

# SAINT ROSE OF LIMA CATHOLIC CHURCH'S PARISH PROFILES

Published November 21, 2021

Leah Heselton- Parish Staff

After Leah Heselton joined the Saint Rose staff this summer as Communications Coordinator she quickly learned some things about herself and about the parish and its people.

First, she discovered the joy of commuting—a 35-40 minute drive from her parents' home in Lakeville to Roseville—which on the face of it doesn't sound like much fun. However, for Leah it was an ideal way to start her day. "Prayer and meditation was how I spent my 20-minute drive to high school," she recalls. "That routine was curtailed the past four years in college when my morning started with a two-minute walk to class.

"I missed that quiet time with God," she continues. "I don't like beginning my day with distracting thoughts bouncing around in my head. Now, on my ride to Saint Rose, I have gone back to meditation in the morning. I pray the rosary and listen to Bible-reading podcasts. I want my focus to be on things that lead me closer to Christ."

Second, Leah has been very impressed with how many parishioners volunteer so much of their time to the various ministries here. "For example, the Communion services for St. John's Hospital (currently suspended due to COVID), nursing homes and the homebound is amazing. I have never seen that level of dedication before."

Third, in her newly-created position, Leah is excited about working with others to create a communications pipeline that will streamline and enhance the process for parishioners to publicize their ministry events and other church-related activities.



## Other things to know about Leah:

- She grew up in Lakeville, the oldest of four girls. She attended All Saints School (Lakeville) and Holy Cross School (Webster). During her time at New Prague High School Leah started a Christian faith club. She graduated from the University of St. Thomas in May, majoring in English and Catholic Studies. As an undergraduate Leah was involved in campus ministry.
- Leah is back at St. Thomas pursuing a Master's degree in Catholic Studies. "The fact that the Catholic Studies program has a number of other disciplines integrated into its curriculum—theology, philosophy, literature, science and art—is something I really like."
- An avid reader, Leah reread the Harry Potter books every summer from age nine to 19. She lived in Italy for four months during a University of St. Thomas study abroad program. She learned to speak Italian, but now says her language skills are "pretty rusty."