



# The Bellowing Ox

A publication of Aquinas Communications

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March / April 2020



## CATHOLIC HOMESCHOOL STUDENTS RECORD PRAYERS IN KCRD STUDIO



The Dubuque Catholic Homeschoolers, a collection of about a dozen area families, made a field trip to the new radio studios in January. Approximately 30-35 toured the studio and the students recorded prayers that you will be hearing on FM 98.3 KCRD!

"Everyone's favorite part was recording prayers and hearing them played back," said Tracey Gerrard. "They want to come back again soon!"

(Photo, left) Aquinas Communications' president Tom Oglesby provides direction to Austin Henn, seated at the microphone, while Anthony Gerrard, Ann Williams and her daughter, Judith, look on with the other students. (Bottom photo) Tom Oglesby monitors the discussion between Anthony Gerrard and Alena Pennington.

### LORICA OF ST. PATRICK

I arise today  
Through a mighty strength,  
the invocation of the Trinity  
Through belief in the threeness,  
Through confession of the Oneness  
of the Creator of creation

I arise today  
Through the strength of Christ  
with his baptism,  
Through the strength of his crucifixion  
with his burial,  
Through the strength of his resurrection  
with his ascension  
Through the strength of his descent  
for the Judgement of doom.

I arise today  
Through the strength of the love of Cherubim  
In obedience to the Angels,  
In the service of the Archangels,  
In hope of resurrection to meet with reward,  
In prayers of patriarchs,  
In predictions of prophets,  
In preaching of Apostles,  
In faiths of confessors,  
In innocence of Holy Virgins,  
In deeds of righteous men.

I arise today, through  
The strength of heaven,  
The light of the sun,  
The brilliance of the moon,  
The splendor of fire,  
The speed of lightning,  
The swiftness of wind,  
The depth of the sea,  
The stability of the earth,  
The firmness of rock.

I arise today, through  
God's strength to pilot me,  
God's might to uphold me,

God's wisdom to guide me,  
God's eye to look before me,  
God's ear to hear me,  
God's word to speak for me, God's hand to guard me,  
God's shield to protect me,  
God's way to lie before me,  
God's host to save me, from snares of devils, from  
temptations of vices, from everyone who shall wish  
me ill, from afar and near, alone and in a crowd.

I summon today  
All these powers between me and those evils,  
Against every cruel and merciless power  
that may oppose my body and soul,  
Against incantations of false prophets,  
Against black laws of pagandom,  
Against false laws of heretics,  
Against craft of idolatry,  
Against spells of witches and smiths and wizards,  
Against every knowledge that corrupts man's body and soul;  
Christ to protect me today  
Against poison, Against burning, Against drowning,  
Against wounding,  
So that there may come abundance of reward.

Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left  
Christ where I lie, Christ where I sit,  
Christ where I arise  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of every man who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

I arise today, through a mighty strength, the  
invocation of the Trinity, through a belief in the  
Threeness, through a confession of the Oneness  
towards the Creator.

Salvation is of the Lord. Salvation is of the Lord.  
Salvation is of Christ. May thy salvation, O Lord,  
be ever with us.

St. Patrick (ca. 377)



**FM 98.3 KCRD**

**5TH ANNIVERSARY CELEBRATION!**

**RSVP TODAY**

**Featuring Dr. Ray Guarendi**  
"Laughter is the Sanity of Family"

with Jack Williams of EWTN

and Fr. Joseph Mary Wolfe, MFVA

The Seraphic Adorers of the Child Jesus from Wisconsin

**Wednesday, March 11 @ 5:00 pm.**

**Dubuque's Best Western Plus**

**Conference Center, 3100 Dodge.**

**Register at [www.KCRD-FM.org](http://www.KCRD-FM.org)**

**or call 563-231-3545**

**DOES YOUR VISION MATCH OUR MISSION?**

Aquinas Communications is an apostolate of Catholic laity.

Our educational mission is loyal to the Catholic Church's Magisterial Authority, to Sacred Tradition, and to Holy Scripture.

## CATHOLIC CULTURE

### Origins of Lent

The word "lent" comes from the old Anglo-Saxon word for springtime, lenc-ten. It describes the gradual lengthening of daylight after the winter solstice.

Already during the 2nd century, Christians prepared for the annual Pascha, or Easter, by fasting for two days. This was a natural thing to do in preparation for the holiest of times when, during the first generations, the Lord's final return was expected. In the 3rd century, this fast was extended to all of Holy Week. A distinct and lengthy season of preparation did not exist until the early 4th century.

In the 4th century, preparation for baptism was joined by fasting and other penitential practices before Easter in preparation for absolution from public sins and crimes.

Early in Christianity, fasting became associated with the number 40 ... and gradually determined the length of Lent.

Source: Catholic Customs and Traditions

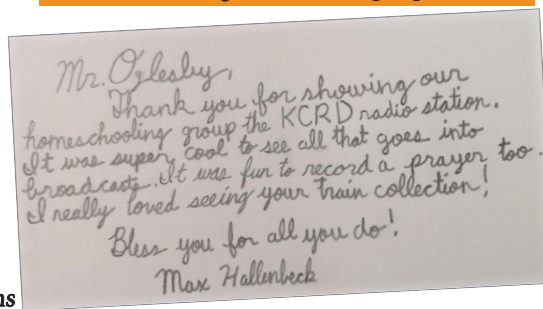
## CATHOLIC CATECHISM

### Shrove Tuesday

The day before Ash Wednesday is called Shrove Tuesday. This Name (from the Old English shriven, "confession,") comes from an old custom of going to confession in preparation for the holy season of Lent.

### Ash Wednesday

This is the official beginning of Lent and the Easter cycle. Ashes from burned palms saved from the previous year are placed on the forehead of parishioners. This custom of placing ashes on the heads of people and, originally, the wearing of sackcloth is an ancient penitential practice common among the Hebrew people.



## CALENDAR OF EVENTS

### WALK TO MARY

*United in Step from Shrine to Shrine*

The Walk to Mary pilgrimage on **Saturday, May 2** winds along the banks of the Fox River in Wisconsin from Shrine to Shrine. Starting at the National Shrine of St. Joseph at Old St. Joseph Church on the campus of St. Norbert College in De Pere to the National Shrine of Our Lady of Good Help in Champion.

This one-of-a-kind Pilgrimage proves to be a physical and spiritual test in perseverance for nearly everyone. Participants can opt to walk specific segments or the entire 21-mile route.

For more info, [www.walktomary.com](http://www.walktomary.com)

**Walking in the Footprints of Jesus - series**  
**Thursday, April 23, 2020 - 7:00- 8:00 pm**

St. Joseph the Worker, Martin Hall

This month's program is:

**"What do you want me to do for you?"**

**Mark 10:51**

The Gift of Healing  
presented by Deacon Bill Biver

## CATHOLIC TRIVIA

### Hiding Easter Eggs

Do you know why part of the Easter celebration is to hide Easter eggs? It goes back to the Middle Ages where Lenten fasts included giving up eggs, meat, butter, dairy products, and intercourse. Lenten fasting meant not eating until 3:00 pm every day, and drinking only water from midnight Holy Thursday until noon on Holy Saturday.

### Do you shop on Amazon?



Enter: Aquinas Communications, Inc.

### A local listing of

- **Masses**
- **First Friday & Saturday Devotion**
- **Eucharistic Adoration**
- **Sacrament of Penance**

**[www.KCRD-FM.org](http://www.KCRD-FM.org)**

## PARISH SPOTLIGHT

### Church of the Nativity, Dubuque

1225 Alta Vista St. - 563-582-1839

**Pastor:** Fr. Andy Upah

**Deacon:** Steve Whiteman

**Evangelization:** Amanda Nobis

**The Church of the Nativity in Dubuque is a faith-filled community.**

### Couples Monthly Date Night

Nativity Parish is hosting monthly Date Nights from 5-7 pm for married and engaged couples. Programming is different each week, so attending one month or every month is fine.

Free dinner with wine/beer. Free child care & children's meals provided.

**Must RSVP by calling 563-582-1839.**

**Sundays March 29, April 26, May 17.**

### Kid-Friendly Holy Hours!

Select Fridays at 5:30 with community dinner to follow. Check the Nativity website [www.nativity.weconnect.com](http://www.nativity.weconnect.com)

### EWTN: The Fruit of Adoration

**Thursday, March 12 - 7:00 pm**

Join EWTN chaplain and Iowa native, **Fr. Joseph Mary Wolfe**, discuss how adoration of Blessed Sacrament paved the way for EWTN to begin its mission of evangelizing and spiritually nourishing the masses.

## BOOK REVIEW

### Forty Reasons I Am a Catholic

by Peter Kreeft

The title makes the subject of this book pretty clear; although the author admits it is misleading because there are many more than 40 reasons why individuals choose to be Catholic.

"Each of my reasons is an independent point," says Kreeft, "so I have not organized this book by a succession of chapters or headings. After all, most readers only remember a few big ideas or separate points after reading a book."

To be an effective evangelist for your Catholic faith, this book should be able to help the reader pick a couple of clear and succinct points that can be easily answered when asked "Why are you a Catholic?"

Check your favorite Catholic educational source or you can always check on AmazonSmile (see ad on this page).



## CATHOLIC WORSHIP

### 2020 Marian Feast Days

We started the new year off by observing the Solemnity of Mary, Mother of God on January 1st. It is a beautiful reminder that we should begin all things by asking for Our Lady's intercession. Listed below are the upcoming Marian feast days for 2020: March 25 - The Feast of the Annunciation May 13 - Our Lady of Fatima

## RADIO SPOTLIGHT

### Dr. Ray Guarendi - The Doctor is In

The father of 10, Dr. Ray Guarendi is a Clinical Psychologist, author, public speaker and nationally syndicated radio host. His radio show - "The Doctor is In" - can be heard weekdays at 12:00 noon of FM 98.3 KCRD. You can also listen live at [www.KCRD-FM.org](http://www.KCRD-FM.org) or on the mobile app - key word is KCRD.

## PROPOSITIONS & PHILOSOPHIES

For over 2,000 years, the Catholic Church has been persecuted and today this persecution happens in more subtle ways.

**Heretical Modernists teaching**, influenced by non-Catholic biblical scholars, contend among other things, that the writers of both the Old and the New Testaments were conditioned by the times in which they lived and that there had been an evolution in the history of biblical religion.

Further, **Modernism is a rejection** of the centralized magisterial authority of the Catholic Church and a rejection of the Sacred Tradition of the Church.

Perhaps the most prevalent version of the **Modernism Heresy** of today is **Relativism**.

**Relativism is the false doctrine** that knowledge, truth, and morality exist in relation to culture, society, and historical context; and they are not absolute. In other words, there are no absolute truths in ethics and what is morally right or wrong varies from person to person or from society to society.

**You might be a Heretic** if you believe: I'm okay - you're okay. You have your truth - I have my truth. Who am I to judge?

My conscience tells me this action is not a sin for me given my set of circumstances.

**To say, "there is no objective truth" is making an objective truth statement!** This statement exposes the absurdity of relativism.

Don't be a Heretic.

- Dr. Trent Counsell, the Heresy Hunter

## VOCATION SPOTLIGHT

Seminarians Martin Coolidge, Casey Flack, Kyle Tietz and Eric Zenisek from the Archdiocese of Dubuque are spending nine weeks in the Holy Land, studying and walking in the footsteps of Jesus. What an opportunity for them!

Imagine how this experience will inspire the teaching that they will provide in the years to come. This is just one of the many components of formation that seminarians receive during their four years at Mundelein. The Serra Club of Dubuque invites you to join in supporting all our seminarians with prayer.

They are the future of our Church.

- Chuck Olson - [cjolson@mchsi.com](mailto:cjolson@mchsi.com)

## UNDERWRITING SPOTLIGHTS

Please thank Jeff Field for his support of FM 98.3 KCRD.



Jack's Fish & Shrimp Palace has donated a percentage of sales to Aquinas Communications on First Fridays!

Now his offer is extended to include Ash Wednesday and EVERY Friday during Lent in 2020!

**Jack's Chicken Palace**  
**1107 University Ave, Dubuque**  
**563-588-2003**

### StackStone Wealth - Scott Leibfried

563-556-7132

We salute Scott Leibfried and StackStone Wealth for FIVE YEARS of underwriting FM 98.3 KCRD!

**THANK YOU SCOTT!**

## PLEASE THANK THESE BUSINESSES FOR SUPPORTING FM 98.3 KCRD!

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Tricor Insurance  
Tri-State Cremation Center, Inc.  
YEN CHING Restaurant  
Zephyr Aluminum Products

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### NEWSLETTER SUBMISSION DEADLINES

Send an email with all necessary information to [newsletter@KCRD-FM.org](mailto:newsletter@KCRD-FM.org).

Issue	Deadline date
May/June	April 1, 2020
July/August	June 1, 2020
September / October	August 1, 2020



THE INFORMATION YOU HAVE IS NOT WHAT YOU WANT.  
 THE INFORMATION YOU WANT IS NOT WHAT YOU NEED!  
 THE INFORMATION YOU NEED IS NOT AVAILABLE.  
 THE INFORMATION YOU GET YOU DON'T UNDERSTAND.  
**THE INFORMATION YOU CAN UNDERSTAND IS ON FM 98.3 KCRD!**



Central Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Central Time
5:00 am	Vatican Insider™						Scripture & Tradition™	5:00 am
5:30 am	Divine Intimacy Radio™							5:30 am
6:00 am	The World Over™						The Church Alive!™	6:00 am
6:30 am								6:30 am
7:00 am	Sunday Mass from EWTN Chapel						Life is Worth Living™ with Archbishop Fulton Sheen	7:00 am
7:30 am								7:30 am
8:00 am	Word on Fire™						The Fathers of Mercy Hour™	8:00 am
8:30 am								8:30 am
9:00 am	Mass, Resurrection Church, Dubuque							9:00 am
10:00 am							Doctor, Doctor	10:00 am
10:30 am	The Great Adventure™							10:30 am
11:00 am	Mass - St. Mary's Church, Pine Bluff WI						Christ is the Answer™ with Fr. John Riccardo	11:00 am
11:30 am								11:30 am
12:00 pm	Register Radio™						The Church Alive!™	12:00 pm
12:30 pm								12:30 pm
1:00 pm	Scripture & Tradition™						The Good Fight	1:00 pm
1:30 pm								1:30 pm
2:00 pm	Christ is the Answer™ with Fr. John Riccardo						Divine Mercy Chaplet	2:00 pm
2:30 pm								2:30 pm
3:00 pm	Divine Mercy Chaplet						Children's Rosary	3:00 pm
3:30 pm	Rosary in Latin w/ Pope JP II							3:30 pm
4:00 pm	The Miracle Hunter®						Vocation Boom Radio™	4:00 pm
4:30 pm								4:30 pm
5:00 pm	A Closer Look™						The World Over™ (Encore)	5:00 pm
5:30 pm								5:30 pm
6:00 pm	Father Spitzer's Universe™						Catholic Playlist™ Archive	6:00 pm
6:30 pm								6:30 pm
7:00 pm	Taylor Marshall Show	The Journey Home™	Mother Angelica Live Classics	EWTN Live™	The World Over™ (Live)	Father Spitzer's Universe™	Taylor Marshall Show	7:00 pm
7:30 pm								7:30 pm
8:00 pm								8:00 pm
8:30 pm	Adoration Radio						Adoration Radio	8:30 pm
9:00 pm								9:00 pm
9:30 pm							The Bear Wozniak Adventure	9:30 pm
10:00 pm	Catholic Playlist Worship™ Archive							10:00 pm
10:30 pm	Overflow™ Music Show						Overflow™ Music Show	10:30 pm
11:00 pm								11:00 pm
11:30 pm	Fathers of Mercy Hour						Adoration Radio	11:30 pm
12:00 am								12:00 am
12:30 am							Wisdom - Fr. Groeschel	12:30 am
1:00 am								1:00 am
1:30 am							EWTN Bookmark™	1:30 am
2:00 am								2:00 am
2:30 am	The Journey Home™ encore						Fathers of Mercy Hour	2:30 am
3:00 am	Divine Mercy Chaplet							3:00 am
3:30 am	Rosary - Latin						Divine Mercy Chaplet	3:30 am
4:00 am	The Catholic Cafe™							4:00 am
4:30 am	EWTN Bookmark™						Go Ask your Father	4:30 am

Effective January 1, 2020 - Subject to change.

## PLEDGE DRIVE 2020

When you give to Aquinas Communications, you become an owner of the radio station.  
When you become an owner you listen more. When you listen more often you become educated.  
As you become more educated you begin to evangelize. When you evangelize the Holy Spirit goes to work.  
Please give early – please give often.

**All gifts are tax deductible as provided by law.**

**Aquinas Communications, Inc. is a nonprofit 501(c)(3) business, 46-4382718.**

### STEP 1 MY INFORMATION

Title(s) \_\_\_\_/\_\_\_\_ First name \_\_\_\_\_ Last name \_\_\_\_\_ Spouse \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_ Parish \_\_\_\_\_

### STEP 2 MY DONATION

Please accept my donation of:

A) One time gift of ☐ \$5,000 ☐ \$2,500 ☐ \$1,000 ☐ \$365 (dollar a day) ☐ \$250 ☐ \$100 ☐ Other \_\_\_\_\_

B) Join the St. Thomas Aquinas Recurring Gift Society

Members of The St. Thomas recurring gift society are a blessing to Aquinas Communications. They provide a stable source of income that allows us to reduce the time and effort dedicated to fundraising so that we can focus on our mission of educating and evangelizing to win souls for Jesus Christ and His Church!

☐ Monthly ☐ Quarterly in the amount of \$ \_\_\_\_\_

### STEP 3 PAYMENT INFORMATION

☐ Enclosed is my check payable to AQUINAS COMMUNICATIONS Check # \_\_\_\_\_

☐ Bank Account Direct Debit Bank Name: \_\_\_\_\_ Routing # \_\_\_\_\_

Account # \_\_\_\_\_ Signature \_\_\_\_\_

☐ Please charge my Credit / Debit Card: ☐ American Express ☐ Discover ☐ Mastercard ☐ Visa

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ CVV / Authorization # \_\_\_\_\_

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

## Additional Gifting Opportunities

### The Michael Oglesby Heritage Society

☐ One of the easiest and most effective strategies for perpetuating your personal legacy is a planned gift to Aquinas Communications. It was Michael Oglesby's desire to help ensure the Catholic Faith would be passed on to others after his death, and in his memory The Michael Oglesby Heritage Society was established.

☐ For more information about determining your estate plan, please contact Tom Oglesby at 563-231-3545 or [Heritage@kcrd-fm.org](mailto:Heritage@kcrd-fm.org).



**Vehicles  
For  
Charity**

If you, or someone you know, is thinking of donating a vehicle to charity, FM 98.3 KCRD is now accepting Vehicles for Charity.

Find for more information at [www.kcrd-fm.org](http://www.kcrd-fm.org) and click on the donate tab.



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