Bishop Kevin C. Rhoades ordained two men to the Sacred Order of the Diaconate at the Cathedral of the Immaculate Conception in Fort Wayne on Saturday, May 20. Caleb Kruse and Oscar Duarte will now continue their vocational journey to the priesthood as transitional deacons.

Just before the homily, Father Andrew Budzinski, Vocations Director for the diocese, presented the two candidates to Bishop Rhoades, who promptly elected them for ordination. Bishop Rhoades began his homily by referring to the responsorial psalm, which asks “How can I repay the Lord for all the goodness He has shown to me?”

“It’s a question that Caleb and Oscar have pondered and they have responded with the decision to make a return to the Lord by committing their lives to His service. The psalmist responded to his own question by saying: ‘The cup of salvation I will raise up, and I will call upon the name of the Lord.’ That is also what Caleb and Oscar will do. They’ll do so quite literally as deacons when they raise aloft the chalice with the Blood of Christ when the priest intones the great doxology at the end of the Eucharistic prayer.”

He continued by talking about the historical role of a deacon within the Church.

“In the ancient Church, the ministry of the chalice, of the Blood of Jesus Christ, was assigned to the deacon in the Eucharist. St. Justin Martyr, in...
Funding Seminarian Education Focus of ‘Our Shepherds – Our Future’

BY LISA KOCHANOWSKI AND ERIKA BARRON

Whoever opens his heart to Christ will not only understand the mystery of his own existence, but also that of his own vocation; he will bear the abundant fruit of grace,” said St. John Paul II. This quotation set the tone for the ‘Our Shepherds – Our Future’ event on Thursday, May 16, at The Lodge at Camp Red Cedar in Fort Wayne. Presented by the Catholic Community Foundation of Northeast Indiana, the evening was an opportunity to learn about the seminarian program in our diocese. It was also a fundraiser for the St. John Paul II Endowment Fund, which supports expenses for seminarian education.

The evening began with a warm welcome from Bishop Rhoades. In his greeting, he shared the importance of charitably supporting the education of seminarians. “We can’t let money get in the way of having more priests, not only an increase in numbers, but also good priests who are going to serve faithfully and devotedly.” During the program a little later, it was noted that the key to a successful seminarian program was strong leadership. Bishop Rhoades announced Father Jonathan Norton as the new Director of Seminarians and FPG was Sacred Heart Parish in Warsaw, and Father Daniel Nieser as the new Director of Promotions of Priestly Vocations and Pastor of St. Dominic in Bremen and Chaplain at Marian High School in Mishawaka.

“We see all these young guys and the future of the Church in our seminarians here tonight. I think you know that a year or two years ago, we had our largest ordination class in the diocese since the 1950s,” said Bishop Rhoades. “I believe we had seven and this year we will match that with seven priestly ordinations.”

A special presentation for the oldest priest in the Diocese of Fort Wayne-South Bend, Father Adam Schmitt, was also given. He is 91-years-old and the event program included a photo of him with a rosary. “You can see his special devotion to the Blessed Virgin Mary, our Blessed Mother, which began when he was a young child. It matured as he entered seminary formation out of the 8th grade, which was not uncommon back then. And from a young age, he felt the Lord’s draw to the priesthood, and he discerned that call and did so with great humility. His humility mirrors our Blessed Mother’s. As she said, I am a handmade of the Lord. Father Adam and all priests serve the Church with great respect, devotion as they live out that humility that Mary teaches us saying, ‘I am the servant of the Lord.’”

“Always thinking of the needs and welfare of others, Father Adam is an inspiration for us all to follow, as we seek to follow our Blessed Mother’s courageous and joyful humility. Let us, on behalf of the Catholic Community Foundation of Northeast Indiana, Father Adam, I am pleased and honored to present you with this statue of Jesus the Good Shepherd. You have been throughout your priestly life and ministry a good shepherd to thousands of people in our diocese. Thank you for your commitment to the Church and your commitment to supporting our seminarians in their formation to be good shepherds after the heart of Christ.”

As the program continued, Deacon Jacob Schneider and Seminarians Johnathon and Michael Hickey were guest speakers who got on stage to share their stories about discernment in religious life.

“Deacon Schneider is from St. Charles and grew up in the Fort Wayne area. He is the oldest of three with a younger married sister who lives in Fort Wayne and a younger brother who is getting engaged soon.”

Bishop Rhoades offers the welcome and prayer to kick off the Our Shepherds-Our Future fundraising event at The Lodge at Camp Red Cedar on Thursday, May 16.
too embarrassed to sit out in the congregation. So, we’re hidden away. And after that, I think I just looked at my parents, and I was like, I want to be a priest. And it’s really hard to explain that sense, that calling.”

Deacon Schneider went on to talk about the different times he heard the echoes, the callings to become a priest. “And I feel when we went to the Holy Land, I felt like St. Peter on the edge of the Sea of Galilee, right before he’s going to go out and do his ministry. Jesus looks at him face to face and says, ‘Do you love me?’

When looking at the life he has led and the life yet to come, Deacon Schneider’s answer to that same question is always that he knows he loves God. He understands his new role requires him to feed and tend the sheep in his flock.

Being that the event was also a fundraiser for the St. John Paul II Endowment Fund, which supports expenses for seminarian education, Deacon Schneider talked about how he has been helped by the financial support. “I’m on the verge of becoming a priest and it’s very beautiful. And so, with this love that we have for God, for me and my classmates, there comes that task to feed the sheep of the Diocese of Fort Wayne-South Bend. And you have made it possible that we just studied for six long years so that we could focus on our study that we’ll be able to see if we can pass that on to you,” said Deacon Schneider.

“So, I just want to thank you from the bottom of my heart. My classmates and I am really looking forward to serving you as priests.”

Seminarians and twins Johnathon and Michael Hickey then took the stage to talk about their discernment journeys.

Seminarian Johnathon Hickey began his story by talking about a memory he shares with students when they go on high school visits. “I always tend to begin with a memory that actually I don’t know if I told my parents about, ever really, and it’s just something that until recently I remember and I started sharing, and that was when I think it was Father Daryl Rybicki when I was in kindergarten at St. John the Baptist. He was having Mass, and I totally forgot the context, but we came home, and I think my parents, our parents, were at the Mass and they asked Johnathon and Michael, the little kindergarteners, would you ever want to do what that priest does up there? I said no. I want to be a construction worker,” recalled Seminarian Johnathon Hickey, who joked that God works with anyone’s ideas and there’s hope for everyone. “That’s my first recollection of priesthood, which is kind of fun, like coming from the parents.”

He went on to say the brothers grew up in a strong, tight-knit, Catholic family on the south side of Fort Wayne close to St. John the Baptist Church. They attended Catholic schools, none of which he could walk to, and feel blessed to be part of such a great community.

He then recalled some moments of clarity on his journey towards the priesthood. He was an active Catholic. He loved the experience of living his faith and really thought about the notion of becoming a priest. Instead, he went on to college and waited to see where his studies would take him.

“I started doing my honorable justice studies and then this is why I think divine humor kind of just enters in. I think God has a very good sense of humor here. When I started my first year of college, Father Andrew, the Vocations Director, was sent to St. John the Baptist as Pastor. And this is where I began thinking, thinking roughly okay, maybe priesthood. And that’s because God has put several priests in my life. It began with Father Daniel Whelan and Father Andrew, and I can see you’re very happy just being a priest. And seeing that, serving at the altar with them and seeing how happy they were when they held the Eucharist, just moments like that. That was very attractive.”

Seminarian Johnathon Hickey continued on a path toward law enforcement in college and found himself getting more involved with discernment retreats, dinners, and prayer sessions and his thoughts shifted to seeing how beautiful religious life could be and how he could join that life. Upon guidance from Father Buziński he filled out the application and realized he didn’t want just a job after college but a vocation of and dedication to God. Like other seminarians, he experienced that clarity moment during the Eucharist.

“My first love, I think where I felt very clear that this is the direction that God wanted me to go was Corpus Christi in 2018. And we had a very beautiful Mass and a very beautiful procession. We come back after our procession by the Marian altar at the side altar. All the people that run the procession are right there. And I was made up for 10 or 15 minutes. It’s really beautiful. And then all the servers are lined up on the altar, or the foot of the altar holding candles and whatnot. And the priest takes the Eucharist out of the monstrance and turns to the servers and breaks the host up into four pieces, and then he gives the Eucharist, the body of Christ and I lost it,” recalls Seminarian Johnathon Hickey. “I tell the kids at high school I was ugly crying. It was bad. I was trying to hold it back. I couldn’t. And that was a moment I said, ‘I want to do what he just did. I want to take the Eucharist outside, process with Him, and give Him to people just like father just did. I want to do that.’ So that’s kind of where it all started becoming clear that first love. So here I am today.

Twin brother Seminarian Michael Hickey joined the conversation highlighting how his brother he too wanted to become a police officer at a young age. The brothers watched cop shows together, imitated police officers in play, loved the cool cars and equipment, and ultimately wanted to be in a career that helped people. It was a very attractive adult world option.

“To me, it’s like you get all these cool things but then you also get to help people. It really made me feel good when I could help someone. So, I knew from a very young age, I wanted to help people in whatever that was. And reflecting on that now, it’s really amazing how you know

Father Adam Schmitt, the oldest priest in the diocese at 91-years-old, sits with Father Tony Steinacker, Pastor at St. Peter and Paul in Huntington, as Bishop Rhoades honors Father Schmitt’s dedication to the priesthood before presenting him with a statue of Jesus the Good Shepherd.

Deacon Assignments

The Most Reverend Kevin C. Rhoades, Bishop of Fort Wayne-South Bend, has made the following assignments of deacons for the summer of 2023:

Deacon Oscar Duarte to St. Michael Parish, Plymouth.
Deacon Caleb Kruse to St. John the Baptist Parish, New Haven
Deacon Caleb Kruse to St. John the Baptist Parish, New Haven.

Times of Devotion

JUNE

St. Francis Xavier, Pierceton: June 4-6
St. Patrick, Ligonier: June 11-13
St. Pius X, Granger: June 11-13
St. Anthony de Padua, South Bend: June 11-13
St. Mary, Huntington: June 11-13
St. Stanislaus Bishop and Martyr, South Bend: June 25-27
St. Catherine, Columbia City: June 26
St. Joseph, Roanoke: June 27
St. Peter and Paul, Huntington: June 27-29 (updated)

For the complete schedule, visit dieocesefwsb.org/eucharist.

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Service with the other officers. I loved responding to these people that I called my classmates helping them in their time of need. So, around our senior year of college, right around 2020, the year to remember, that was the COVID year, John was preparing his application to seminary, and up until this point in our life, we’ve done everything together, right? I mean, growing up, you know, we dress the same, we go through everything the same.” said Seminarian Michael Hickey.

“My junior and senior year of college I interned with the Indiana state parole office working with parolees as they worked to reenter the community,” I loved it. To see these people that really mess up but hey we mess up too and so we still show that dignity and respect. We tried to help with pride and service, and I loved doing that. In my senior year, I applied to the IPFW police department. I was a ride along and I responded to calls for service with the other officers. I loved responding to these people that I called my classmates helping them in their time of need. So, around our senior year of college, right around 2020, the year to remember, that was the COVID year, John was preparing his application to seminary, and up until this point in our life, we’ve done everything together, right? I mean, growing up, you know, we dress the same, we go through everything the same,” said Seminarian Michael Hickey.

“The second moment he felt God’s invitation was while on duty at Parkview Hospital. “We had a woman come in one time and she was also having some dark times. She was having a psychotic break, so she came in and she had a little service dog with her. She got very scared and she started to squeeze the dog and everything because she was scared. All these people come up trying to grab the dog, trying to get her to release the dog and everything and she was screaming, and she was screaming will you pray — inviting this woman to come home.”

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“I was off to the side and I was in there by myself and this lady walked in. I heard a knock and she just cracked the door a little bit and she said, ‘I’m lost.’ Okay, you’re fine. We welcome visitors here. The church is across the street and adoration is down the hall. She’s like, ‘No, I’m lost.’ I thought okay, this is more serious,” recalls Seminarian Michael Hickey.

“So, I invited her in, and it turns out she was lost spiritually. She was fighting many demons as she put it. She had a lot of issues we just talked about. She was in a very dark time spiritually. So, she wasn’t Catholic, but we got to talking and I’m looking at my watch, and like John said, we both serve all the time at the altar and I’m like, ‘Hey, I got to serve, I got to go. Why don’t you come to Mass with us?’ She accepted the invitation.

I told her we’d take her to Mass and then she can see the priest afterward. I just walked her over to the back of the church, told her to sit there and just watch when to stand up and sit down. I told her then I’ll come back and talk to you after Mass. I cannot tell you what the homily was about if it was good, if it was bad, I cannot focus on anything in the Mass except for one thing — inviting this woman to come home.”

He said having that conversation, being part of that woman’s transformation, and calling her home was an impactful moment in his life. The notion of being part of something so national and aspirational felt like a dream that could become a reality.

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Seminarians Grateful for Education Funding

BY JOSHUA SCHIPPER

Throughout donations to the St. John Paul II Endowment Fund, the Catholic Community Foundation of Northeast Indiana helps seminarians of the Diocese of Fort Wayne-South Bend with not only the practicalities of paying for school, but also with reducing stress and external factors in their continuing discernment process.

At a fundraising event on Tuesday, May 16, at The Lodge at Camp Red Cedar, several seminarians spoke about how they are affected by the educational funding.

Seminarian Matthew Martinez, studying at Mount St. Mary’s Seminary in Maryland, said that the event helped him to realize the direct impact between the donations for seminarians and his studies for the priesthood.

“It’s funny because without going to those dinners, you don’t really notice something or someone or there’s a direct impact. Then, when you actually get to meet the people who are organizing this and making donations for you, it all comes back when you first get accepted. The vocation director tells you outright, ‘Don’t worry about the money. Don’t worry about the fact that yes, seminary is expensive. And yes, we’re talking about a few years of schooling.’ Our vocation director, our diocese, members of the Catholic Community Foundation—they all want us to be able to just discern God’s will. And if finances are going to sway us one way or another, then it’s not real discernment.”

Michael Hickey, another seminarian, noted that, as a seminarian for the diocese, “If something does come up where it’s maybe not something like related to my formation directly, but let’s say I have a car right now that’s being held together by rust and the Holy Spirit. If something comes up with that, I don’t have to worry about, ‘How am I going to get this?’ It allows us to focus strictly on formation, and the phrase ‘God provides’—it really rings true with that. They eliminate all that worry, all that stress.”

Seminarian Andy Barnes said that the funding that comes from the Catholic Community Foundation and others is “such a huge help to us so that we don’t have to take on that burden personally for our seminary education. We simply get blessed with this time that really nobody else has, that’s four to six to eight years of just being completely devoted to growing in our relationship with the Lord and diving into studies related to that, in preparation to not only serve in the priesthood to answer that calling that God has for each and every single one of us, but also just to grow as men of faith.”

Aaron Kennerk, Business Manager at the Catholic Community Foundation, has taken Seminarian Barnes on as his seminarian that he sponsors. “He reaches out to me, checks up on me, and sees how I’m doing. Most importantly, he and his family keep me in their prayers. And it’s such a comfort to know that the Body of Christ in our diocese is connected in such a profound way that we’ve got people like him and his family and all sorts of people around the diocese constantly praying for us, especially when we’re sometimes away at the seminary.”

Seminarian Noah Isch, who studies at Mount St. Mary’s, said that because of this funding, he does not have to stress about expenses. Rather, he can focus on growing in ways that will let him become “an effective priest and an effective minister of the Word.”

“I’ve known other guys in seminary who haven’t had as much financial support, and it’s a big stressor. It pulls you away from what you’re doing. I get to really enter into my discernment. I get to really enter into times of prayer and really worry about what the Lord’s calling me to and embrace all the things that have to offer me in growing in the way that I need to grow.”

Funding for education, Seminarian Barnes noted, gives seminarians the freedom to discern whether to continue toward ordination or to pursue a different path.

“It gives us the freedom both ways: to enter and to leave. I’ve known guys who have been in situations where they’re going to have to pay stuff back if they leave, so they feel a little stuck when they say, ‘I feel like they might actually be called to leave the seminary. So it does give us a lot of freedom, and that’s the pillar of discernment.”

St. John Paul II Endowment Fund - Give A Gift That Lasts a Lifetime

“Bishop Rhodes saw the need for long-term support for our seminarian’s education,” said Aaron Kennerk, Business Manager at the Catholic Community Foundation of Northeast Indiana (CCFNEI). This insight ignited the start of the Blessed John Paul II Fund for Seminarian Education.

Not known as the St. John Paul II Fund for Seminarian Education, this special endowment managed by CCFNEI is currently at more than $1.2 million. The initial donated amount of money was never spent or disbursed, but invested in a socially responsible way allowing a non-profit organization like the Diocese of Fort Wayne-South Bend to receive a percentage of the fund’s annual income. This money is used for expenses surrounding the education of a seminarian.

An endowment is an opportunity for donors and benefactors to put a sum of money into an account that is invested and continues to grow each year. This fund guarantees income every year for the planning of the seminarian education budget.

We want to grow that fund to take some of that burden from the diocese,” said Lynda Houk, Director of Community Outreach for CCFNEI. This will free up funds within the diocesan budget to use towards other programming and outreach efforts. “We are very blessed with how many seminarians we have. They are the cornerstone of our faith and our Church. With our Catholic faith, we are always going to need priests and this fund will last forever and have an impact forever.”

The endowment benefits the diocese and also has a big impact on the seminarians who are the recipients.

“It’s so important that they can freely discern their call to be a priest without the burden of finances,” said Kennerk. Without the burden of financial obligations for education, seminarians can focus all their time and energy on discernment, prayer, and preparation for religious life. “It’s truly the work of God working through us to serve the Church.”

The CCFNEI has several ways people can share a gift to this special endowment.

Visit cfnei.org and use the donation page to fund the St. John Paul II fund to make a one-time online donation or you can set up regularly occurring gifts to the fund.

Giving stock, noting the fund as a beneficiary through IRA, 401K, or other retirement plans, leaving life insurance, or other estate planning options are also available. Donors are encouraged to contact the organization at 260-399-1436 to schedule an appointment to discuss options.

Lastly, anyone wishing to mail in a gift can send a check made out to CCFNEI noting the funds are for the St. John Paul II Fund for Seminarian Education to CCFNEI, 9025 Coldwater Rd, Suite 300, Fort Wayne, Indiana, 46825.
Wayne to South Bend

TODAY'S CATHOLIC

BY BETHANY BEEBE

A bout a hundred miles walked in Indiana in early June will pave the road to bring Jesus to the hearts of the entire country next July.

From Sunday, June 4, to Corpus Christi Sunday, June 11, walkers will cover all of the distance between Fort Wayne’s Cathedral of the Immaculate Conception and South Bend’s St. Matthew Cathedral in the Cross-Diocesan Eucharistic Pilgrimage, said Chris Langford, Point Person for the Eucharistic Revival in the Diocese of Fort Wayne-South Bend.

“A Eucharistic Pilgrimage gives public witness to our faith and the Eucharist Lord,” Langford said. Missionary sending, he said, is one of the four pillars of the National Revival, noting that it makes sense to have a procession as it literally takes Jesus out into the world. This year, Corpus Christi closed the Diocesan Year of the National Eucharistic Revival and starts the Parish Year.

Each day of the event across the diocese, a solemn procession will cover the first mile in full ceremony with incense, incense, and more, with the following mileage covered as a minor procession where celebrants may wear lighter alls to avoid heat-related health problems. Modern Catholic Pilgrim (MCP), a non-profit organization, will plan and execute both the local and national events, handling logistics from safe route formation to legal considerations. MCP was hired by the National Eucharistic Congress, working in concert with them to lead the National Eucharistic Pilgrimage initiative.

“The executive teams of the National Eucharistic Congress and the National Eucharistic Pilgrimage were excited to have the opportunity to work with Bishop Rhodes, especially with his experience on the USCCB’s Committee on Evangelization and Catechesis,” said Will Peterson, President and Founder of MCP. “Also, the Diocese of Fort Wayne-South Bend provides a unique opportunity to make a pilgrimage between two co-cathedral, which makes for extremely fitting starting and ending points.”

Those interested in participation for this year’s event are welcome. “For this June, we’ve already identified a core team of pilgrims who will walk the entirety of the route,” Peterson said. “But all are welcome to attend a morning Mass with the pilgrims, walk the first mile of the day with them, attend an evening event at a parish, or come to either cathedral for the opening or closing Masses.”

No matter how one chooses to participate, Peterson sees the faith in the activity. “The Catholic faith is built on the encounter with Christ and the missioning that comes out of that encounter,” he said. “This Cross-Diocesan Eucharistic Pilgrimage and the National Eucharistic Pilgrimage provide opportunities for that encounter. Both pilgrimages also serve as opportunities to engage Catholics in the core tenet of the Catholic faith that Christ is present in the Blessed Sacrament.”

Father Stephen Felchicka, Associate Pastor of St. Elizabeth Ann Seaton, Fort Wayne, will be the main chaplain through the entire eight days of the event, with other clergy also participating. At the ending parish each day, an evening program will be held for the public at the host parish. According to documents provided by Langford, adoration, music, testimonial, or other forms of worship will be part of these experiences.

Accommodation will be provided by volunteers for core pilgrims doing the entire route, and is being organized by MCP. The hosts of these pilgrims supply an early breakfast in the morning, a night’s public program, and an evening meal before and after the event. Other events, the evening meal before a night’s public program, and a sack lunch for consumption during the day’s route. Overnight arrangements will be made for as many or as little as they would like. Full details and RSVP: diocesefwsb.org/procession.

Specifically, the Pilgrimage begins on June 4 at the Cathedral of the Immaculate Conception in Fort Wayne, making its way to Headwaters Park about a mile away for a short program. Remaining mileage is then covered to land at the evening host parish of St. Patrick, Arcola. The next day, 12 miles will be covered, culminating at St. John Bosco in Curubusako for the night. Sixteen- and a-half miles later, Albion’s Blessed Sacrament will host the group. Ligonier’s St. Patrick’s is a 13-mile hike the next day, followed by up to 20 miles to reach St. John the Evangelist in Goshen. Twelve miles later, St. Vincent de Paul Parish in Elkhart will be the stopping point. Next, Queen of Peace in Mishawaka will await the group after nine more miles. Finally, on Corpus Christi Sunday, eight miles will be covered before the 11 a.m. with the Bishop waiting to celebrate Mass at St. Matthew in South Bend.

For travel and transportation, back to the starting point for those completing the entire route, but otherwise, travel plans are the responsibility of the walker. It is also recommended that walkers bring sunscreen, a hat, umbrella, comfortable footwear, and water. Langford said. A support vehicle will be available in case of necessity.

Trailing at an appropriate distance, private face-to-face Confession will be available when multiple priests are available.

A longer pilgrimage will be held next year as part of the National Eucharistic Congress converging in Indianapolis in July. It is being said they will be covering more than 6,500 miles, this time not on foot, however. The larger walks will start on the weekend of Pentecost Sunday 2024 in San Francisco, California (Serra Route), New Haven, Connecticut (Seton Route), St. John the Evangelist, Minnesota (Marian Route), and Brownsville, Texas (Juan Diego Route), with scheduled arrival in Indianapolis just before the National Eucharistic Congress, Langford said.

Langford and the diocesan website indicated that anyone may walk the route, free of charge, in either the state or national walks. For more information or to sign up to participate in the Cross-Diocesan Pilgrimage, visit diocesefwsb.org/eucharist-events/pilgrimage.
Feast of Ascension Mass Brings Strong Messages to University of Notre Dame Graduates

BY LISA KOCHANOWSKI

Thousands gathered for the University of Notre Dame Commencement vigil Mass for The Ascension of the Lord at Purcell Pavilion in the Joyce Center on Saturday, May 20. Nearly 25,000 graduates, students, families, faculty, and visitors had the opportunity to celebrate with the presiding celebrant and homilist Reverend John I. Jenkins, C.S.C., President of the University. There were 2,141 degrees conferred on undergraduate students, with a total of 3,200 degrees being conferred throughout the course of Commencement Weekend activities.

During his homily, Father Jenkins talked about how today was the Feast of the Ascension, and how that moment is about departure. Jesus was the center of the lives of the disciples. They left everything to follow Him. He changed their lives and experienced the dark days of the crucifixion and the wonder of the resurrection. Jesus leaves His disciples, and they wonder what is next for them.

“A that moment of departure and uncertainty, they find a new mission. They are told to go forth to preach, to baptize, to spread the word of Jesus and that mission will shape their lives. It is a fitting feast day for this commencement weekend,” said Father Jenkins. “You graduates are also between a leave-taking and a new mission. You will be leaving people who have become so important to you, your friends, your classmates, your teachers, your rectors, and others, but you are going on to exciting new things in the next stage of your life.”

Father Jenkins noted that a former student once told him his time at the University of Notre Dame was the most impactful in his life. His time on campus impacted his path and what he did with his future.

“Of course, many of the experiences you are going to take from Notre Dame are exciting, joyful, and reassuring, but no doubt there were struggles, disappointments, lonely times, and difficult days and that, too, you will take here from your time at Notre Dame. For you, the class of 2023, you had the experience of going to college during a global pandemic. For you undergraduates who came in the fall of 2019, you left for the spring semester, and little did you know it would be such a long spring break. And we did not gather until the next fall and you had...”

Bishop Rhoades offers a blessing to the assembly and some brief remarks at the end of the University of Notre Dame Commencement vigil Mass for The Ascension of the Lord at Purcell Pavilion at the Joyce Center on Saturday, May 20.
**News Briefs**

**Catholic Retreats Planned for Male Inmates in Two Colorado State Prisons**

Bishop James R. Golka of Colorado Springs, Colorado, administers the sacrament of Baptism to an inmate at the Limon Correctional Facility in Colorado on March 25. Deacon candidates in the diocese are creating two weekend retreats to be offered in June and July to inmates in two Colorado state prisons for men to provide them an opportunity to share in the love and joy of knowing God and Catholicism.

**Bishops from U.S., Japan Call on G7 Leaders to Take “Concrete Steps” in Eliminating Nuclear Weapons**

**Pope Francis Adds Fátima Visit to World Youth Day Trip**

VATICAN CITY (CNS) — Pope Francis will visit the Shrine of Our Lady of Fátima during his trip to Portugal for World Youth Day 2023, Vatican officials said May 22. Matteo Bruni, Director of the Holy See Press Office, confirmed that the pope will travel to Portugal Aug. 2-6 and will visit the Shrine of Our Lady of Fátima on Aug. 5. The Marian shrine at Fátima is connected to Pope Francis’ public prayer appeals for an end to the war in Ukraine. In March of 2022, just more than one month after Russia launched its full-scale invasion of Ukraine, the pope consecrated both countries to Mary’s immaculate heart, appealing before a statue of Our Lady of Fátima in St. Peter’s Basilica. Before her death, Sister Lúcia dos Santos, one of the three Portuguese children who claimed to see apparitions of Our Lady of Fátima in 1917, had said Mary requested that “concrete steps” be taken to end the use of nuclear weapons.

**JAPAN**

Shirahama of Hiroshima in Japan; Nakamura of Nagasaki, Japan; Archbishop Peter Michiaki Shirahama of Nagasaki, Japan; and Bishop Alexis Mitsuる Shirahama of Hiroshima in a May 15 letter. With the G7 talks focusing heavily on Russia’s war on Ukraine, during which Russia has repeatedly threatened to use nuclear weapons, the bishops told G7 leaders they view the war as a “clear demonstration of the absolute need” for nuclear disarmament. Ukraine President Volodymyr Zelenskyy, expected to address the G7 in person, has also called for nuclear safety in his 10-point peace plan. The bishops’ statement stresses the need for dialogue between the U.S. and Russia to resolve the New Strategic Arms Reduction Treaty. Russia’s participation in the treaty, which was suspended by its president, Vladimir Putin, in February.

**U.K., France, Canada, and Italy**

— met May 19-21 in Hiroshima, Japan, which along with the city of Nagasaki, saw hundreds of thousands killed by two U.S. atomic bombs during World War II. “We strongly urge world leaders at the G7 Summit to show by example how international leadership is ready, willing, and able to work with nuclear weapons and non-nuclear weapons states to ensure no country or city ever suffers the horrors of nuclear war again,” said Archbishop Paul D’Errico of Seattle; Archbishop John C. Wester of Santa Fe, New Mexico; Archbishop Peter Michiaki Shirahama of Nagasaki, Japan; and Bishop Alexis Mitsuる Shirahama of Hiroshima in a May 15 letter. With the G7 talks focusing heavily on Russia’s war on Ukraine, during which Russia has repeatedly threatened to use nuclear weapons, the bishops told G7 leaders they view the war as a “clear demonstration of the absolute need” for nuclear disarmament. Ukraine President Volodymyr Zelenskyy, expected to address the G7 in person, has also called for nuclear safety in his 10-point peace plan. The bishops’ statement stresses the need for dialogue between the U.S. and Russia to resolve the New Strategic Arms Reduction Treaty. Russia’s participation in the treaty, which was suspended by its president, Vladimir Putin, in February.

**NEBRASKA**

Lincoln, Nebraska (OSV News) — Nebraska lawmakers passed a measure on May 13 prohibiting abortion after 12 weeks’ gestation and banning gender-altering surgeries for minors. The Let Them Grow Act, LR574, overcame a concerted filibuster effort by abortion rights and transgender ideology advocates and was sent to the desk of Nebraska Governor Jim Pillen, who was expected to sign it. The act marks the first restriction on abortion in Nebraska since the U.S. Supreme Court overturned Roe v. Wade last summer and the most significant step to protect the unborn in the state since 2010 when lawmakers outlawed abortion at 20 weeks. It also represents the first state effort to govern gender-altering procedures for children.

**Los Angeles Dodgers Cancel Plans to Honor Group Criticized as Anti-Catholic**

LOS ANGELES (OSV News) — After criticism from Catholic groups and local fans, the Los Angeles Dodgers removed a self-described “leading-edge order of queer and trans nuns” from its list of honorees at its annual Pride Night celebration in June. The California-based Sisters of Perpetual Indulgence, founded in 1979, were set to receive the Dodgers’ Community Hero Award for their work organizing community service events, including drag displays and LGBTQ-themed comedy shows. Their motto, displayed on their website and in marketing materials, is “Go forth and sin some more!” “Given the strong feelings of people who have been offended by the sisters’ inclusion in our evening, and in an effort not to distract from the great benefits that we have seen over the years of Pride Night, we are deciding to remove them from this year’s group of honorees,” read a May 17 statement from the Dodgers. The group was scheduled to receive the award at the team’s 10th annual “LGBTQ+ Pride Night” celebration during a June 16 home game against the San Francisco Giants.

**Nuclear**

- **Russia**

19 prohibiting abortion at 12 weeks’ gestation and banning gender-altering surgeries for minors. The act marks the first restriction on abortion in Nebraska since the U.S. Supreme Court overturned Roe v. Wade last summer and the most significant step to protect the unborn in the state since 2010 when lawmakers outlawed abortion at 20 weeks. It also represents the first state effort to govern gender-altering procedures for children.

**Las Vegas**

— For 17 years, the media ethics conference at the Pontifical University of John Paul II in Krakow, Poland, has gathered media researchers from all over the country. This year it attracted a record number of academics. The reason? The main topic was the ethics of using AI in the media space. “The theme is gaining momentum,” Father Mihal Drozdz, Dean of the Social Sciences Department, told OSV News. “So far, we’re in the stage of having fun with ChatGPT, we’re treating it as an adventure. But we see more and more that this is an issue of human ethical security, and we start our reflections from this point at the conference,” he said. What is at stake, Father Drozdz said, is a threat of the objectification of man and empowerment of machines. Meanwhile, tech giants’ executives are calling for regulation of AI. On May 16, the Chief Executive of the California startup OpenAI, Sam Altman, urged governments to regulate the increasingly powerful technology in testimony before members of a Senate subcommittee. Many participants agreed that regulation is one challenge; the other is education of society. “We can’t stop technology, but we have to educate,” Natalia Hatalska, Author of “The Age of Paradoxes. Is Technology Going to Save Us?” said at the panel closing the conference. When we build a hotel, it’s clear and regulated where the plugs are going to be located. But all the regulations are useless, she argued, if “I don’t teach my child that if his fingers inside a plug or using a hair dryer in the bathtub is dangerous.”

**Nebraska Senators Pass Bill Protecting Children from Abortion, Gender-Altering Procedures**

LINCOLN, Nebraska (OSV News) — Nebraska lawmakers passed a measure on May 13 prohibiting abortion after 12 weeks’ gestation and banning gender-altering surgeries for minors. The Let Them Grow Act, LR574, overcame a concerted filibuster effort by abortion rights and transgender ideology advocates and was sent to the desk of Nebraska Governor Jim Pillen, who was expected to sign it. The act marks the first restriction on abortion in Nebraska since the U.S. Supreme Court overturned Roe v. Wade last summer and the most significant step to protect the unborn in the state since 2010 when lawmakers outlawed abortion at 20 weeks. It also represents the first state effort to govern gender-altering procedures for children.
Funds to Benefit Medical Expenses for Cancer Fight

Andy Grote receives a check from donations received at a fundraiser for his daughter, Caroline, who is battling cancer. Pictured with Grote are Gene Dalany, Dennis Redding, Doug Baisinger, and Joe Mikolay. Family, friends, classmates, and many others came together to show their support on Thursday, April 13, when the St. Charles Knights of Columbus Council 451 held a spaghetti dinner to help defray medical expenses associated with 5-year-old Caroline Grote's fight against cancer. Caroline was diagnosed with Wilms Disease last October. A tumor was found on one of her kidneys requiring removal of the affected organ. She continues to receive treatment through Riley Hospital in Indianapolis. Thanks to a wonderful turnout and generous free-will donations, more than $11,200 has been received to date. Let us continue to pray for her and her family as they continue to fight.

Foundation announces scholarships

HUNTINGTON — The Community Foundation of Huntington County announces Audrie Bowman, Blaise Rupley, Lindsay Godfroy, and Samson Vickrey as the 2023 recipients of the Donald E. & Lou Rayne Scheiber Catholic Education Scholarships totaling $5,800. Bowman, Rupley, and Godfroy are members of SS. Peter and Paul Parish in Huntington. Vickrey is a member of St. Mary Parish in Huntington. All are members of the 2023 Graduating Class of Huntington North except for Godfroy, who will graduate from Bishop Luers.

Created in 1997, the Donald E. & Lou Rayne Scheiber Catholic Education and Charity Fund promotes educational opportunities for Huntington County students who are members of one of three local Catholic Churches (St. Joseph in Roanoke and St. Mary and SS. Peter and Paul in Huntington), and provides charitable grants to Catholic organizations who promote the accepted teachings of the Roman Catholic Church.

FAME Student Awarded

FORT WAYNE — Genevieve Flood, a student at St. Elizabeth Ann Seton in Fort Wayne is one of 25 students to receive the FAME Art Festival Mayor’s Choice Award. More than 6,000 works of student art from the area were displayed at the 2023 FAME Arts Festival.

On Wednesday, May 10, award winners were invited to Citizens Square and meet Mayor Tom Henry. Mayor Henry spoke about the importance of art in our community and thanked all honorees for their creativity and participation.

Congratulations to the 7th/8th grade Varsity Girls’ Soccer team at St. Elizabeth Ann Seton Catholic School. They were the CYO Gold Champions as well as CYO League Champions.

Tournament Champions

May Crownings

Twins Olivia and Alajandra Silva not only received their First Holy Communion on Sunday, May 7, at St. Patrick Parish in South Bend, they also had the honor to place the crown on the statue of Mary in the May Crownings ceremony in honor of Our Blessed Mother.

Students from St. John the Evangelist School in Goshen crown a statue of Mary in the outdoor Grotto across the street from the parish on Monday, May 8, following Mass celebrated by Father Logan Parish.
The people of Holy Family Parish thank the Lord boundlessly and forever for Oscar Duarte as he is ordained to the diaconate.

Congratulations!

Deacon Caleb Kruse and Oscar Duarte as you enter the diaconate.

The Serra Club of South Bend offers heartfelt congratulations to Deacon Caleb Kruse and Oscar Duarte as you enter the diaconate.

Congratulations!

Father Vincent Nguyen, CSC
Father Joseph Pedersen, CSC
Father Zach Rathke, CSC
and Father Gilbrian Stoy, CSC
as you are ordained to the priesthood of Jesus Christ.

And to newly ordained deacons Felipe Campos Resendez, CSC, Robert Lisowski, CSC, Geoffrey Mooney, CSC and David Smith, CSC

Deacon Caleb Kruse and Oscar Duarte as you enter the diaconate!

Caleb Kruse
St. John the Evangelist Parish, Goshen

Congratulations Deacons!

Deacon Oscar Duarte and Deacon Caleb Kruse

St. Mary of the Annunciation Church Bristol, IN
the second century, wrote about deacons distributing ‘wine mixed with water over which the thanksgiving was pronounced.’ St. Augustine, in the fourth century, mentions that the Deacon St. Lawrence ‘was a minister of the Blood of Christ; there, for the name of Christ, he poured out his own.’ The Deacon Lawrence, like the Deacon Stephen, poured out his blood as a martyr. They both offered the ultimate ‘diaconia,’ the supreme service, their very lives in martyrdom.”

The diakonia of the altar, he said, leads to the diakonia of charity.

“The deacon is to be the icon of Christ the servant, who came not to be served, but to serve, as we heard in the Gospel. Like blood circulating through the body, giving and sustaining life, the task of deacons is to circulate the charity of Christ within His Body, the Church. Deacons, who prepare, guard, and distribute the precious Blood of Christ at Mass, are to circulate the charity of Christ in their ministry.”

Bishop Rhoades then pointed to the first reading from the book of Numbers, an account of the presentation of the Levites to the priests.

“Notice that the Levites were presented to the priests as a gift to assist them in their ministry. Clearly, the Church sees this as a foreshadowing of deacons. In fact, since the early centuries of the Church, the three grades of Holy Orders in Israel — the high priest, priests, and Levites — were seen as prefiguring the three grades of the sacrament of Holy Orders in the Church — bishop, presbyters, and deacons. St. Jerome, in the fourth century, recognized this typology and wrote the following: ‘Bishops, presbyters, and deacons occupy in the Church the same positions as those which were occupied by Aaron, his sons, and the Levites in the temple.’”

One particular task of some of the Levites, Bishop Rhoades said, was to provide music at temple liturgies.

“I had to mention this in the homily since, as most of you probably know, Oscar is a professional drummer and Caleb a very talented saxophonist. I don’t think that places them in the highest stratum of deacons, but they both have musical talents that hopefully they’ll get to use in joyful service of God’s people.”

Referring to the second reading, which came from the Acts of the Apostles, Bishop Rhoades talked about one of the seven original deacons of the Church, St. Philip.

“He taught and evangelized the Ethiopian eunuch and brought him to the waters of Baptism. The Spirit of the Lord snatched Philip away after he baptized the eunuch. The eunuch saw him no more, but continued on his way rejoicing, the reading from Acts tells us. ‘Caleb and Oscar, like Philip the Deacon and Evangelist, you are called to be deacon evangelists, bringing the joy of the Gospel to others. The knowledge you have gained in the seminary is not just for yourselves. It is for others, for the Church. The Spirit may also snatch you away, like when I transfer you, but with the obedience you promise today, you will go like St. Philip did, to another town to preach the good news. I pray that you will be zealous in evangelization and bring many to the waters of Baptism, like Philip did, and that you will also bring many who have fallen away from the faith back to the Lord and His Church.’

After the homily, Kruse and Duarte pledged obedience to Bishop Rhoades and his successors prior to lying prostrate before the altar as a sign of submission. After that, the bishop laid hands on each of the candidates and prayed the words of consecration, conferring the Holy Spirit.

Upon completion of the prayer of ordination, each candidate received the book of the Gospels — part of the responsibilities of a deacon is to proclaim the Gospel at Mass.

After Mass, a beaming Deacon Kruse, surrounded by numerous cheerful family and friends, expressed his joy as he looked ahead to his summer assignment at St. John the Baptist Parish in New Haven, and said that the feeling of ordination to the diaconate was still “sinking in.”

After the homily, Kruse and Oscar Duarte stand at the back of the Cathedral of the Immaculate Conception as they prepare for Ordination to the Sacred Order of the Diaconate on Saturday, May 20.
The Community of Huntington Congratulates
Caleb Kruse and Oscar Duarte
on their ordination to the diaconate.

Go and Serve Faithfully

Holy Cross
Catholic Church
rejoices with
the occasion of the
ordination to the
diaconate of

Oscar Leonardo Duarte Saavedra

Our love and prayers will follow you as you continue your service to the holy people of God.

Fr. Esaú Nel García
Pastor

St. Mary Parish, Huntington

SS. Peter and Paul Parish, Huntington
The people of St. Vincent de Paul Parish thank the Lord boundlessly and forever for Caleb Kruse as he is ordained to the diaconate.

God's Blessings upon Bishop Dwenger Alumnus Caleb Kruse '14 as he enters the Order of the Diaconate through the Sacrament of Holy Orders!

Once a Saint...Always a Saint!
to endure the restrictions, the anxiety, the isolation of COVID. That was hard on everyone. It was hard on you. But you made it through. You made it through together. The struggles and hardships are also part of what you take from your time at Notre Dame and I hope you find in them a lesson, a moment of growth, a motivation to take a new direction,” said Father Jenkins. He also noted that in an age of social media and a desire to post the good times, best photos, and cheerful moments, we miss out on the learning moments that come from struggle. He advised the crowd to take in all the moments, good and bad, and find God in all moments of life. Editing out the difficult times makes us miss out on the gifts that can come from those moments.

The Most Reverend Kevin C. Rhoades was in attendance at the celebration and had the opportunity to share the Eucharist with graduates. At the end of the service, he offered a blessing to the assembly and end of the service, he offered a blessing to the assembly and end of the service, he offered a blessing to the assembly and end of the service. At the celebration and had the opportunity to share the Eucharist with graduates. At the end of the service, he offered a blessing to the assembly and end of the service.

“I invite you to think back to the first time you came to Notre Dame or to your first days as a student here. I remember my first visit here was in November of 2006. I was bishop of Harrisburg, Pennsylvania, and here for a Notre Dame — Penn State football game. I remember the excitement of the game and that Notre Dame won, but I honestly don’t remember anything else about the game. I do remember celebrating Mass in a packed Basilica after the game. What I remember most vividly about the weekend was when I arrived late Friday night and went to the Grotto to pray the Holy Rosary at midnight. I was really surprised to see dozens of students and visitors lighting candles and saying prayers and I thought, ‘This is a really special place.’ And when departing on Sunday, I thanked Father Jenkins for his wonderful hospitality, and I said this is really a beautiful university. And he said Bishop Rhoades, you are always welcome to come back. Little did I know that four years later I would return not as a visitor but as Bishop of Fort Wayne-South Bend or as I sometimes say Bishop of Notre Dame.” Bishop Rhoades continued, “Graduates, I share this memory with you to invite you to think about your experiences of God’s grace and love during your years here at Our Lady’s University and to treasure these memories. What are the experiences you hold most dear? I imagine the friendships you have formed are at the top of the list. There are probably particular classes that have impacted your intellectual journey and professors who have been great mentors for you, and moments of prayer in which your friendship with Christ and your devotion to our Blessed Mother have been nurtured. As you think about your time here, I imagine as Father John said in the homily, some challenges come to mind like the COVID pandemic. Hopefully, your perseverance through these challenges has helped you to grow in faith and resilience. Graduates, I hope that for all of you, your time at Notre Dame has enabled you to become better, deeper, more thoughtful, more devout, and healthier human beings intellectually, humanly, relationally, and spiritually. That’s what Catholic education is all about. It is not merely obtaining information or getting skilled at some technique or climbing onto the fast track for success. It is about formation for an authentic and holy life.”

“Graduates, I pray that you go forth from here with Our Lady, our mother, as your pillar of faith, allowing her to lead you to say yes as she did to the will of God in your life’s journey. May Mary, most holy, our Lord’s first and greatest disciple, help you to embrace the challenge of Christian discipleship. Through your generous gift of self, you can make a great contribution to the kingdom of God and the mission of the Church,” said Bishop Rhoades. “Having met many of you, I don’t expect that you will settle for mediocrity or shallow or superficial lives. I encourage you to continue to dive deeply into the life of God and His Church and to live your lives as a spiritual adventure, as a journey of faith, hope, and love. Living in God’s grace like Mary, who was full of grace, you will find true freedom, inner peace, and genuine joy. Staying close to Notre Dame, your Mother, may you walk the path of holiness, bear witness to her son, and spread the fragrance of His love in a world that desperately needs it. Congratulations, graduates!”

Nearly 25,000 people gathered for the University of Notre Dame Commencement vigil Mass for The Ascension of the Lord at Purcell Pavilion at the Joyce Center on Saturday, May 20. Reverend John I. Jenkins, CSC, President of the University was the presiding celebrant and homilist.

It’s great to be with you and your parents and families at this beautiful liturgy giving thanks to God for the many blessings you received. Bishops are not known for brevity when given you received. Bishops are not known for brevity when given you received. Bishops are not known for brevity when given you received. Bishops are not known for brevity when given you received. Bishops are not known for brevity when given you received. Bishops are not known for brevity when given you received.
TODAY’S CATHOLIC

Holy Cross College Graduates told to ‘Put Out into the Deep’

BY CHRISTOPHER LUSHIS

“Put out into the deep!” These words from Bishop Rhoades to the graduating class at Holy Cross College, echoing Jesus’ invitation to St. Peter, reminded of the importance to courageously pursue greatness through faith and trust in the Lord.

At the Baccalaureate Mass on Friday, May 19, Bishop Rhoades emphasized, “All of us can live superficial lives if we want to. We can settle for mediocrity and immerse ourselves in a shallow culture we create for ourselves or we can dive deeply into the life of God and His Church and embrace the challenge of Christian discipleship. Pope Benedict XVI once said to young people like you: “The world offers you comfort. But you were not made for comfort. You were made for greatness.”

Graduates, if comfort is your aim, your lives will be mediocre. God calls you to so much more. He calls you to “put out into the deep” into the depths of His love in the depths of your souls. He calls you to a deep friendship with Him. He is calling you to pursue perfection, holiness. This is any of the saints of the Church. They did not live superficial lives. Instead, they obeyed Jesus’ command to put out into the deep and they received a miracle like St. Peter did: an invasion of God’s grace in their lives. This can happen to us as well.”

Bishop Rhoades also reminded of the challenges that can come in the Christian life. He stated, “The world may look like failure, sorrow, and defeat. But the cross is the full power of God’s boundless love, and the greatest expression of His love. It is indeed the “wisdom of God,” who out of love became man and suffered and died for us, giving us eternal life and salvation. To live our lives with faith in the Son of God who loves us and gave himself for us is the most fulfilling and adventurous life. The Lord calls us to take up our cross and follow Him, which means imitating His self-giving love and seeking not to be served, but to serve. It means not living a selfish, narcissistic, and materialistic life. Rather, it means living for God and others. The wisdom of the cross is the source of a meaningful life and a life of interior joy and peace. The way of Jesus is the path that leads to true greatness, the greatness we were made for, which is holiness. It’s the life that leads to eternal joy in the glory of the resurrection. From a merely human point of view and the logic of the world, taking up the cross, living the Beatitudes and the other teachings of Jesus and the Church, may seem foolish and may even bring scorn upon us. “Putting out into the deep” seemed foolish to Peter, but he did it. We’re called to say with St. Peter: “Lord, at your command I will lower the nets.” I’ll put out into the deep. I’ll trust your word. I’ll leave the security of a superficial life to embark on the adventure of life with you as my Master. I will take up the cross and follow you.”

The following day, the College held its 56th commencement exercises in the Pflieger Center, with initial introductions from John Gschwind, Chairman of the Board of Trustees, and Dr. Michael Griffin, Provost. Griffin exclaimed, “This is the commencement of your lives as graduates of Holy Cross College, that is to say, as innovative scholars, courageous citizens, virtuous leaders and hopeful disciples in a world that tremendously needs you!”

Stephen McNulty, this year’s Valedictorian, graduating with a degree in Theology and a minor in Business, reminded his classmates and peers that they have not come to this place of achievement on their own, but have benefited from the support of many. McNulty personally thanked those who helped him in his own journey, including, family, faculty, his fiancé, and his mentor, Andrew Ouellette, formerly Director of Campus Ministry, now Director of Foundation Relations and Church Relations. In the heart of his speech, McNulty emphasized the conversion of heart he experienced at Holy Cross, coming to see the importance of a liberal arts education, not merely following the path of “the more you learn, the more you earn,” but the value of seeking wisdom for its own sake. Acknowledging that Holy Cross has provided a worthwhile financial return on investment, he also expressed his gratitude for being challenged to see beyond personal monetary gain and instead seek knowledge to become a “master critical thinker” whose whole person is educated in the service of the common good.

Holy Cross also honored three Salutatorians, each representing the College’s three academic departments who, in the words of Provost Griffin, in their scholarship and presence at the College have exemplified the highest ideals of a Holy Cross education. Daniela Nielsen, a Saint Anselm, received the award in the Department of Social Sciences, Brandon Bowman in the Department of Natural and Quantitative Sciences, and Lydia Fell in the Department of Humanities.

Honorary doctoral degrees were then conferred upon four individuals, recognized for “bringing honor to their communities, to the Church, to the world and to the mission of Holy Cross.” Recipients were Larry Gararon, Elizabeth Nairn, Deacon Melvin R. Tardy, Jr., and Father Fred Jenga, C.S.C.

Holy Cross Father Fred Jenga, C.S.C., President of Holy Cross Family Ministries, delivered the 2023 commencement address. A native of Uganda who studied in Rome and has taught at universities in Africa, Asia, and North America, Father Jenga now continues the ministerial work begun by Venerable Father Patrick Peyton, C.S.C. He continued “The Family that Prays Together Stays Together,” and, “A world at prayer is a world at peace.”

Building on Father Peyton’s rich legacy, Holy Cross Family Ministries uses mass media, and live events to accomplish its mission across five continents, one family at a time.

A first-generation college graduate who walked to school and church without shoes, Father Jenga lived with little food and money, but worked hard and responsibly. He shared, “My friends and I learned that it was not our background that would determine our future, but our choices, our work ethics, our relationships, and our abiding faith in God that would determine our success down the road.”

Recognizing the college’s focus on students becoming competent and courageous leaders, scholars, global citizens, and disciples, he stressed, “Please know that the philosophy and values taught by this institution are functional in the real world. If you desire to transcend your life and the lives of others, embody these values and keep sharpening them throughout your life. These values will make you uniquely you and you will fulfill the purpose for which God put you here.”

Sharing upon his own experiences of working as a youth chaplain in the slums of Nairobi as well as sitting in board rooms with some of the wealthiest people in the United States, he reiterated the importance of having the openness and courage to cross borders and encounter others. He continued, “As human beings, we are created for relationship with something higher than ourselves. Faith in God and his Church offers you strength, stability, and discipline, and a community that I can continue to lean on. When you lean on God, you will be amazed at the strength, stability, and meaning that you will be able to find in your life.”

The alumni address was delivered by 2015 graduate Robert Luigiuraj, who served as President of the Student Government Association during his senior year and now serves as a Prosecuting Attorney for the Wayne County Prosecutor’s Office in Detroit.

The events concluded with an address from President Marco Clark, who completed his first year as the first lay person to serve as leader in the College’s 56-year history. Doctor Clark expressed his deep appreciation for his administrative team and for the staff and faculty dedicated to providing “a rigorous and relevant Catholic liberal arts education rooted in relationships and focused on the common good,” and in support for the new graduates, each their own story and journey of perseverance.

All events of the commencement exercises can be viewed on Holy Cross College’s website at hcc.edu/commencement.

Holy Cross College students carry the flags across campus as they process into the Pflieger Center for their commencement ceremony.
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A young age, Patty Opacowski felt called by God to live a life of faith. Her time being educated in the Catholic schools left a lasting impression on her including a deep love and admiration for the Sisters. Although she discerned religious life, she also knew she desperately wanted a family and took the path of marriage and motherhood.

“I talked to God a lot and I said, ‘You know what, I think I would love that life, but I really want a family too,’” recalled Opacowski. She got married and had four children. Unfortunately, the marriage ended in divorce and her children grew and started lives of their own. “And so, years went by and I was searching again and doing everything I could at church. I belonged at that time to St. Matthew’s Cathedral in South Bend. I was a Eucharistic minister and used to go to all of the retreats. I just soaked up anything I could find but I just kept wanting more.”

A chance reading of a pamphlet about St. Meinrad Archabbey inspired her to travel to the monks of the Benedictine community and learn more about their work and devotion to the Rule of St. Benedict with the motto ‘ora et labora’ or pray to the Rule of St. Benedict with work.

The Benedictine Oblates of St. Meinrad Archabbey form a community that adheres to the teaching of the Gospel of Jesus Christ, the holy “Rule of St. Benedict,” and the values of the monks of St. Meinrad. The Diocese of Fort Wayne-South Bend has a local chapter started by Oblate Dan Sheets. They meet at the St. Bavo Community Center every third Monday of the month. Members of the chapter, a small local community of believers from different parishes, live by the “Rule of St. Benedict.” They support one another and join together in prayer and spiritual discovery. The mission statement for chapters of Benedictine Oblates of St. Meinrad is: “We, Benedictine Oblates of St. Meinrad Archabbey, are Christian men and women, lay and ordained, living in the world, united by the holy ‘Rule of St. Benedict.’ We come together in chapters to support one another and strengthen our spiritual life through liturgical celebration, instruction, and fellowship in Christ, so ‘that in all things God may be glorified.’” (RB 57:9)

To become an Oblate, one must be a Christian lay or ordained person with an upright character, not be an oblate of another monastery, and have an earnest desire for spiritual advancement according to the Christian ideas outlined in the “Rule of St. Benedict.” Interested persons embark on a novitate program that lasts a minimum of one year with a maximum of two years. After a year as an oblate, novices participate in a ceremony called the act of final oblation and become permanent members of the monastic family.

The first promise, stability of heart, expresses the commitment the oblate makes to a particular monastic community. The stability of the heart reenforces the basic promise of conversion made at baptism. The second promise, fidelity to the spirit of monastic life, expresses a commitment to live lives of spirituality, piety, and balance. The third promise, obedience to the will of God, expresses a commitment to growth in the discernment of God’s will through prayer, spiritual direction, and faithfulness to one’s religious traditions.

Oblates accept five duties into their lives that hold a formative and sustaining function in their journey. The five duties are praying the Liturgy of the Hours, regularly reading the “Rule of St. Benedict,” practicing lectio divina, being faithful to the sacraments or other religious practices, and cultivating a sense of God’s presence in daily living. Benedictine Oblates of St. Meinrad Archabbey are committed to forming a community of love and faith based on the promises and duties of oblate life.

Different reasons and circumstances call people to join a monastic lifestyle. The timing was everything for Tim Allegra, and his life changes led him to the Oblates.

“About three years ago, we became fully retired and moved to South Bend to be closer to the grandchildren.
And at that time, I noticed a nice little announcement that said a chapter was forming of the Oblates,” said Allega about how he became involved with the local chapter. He attended St. Meinrad High School back in the 1950s which ignited his association with the community. “During the time of becoming fully retired, I needed a little boost to provide a little discipline to my prayer life and the Oblate chapter has certainly done that for me.”

Through his participation, he has realized the Benedictine fundamental principle is to help one another get to heaven. “And I figured I needed some help, so I hope that by being a member of the Oblate community, I’m getting that help and perhaps providing help to my brother Oblates and sister Oblates in that direction.”

Allega began his formation period during the COVID-19 isolation period. The novice period is a one-year program where participants complete a series of 12 lessons under the mentorship of one of the monks. They receive a challenge every month and are required to respond to a list of short readings.

The novice period during the COVID-19 isolation period. The novice period is a one-year program where participants complete a series of 12 lessons under the mentorship of one of the monks. They receive a challenge every month and are required to respond to a list of short readings. “It was a real opportunity to get closer to God,” notes Allega. While in quarantine, the program formation was a welcome break from listening to CNN gram formation was a welcome experience rather than just an every day walk of life. It just makes me feel so close to God.”

A visit to the Sisters in Ferdinand, Indiana, had a lasting impression on Oblate Karen Dwyer who upon research fell in love with the Benedictine Rule and Benedictine way of life. She spent several years going on retreats with the Sisters and found the opportunity to join a local chapter of Benedictine Oblates immediately sparked her interest. “I was just retiring at that point and I thought, ‘I need something to do and this really is attractive to me,’ so I came to the first meeting that we had. There was just a very small number of us and I attended the meetings for a year,” recalled Dwyer. She was called to become a novice and took her final profession to the organization in 2021.

Dwyer said her time being part of the Mishawaka Chapter of Benedictine Oblates of St. Meinrad Archabbey has been a wonderful experience. “This past Christmas, we adopted a family and provided $250 for groceries and bought clothes and toys for the children. I was overwhelmed by the generosity of our small group in providing a happy Christmas for this small family. It is so nice to have a group pull together to make a service project so successful.”

To learn more about the local chapter of the Benedictine Oblates of St. Meinrad Archabbey, contact chapter leader Dan Sheets at drsheets@aol.com.

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Students Take Final Step in Christian Initiation

BY LISA KOCHANOWSKI

After years of preparation, prayer, and deep spiritual reflection, 23 youth from St. Paul Chapel and St. Anthony of Padua Parish in Angola, took their final step in Christian initiation through the celebration of Confirmation. Since both parishes share Father Osman Ramos as their pastor, the groups gathered at St. Anthony of Padua for the celebration on Thursday, May 18.

“Tonight, you will be sealed with the gift to the Holy Spirit, so you’ll be fully initiated into the church,” said Bishop Rhoades at the Mass. “As they receive the Holy Spirit, we pray they will always live as faithful disciples of Jesus.”

“Our Confirmation program is a two-year program beginning in the 7th grade and finishing with our Confirmation Mass with Bishop Rhoades during the spring of their 8th-grade year. In the 7th and 8th grades, the students study Jesus Christ, Liturgy and Sacraments, Morality, and Prayer. In the 8th grade, our catechist, Ben Roederer, concentrates on Jesus Christ, Liturgy and Sacraments, the Church, and Church history,” said Cathy Bryan, Director of Religious Education at St. Anthony of Padua.

Students also have the chance to work together, and in the community, completing 30 hours of service including helping with activities at the parish such as the fish fry events, Breakfast with St. Nick, cleaning the church, Advent Wreath Workshop, Vacation Bible School, helping with the rummage sale, and raking leaves. Assisting neighbors or other community organizations is welcomed and recommended to give the students the chance to better know their community.

“Every year, we have a Confirmation Retreat at the Basilica of the Sacred Heart at Notre Dame or we participate in the Diocesan Retreat for Confirmation students,” notes Bryan.

Ty Couch of St. Paul Chapel picked the name St. Hubert for his confirmation name. “I like hunting and I like the same things he does,” said Couch about his name choice, who is the patron saint of hunters. Family friend Chris Pierson was Couch’s sponsor. Pierson has watched Couch grow up, seeing him at Mass each week. “He’s one of my best friends and we like to do things together,” said Couch. “Today means a lot to me and makes me closer to God.”

Pierson has enjoyed watching Couch grow up, forming a lasting friendship that also means a lot to me and makes her closer to God.”

“This means a lot to me,” said Evelyn Rinard of St. Anthony of Padua. “This is my youngest grandchild and I’m happy to do it,” said Thomas. He plans to do anything he can to help his granddaughter’s spiritual journey even if it means buying breakfast or donuts after going to church together.

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She continued a family tradition and asked her grandfather, Norman Thomas, to be her sponsor. Rinard said her grandfather is a faithful person who goes to church regularly and is a good role model for her in her faith life.

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of Padua to meet and interact with new people. The whole experience was very special to Headley and she is glad to now be a permanent member of the Church.

Headley was blessed to have her godmother, Sheila Vorst, as her confirmation sponsor. The two are close and Headley is grateful to Vorst for her constant support of her faith life. “She is a really good person and important to me.”

“She means a lot to me,” said Vorst, who is honored to be part of her life and spiritual journey. Vorst plans to continue guiding Headley whenever she needs her and being a support person in life.

Everyone gathered prayed for all of the youth assembled in the church and celebrated this momentous occasion in their spiritual journey with attendance at Mass and at a social gathering afterward.

“I hope the confirmands use the gifts of the Holy Spirit to grow in their faith and continue their journey into adulthood,” said Bryan. “The grace they receive will strengthen their personal relationship with Christ and help them to build up the Church and be witnesses of Christ to others. They are the future of the Church!”

“My prayer for every single one of them, all 23 of you, is that you will grow in holiness. You will grow in holiness and become saints, which means that you’ll live in perfect joy with God and all the other saints in heaven,” said Bishop Rhoades.

Lisa Kochanowski

Evelyn Rinard of St. Anthony of Padua was accompanied by her grandfather and sponsor, Norman Thomas, during Confirmation Mass at St. Anthony of Padua in Angola on Thursday, May 18.
Avilla Confirmation Preparation Produces Catholic Identity

BY JENNIFER LITCHFIELD

IN the Sacrament of Confirmation, recipients experience an outpouring of the Holy Spirit and the Bishop seals their acceptance of the Catholic faith. At Confirmation, recipients of the sacraments are also recognized as adults in the Church. Chad Helmkamp ensures that his students’ preparation for this sacrament consists of the beliefs of our faith and conversations about the role of the Holy Spirit within a confirmed Catholic when facing the challenges of the world. Classroom instruction and retreat encounters apply the love of the candidates for God, family, and their faith community so they can walk in confidence knowing their identity as a child of God. Helmkamp’s insight brings evidence that Confirmation preparation ought to cultivate students’ faith community and the support they have when facing challenges in their world.

Helmkamp has been teaching 6th, 7th, and 8th-grade religion for 21 years. For the last eight years, he has organized the Confirmation retreats for St. Mary of the Assumption Catholic School in Avilla in partnership with other area Catholic schools. His Confirmation preparation develops from his understanding of the human person’s need to be known.

“At the end of the day, we all have dignity, which means ‘I need to matter.’ And we all need to be loved — we need to belong.” Helmkamp’s goals in his Confirmation preparation are that students “have an identity when they leave.”

Helmkamp recognizes and embraces similarities between raising prepared Catholics for Confirmation and the Trinity.

“The parents are their primary educators. It is really trinitarian. You have God the Father, God the Son, who loved each other so much they formed the Holy Spirit. If you have parents and teachers who care that their child is doing, you have a child that is really strong.”

The outpouring of love from teachers and parents allows students to embrace the challenges of the world through the guidance of the Holy Spirit in Confirmation. This serves as the foundation for formal education in theology classes for the students and plants the truth of the Church in the hearts of the candidates, which sprout during the retreat.

Within the classroom, Helmkamp incorporates the six tasks of catechesis which intermingle with Church history, and the “Confirmed in the Spirit” booklet which guides the units. Incorporated into each unit, the students discuss knowledge, prayer, and service.

“The beauty of the Catholic faith is that the faith does not change. The core beliefs that we have: that is who we are as Catholics. So, it is really kind of a rock-solid foundation to build off of. The Seven Gifts are going to be the Seven Gifts no matter how many generations of Catholics come.”

CHAD HELMKAMP

At Confirmation, candidates receive the gifts and graces of the Catholic Church, and Helmkamp uses struggles the students have to lead and demonstrate how the Holy Spirit can aid them in the crosses they bear.

“We take what is happening in our world and we bring that into how this activity will be, because an activity that we had done 30 years ago may not be relevant to the kid of today.”

As the years go on, the world has changed, but the Church’s beauty and teachings continue to outline the focus of Helmkamp’s Confirmation retreat.

To gauge what the students wrestle with, Helmkamp leads an activity where students write their struggles on sticky notes and place them on a cross.

“I think it is eye-opening to see something you would never have a conversation with them about and now they are sharing it on these sticky notes that we as adults can actually read. So, we kind of know where their minds are at, what they feel are the problems of our world, what they feel are the crosses they carry.”

Helmkamp said that, at times, students will share struggles that he describes as “too heavy to bear,” and that adults would never know unless students shared it with them. “The retreat gives us an opportunity to do that.”

The presence of the families and the Franciscan Sisters of the Sacred Heart, Sisters Theresa Renninger and Sister Deborah Funfsinn, in school and religious education programs shows students the faithfulness and steadfastness that the Church gives them to “go make of all disciples” with the guidance of the Holy Spirit.

Helmkamp’s experience testifies that all Confirmation preparation should be concentrated on the beauty of the Church’s knowledge and be relevant to the candidate’s crosses to allow open dialogue about the reality of walking in the light of the Holy Spirit.

Helmkamp said, “The way the gifts manifest themselves in the students is one of the greatest joys of watching it.”

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Emerging Age-Verification Laws Will Make the Internet Safer

A new Utah law, SB 287, which went into effect on Wednesday, May 3, began to restrict minors’ access to pornographic websites. The law requires websites that distribute “pornographic content in the form of video, audio, or other visual materials defined as being harmful to minors” to implement age-verification systems that confirm a visitor’s age in order to access content. The internet has made pornography more available and accessible than ever before. And we — Catholics, lawmakers, parents, and all people of goodwill — must do something about it.

That’s why laws like the recent one enacted in Utah deserve our praise and emulation.

According to Semrush, pornographic websites generate more traffic than Twitter, Instagram, Facebook, and Netflix combined in the United States. On one major website, PornHub, visitors consumed more than 5,824,699,200 hours of pornography in 2021. A survey conducted among victims of nonconsensual pornography found that 51 percent of respondents expressed thoughts of suicide as a result of the image-based abuse, while a staggering 93 percent reported enduring intense emotional distress.

In response to the bill, PornHub made headlines when it declared that 17 percent of women abused by their partners were so sick from visiting the site altogether.

The adult entertainment industry’s trade association filed a lawsuit against the state of Utah, alleging that SB 287 violates both the First Amendment’s protection of free speech and the Fourteenth Amendment’s right to privacy.

But while not talking about the rights of American adults in the Utah bill, we’re talking about the protection of our children. Currently, it is a crime under federal law for minors to access pornography. It is only logical, then, that measures should be taken to ensure that minors do not have unencumbered access to adult sites.

Twelve U.S. states have or are considering age-verification laws similar to Utah’s. Earlier this year, when a similar law was passed in Louisiana, PornHub reportedly experienced an 80 percent loss in web traffic in the Pelican State. Despite concerns that websites have not fully complied with the Louisiana law, the initial impact is clear.

In fact, even if enforcement and application of a user-verification law is imperfect and incomplete, the laws are worth fighting for in order to raise the dilemma about the numerous harmful effects of internet pornography. We cannot wait for a perfect solution. The urgency of the situation calls for immediate action.

Making our communities safe for our children — from advocating for their safety during the dregs sexual abuse crisis to fighting off any other threat that may prey upon them — is a duty that falls on each of us. Some might see a law like SB 287 and reply that it’s a parent’s duty to protect a child and determine what is or is not appropriate for him or her to view. But we already have age-based requirements for watching movies. What does God tell us about anxiety? Your homework is to treat yourself, (and spend money on distractions). That is not what self-care is. Self-care is what feeds your soul — what fuels you and gives you energy.

What self-care really depends on your personality. You might need something as simple as buying a coffee, reading a book, going fishing, exercising, or simply taking time for self-reflection in order to feel restored. For others, it may mean speaking to a therapist once a week.

Asking yourself, “What do I need?” might be seen as selfish by some, but it is actually selfless and important; we cannot give when we don’t receive. We cannot pour out from an empty cup. It needs to be filled, first.

Our thoughts impact our perspective and our emotions. In turn, our actions are affected because our emotions are lived experiences within our bodies.

What does God tell us about anxiety? Your homework is to...

GUEST COMMENTARY

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Jesus Is the Central Figure of Salvation

Feast of Pentecost
John 20:19-23

This weekend, the Church celebrates the Feast of Pentecost, one of the most important feasts of the Church’s liturgical year. It is richly biblical in its background, and it is profoundly edifying both in its own message as well as in its place in the chronology of events commemorated these past weeks, with Good Friday, Easter, and the Feast of the Ascension being the most important.

At one time, people briefly were of Jewish origin, and therefore observed the Jewish holy days. Very early in the history of Christianity, this fact changed.

Missionaries such as St. Paul himself took the Gospel far and wide, winning converts from paganism. Then, as a result of rebelling against the Romans in 70 A.D., the Jews themselves were almost annihilated.

Consequently, Christians stopped celebrating the Jewish holy days. An exception is Pentecost, although the Christian observance centers upon the distinctly Christian character of the day.

Nevertheless, the Christian character is heavily drawn upon the Jewish context of the day. In time, Pentecost became for Jews a celebration of Jewish identity, rejecting in the collective role of the Chosen People.

For Christians, Pentecost commemorates the ultimate fulfillment of the Old Testament. The process reveals the divinity of Jesus, and the perfect union of the Holy Trinity not just in essence or being, but also in mission.

Important in this reading is the obvious community of the Apostles and of believers with them. Together, as one, they received the power of the Holy Spirit promised and sent by Christ.

The Holy Spirit comes as God. The imagery is strong with Old Testament connections. The divine Spirit comes as fire, an image so often used for God in the Scriptures.

Strongly associated with the Holy Spirit, the Apostles have divine power itself. They are without fear. Fortified too are all the members of the community.

Forming the community were people from every place. Salvation is offered all who love God.

First Corinthians furnishes the second reading. This reading clearly states that belief in Jesus as Lord belongs only to the humble and faithful. Without humility, when is light, humans are confused and seriously subject to their own limitations.

St. John’s Gospel provides the last reading. This is called the Easter Proclamation Narrative. The risen Lord appears before the Apostles, the specially chosen and commissioned, and the special students. He is God, possessing the Holy Spirit, able to give the life and power of the Spirit. The Lord providentially offered the world salvation in Jesus.

Thus, the story of salvation has one central figure. This figure is Jesus the Lord. He lived a human life. God in every sense, Jesus was human. It is the mystery of the incarnation. Jesus ascended to heaven. Jesus did not desert us, however. To continue his salvation, Jesus called the Apostles. Special teaching, present when no one else was present, they had unique lessons, revelations from the Lord.

Their task was to assist us in overcoming our human limitations and in understanding the Gospel.

The community of believers is not a happenstance of people standing side by side. In the Church, they share one source of life. Thus, Christians act in communion — ideally.

READINGS


Monday: Gn 5:1-7, 28 Ps 130:1-2, 3-8, 9-12

Tuesday: Pr 30:5, 6, 7-9

Wednesday: Zep 3:14-18a (Ps) is 1:6-7, 8b-10b, 11-12b

Thursday: Is 43:1-5 Ps 32:1-2, 3-5

Friday: Sir 27:1-10 Ps 147:1-10

Saturday: Sir 51:12d-20

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Anxiety Is Prevalent in All of Us

Anxiety is rooted in fear of perceived danger, in the perception that something is about to go wrong or will go wrong in the future. But what Jesus teaches us is to come back to the present moment — to be where your feet are because tomorrow will have enough trouble. Although it is okay to be concerned about the future, we shouldn’t worry about it.

There is a difference between experiencing anxiety and having an anxiety disorder. Anxiety becomes a mental health concern when it starts interrupting your day-to-day functioning — when the distress is taking away from your ability to engage with people as a friend, or to engage in your job or any role you might have.

For example, if you are going to confession, you may experience some anxiety, which is normal. Negative thoughts are normal, too, but not helpful. But just because we “think” something may happen or is happening does not make it fact. We have to identify and observe our thinking. We always have thoughts, but not every thought is accurate. Accepting a self-created anxiety as reality can impact not only ourselves but also how we interact with others.

Many times, self-care can be hijacked by the marketing industry, encouraging you to...
Many groups have a tendency to use words that make sense to their members but are unintelligible to outsiders. I have sometimes had to decode “Church-speak” for recent converts.

Here in the aftermath of Easter with all our fancy words like catechumen, mystagogia, neophyte, regeneration, etc., I muse on our overuse of language to “church-speak.” To some degree, we need these words and should educate God’s faithful as to their meaning. But it is a source of some humor to ponder how arcane, how obscure our language can become.

For example, one time I proudly announced, “RCIA classes will begin next week, so if you know anyone who is interested in attending please fill out an information card on the table just outside the sacristy door.” I thought I’d been perfectly clear, but a new member approached me after Mass to inquire about the availability of classes to become Catholic and when they would begin. Wondering if she’d forgotten the announcement, I reminded her what I had said about RCIA classes to be held at the rectory. “Oh,” she said, “Let me explain what I mean by RCIA.” After I did so, I mentioned that she could pick up a flyer over by the sacristy door. Again, I got a blank stare, followed by the question “What’s a sacrament?” Did I dare tell her that the classes would be held in a sacristy? Did I dare tell her about RCIA classes, not Mass? I wonder if she’d for any who knew him in his lifetime, especially through his television show, he was merely being obscure. And for any who knew him in his later years, especially through his television show, he was always very careful to explain Church teaching in a way that made it accessible to the masses. It’s good advice for all of us: a little less of the CCD and RCIA jargon and a little more of the clear “religious instruction” can help others to decode our Church-speak.

During my years in the seminary, the art of Church-speak seemed to rise to new levels. I remember that many of my professors, while railing against the use of Latin in the liturgy, had a strange fascination with Greek-based terminology. Mass was out, Eucharist was in. “Going to Mass” was out, “confessing the synaxis” was in. “Martyrdom” and “apokatastasis” and “anaphora” were in. Communion was out, “ekkononia” was in. Mystagogia, catechumenate, mystagogia, episkopos, protomartyrion, hapax legomenon, epifeneia, synerdesis, eschatology, Parousia, and apokatastasis were all in. These are necessary words, I suppose, but surely opaque to most of our young people only as consumers — and potential victims.

Pornography is a scourge that waps users’ sense of self and sexuality. We should not hesitate to pursue even imperfect attempts to curb its spread and regulate its use. Utah’s user-verification law, and other laws like it, are a step in the right direction. They’re a welcome beginning to making the web just a little safer for the next generation.

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Alvarez, from page 24

look it up in Mt 6:25-34. Why do we not take God at His word? God is telling us, “I will take care of you.”

Consider starting your day by spending time with the Lord — not rather than rushing about in the morning, but set aside some time for uninterrupted prayer. I mean of feeling better. Grounded in the reality of Christ, we are able to encounter all the daily difficulties and be reminded that grace exists in the present moment.

One of the beauties of Catholicism is the grace we can encounter in the present moment. Our faith teaches us that while carrying our cross, Jesus goes with us. We can encounter difficulty. No one is happy all the time, no matter what social media tries to convey. Emotions are experienced all day, everyday. They impact our thinking, decision-making, behavior, learning, creativity, and performance. There is a

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