a long time and was open to.”

This was also apparent when Logan made his Confirmation, and he chose the name Paul after St. Paul, the early Church evangelist.

Bishop William F. Medley has a tradition during the Confirmation liturgy of reading excerpts from letters that the confirmandi write to him. The portion he selected from Logan’s had included the statement that, “I’m aware that God might be calling me to be a priest.”

“He wanted to learn, too,” said Haley. “He wanted to learn all about (the Catholic faith). He would read things, and ask questions, and was truly interested in all of it.”

Selfless protector

Haley said she always felt a sense of responsibility for her brother, four years her junior, but as he grew up the roles were reversed.

“Even his friends would say that he was very protective of both of us,” she said.

She and her mother have learned that Logan would talk about the two of them all the time with his friends – who were nicknamed “the Bros.”

“His friends all said, ‘Logan loved you guys so much,’” said Karla, who would receive a text message every day from Logan telling her that he loved her. “We told them the same, because he adored his

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COURTESY OF DAVIS FAMILY

Logan Davis (far right) with several friends at the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C., during a trip to the March for Life.

friends.”

Karla said her son “loved with everything he had,” and wanted to “help people have strong faith and a strong relationship with God.”

Haley described her brother as “selfless,” explaining that from time to time, if someone texted Logan with a problem, “he was right there; he was all about it.”

“Or maybe there was a kid who didn’t have a huge group of friends like he did, and they were having a rough night, so he would bring them along,” said Haley. “Just things like that. He was unapologetically himself. He didn’t care what people thought.”

An anonymous gift

“That” journal entry of Logan’s went viral on social media following the funeral.

And recently, some of Karla’s friends from back in college came to visit her. They brought her a gift.

It turned out that a friend-of-a-friend had seen the social media post with Logan’s journal entry.

This friend, who remained anonymous, made something for Karla.

It was a piece of wood with the journal entry engraved on it, “and they got a copy of Logan’s signature and put it on there,” said Karla.

“I don’t know who it’s from; it was somebody not even ‘here’ who was so touched by that journal entry and his faith and how deep his faith was,” she added. “That was probably my favorite gift I’ve ever received.”

Karla said that the more that journal entry “gets out there,” she feels “the more people it will touch.”

“It sounds like it was written by somebody way beyond his years,” she said.

Karla told a story about a young girl who approached her at the funeral home and told her, “I’m not Catholic, but Logan and I had a big conversation not that long ago about religion and faith,” changing the girl’s “whole outlook.”

“She was now more into her faith,” said Karla. “Just... oh my gosh, this is crazy for an 18-year-old... and even older people have made comments about being drawn to him, or about how they admired him and how he lived his faith,” she said.

“It’s overwhelming, it’s humbling to think of the impact he’s had on people,” said Karla. ■

‘Coach, how are you doing?’

Athletic director says he will miss ‘Big 68’

BY ELIZABETH WONG BARNSTEAD, THE WESTERN KENTUCKY CATHOLIC

Jason Morris, athletic director and head football coach of Owensboro Catholic High School, said that in his 17 years of coaching, “I never coached a player more committed to outwardly living life in a way that expressed his faith in Jesus” than Logan Davis.

“Logan was a kind, caring, and compassionate teammate and friend,” said Morris. “He never wanted to do anything that would displease someone, especially one of his friends or coaches.”

Morris said the young man’s smile would “light up a room” and make “everybody’s purpose seem a little bit clearer.”

“I always knew that when I didn’t have the words to say at the time, that I could always count on Logan to go to for prayers,” said Morris.

Morris said that without a doubt, these past few weeks since the 18-year-old’s death have been the hardest in his coaching career.

“The relationships that I build with my players are special to me and the relationship that I built with Logan over the past four years was special as well,” said Morris. “Logan would always ask, ‘Coach, how are you doing?’ I never once thought he was asking out of habit, but he genuinely wanted to know how Coach was doing and he cared.”

“Words cannot describe the kind of coaches’ love that I have for Logan and I am genuinely going to miss Big 68,” said Morris. ■

Like a friend you'd known your whole life

*Gaspar River remembers
'wonderful witness' of
camper Logan Davis*

**BY ELIZABETH WONG BARNSTEAD,
THE WESTERN KENTUCKY CATHOLIC**

Logan Davis's faith journey received a life-changing boost after experiencing Eucharistic Adoration at Gaspar River Catholic Youth Camp and Retreat Center, when he was but a middle schooler.

"The turning point for him was Adoration," said Ben Warrell, director of the camp and retreat center. "I talked to him after Adoration (that evening), and he said he'd never felt closer to Jesus (than he did in that moment)."

Warrell believes it was then that Logan realized "we're not made for this world: we're made for something greater."

Logan was a "good kid" before that experience, said Warrell, but after "that encounter with Christ... he never was the same."

Logan had a "deep desire" to get to know Jesus more, said Warrell, who would see the young man at various other youth events



COURTESY OF DEACON COREY BRUNS
Logan Davis during Gaspar River Catholic Youth Camp and Retreat Center's Quest III Camp in 2015.

throughout the years: "He took his faith seriously."

He also took other people seriously.

"As soon as you met him, it was as if you had a friend you'd known your whole life," said Warrell.

Warrell described the 6-foot-3 high school football player as a "warm, approachable, safe person," whom other youth recognized that "he wasn't going to judge you; he would love you for who you are."

This was especially noticeable when Logan served for several summers as a high school camp counselor for the younger grades. Warrell said the kids would see him as "a massive guy, a football player, who thinks knowing and loving Jesus is cool."

Warrell said that not just the campers, but also the camp staff, were impacted by Logan.

"His faith was first and foremost," said Warrell. "What a wonderful witness." ■

‘God was still there...’

Postponed by pandemic, RCIA classes of 2020 joyfully enter the Church



COURTESY OF JOLEE HAYDEN

(Left photo) Fr. Mike Clark baptizes Christian Miller, witnessed by his mother, Morgan Miller, and godparents, Jordan and Halie Merritt on May 30, 2020 – the vigil before Pentecost Sunday. (Right photo) On May 30, 2020, Fr. Mike Clark anoints Wendy Lamar with Sacred Chrism, with her sponsor, Lindsey Searcy, in support.

BY ELIZABETH WONG BARNSTEAD, THE
WESTERN KENTUCKY CATHOLIC

Despite needing to postpone their entry into the Catholic Church due to the COVID-19 shutdown and restrictions, those going through RCIA in spring 2020 proved to be a “wonderfully resilient group” according to one parish’s director of religious education.

“Lent is always a challenge for individuals, and this Lent proved to be a substantial one as our group

sessions had to be cancelled with the pandemic,” said Norm Hayden, the director of religious education (DRE) at Blessed Mother Parish in Owensboro.

New members of the Catholic Church typically enter at the Easter Vigil, but since public Masses were suspended due to the pandemic during Holy Week 2020, those desiring full communion with the Church had to wait until public liturgies could resume.

However, the 10 people at Blessed Mother go-

ing through RCIA (Rite of Christian Initiation of Adults; the journey of entering the Catholic Church as an adult) “remained encouraged,” said Hayden.

“We stayed in electronic communication, met with some individually once permitted, and shared information according to the (diocesan) guidelines,” he said.

Rick Rhodes, the director of RCIA and adult ministry at St. Stephen Cathedral in Owensboro, said their parish’s RCIA team, and those prepar-

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COURTESY OF DONNA DUFFY

(Left photo) Geoff Nelson is baptized by Bishop William F. Medley on June 14, 2020. Jacob Fischer, Nelson's godparent and sponsor, stands beside him, while cathedral rector, Fr. Jerry Riney, looks on. (Right photo) Ken Ross is confirmed by Bishop William F. Medley on June 14, 2020. Ross's daughter, Karen Danhauer, stands behind him as his sponsor. Rick Rhodes, RCIA director at St. Stephen Cathedral, is seen facing them.

ing to enter the Church, were equally disappointed when the COVID-19 shutdown threw a wrench into their plans.

"They were such an awesome, awesome group," said Rhodes, "and not only the people who were on their journey into the Church, but also their sponsors and spouses."

Rhodes said the 21 people preparing for full communion with the Church were "so wanting to grow in the faith and the community of each other" - which offered reassurance amid the challenges presented by the pandemic.

The suspension of public liturgies in the Diocese of Owensboro was lifted on May 20, 2020.

At long last, those undergoing their RCIA journey at Blessed Mother entered the Church on May 30, and those at St. Stephen Cathedral entered on June 14.

Joyful Pentecost

Hayden said their liturgy took place on the vigil of Pentecost Sunday and was planned intentionally.

"We selected the Pentecost vigil for several reasons; one being that it was still during the Easter season," said Hayden. "All four readings and the epistle were proclaimed before the Gospel in order to share that faith tradition with others. We also discussed that first Pentecost, when the apostles first received

the Holy Spirit and were given the courage to proclaim the Gospel."

Hayden said that in today's "current climate of fear and disunity," that message was "joyfully received by all."

The Mass was an additional liturgy besides the regular Saturday night vigil. It was limited to those coming into the Church, their sponsors/godparents and their families, so that they could gather while meeting diocesan and state guidelines for safely gathering during the pandemic.

"As in past years, I assisted Fr. Mike Clark (Blessed Mother's pastor) during the Mass just to help with the logistics of where people stand," said Hayden.

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“This year, we had to keep them six feet apart while figuring out how to sanitize Fr. Mike’s thumb between anointing each with the Oil of Catechumens and then the Sacred Chrism.”

Unusual logistics aside, Hayden said he felt blessed in “witnessing their courage and the relief once they had received their First Communion.”

Spirit-filled group

Rhodes said the cathedral’s June 14 liturgy was held at 2 p.m., and was also limited to those coming into the Church, their families and their sponsors/godparents.

“God was still there, and that’s what matters.”

Rhodes was impressed and inspired by the commitment of those going through the RCIA process: “It was very Spirit-filled, just the Lord – not anything that I or my team did.”

He said one typical aspect of their RCIA journey is an evening during which those preparing to receive the Sacrament of Confirmation can participate in the Sacrament of Reconciliation (also known as confession).

The catechumens, since they are waiting to receive the Sacrament of Baptism and are not yet able to go to confession, are encouraged to chat with the priest about any questions or struggles they may have.

This year, though they could not schedule a whole reconciliation evening for the group, everyone was still able to go to confession on their own time beforehand.



COURTESY OF JOLEE HAYDEN

Fr. Mike Clark anoints Billy Pogue with Sacred Chrism, with his sponsor, Larry Roby, in support on May 30, 2020 – the vigil before Pentecost Sunday.

Rhodes said that on the day the group entered the Church, one man admitted that he couldn’t fight the tears: “They just came.”

“Because they had waited for so long,” said Rhodes. “It was very emotional for some.”

Rhodes said they all met via Zoom later to discuss the experience of coming into the Church.

“It was a great discussion,” said Rhodes, who said the new Catholics “felt like such a part of the com-

munity” and were happy “to be able to receive Jesus for the first time.”

Despite everything, “God was still there, and that’s what matters,” he said. ■

To learn more about joining the Catholic Church through a process of education, faith sharing and rituals known as the Rite of Christian Initiation of Adults (RCIA), visit owensborodiocese.org/rcia.

Beyond ‘flight, fight or freeze’

Pandemic presents ‘real and complicated’ challenges to caring for your family’s mental health

An interview with Dr. Jill Sauerheber

BY WKC STAFF

WKC: What particular mental health challenges have you seen impacting families, and individuals, as a result of the many months of pandemic in the United States?

I trust that most readers could create a top 10 list of the mental health challenges that families and individuals are facing as a result of the pandemic. It is important to realize that “mental health” challenges are actually symptoms of what is happening within the brain and nervous system. For example, parents may be struggling with how to manage their jobs (as well as how to bring in income to support the family) while making sure that their children are actually learning at school or behind the screen in the family living room. Children and adolescents may be trying to navigate a lack of daily structure (very difficult on the developing brain). This challenge is real and it is complicated. However, the “mental health” challenge that comes with it, is something that can be explained and addressed.

In short, “mental health” challenges such as depression, anxiety, panic, fear, irritability and family discord are all a result of a stressed brain and nervous system. When we are unable to access and use

internal or external resources on a daily basis whether we are facing challenging times or not, our brains stay in flight, fight or freeze and our nervous system either crashes or remains “on.”

Let’s go back to the example noted earlier. Mom and Dad are worried about how their 10-year-old twins are going to learn this fall. They are nervous about bringing income in. When Mom gets worried she gets panicky. She is easily irritated and may even snap more than usual. She may get on social media and fire back at someone else’s posts. She may cut others off on the road more than usual. She may become less patient with Dad. Old resentments may come rolling back in. The children become quiet and worry about what may set Mom off. Mom’s brain and nervous system is in Fight mode.

Dad, on the other hand, shuts down when the world around him gets rough and unpredictable. Mom complains that he has become numb and “doesn’t seem to care.” If he was prone to an addiction, the family may see him engaging in behaviors like drinking more excessively, playing video games, and/or being attached to electronic devices. If he was prone to depression or low moods, the family may see him sleeping or moping around the house more. He may be less motivated to complete household projects or engage in otherwise enjoyable pastimes. If he was prone to isolation, he may be consumed in behaviors that keep him isolated, some of which may look similar to addictive tendencies (i.e., watching



COURTESY OF DR. JILL SAUERHEBER

Dr. Jill Sauerheber is a Licensed Professional Clinical Counselor who specializes in brain health, trauma and couples counseling. She is a parishioner of St. Joseph Parish in Bowling Green.

lots of television, playing video games, attachment to electronic devices much of the waking hours). In most unfortunate circumstances, Dad may seek comfort in another person outside of the marriage. Dad feels inaccessible to the family. But the root of his behavior is a sense of helplessness. He does not know how to help the external stressors and he is at

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LIGHTSTOCK

“Create new family rituals. This is tremendously important for the children. The young brain thrives on structure, predictability and safety,” says Dr. Jill Sauerheber, a Licensed Professional Clinical Counselor and parishioner of St. Joseph Parish in Bowling Green.

a loss for how to help his wife’s anger and irritability. He is in Freeze mode.

The roles may be reversed. Men are just as prone to fight and women are just as prone to freeze. Or Mom or Dad may be experiencing another type of stressed brain, Flee. When a brain is in Flee mode, the individual will be in a constant state of anxiety and are often panicking. They are constantly worrying about something, anything. When they are not

worrying about COVID, they become often overwhelmed with other worries. They may be exhibiting Obsessive Compulsive (OCD) type behaviors (including scrupulosity, eating disorders), unable to concentrate, and/sleep.

Children (as young as in utero) are not immune to a stressed brain. Their presenting behaviors, though may appear different. For example, children who are depressed (Freeze) may present with irritability,

eating/food complications, behavioral “disorders,” promiscuity, and anger. Properly accessing what is happening in their brains is an absolute must prior to targeting and delivering interventions.

A brain moves into a state of fight, flight or freeze when a threat is perceived (i.e., COVID and all its many challenges). As a threat is perceived, the body responds. Arousal in the brain and nervous system increase. As the body prepares for the threat, hormones are released and major changes are happening within the body. This is how God made us! However, He did not intend for us to stay in these states of arousal. When our bodies and brains are in chronic states of fight, flight or freeze, our immune systems; relational ability; cognitive and emotional health; ability to learn; ability to self-sooth all become comprised.

In summary, the greatest challenges are internal (brain and nervous system) which eventually lead to more challenges such as emotional and physical health, relationship discord, workplace challenges, academic and school problems, and the like.

WKC: What can people do to take care of their own mental health and the mental health of their families?

First and foremost, find, access and use internal and external resources on daily basis. Internal resources might include daily prayer and meditation, breathing techniques, resting, and eating healthy. (A proper diet is very important for brain health.) External resources could include finding a good therapist, reaching out to a friend (even if one does not feel like it), sitting in a chapel each day, exercise, and/or engaging the five senses (by sitting outside). Walk,

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COVID-19 and mental health continued from page 12

run. (Body movement also is very helpful in shifting our stressed brains.) Open the shades and sit out in the sun for a few moments every day. (Vitamin D is very important.) Make daily efforts to smile (with your eyes) to everyone you make contact with. Smiling is a natural way to socially engage (the antithesis of fight, flight or freeze).

Create new family rituals. This is tremendously important for the children. The young brain thrives on structure, predictability and safety. I cannot emphasize this enough.

I always recommend that folks get full blood work and hormone levels checked (this includes men). When the body is in chronic states of stress (even from childhood), one's hormones can become unbalanced and remain that way throughout their lifetime (consequently causing various unexplained physical ailments, emotional problems, and so on).

Sometimes we also need to remove unhealthy things from our lives. For example, it may be helpful to set limits on how much time we are on our electronic devices. If Facebook or the news brings causes stress to our brain (makes us feel sad or moves us deeper into a panic or depression), we should remove it entirely. I also recommend removing sugar, alcohol, caffeine and all processed foods from the diet; or at least use them in moderation.

WKC: How can pastors and parish communities better support parishioners' mental health during these uncertain times?

First, professional and lay helpers need to disengage in the notion that they will "fix" anyone. They too, should understand how the brain and nervous systems are at play. Too often helpers are targeting

the symptoms. (Most counseling, psychology and pastoral preparation programs are focused on how to assess, diagnosis and treat mental health disorders.) Our world will continue to spiral out of control if we do not address what is happening in our brains. Finally, and equally important is our faith and how our relationship with the Lord helps our brains. For example, the other day, I was struggling with something. I could feel my heart rate increase. I was feeling angry and felt it in my chest. I was moving into Fight mode. I quickly found the painting of the Holy Family in my house and stood in front of it. I imagined myself sitting in that painting with my three-favorite people. While it was not instantaneously, I began to feel my heart beat come back to normal. I naturally took a deep breath and could feel Jesus. I moved my brain and body out of Fight mode and back into a resting, social engagement state. Pastors can encourage parishioners to consider ways in which their faith, prayer life, novenas, the saints and sacramentals can help bring their brains and bodies back to a resting state.

However, they can offer those necessary external resources like being a listening ear, having a referral list of experienced Professional Counselors, providing support groups, keeping their church doors opened and chapels available throughout the day. They may offer virtual coffee hours and bible studies.

WKC: What are a few good resources for Catholics who are looking to better care for their mental health?

First, no one is going to use resources unless they are motivated to do so. This has to come internally.

Pastors, mental health professions, friends and family can recommend 100 resources, however the individual has to be willing to take move forward despite not feeling like it. They have to want to get better. I also tend to steer away from recommending specific resources. First, there is not a One Size Fits All approach. The best way to find and secure resources is doing that with another trusted family member, friend and professional (pastor, therapist).

Get a physical. Get full blood and hormone work done. Resources are fabulous, but if the body's neurochemistry is off, resources will only serve as a very brief band aid.

Find a therapist who you click with and who understands brain health. Stick with it. Too often, individuals go once and for whatever reason stop. If your marriage needs help, seek counseling now. Couples typically wait six years into their struggles before seeking therapy. Unfortunately, by that time, there is often little a therapist can do to help heal the mounds of resentment that have been built.

Engage in daily internal and external resources as noted earlier. ■

Dr. Jill Sauerheber is a Licensed Professional Clinical Counselor who specializes in brain health, trauma and couples counseling. She is certified in EMDR and Brain-spotting, and is trained in Gottman Couples Therapy Method and Neurofeedback. Jill has a part-time counseling practice and also serves as the Department Head of WKU's Department of Counseling and Student Affairs. Jill offers face-to-face, as well as telehealth counseling, as well as consultation related to brain health and its impact on relationships and systems to parishes and schools for a small fee. She can be contacted at jill.sauerheber@gmail.com. She is a parishioner of St. Joseph Parish in Bowling Green.

‘Active listening and striving to understand’

How Catholics can help heal society’s wounds of division and disunity

BY ELIZABETH WONG BARNSTEAD, THE WESTERN KENTUCKY CATHOLIC

From arguments over the upcoming presidential election, to varied attitudes toward the COVID-19 pandemic, to conflicting perspectives when addressing the racial divide in the United States, the year 2020 has shown at least one thing shared by Americans, and even American Catholics: strong opinions.

But according to several Catholic pastoral leaders around western Kentucky, Catholics can – and should – take a stand to promote better civility, empathy and dialogue during this conflict-ridden time.

Sr. Suzanne Sims, OSU, doesn’t believe society’s divisiveness has gotten any worse over recent months or even years.

She says American society has drifted for many years into a “consumeristic and secularistic culture” that focuses almost exclusively on individual wants and values – which “emphasize things over persons.”

Sr. Sims, who serves as the director of faith formation at St. Pius X Parish in Owensboro, says that sadly, this “drift” has been most notable in family life.

“The virtual ‘shock waves’ from that basic disintegration of care for one another in the family – especially the weakest members – has reverberated in every direction, i.e. Church, politics, social and cultural institutions,” said Sr. Sims.

She doesn’t consider the situation to be hopeless. But it does “cry out for a reversal, conversion, or change of heart toward the life and example of Jesus

Christ,” said Sr. Sims.

Zach Ault, the pastoral minister at St. Francis de Sales Parish in Paducah, says the COVID-19 pandemic was the catalyst that “tipped the scales on an already volatile situation” of disunity among the American public.

“When it comes to civility and love of neighbor, over and over throughout human history, active listening and truly striving to understand the ‘other side’ has always proven to be the best method,” said Ault.

He admitted that the Catholic Church has had its own history of pain when not being open to dialogue, such as in the Spanish Inquisition, but there have also been times when the Church “has definitely opened its ears to all sides to help understand better the direction and actions it should take.”

“We should always be trying to understand those who believe differently than us, with patience, instead of trying to force them to understand our own stances,” said Ault.

Fr. Brandon Williams, pastor of St. Leo Parish in Murray and co-coordinator of the diocese’s Office of Worship, said the “driving force” behind healthy interactions with others is in knowing that “the human person is a beautiful gift from God.”

“As Catholic Christians we better approach differing opinions and have compassion for others as being made in the image and likeness of God by remembering just that: every human being is made in the image and likeness of God,” said Fr. Williams.

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2020

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Sign the pledge today to civility, clarity and compassion at civilizeit.org, and learn how Catholics can form their consciences for political responsibility at faithfulcitizenship.org.

Catholics are called to model this knowledge in word and action, he said.

“We are Catholic, which means universal,” said Fr. Williams. “We are one with Christ our Head in his resurrection, and we are one with each other as the Body of Christ.”

This reality is the very “foundation stone” of who Christians are, and “this is the beginning point for healing the wounds of division within humanity as a whole,” he added.

Ault offered some advice when approaching an

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Promoting civility from page 14

opinion that contrasts with one's own.

"Take a genuine interest in understanding it and why it is their opinion," said Ault. "To do this, we have to shelve our own arguments that we are so ready to jump in with, so that we are actually listening and not just waiting for them to stop talking so we can talk ourselves."

He also emphasized not labeling a person or their beliefs, which only limits the other person to "what we think we know about them."

Once a label is placed on someone, for example "liberal, conservative, socialist... we stop seeing their uniqueness as a child of God and simplify them to that particular label," said Ault.

In the end, "you may still disagree, but you develop a deeper respect of that individual as a human being that has their own mind, life, experience, talents, strengths, weaknesses, and areas of expertise," he added.

Sr. Sims said Catholics have an opportunity to lead others by example in witnessing to their "faith in God, service of neighbor, selfless sacrificial love and attention to the common good."

"We were born into community, we need community, and it needs us," said Sr. Sims. "Life lived in the care of others is a life fully lived."

Sr. Sims recommended offering more words of "encouragement instead of words of criticism or self-righteous judgment," and listening to "all sides" of the news; to the "issues, and not so much the person providing a message."

Ault said that as Christians, the fundamental truth is that "we are all created equal in the eyes of God."

"So as hard as it might be at times to see another's stance and voice as of equal importance as our own, it is a truth we must wrestle with whenever we are in

a situation where opinions differ from our own," he said. "We have to remember that objective truth is something that cannot be changed by any person's words, no matter how adamantly they are conveyed."

"In this way we can avoid being offended, knowing that God is so much bigger than any of us and remains unchanged for all time," he said. ■

Catholics have an obligation to promote the common good – and that includes registering to vote

BY JASON HALL, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

Kentucky has made voting, and registering to vote, easier than ever before. Additionally, many who were previously disenfranchised may now register for the first time. The deadline for new registrations (or for updating your existing registration) is Oct. 5.

Kentucky is one of the few remaining states where a felony conviction bars one from voting for the rest of his or her life, absent a restoration of civil rights by the governor. Last December, Governor Andy Beshear signed an executive order automatically restoring voting rights to Kentuckians with convictions for most non-violent felonies, provided they have completed their sentences. There are a few exceptions to this, but it represents a significant opportunity for many who were previously shut out of the political process. To find out if you are eligible under this order, visit civilrightsrestoration.ky.gov.

GoVoteKY.com is the state's portal for new registrations, for updating one's registration information, and for finding information about polling locations and voting absentee, as well as viewing sample ballots for your county.

Because of the ongoing COVID-19 pandemic, Governor Beshear and Secretary of State Michael Adams have agreed to a number of steps to make voting safe and convenient for all Kentuckians. If you are concerned about contracting or spreading the coronavirus, you

may request an absentee ballot through the GoVoteKY.com website.

Also, beginning Oct. 13, every county clerk will offer in-person early voting every business day and at least four hours on each Saturday. This is early voting, not absentee voting, so anyone may take advantage of this opportunity, even if they do not have one of the typically required reasons for voting absentee.

Finally, there will be locations to vote on Election Day itself, but the number of polling stations will likely be reduced in most places. Each county will have at least one location where everyone can vote regardless of their home precinct. The GoVoteKY.com website will link to that information as Election Day approaches.

The Catechism of the Catholic Church teaches that "[i]t is necessary that all participate, each according to his position and role, in promoting the common good. This obligation is inherent in the dignity of the human person." In the United States, one of the primary ways we participate is through voting. Let us not neglect this responsibility, but carry it out prayerfully and thoughtfully, as followers of Christ. ■

Jason Hall is the executive director of the Catholic Conference of Kentucky. Learn more at ccky.org.

A supernatural courage

Fr. Albert J. Thompson
and the First World War

BY EDWARD WILSON, ARCHIVES

“His courage has something of the supernatural in it. ...He is careless of death.” This quote was an observation of Philip Gibbs, a Catholic British journalist, who witnessed the First World War.

Who was he speaking about? Perhaps Charles de Gaulle, the indomitable Catholic French commander who suffered bullet wounds and was bayoneted at the Battle of Verdun, only to later lead the Free France government and become the French President. Perhaps he was speaking of the 19-year-old, British Catholic, Private Edward Dwyer, the youngest recipient of the Victoria Cross ever.

No, Gibbs was commenting on the aura of the military chaplain.

Only recently have historians begun to appreciate the important role these men played in WWI. Accounts of wounded priests perishing at the side of dying soldiers after administering the Sacrament of Reconciliation, or of entire trenches praying the rosary together, have caused historians to reanalyze the serious role the Catholic faith played for those involved in the war.

The case and military identification card pictured belonged to Fr. Albert J. Thompson. Fr. Thompson was the assistant pastor at St. Jerome Parish in Fancy Farm, Ky. and became a military chaplain in July 1918. He served in Europe and returned from France in August 1919, after the conclusion of the war. The case contained everything necessary for a Mass to be held, be it in a field, a trench, or a bunker. Its contents are remarkably nearly complete. It even contains an altar stone, the stone slab that holds a

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COURTESY OF ARCHIVES

The military identification card identified Fr. Albert J. Thompson as a chaplain for the U.S. Army and served as a means of clearance upon request. Lower right: Fr. Thompson's chaplain field case contained an altar stone, a chalice, a ciborium, a paten, candlesticks, candles, a missal, a crucifix, holy water, the bread and wine, and any other necessities for the Mass, as well as items to allow him to perform his services in the field.

Archives discovery continued from page 16

first-class relic of a saint. The stone was placed upon the altar during the celebration of the Eucharist.

Fr. Thompson's presence in the chaos of the war gave the soldiers solace. His resolute commitment to administer the sacraments under any circumstance, in the face of all odds, assured the soldiers that there was no place so powerfully hopeless that God's love could not reach them. In the words of J.R.R. Tolkien, a devout Catholic himself, who fought in WWI, Fr. Thompson's company would have given them hope that "in the end the Shadow was only a small and passing thing: there was light and high beauty

for ever beyond its reach."

Months after the conclusion of the war, Fr. Thompson returned to his position at St. Jerome and, in 1920, became pastor. Throughout his years of service, he continued to advocate for veterans and those serving in the armed forces. He served as pastor for several other churches throughout his priesthood, including St. Stephen Cathedral in Owensboro, and St. Francis de Sales Parish in Paducah. In 1962, Thompson, now a monsignor, retired from parochial duties and, until his death, in 1970, served as chaplain of the Ursuline Motherhouse and Acad-

emy of Mount Saint Joseph.

The priest's case was rediscovered, with much delight, by Sr. Amelia Stenger, the Congregational Leader of the Mount, while we were assessing items in the Mount's old museum for archival accessioning. Making the discovery even more joyful was the fact that Sr. Amelia was a student at the Academy when Msgr. Thompson was serving as its chaplain! ■

Edward Wilson is the director of the Diocese of Owensboro's Archives and the archives of the Ursuline Sisters of Mount Saint Joseph. To learn more, visit owensborodocese.org/archives.



Women's Cursillo takes place March 5-8, 2020

Mary Hagan of Cursillo of the Diocese of Owensboro writes, "It was a joyous weekend with lots of Jesus' love and forgiveness and sharing. We prayed the Mass, rosary and Sacrament of Reconciliation. What a wonderful group of ladies that joined Cursillo."

To learn more, visit www.cursillo-owensboro.org, email contact@cursillo-owensboro.org, or call Felicia Elliott at (270) 929-1524.

COURTESY OF MARY HAGAN

First row, (left-right) Teresa Westerfield, Charlotte Hedges, Juanita Pooser. Second row (left-right) Ashley Haycraft, Mary Grace Woodward, Leah Spurock, Sharon Brumlow, Donna Howard, Fr. Ken Mikulcik. Third row (left-right) Fr. Tom Buckman, Vicki Kinnard, Vicky Barnes, Julie Hayden, Teresa Young, Kim Haire, Ann Corley, Martha Reed. Fourth row (left-right) Charlotte Hollis, Morgan Murray, Joanne Hatfield, Bettie Stone, Carrie Wheatley. Fifth row (left-right) Martha Wheatley, Mary Hagan, Sandy Henry, Mary Lee, Felicia Elliott. Sixth row (left-right) Deacon Brett Mills, Jennifer Whitehouse.

St. Vincent de Paul Diocesan Council launches new website

BY SVDP DIOCESAN COUNCIL, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

The Society of St. Vincent de Paul Diocesan Council is pleased to announce the launch of its new website – www.svdpwesternky.org.

The website incorporates each of the four District Councils and their Conferences in the 32 counties the Society serves.

It is our hope this website will keep all Vincentians, staff, donors, and volunteers informed about the special works occurring in each conference and District Council in western Kentucky.

We encourage you to share how you are serving your neighbors in need, this information is vital to keeping our website active and alive.

If you have news to share please forward all information and photos to svdp.owensboro@att.net. ■

Q&A Tribunal Explains

Does my former spouse have to be contacted and invited to participate in the process, even if he/she has been abusive and is dangerous?

The former spouse has to be notified of the process because he/she is a part of the marriage. If he/she does not cooperate, that does not stop the case; a declaration of absence will be issued. In cases of proven abuse or other dangerous situation, there are provisions where the Respondent's rights can be upheld and protected. It is the judgment of the Judicial Vicar in such case how to proceed.

The Office of the Diocesan Tribunal is a ministry designed to help individuals in the healing process by seeking clarification with regard to their marriage. If you have questions, please contact the Tribunal at 270-683-1545 or tribunal@pastoral.org.

Escape to the Mount!



Saturday, Sept. 12
6-8 p.m.

Immaculate Parish Hall

2516 Christie Place, Owensboro, Ky.

Enjoy snacks, drinks, beer, wine.

\$25 per person

Teams: 4-10 players, Prizes for 1st, 2nd, 3rd place

Don't forget your raffle tickets! Drawing Sept. 13

Get your \$5 Mount raffle tickets for a chance to win \$10,000!

• Diamond ring • \$3,500 • \$1,000 • Quilt • \$500 • \$100

Order tickets online: <https://ursulinesmsj.org/mountraffle>

Bids or questions? Contact Carol Braden-Clarke: 270-229-2008 • carol.braden-clarke@maplemount.org

Trivia seating is limited. Sign up online: ursulinesmsj.org/escape-to-the-mount-weekend or mail a check payable to Ursuline Sisters, Development Office, 8001 Cummings Road, Maple Mount KY 42356.

NOTE: We will follow social distancing guidelines.

Quilt Auction

New Online Quilt Auction!
Bidding begins Aug. 24

Quilt Bingo will return in 2021, but **you can still get beautiful quilts at our 2020 online QUILT AUCTION!**

Watch our Facebook page and website to PREVIEW quilts on the auction block:

ursulinesmsj.org or [facebook.com/ursulinesmsj](https://www.facebook.com/ursulinesmsj)

Bidding begins Aug. 24. Daily through Sept. 11, we will announce the highest bids. To bid, contact Carol at the information below. Good luck!



Ursuline Sisters
of Mount Saint Joseph

8001 Cummings Road, Maple Mount, KY 42356-9999

License 0290

UPCOMING EVENTS

2020 Parish Picnic Schedule in the Diocese of Owensboro

Editor's note: Parish picnics and cooking teams are a longstanding tradition in the Diocese of Owensboro. All questions about the individual picnics may be directed to the parishes.

The following dates are subject to change or cancellation due to the ongoing COVID-19 situation. Please contact the parish directly for updated information (owensborodiocese.org/find-a-parish).

DATE	SERVING TIME	PARISH
SEPT 12	Drive-through only at 5 p.m.	St. Agnes, Uniontown
SEPT 19	Carryout-only from 4 - 8 p.m.	Christ the King, Madisonville
SEPT 19	Drive-thru only, serving at 4 p.m.	Blessed Mother, Owensboro
SEPT 20	Drive-thru only, serving at 11 a.m.	St. Lawrence Picnic Grounds, Philpot
SEPT 26	Drive-thru pickup from 1 - 3 p.m.	Immaculate, Owensboro
SEPT 27	Drive-thru only, serving 8 a.m.-3 p.m.	St. Mary of the Woods, Whitesville
SEPT 27	Serving from 11 a.m. - 2 p.m.	St. Joseph, Central City

Happy anniversary!

Editor's note: You may have noticed in the August 2020 issue that we featured the names of priests serving in the Diocese of Owensboro who were celebrating the anniversaries of their priestly ordinations that month. This is thanks to an email from April Dickens, bookkeeper/administrative assistant at Sts. Joseph and Paul Parish in Owensboro, who suggested including these anniversaries so that people can congratulate their priests each year. Even if it's not currently his anniversary, remember to thank and pray for your priest – and continue praying for more vocations in our diocese. Learn more at owensborovocations.com.

This month we celebrate the anniversary of:

Fr. John Okoro | Ordained 9/9/1995

Pastor of St. Ambrose Parish (Morganfield), St. Francis Borgia Parish (Sturgis) and St. William Parish (Marion)

Rachel's Vineyard

A Safe Haven

Rachel's Vineyard is a safe place to renew, rebuild and redeem hearts broken by abortion. Weekend retreats offer you a supportive, confidential, and non-judgemental environment where women and men can express, release and reconcile painful post-abortion emotions to begin the process of restoration, renewal and healing.

Join us for a weekend of Emotional Healing and Spiritual Renewal

October 23-25, 2020
Retreat Center near Owensboro, KY

Contact: Wendy
270.474.4707
wendyc@hopeafterabortionky.com

ALL conversations are held in strict confidence.

www.hopeafterabortionky.com

Online Group Spiritual Direction
Wednesdays Oct. 7, 14, 21, 28
10 - 11:30 a.m.



Some stories we hear, and some we tell ourselves. Are you living an incomplete or limiting narrative? In a small group community, we will participate in sacred storytelling. Our sharing and listening will

be guided by a new format developed by author, educator and spiritual director Diane Millis in her book, "Recreating a Life: Learning How to Tell Our Most Life-Giving Story." Led by Maryann Joyce, Retreat Center Director. *There is a \$40 fee for all 4 sessions.*

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

SEPTEMBER 2020 BULLETIN BOARD

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

Learning and Formation Opportunities at Parish of the Immaculate

Romans Bible Study on Mondays at 10 and 6: Please join us at Immaculate in Owensboro for our Romans Bible Study on Mondays at both 10 a.m. and 6 p.m. beginning Sept. 14. Romans is a treasure, full of divine wisdom spoken by God to St. Paul in lived experience and divine revelation. And remember as you read, that St. Paul wrote this joyful, hopeful, and faithful letter all while awaiting his execution! The times were serious, but so was St. Paul's love for Christ, and his delight in Christ. *TMIY Wednesdays:*

Please also join us for *That Man is You*, a 30-minute video and 30-minute discussion experience of God's calling in the lives of adult men beginning on Wednesday, Sept. 2. TMIY is about becoming a man after God's own heart! Wherever you are in your spiritual life, Jesus Christ wants to encounter you right there... and take you further! Men gather each Wednesday between 6-6:30 a.m. for light refreshments and coffee, then at 6:30 have a video experience tailored to what men want and need to know in their lives today. We promise to have you out and on your way by 7 a.m. Call Heather Owens at 270-683-0689 for details.

Mount Raffle Drawing Sept. 13

Just a few days left to support the Ursuline Sisters by buying a ticket for the Mount Raffle and a chance to win \$10,000! Tickets are just \$5. Other prizes include a diamond ring worth \$5,000, a handmade quilt worth \$1,000 and cash prizes of \$3,500, \$1,000, \$500, \$250 and \$100. You can't win without a ticket, so get yours before the drawing. Online ticket sales end at noon Sept. 13. The drawing is at 3:30 p.m. that day. You can buy tickets online at ursulinesmsj.org/mountraffle.

Hope in a Time of Pandemic: The Book of Revelation

Saturday: Sept. 19 Intro. to Book of Revelation
Saturday: Oct. 3 What John Saw: Rev. 4-5

Saturday: Oct. 17 The Woes to Come: Rev.6-11
Saturday: Oct. 31 The Woman Clothed With the Sun: Rev.12-19

Saturday: Nov. 14 The New Creation: Rev. 21-22
The Book of Revelation is the most misunderstood book in the Bible. Fr. Anthony Shonis in five sessions beginning on Sept. 17 at Holy Name of Jesus Parish in Henderson will guide us in reading the Book of Revelation both as a warning and a source of hope for Christians undergoing a crisis. This book carries a tremendous message for our time – you won't want to miss it! It is scheduled from 7:30-8:30 a.m. every other Saturday right after the morning Mass. It will be in the parish hall. It will also be recorded. You can find it at Holy Name of Jesus' webpage, <https://holynameparish.net/announcements>, and click on Announcements and Videos then scroll down to Fr. Shonis' link. For more information or purchase \$1.00 booklets to go along with the presentation, contact Holy Name's parish office by calling 270-826-2096.

Join us for 40 Days for Life in Evansville

40 Days for Life is a 40-day prayer vigil where we walk in front of Planned Parenthood located at 125 N Weinbach Ave. in Evansville. We pray every day Monday-Sunday between the hours of 7 a.m. and 6 p.m. You can visit 40DaysforLife.com and choose the Evansville campaign and sign up there to pray for any particular hour – one-time or weekly. The campaign runs from Sept. 23-Nov. 1. We are planning a prayer vigil the night before it begins (Tuesday, Sept. 22 at 6 p.m.) at Memorial High School on Lincoln Ave. in Evansville and will walk with signs from the high school to Planned Parenthood. If you have more specific questions, please contact Evansville 40 Days for Life coordinator Jackie Fehrenbacher at ejfehrenbacher@yahoo.com.

"Group Spiritual Direction: Telling Our Most Life-Giving Story" Wednesdays in October

We are all born into a narrative. Some stories we are born into, some stories we are told, and some we tell ourselves. These stories shape our identity and become a powerful force in our lives. How aware are you of the stories you tell yourself? Are you living an incomplete or limiting narrative that

constricts your life? In a small group community, we will participate in sacred storytelling, holding and honoring your individual stories into new life-giving narratives that support the life you want to live. Our sharing and listening will be guided by a new format developed by author, educator and spiritual director Diane Millis in her book, "Recreating a Life: Learning How to Tell Our Most Life-Giving Story." Join us online via Zoom for this four-part series during the Wednesdays in October from 10-11:30 a.m. Dates are: Oct. 7, 14, 21, and 28. The presenter is Maryann Joyce, director of the Conference and Retreat Center. The cost is \$40 for all sessions. Call 270-229-0206 or email retreatcenter@maplemount.org or register online at ursulinesmsj.org/registration-form-for-sponsored-programs.

"Exploring Illness as a Catalyst for Spiritual Growth" Nov. 14

If illness is a cause of suffering in the human experience why do the saints and mystics have such a positive attitude about it? Join us online in the comfort of your own home as we explore how illness can bring forth transformation and growth of our life in God. Through presentation, storytelling, journal prompts, group sharing, poetry and music, Maryann Joyce, director of the Mount Saint Joseph Conference and Retreat Center, will lead participants to reflect on their part of the Pascal Mystery of Christ as well as themes of surrender and trust, vulnerability and acceptance. This retreat would be a comfort and inspiration for anyone coping with serious or chronic illness. The retreat will be held from 9-11:30 a.m., then following a lunch break, from 1-3 p.m. on Nov. 14. The cost is \$30. To register, call 270-229-0206 or email retreatcenter@maplemount.org or register online at <https://ursulinesmsj.org/registration-form-for-sponsored-programs/>

St. Benedict School Reunion update

The 2020 St. Benedict School Reunion at St. Benedict Church, Wax, Ky. is cancelled for this year. For more information, please email Betty Miller at bettymil@windstream.net.

Retreat Center program challenges attitudes on aging through faith



COURTESY OF MOUNT SAINT JOSEPH

Maryann Joyce, director of the Mount Saint Joseph Conference and Retreat Center, discusses how one's perception of aging leads to his or her beliefs during the June 3 presentation of 12 Keys to Spiritual Vitality at the St. Stephen Parish Community Room.

BY MARYANN JOYCE, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

This may surprise you but aging and illness can be a catalyst for spiritual growth – not a hindrance. I learned this through personal experience with serious illness and with the sound spiritual support of people like Dr. Richard Johnson, director of Senior Adult Ministry of St. Louis.

This perspective was offered to a small group of aging Catholics who gathered June 3, 2020 at St. Stephen Cathedral to attend “12 Keys to Spiritual Vitality: Powerful Tools to Living Agelessly.” The program – supported by the Disciples Response Fund – developed as a collaboration between the Mount Saint Joseph Conference and Retreat Center and St. Stephen Cathedral in Owensboro.

The focus of the presentation and discussion was based on Dr. Johnson's book by the same name. He

coined the term “spiritual gerontology” and offers lifelong adult faith formation to help people realize that aging can be a “soul adventure.” Johnson says that aging is not a “thief in the night,” and instead is one the three master teachers of life, along with relationships and sickness.

I found this to be true. When I had a serious illness several years ago, I found the psychological and spiritual insights were key to my ability to cope and even grow emotionally and spiritually through a very challenging time. I became more appreciative and intentional about discovering and living my deepest values and meaning in life.

By the time we finished the program, it seemed many participants took up this challenge and grew into new attitudes and virtues. One man who attended offered this:

“I would definitely recommend this program to others. Upon entering I felt I already had a fairly positive attitude toward aging. However, the readings and discussion pointed out specific areas I had never considered. It helped me to define these to better understand personal strengths and weaknesses and consider the importance of a more holistic vision and plan for healthy aging.”

Some of the values and virtues discussed included forgiveness, living in the now, and seeking love everywhere.

We discussed the value and struggle in such things as ‘letting go’ and living a balanced life in the face of a culture of doing and accumulating. These days, it's harder to feel our sense of connectedness

After four years of research, Dr. Richard Johnson identified these 12 keys as the foundational principles of aging and spirituality:

1. Transform your attitudes about aging
2. Seek love everywhere
3. Delight in connectedness
4. Live in the “Now”
5. Accept your true self
6. Forgive others and self
7. Let go of anger and inner turmoil
8. Give yourself to others
9. Celebrate your faith
10. Discover personal meaning in life
11. Make your feelings work for you
12. Achieve balance in your life.

to others, so it's really helpful to remember Catholic teaching that we already belong and are always loved in Christ.

A few staff from the Retreat Center, including myself, will be available over the coming months to offer this program and others to local parishes. We hope to create many more collaborations with parishes to enrich their spirituality and formation programs. Individual and group spiritual direction are also available for individuals who would like to explore the spiritual challenges of aging and illness.

The Retreat Center will also offer a Zoom retreat on a similar subject called, “Exploring Illness as a Catalyst for Spiritual Growth” on Nov. 14. I'll be leading that retreat. Please call or email me at (270) 229-0200 or maryann.joyce@maplemount.org if you are interested in any of these opportunities. ■

Maryann Joyce is the director of the Mount Saint Joseph Conference and Retreat Center in Maple Mount, which serves as the Spiritual Life Office for the Diocese of Owensboro. To learn more, visit ursulinesmsj.org.

The Office of Evangelization and Discipleship has a plan!

BY DR. JEFF ANDRINI, OFFICE OF EVANGELIZATION AND DISCIPLESHIP

We have exciting news! Bishop Medley, the committee for the Office of Evangelization and Discipleship, and I have been working hard to articulate the Vision and Mission of evangelization for the diocese. We are thrilled to share our new vision statement and mission with all 78 parishes of the diocese



FILE PHOTO
Dr. Jeff Andrini

and to invest the necessary resources to serve the 44,000 Catholics of western Kentucky in achieving our Mission! Our Vision Statement is: “In response to God’s love for us, every person within the Diocese of Owensboro will come to know Jesus in a personal way, grow in maturity as a disciple, and be sent forth to joyfully employ our gifts to make present the reign of God.” Although it is pretty straightforward, we would like to highlight a few items in this statement. First, everything we do, have and are is because of God’s love. It is pure gift. It follows that God wants us to experi-



ELIZABETH WONG BARNSTEAD | WKC

(Left to right) Deacon Chris Gutiérrez, director of the diocesan Office of Hispanic/Latino Ministry; Charlie Hardesty, director of the diocesan Office of Youth and Young Adult Ministry; and Matt Gray, director of music at Immaculate Parish in Owensboro lead music during a March 12, 2020 evangelization event at the Owensboro Convention Center.

ence this love and to have a living relationship with Jesus and grow as his disciples. Once we know who we are in Jesus, we are invited to use our God-given gifts to make present God’s reign in the here and now. We are the hands, the feet, and the very heart of Jesus, when we share God’s love in every situation in our lives. The reign of God is made present when God’s people love others in God’s name!

The Vision Statement is about “WHAT” we want to be. We want to be a diocese that encounters Jesus, accompanies others in their walk with him leading them to be disciples to be and sent forth to transform their world. Our Mission Statement is even shorter and says “HOW” we will do it.

Our Mission Statement is: “We will foster encounters with Jesus that transform people into missionary disciples through prayer, teaching and outreach.” The Office of Evangelization and Discipleship is working collaboratively with other diocesan offices to support parish transformation and renewal across the diocese. The six goals of the plan begin by ensuring we model excellence and good leadership among

our pastors, parish staff and parish leadership that is rooted in prayer, honesty, and teamwork.

The other goals include providing training and support for parish leadership and all parishioners through regional events and individual parish support. We will communicate the message of evangelization in a simple manner that highlights the necessity of relationship, with God and one another, and the goal of missionary discipleship. Watch for upcoming Zoom presentations on evangelization and other resources as we progress on our goals.

Please join us in our efforts to daily pray for a movement of the Holy Spirit and for the efforts of evangelization throughout all the ministries of our diocese. Our passion is to help people encounter Jesus and live the abundant life he promises to his disciples. Stay tuned to this monthly column for updates and contact me, Jeff Andrini, at jeff.andrini@pastoral.org with any questions or suggestions. ■

Dr. Jeff Andrini is the director of the Office of Evangelization and Discipleship. Learn more at owensborodiocese.org/evangelization.

September 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

Bryan & Mary Colburn, 5
John & Linda Farley, 53

Christ the King, Madisonville

Joseph & Daisy Roche, 54

Holy Guardian Angel, Irvington,

Charles E. & Betty Smith, 55

Holy Name of Jesus, Henderson

Dean & Janice Arnold, 50
Terry & Judy Berrong, 50
Carroll & Margaret Fulkerson, 57
Eric & Steffi Fulkerson, 10
Anthony & Mary Anne Gonnella, 40
Harold & Lucy Hargis, 51
Kent & Julie Hauser, 40
Ronald & Joan Hockey, 61
Terry & Laura Lott, 10
James & Lisa Newman, 25
John & Amber Schaudt, 10
Zack & Janet Thomason, 40
Raymond & Joan Wawrin, 53

Holy Spirit, Bowling Green

James & Veronica Diemer, 58
Joe & Sally Liles, 57
Dean & Colleen Ewing, 53
Stephen & Wanda Baka, 50
Steve & Sandy Stahl, 50
Jonathan & Sarah Bessinger, 5
John & Susan Miller, 5
Dustin & Jennifer Perkins, 5

Holy Trinity, Morgantown

Richard & Peggy Seiler, 59

Immaculate Conception, Hawesville

Vic & Barbara Hagman, 55
Dale & Marcia Reddin, 50
Clinton & Danielle Payton, 10
Kenny & Malinda Stewart, 25
Charles & Peggy Howard, 51

Our Lady of Lourdes, Owensboro

John & Joyce Teets, 52
Michael & Anna Dunn, 40
John & Pat Kelley, 60
Michael & Suzanne Wurth, 50
Joseph & Stephanie Elder, 10

Parish of the Immaculate, Owensboro

Derek & Rachel Blair, 10
Javier & Juanita Garcia, 25
Doug & Rachael McFadden, 25
Patrick & Sylvia Hayden, 40
James & Patricia Dickens, 62
Louis & Mary Alice Weise, 64
Joseph William & Sherma Clark, 65

Precious Blood, Owensboro

William & Susan Wedding, 51
Larry & Gail Glenn, 52
Dennis, Jr. & Angie Blair, 25
John & Yvonne Rudy, 25

Resurrection, Dawson Springs

Carl & Rose Lee Coffey, 64
William M. & Linda C. Randolph, 55

St. Agnes, Uniontown

Jason & Treasure Jones, 25
Dorris & Joyce Collins, 60

St. Alphonsus, St. Joseph

P. J. & Kiley Murphy, 5

St. Ann, Morganfield

Francis W. & Carol Hosman, 54
William & Janet Robertson, 60
Leon & Eva Clara Hendrickson, 64

St. Anthony the Abbot, Axtel

Narvin & Leverne Whitworth, 60

St. Augustine, Reed

Robert & Ellen Lacer, 54
Floyd (Sonny) & Linda Evans, 55

St. Columba, Lewisport

James & Pattie Toler, 71

St. Francis de Sales, Paducah

Steve & Sally Batusic, 40
Larry & Joyce Coleman, 51
Bob & Shirley Coleman, 51
Durwin & Maureen Urserly, 54

St. Henry, Aurora

Jack & Janice Faust, 53

St. Jerome, Fancy Farm

Caleb & Kristin Ballard, 5
T. J. & Beth Richmond, 5
Gerald & Janet Elliott, 40
Joey & Vickie Hobbs, 40
Glenn & Barbara Sue Wilson, 54
Marvin & Martha Byrd, 58
Howard & Jackie Elliott, 61

St. John the Evangelist, Paducah

Richard & Betty Wurth, 58
Paul & Jerri Durbin, 68
Lawrence R. & Geraldine, 55
Lawrence T. & Dorothy Durbin, 52
Robert & Yolanda Neihoff, 57
Jeff & Julie Risley, 10
Paul & Ellen Carrico, 62

St. John the Evangelist, Sunfish

William & Tamra Shrader, 5

St. Joseph, Bowling Green

Eric & Shelby Escamilla, 5
Timothy & Evelyn Isom, 40
James & Erica Aicken 10
Kody & Molly Brown, 5
Rob & Katherine Colley, 50
Hubert & Linda Richardson, 50
George & Judith Martin, 54
Bruce & Teresa Updegraff, 58

St. Joseph, Leitchfield

Jimmy & Sue Kipper, 54
Jed & Sandy Johnston, 51
St. Joseph, Mayfield
Robert & Jean Carrico, 53
Jose A. & Maria Elia Carmona, 25
Charles & Buffy Gargus, 25

St. Lawrence, Philpot

Joseph & Nancy Payne, 60
Charles O. & Joyce Mills, 63
Darrell & Mary Lou Payne, 51

St. Leo, Murray

James & Joan Carden, 56

St. Martin, Rome

Jimmy & Kathy Simmons, 40
Jack & Dolores Beyke, 54
William & Judy Peak, 54

St. Mary, Franklin

Jim & Gail Briley, 59

St. Mary, LaCenter

Sylvio & Rita Mayolo, 61
Sam & Lorie Brooking, 25
Bernard & Helen Anselm, 75

St. Mary Magdalene, Sorgho

Bobby & Terry Knott, 61
Danny & Sharon Ebelhar, 51
Guy & Sherry Durham, 25

Continues on page 24

ANNIVERSARIES

Continued from page 23

Heath & Leanna Byrne, 5

Barry & Kathy Hardy, 5

St. Mary of the Woods, McQuady

Andrè & Jane Chustz, 60

St. Mary of the Woods, Whitesville

Daniel & Bernice Knott, 53

St. Michael the Archangel, Oak Grove

Raymond V. Aguon & Herminda Chico

James L., Jr. & Corrina White, 10

Frank & Jenny Pleban, 10

Eric J. & Katherine M. Eberlein, 10

Paul P & Priscilla A. Castro, 40

Roger & Margaret Blair, 50

Robert T. Sherry A. Washington, 50

St. Paul, Leitchfield

Larry & Geneva Pawley, 53

Justin & Erica Cockerel, 5

Michael & Joyce Whitfill, 52

James R. & Helen Gawarecki, 58

St. Peter of Antioch, Waverly

Leslie & Martha Gibson, 50

St. Pius X, Calvert City

John & Dolly Bardsley, 58

St. Pius X, Owensboro

John & Beth Clements, 25

Jamison & Jessica Hughes, 5

Norman & Doris Johnson, 54

Mary & Ronald Strehl, 56

Earl & Peggy Castlen, 51

St. Romuald, Hardinsburg

Chuck & Joellen McGary, 55

Stephen & Melissa Oelze, 10

Donald & Alice Bland, 61

Jim & Dana Bland, 25

St. Rose of Lima, Cloverport

Thomas & Leigh Ora Flood, 73

St. Sebastian, Calhoun

John & Brenda Pinkston, 54

Michael & Margaret Dant, 55

St. Stephen, Cadiz

James & Sally Vollmer, 54

James & Betty McVey, 64

Stan & Fran Kostrzebski, 58

St. Stephen Cathedral, Owensboro

Tom & May Gipe, 40

Howard & Louise Brown, 53

Norman & Joan Froehlich, 56

Pat & Donna McNulty, 55

John & Patsy Clayton, 63

St. Thomas More, Paducah

Steve & Angel Crump, 25

Phil & Betty Higdon, 56

J. Robert & Judy Milford, 54

Blake & Erica Harrison, 5

Tom & Barbara Clinton, 52

Gary & Janie Lamb, 55

Tomi & Cindy Zaninovich, 5

St. William, Knottsville

Derek & Mallery Berry, 5

Brandon & Kelly Hawkins, 10

Anthony & Catherine Pullin, 40

Joey & Mary Roby, 40

Sts. Joseph & Paul, Owensboro

Martin & Angela Higdon, 5

Wesley & Heather Carrico, 10

Gerald & Brenda Payne, 50

Jack & Rose King, 67

Bobby & Theresa Pedley, 56

Ralph & Emilee Ward, 54

Sts. Peter & Paul, Hopkinsville

Andrew & Annette Mongeon, 68

James & Maria Creighton, 51

Gregory & Anita Jones, 51

William & Ann Farrell, 50

Kenneth & Julie Tiell, 5

Correction: In the WKC's August 2020 issue, Charles Ray and Sarah Dant of St. Alphonsus Parish in St. Joseph were incorrectly listed as being married for five years. In fact, they have been married for 55 years! Congratulations to the Dants on this significant milestone and we sincerely apologize for this error.

Dwelling with Mary



Photos Courtesy of Deacon Corey Bruns



Come and discover the beauty of consecrated religious life!

Vocation Retreat for Women

October 9-11, 2020

Visit our website for more information:

www.passionistnuns.org/vocations

Passionist Nuns
of St. Joseph Monastery
Whitesville, KY



St. Ann in Morganfield celebrates First Communion, Confirmation



PHOTO COURTESY OF BRIANA ROBINSON

(First row) Jerra Johns, Savanna Hendrickson, Anna Lawyer, Harper Cobb, Anabel Brantley, Karter Thompson; (second row) Avery Hendrickson, Reed Pinkston, Cale Heppler; (back) Fr. Freddie Byrd. Masks were briefly removed to quickly take this picture.



PHOTO COURTESY OF BRIANA ROBINSON

(Front row) Brady Greenwell, Lillian Goodloe, Logan Morris, Annie Beaven; (back row) Kaden Kanipe, Rachel Greenwell, Fr. Freddie Byrd, Abby Jones and Dayden Beaven. Masks were briefly removed to quickly take this picture.

BY TERESA M. DUNCAN, SPECIAL TO THE WESTERN KENTUCKY CATHOLIC

St. Ann Parish in Morganfield welcomed nine children to Jesus' table for First Holy Communion on July 19, 2020. Fr. Freddie Byrd brought the children closer for their special homily and all eyes were focused on his message. The class's enthusiasm reminds us of the special privilege we all share each time we receive our sacrament.

Our church was filled with the Holy Spirit on July 22, 2020 when Fr. Freddie Byrd held Confirmation in a special Mass for eight young teens. Social distancing requirements didn't allow a celebratory reception but there were quick photos of the class to record their special rite in our faith. ■

Teresa M. Duncan is the administrative assistant at St. Ann Parish in Morganfield.



PHOTO COURTESY OF SUMMER HEPPLER

During the July 19 First Communion celebration, Fr. Freddie Byrd brought the children closer for their special homily and all eyes were focused on his message.

The Diocese of Owensboro is blessed with eight seminarians



COURTESY OF KRISTA HALL

The Diocese of Owensboro seminarians studying at St. Meinrad this year. Back row, (left-right) Joseph McGinnis and Deacon Corey Bruns. Front row (left-right) Conrad Jaconette, Martin Ma Na Ling and Christopher Grief.



COURTESY OF FLYNN MUDD

Flynn Mudd (left) is a junior and Christopher French (right) is a sophomore at Bishop Simon Bruté College Seminary in Indianapolis.

BY WKC STAFF

Please pray for our eight diocesan seminarians as they continue their studies, discernment and formation this fall, and remember also to pray for more young men to answer the call to the priesthood in our diocese.

Deacon Corey Bruns

Fourth theology at St. Meinrad Seminary
Home parish: St. Ann, Morganfield

Martin Ma Na Ling

Third theology at St. Meinrad Seminary
Home parish: Holy Spirit, Bowling Green

Chris Kight

Pastoral year
Home parish: St. Thomas More, Paducah

Christopher Grief

Second theology at St. Meinrad Seminary
Home parish: St. John the Evangelist, Paducah

Conrad Jaconette

Second philosophy at St. Meinrad Seminary
Home parish: St. Joseph, Bowling Green

Joseph McGinnis

First philosophy at St. Meinrad Seminary
Home parish: Sacred Heart, Russellville

Flynn Mudd

Junior at Bishop Simon Bruté College Seminary
Home parish: St. Thomas More, Paducah

Christopher French

Sophomore at Bishop Simon Bruté College Seminary
Home parish: Holy Spirit, Bowling Green



FILE PHOTO
Chris Kight

Ursuline Sisters honor their heritage on the Feast of Our Lady of the Snows



COURTESY OF MOUNT SAINT JOSEPH
Ursuline Sisters and some sisters from Vietnam who are studying at Brescia University gather to pray in front of the crucifix that welcomes visitors to the cemetery and sing the traditional hymn, "Holy Ground" on Aug. 5, 2020.

Agnes wrote about that moment.

"Father met us at the station in Owensboro and gave us the document with the words, 'This is the Feast of Our Lady of the Snows; I have promised our Blessed Mother that if the journey is successful, this feast will be annually observed in the Community as a day of thanksgiving and a procession to the cemetery will take place in commemoration of the departed Sisters of the Community.' We knelt in the twilight in the rear of the station for the blessing of our saintly Father, and we felt that our Heavenly Mother added her blessing to his.

"Wire me after your visit to Falconio' were Fr. Fitzgerald's parting words as we boarded the train for Washington, via Louisville. 'How shall we word the message?' we asked. 'YES or NO' was his reply."

The answer was "yes," that there was hope for their request. The following year, the Ursuline Sisters of Mount Saint Joseph became an independent community. ■

The Ursuline Sisters of Mount Saint Joseph are located in Maple Mount. To learn more, visit ursulinesmsj.org.

BY MOUNT SAINT JOSEPH STAFF

Each year on Aug. 5 - the Feast of Our Lady of the Snows - the Ursuline Sisters of Mount Saint Joseph process to the cemetery in Maple Mount to remember and give thanks to the sisters who helped them form an independent community.

It was on that date in 1911 that Mother Agnes O'Flynn and Sr. Ursula Jenkins left Owensboro, Ky., for Washington, D.C., to meet with the Apostolic Delegate to the United States, Diomedede Falconio. They wanted to make their case to become a community independent of the Ursuline Sisters of Louisville.

Fr. Edward Fitzgerald, the pastor of St. Paul Church in Owensboro and the ecclesiastical superior for their Ursuline community, spent the previous evening writing the history of the community for the sisters to present. He met them at the train station to bless their journey. This is what Mother



S. Hermann & F. Richter from Pixabay

Holding onto Hope

Online Retreat

As Christians, we are called to be people of hope. But how do we do this amid the gloom and doom that often pervades the daily news - and our personal lives? This retreat explores Christian hope and its relation to faith, love, wonder and courage. Using scripture, short videos, music, stories, sharing and humor, Sister Melannie will suggest ways we can nourish hope in our everyday lives.

Weekend of Oct. 2-3

The retreat will begin Friday evening and continue through Saturday. Fee: \$60 for online Zoom retreat



PRESENTER: Melannie Svoboda, SND, a Sister of Notre Dame of Chardon, Ohio, has master's degrees in English and Spirituality. She has been a teacher, formation director, congregational

leader, spiritual director and writer. She gives talks and retreats nationally. Her books include "Everyday Epiphanies," "When the Rain Speaks," and "Hanging onto Hope."



Mount Saint Joseph
Conference and Retreat Center

8001 Cummings Road
Maple Mount, Kentucky 42356-9999

Please register: 270-229-0206
retreatcenter@maplemount.org

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

El Triunfo de la Santa Cruz

El símbolo más único con que la mayoría asocia a Jesús y su Iglesia es la cruz. La imagen de la cruz la encontramos en los templos, escuelas y hospitales. Una cruz, con frecuencia con el cuerpo de Jesús y así llamado crucifijo, se puede encontrar en cientos de millones de hogares alrededor del mundo. Utilizamos cruces sobre nuestras personas como una marca de fe, algunas veces como en forma de joya o adorno.

Cada año el 14 de septiembre, observamos la fiesta de la Exaltación de la Santa Cruz, o el triunfo de la Santa Cruz. (Y el 15 de septiembre es la Memoria de Nuestra Señora de los Dolores – una fiesta que le acompaña ilustrando el lugar que ocupa María en la historia de la salvación). El Viernes Santo, los cristianos conmemoran la pasión y muerte de Jesús y reflexionamos sobre la culminación de nuestra historia de salvación. El triunfo de la cruz es una extensión de esta reflexión, sin embargo, se enfoca en la cruz misma y que debe identificar a los seguidores de Jesucristo.

A comienzos del siglo IV, Santa Elena, madre del emperador romano Constantino, se dirigió a Jerusalén en busca de los lugares que mencionan los evangelios y donde estuvo Cristo. Aprendió sobre una tradición que identificaba el sitio de la tumba de Jesús. Había allí, erigido un templo pagano, supuestamente para desanimar a los cristianos de venerar el lugar. Ella ordenó que se destruyera ese templo. Podemos asumir que al ser ella la madre del emperador podía hacer lo que quisiera. Subsecuentemente su hijo erigió la primera Basílica del Santo Sepulcro. Esa y otros templos fueron construidos y destruidos en medio de guerras que continuaban sobre esas tierras. Sin embargo, la Basílica que allí se encuentra en el 2020 data del siglo XII y con ello es la estructura

más primitiva existente de devoción cristiana.

Para cualquiera que ha tenido el privilegio de realizar un peregrinaje a tierra santa, a la tradicional “Vía Dolorosa” (Camino de la Cruz) es aquí donde culmina la observación de las últimas de las catorce estaciones. Dentro de la Basílica existe un altar para marcar el cerro del Calvario donde Jesús fue despojado de sus vestiduras, clavado en la cruz y donde sufrió en agonía por más de tres horas hasta su muerte, “en tus manos Señor encomiendo mi Espíritu”. Solo a unos metros de distancia existe una pequeña capilla como tipo mausoleo y que se cree marca el lugar donde Jesús fue sepultado y donde también resucitó.

Según un artículo de Loyola Press, “Los creyentes siempre han mirado la cruz en tiempos de sufrimiento. Personas en campos de concentración, en prisiones, en hospitales, en cualquier lugar de sufrimiento y soledad, muchos de ellos dibujan, marcan o forman cruces y enfocan su mirada y corazones en ellas”.

La primera vez que visité la Penitenciaría del Estado de Kentucky como obispo, uno de los reclusos me presentó una hermosa cruz que había sido esculpida de jabón.

El artículo de Loyola Press continua: “La cruz no nos da respuestas fáciles. Pero si nos ayuda a ver nuestras vidas unidas a la de Cristo. Con frecuencia hacemos la señal de la cruz sobre nosotros mismos. Hacemos esa señal antes de rezar para fijar nuestras mentes y corazones en Dios. Hacemos esa señal de la cruz después de la oración, esperando mantenernos cerca de Dios. En las pruebas y tentaciones, la cruz es un signo de fuerza y protección. La cruz es un signo de la abundancia de la vida que es nuestra...por

CALENDARIO DEL OBISPO MEDLEY SEPTIEMBRE DE 2020:

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

3-6 DE SEPT.	Reunión de obispos - Seminario y Escuela de Teología de San Meinrad
9 DE SEPT.	8:30 a.m. Reunión del Consejo Diocesano de Finanzas - Centro Católico McRaith (MCC), Owensboro
10 DE SEPT.	10:30 a.m. Misa del Espíritu Santo - Universidad de Brescia
16 DE SEPT.	6 p.m. Confirmación – Parroquia San Jerónimo, Fancy Farm
21 DE SEPT.	10 a.m. Reunión del Consejo de Personal Sacerdotal - MCC 1:30 p.m. Reunión del Consejo Sacerdotal - MCC
22 DE SEPT.	10 a.m.-2 p.m. Horas de oficina - Hospital de Lourdes, Paducah

la señal de la cruz... Jesús nos lleva hacia si de una forma única”.

En el Bautismo la señal de la cruz es trazada sobre las frentes. Este signo es repetido durante el Sacramento de la Confirmación.

Es bueno mirar la cruz con devoción. Todo hogar cristiano debe mostrar una cruz en un lugar de reverencia. En muchas familias una cruz, en muchas familias católicas un crucifijo, con frecuencia son una reliquia de familia. Yo tengo un crucifijo que me llegó de mis abuelos y que mi padre recordaba desde su temprana infancia. Es costumbre, que un

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Continuado de la página 28

crucifijo con frecuencia es puesto en el ataúd de los que han muerto para el velorio, y luego se convierte en una preciada reliquia para la familia. Seguido en las confirmaciones, algunos de los recién confirmados reciben crucifijos como regalo y me piden que los bendiga. Yo espero y que esos crucifijos encuentren un lugar de prominencia en la vida del joven en sus años por vivir.

¿Existe una cruz o crucifijo en tu hogar? ¿Has tú y otros en tu hogar realizado una pausa para mostrarle respeto y orar juntos frente a ese signo?

“Te adoramos, oh Cristo, y te bendecimos, que por tu Santa Cruz redimiste

al mundo”. ■



Obispo William F. Medley

Diócesis de Owensboro

Artículo citado: “The Exaltation of the Holy Cross,” www.loyolapress.com/catholic-resources/saints/saints-stories-for-all-ages/triumph-of-the-cross.

La pandemia presenta desafíos en el cuidado de la salud mental de las familias

POR EL PERSONAL DEL WKC

“Tengo la confianza plena que los lectores podrían crear una lista de los diez mejores desafíos en salud mental que las familias y los individuos están enfrentando como resultado de la pandemia,” afirma la Dra. Jill Sauerheber, Consejera Clínica Profesional con Licencia y miembro de la parroquia de San José en Bowling Green. “Es importante darse cuenta que los desafíos de ‘la salud mental’ en realidad son síntomas de lo que está sucediendo dentro del cerebro y el sistema nervioso. Por ejemplo, puede ser que los padres estén batallando en cómo manejar lo relacionado con sus trabajos (como el buscar la manera de ganar un dinero para mantener a su familia), mientras que se aseguran que sus hijos realmente están aprendiendo en la escuela o detrás de la pantalla en la sala de la casa. Tanto los niños como los adolescentes están batallando por la falta de una estructura en el día a día. (Esto es complicado cuando el cerebro aún está en proceso de desarrollo)”.

La doctora Sauerheber afirma que los desafíos de “la salud mental”, tales como: depresión, ansiedad, pánico, miedo, ira y las discordias familiares se origi-

nan por que el cerebro y el sistema nervioso están estresados.

Ella recomienda usar, tanto “los recursos internos como los externos” diariamente.

“Los recursos internos pueden incluir la oración personal y la meditación, técnicas de respiración, descanso, comer saludablemente (una dieta apropiada es muy importante para la salud del cerebro),” así lo afirmó ella. “Los recursos externos pueden incluir encontrar un buen terapeuta, contactar a un amigo (incluso cuando no le den ganas), sentarse en una capilla diariamente, hacer ejercicio y/o echar a andar los cinco sentidos (sentándose al aire libre)”.

“Creen nuevos rituales en familia,” afirma la Dra. Sauerheber. “Esto es sumamente importante para los niños. El cerebro joven se desarrolla mejor cuando cuenta con estructura, previsibilidad y seguridad”.

Ella dijo que los párrocos pueden animar a sus feligreses a considerar formas en las que su fe, su vida de oración, el rezo de las novenas, sus devociones a los santos y los sacramentales pueden ayudar a su cerebro y a su cuerpo en general.

Pero también agregó que tanto los profesionales como otros tipos de ayudantes necesitan desechar la

noción de que ellos pueden “componer” a cualquiera.

Ella dijo que los párrocos y aquellos que ayudan pueden aún ofrecer recursos externos, tales como estar dispuestos a escuchar, tener una lista de consejeros profesionales experimentados, ofrecer grupos de apoyo, tener las puertas de las iglesias abiertas y las capillas disponibles durante el día.

“Muy a menudo, los que ayudan atienden los síntomas,” así lo afirmó ella. “Ellos también, deben entender cómo entra en juego el cerebro y el sistema nervioso”.

“Finalmente, y de igual importancia es nuestra fe y cómo nuestra relación con el Señor también ayuda a nuestro cerebro,” así lo afirmó ella. “Por ejemplo, el otro día, yo estaba teniendo problemas con algo. Podía sentir como se incrementaban los latidos de mi corazón. Me sentía enojada y lo sentía en mi pecho. Estaba lista para pelear. Rápidamente encontré una pintura de la Sagrada Familia en mi casa y me paré enfrente de esta. Me imaginé sentada en esa pintura con mis tres personas favoritas. Es cierto que no fue instantáneo, pero comencé a sentir como el palpitar de mi corazón regresaba poco a poco a su

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normalidad. Yo naturalmente pude respirar profundamente y sentir a Jesús”.

La doctora recomienda que nos hagamos un análisis completo de sangre y de hormonas: “Los recursos son fabulosos, pero si la neuro-química de nuestro cuerpo está mal, estos recursos solo nos ser-

virán solo por un momento como unas curitas”.

“Encuentren un terapeuta con el que se puedan entender y que conozca bien sobre la salud del cerebro,” así lo afirmó ella. “Y perseveren. Muy a menudo, las personas van una sola vez y por cualquier razón nunca regresan. Si su matrimonio necesita

ayuda, busquen consejería ahora. Típicamente las parejas esperan aproximadamente 6 años con sus problemas antes de buscar terapia. Desafortunadamente, para ese tiempo, hay poco que un terapeuta pueda hacer para ayudarles a sanar los montones de resentimientos que han ido construyendo”. ■

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.

Los católicos tienen la obligación de promover el bien común, y eso incluye registrarse para votar



PIXABAY

POR JASON HALL, ESPECIAL PARA EL CATÓLICO DE KENTUCKY OCCIDENTAL

Kentucky ha hecho más fácil que nunca votar y el poder registrarse para votar. Además, muchos de los que anteriormente estaban privados de sus derechos pueden ahora registrarse por primera vez. La fecha límite para nuevas registraciones (o para actualizar su registración existente) es el 5 de octubre.

Kentucky es uno de los pocos estados que quedan en los que ser culpable de un delito grave le impide votar por el resto de su vida, al menos que el gobernador restablezca sus derechos civiles. El pasado diciembre, el Gobernador Andy Beshear firmó una orden ejecutiva que restaura automáticamente

los derechos de voto de los residentes de Kentucky con condenas por la mayoría de los delitos no violentos, siempre que hayan cumplido sus sentencias. Hay algunas excepciones a esto, pero representa una oportunidad significativa para muchos que anteriormente fueron excluidos del proceso político. Para saber si usted es elegible bajo esta orden, visite civilrightsrestoration.ky.gov.

GoVoteKY.com es el portal del estado para nuevas registraciones, para actualizar la información de su registración y para encontrar información sobre lugares de votación y cómo votar por correo, así como ver boletas de muestra para su condado.

Debido a la pandemia continua del COVID-19, el Gobernador Beshear y el Secretario de Estado

Michael Adams acordaron una serie de pasos para que la votación sea segura y fácil para todos los habitantes de Kentucky. Si le preocupa contraer o propagar el coronavirus, puede solicitar una boleta de voto en ausencia a través del sitio web GoVoteKY.com.

Además, a partir del 13 de octubre, todos los secretarios del condado ofrecerán votación anticipada en persona todos los días de trabajo y al menos cuatro horas los sábados. Esta es una votación anticipada, no una votación ausente, por lo que cualquiera puede aprovechar esta oportunidad, incluso si no tiene una de las razones típicamente requeridas para votar en ausencia.

Por último, habrá lugares para votar el mismo día de las elecciones, pero es probable que el número de lugares electorales se reduzca en la mayoría de los condados. Cada condado tendrá al menos un lugar donde todos puedan votar independientemente de su distrito de origen. El sitio web GoVoteKY.com tendrá enlaces con esa información a medida que se acerque el día de las elecciones.

El Catecismo de la Iglesia Católica enseña que “[e]s necesario que todos participen, cada uno según el lugar que ocupa y el papel que desempeña, en promover el bien común. Este deber es inherente a la dignidad de la persona humana”. En los Estados Unidos, una de las principales formas en que participamos es votar. No descuidemos esta responsabilidad, sino realicémoslo con oración y plena consideración, como seguidores de Cristo. ■

Jason Hall es el director ejecutivo de la Conferencia Católica de Kentucky. Aprende más en ccky.org.

La Diócesis de Owensboro ha sido bendecida con ocho seminaristas



POR CORTESÍA DE DE DEANNA SWAGGART
Los seminaristas de la Diócesis de Owensboro estudiando en el Seminario de San Meinrad este año. Fila de atrás, (izquierda-derecha) Joseph McGinnis y el Diácono Corey Bruns. Primera fila (izquierda-derecha) Conrad Jaconette, Martin Ma Na Ling y Christopher Grief.



FOTO POR CORTESÍA DE FLYNN MUDD
Flynn Mudd (izquierda) es un estudiante de tercer año y Christopher French (derecha) es un estudiante de segundo año en el Seminario llamado Obispo Simon Bruté en Indianápolis.

POR EL PERSONAL DE WKC

Oren por nuestros ocho seminaristas diocesanos mientras continúan sus estudios, discernimiento y formación este otoño, y recuerden también orar para que más hombres jóvenes respondan al llamado al sacerdocio en nuestra diócesis.

El Diácono Corey Bruns

Cuarto año de teología en el Seminario de San Meinrad

Parroquia: Santa Ana, Morganfield

Martin Ma Na Ling

Tercer año de teología en el Seminario de San Meinrad

Parroquia: Espíritu Santo, Bowling Green

Chris Kight

Año pastoral

Parroquia: Santo Tomás Moro, Paducah

Christopher Grief

Segundo año de teología en el Seminario de San Meinrad

Parroquia: San Juan Evangelista, Paducah

Conrad Jaconette

Segundo año de filosofía en el Seminario de San Meinrad

Parroquia: San José, Bowling Green

Joseph McGinnis

Primer año de filosofía en el Seminario de San Meinrad

Parroquia: Sagrado Corazón, Russellville

Flynn Mudd

Tercer año en el Seminario Obispo Simon Bruté

Parroquia: Santo Tomás Moro, Paducah

Christopher French

Segundo año en el Seminario Obispo Simon Bruté

Parroquia: Espíritu Sant



FILE PHOTO
Chris Kight