



Dakota Catholic Action

Reporting on Catholic action in western ND since 1941



Ministry of service

Photo by Deacon Joe Krupinsky

Kevin Leingang (far left) and Jeff Baranick were ordained to the diaconate by Bishop Kagan on Oct. 14.

Two men ordained to the permanent diaconate

By Sonia Mullally
DCA Editor

Men who are ordained to the permanent diaconate answer a call to live out the charism of service to God and the people of God through a life of ordained ministry.

For the diocese's newest deacons—Jeff Baranick and Kevin Leingang—this calling came by way of prayer and inspiration from others in their lives. Deacon Jeff began his service at the Church of St. Joseph in Beulah and Deacon Kevin is serving at Spirit of Life in Mandan.

“Past pastors at my home parish in Beulah had encouraged me over the years to prayerfully consider the diaconate, as did my brother-in-law who was in formation for the diaconate at the time I applied for admission to the program and has since been ordained,” Deacon

Jeff explained. “So, the seeds were planted years ago by men I admire and respect greatly and whose opinions and suggestions I value tremendously. I perceived their promptings as a call from God to pursue this ministry.”

As Deacon Jeff completed his years of formation, he relied on the assurance that the grace of God had led him to this point.

“As I approached ordination, I initially felt apprehension but then excitement and serenity about serving the Church as a deacon,” he said. “Very honestly, the apprehension stemmed from persistent concerns about my worthiness for the ministry and how I might be perceived in this new role by friends, neighbors and fellow parishioners.

“But as ordination got nearer, my apprehension was replaced

by a sense of calm and peace; and I enthusiastically looked forward to the privilege and honor of serving as a deacon. I recognized that the grace God was bestowing on me in the sacrament of ordination would strengthen me for the duties and challenges attendant to the diaconate.”

Deacon Jeff's family includes his wife, Rita, and grown children Zach, Abby and Hannah. He relied on their support and encouragement during the years of formation leading up to ordination. Continuous devotion to prayer kept him devoted to his calling.

“What has sustained me through my years of formation

has been daily prayer, in which I've regularly asked God for His guidance and inspiration as I've navigated the path toward ordination,” Deacon Jeff said. “Also, encouragement offered by my family, director of the diaconate office, Deacon David Fleck, and my fellow candidates in the formation program gave me the resolve to stay committed to the course I was following.

“Additionally, considering the diaconate an opportunity to show God true gratitude for the countless blessings He's bestowed on me during my life has greatly sustained me through instruction

Continued on page 3

A LOOK INSIDE



Beekeeping lesson

Students at St. Bernard Mission School in Fort Yates observed a bee keeping operation near their school Page 6

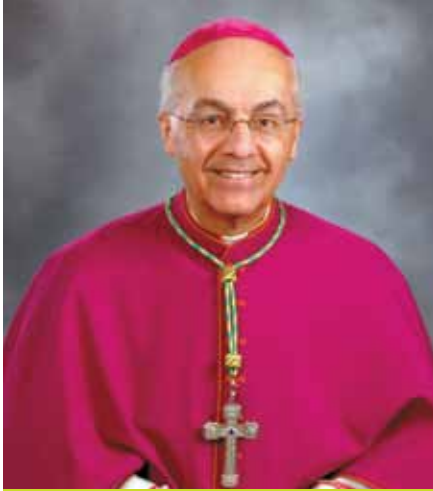


Ordination in Rome

Diocesan seminarian Deacon Steven Vetter was ordained to the transitional diaconate in Rome Page 8

Celebrations allow opportunity for examination of conscience

FROM THE BISHOP



Bishop David D. Kagan

As we enter the month of November, a month in the Church’s year of grace and favor from the Lord dedicated to All Saints (November 1) and All Souls (November 2), it is also the month when most frequently the Church’s year ends.

This November, Sunday November 20, marks the final

Sunday and week of the Church’s year with the celebration of the Solemnity of Our Lord Jesus Christ, King of the Universe, or Christ the King.

In a certain sense, the Solemnity of All Saints, the Feast of All Souls and the Solemnity of Christ the King form bookends for all the other memorials and feasts in the month of November. These three, however, are very much related to one another and provide us with much for our personal meditation and our frequent examination of conscience.

In the first place, all three celebrations refer us back to both the Apostles Creed and the Nicene Creed. In both creeds, the Lord Jesus is prominently professed to be our Savior King and His holy throne is the Cross. Our faith in the communion of saints, another article of the creed includes all the known and unknown saints in heaven, the poor souls in purgatory who, in God’s providence, will go to heaven, and

all of us who are alive and living our faith to the best of our abilities in the hope of achieving heaven when the Lord calls us to Himself.

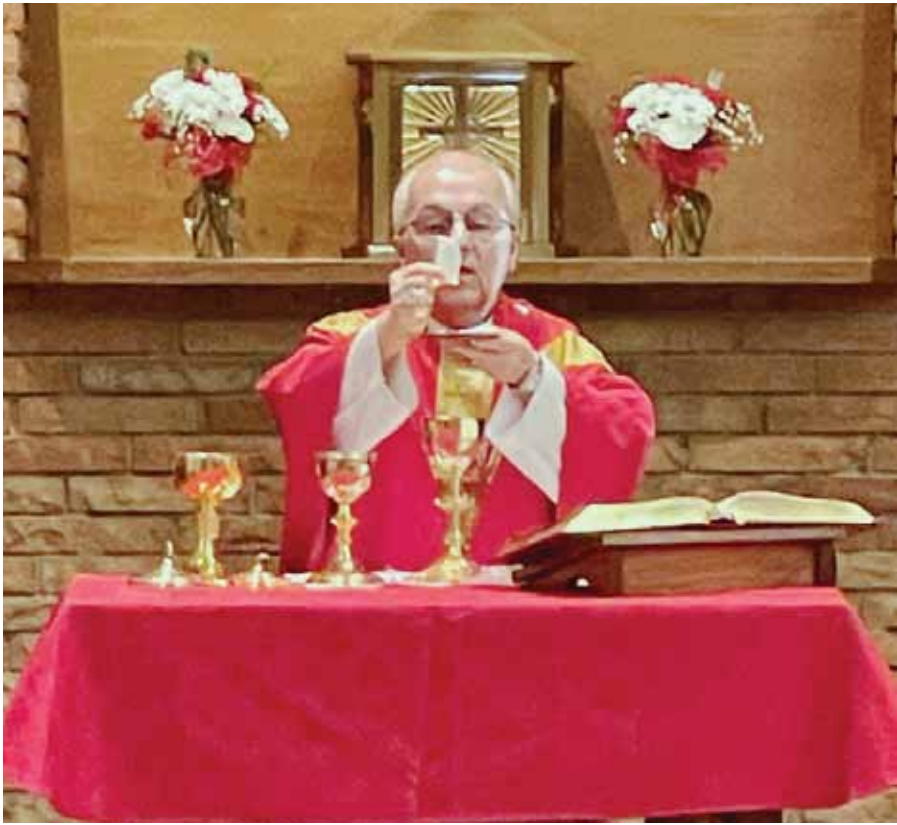
It is that moment of death for each of us which is not the end but the transition to eternity in which we encounter Christ the King as our just and merciful Judge and receive from Him our particular judgment. Jesus told Pontius Pilate that He is a king but that His kingdom is not of this world, it is not like the petty kingdoms and nations that rise and fall and are so corrupt and unjust (Jn 18: 36-38). The kingdom over which Jesus is the just Sovereign is the kingdom of truth and all who believe in Him, Truth incarnate, and follow Him who is the Way, the Truth and the Life, belong to

Him and to His kingdom.

However, we cannot take credit for any of this because we have not earned it, nor do we deserve it. It is only owing to the loving mercy of God that we belong to His kingdom, but it is also our responsibility not to lose His kingdom. That is why I said these celebrations give us much to meditate on and with which to examine our consciences.

The month of November reminds us of our mortality, that is, that each of us will die. However, November reminds us of who we are as the beloved children of God and why we are the beloved children of God. Be sure to attend and participate at Holy Mass on these three days and as often as possible throughout November.

BISHOP IN ACTION



Submitted photo

Bishop Kagan celebrated Mass during his annual visit to St. Vincent Care Center in Bismarck on Sept. 20.

BISHOP’S SCHEDULE NOVEMBER 2022

- | | | | |
|---------------------------------------|---|---------|---|
| Nov. 1 | • Opening Mass for the Cause for Canonization for Michelle Duppong, Cathedral of the Holy Spirit, Bismarck, 11 a.m. | Nov. 18 | • Cabinet Meeting, Chancery, Bismarck, 10 a.m. |
| Nov. 2 | • Mass for Deceased Clergy, Cathedral of the Holy Spirit, Bismarck, 11 a.m. | Nov. 18 | • Confirmation at Church of the Ascension, Bismarck, 7 p.m. |
| Nov. 3 | • Remembrance Mass for Miscarriage and Infant Loss, Cathedral of the Holy Spirit, Bismarck, 6 p.m. | Nov. 19 | • Blessing and Dedication for Handmaids Convent, St. Patrick’s Convent, Dickinson, 10 a.m. MT |
| Nov. 6 | • Confirmation at Church of St. Leo the Great, Minot, 11 a.m. | Nov. 20 | • Confirmation at Church of St. Joseph, Killdeer, 8:30 a.m. MT |
| Nov. 7 | • Women’s Care Center Board Meeting, Chancery, Bismarck, 5 p.m. | Nov. 21 | • Real Presence Radio Banquet, Bismarck Event Center, 5:30 p.m. |
| Nov. 9 | • Gold Mass, University of Mary, Bismarck, 10 a.m. | Nov. 24 | • Thanksgiving Mass, Cathedral of the Holy Spirit, Bismarck, 8 a.m. |
| Nov. 10 | • Parish Expansion Meeting, Center for Pastoral Ministry, Bismarck, 11 a.m. | Nov. 27 | • Sunday Mass, Cathedral of the Holy Spirit, Bismarck, 6:45 a.m. |
| Nov. 14-17 • USCCB Meeting, Baltimore | | | |

SOCIAL MEDIA



Search “Bismarck Diocese” on YouTube for videos from the Church in western N.D.



Follow the Diocese on Twitter @BisDiocese and follow Bishop Kagan @VescovoDDK



Visit our website at www.bismarckdiocese.com Get news, photos, videos and more from around the diocese.



Like us on Facebook at www.facebook.com/BismarckDiocese Get status updates, photos, videos, and links and share them with your friends.



Dakota Catholic Action



Reporting on Catholic action in western ND since 1941

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Two men ordained to the permanent diaconate

Continued from page 1
and formation.”

He looks forward to serving his parish and God’s people. “What I think I’ll enjoy most about serving the diocese as a deacon is the opportunity to share momentous events with fellow Catholics in their daily lives and accompany, support and encourage them in their faith-walk.”

Deacon Kevin Leingang first realized his call to the diaconate while praying in front of our Lord in adoration.

“My calling started in the adoration chapel,” Deacon Kevin explained. “As I was praying, I felt like I was being called to be more involved in the Church, even though, at the time, I was unsure of what that was. God then sent me messengers. I had a friend and a deacon tell me that I needed to consider becoming a deacon. I had other deacons confirm that calling to me as I was discerning, even though they didn’t know I was discerning at the time. I firmly believe God sent these men to direct me.”

Even though this calling can seem daunting at times, he’s assured that a life of service to the Church is the right path. “I felt a lot of emotions as my ordination day approached—great joy, nervousness, peace and a little scared at times. Knowing God



Photos by Deacon Joe Krupinsky
Bishop Kagan with the diocese’s newest deacons, Kevin Leingang (left) and Jeff Baranick, following ordination Mass.

has called me to serve has me wondering, ‘why me.’ But my trust in Him helps me to take it day by day.”

Deacon Kevin points toward the support of his family—his wife, Diane, two sons, daughters-in-law and grandsons (two and another arriving in November)—for sustaining him through the five years of formation and helping him answer the call to serve.

“My prayer life surely has sustained me, and my wife who

has been right at my side through the five years of formation,” Deacon Kevin said. “Attending every class and helping me through the ups and downs—she has been amazing!

“Also, my family, my spiritual director, along with Deacon David Fleck and past and current priests from Spirit of Life Church have taken the time to answer the questions I have asked. They have all been extremely charitable with

their time.”

When asked what he anticipated enjoying most about his service as a deacon, he answered simply, “I will enjoy all of it. I love the parishioners at Spirit of Life and to be able to grow with them in faith is truly a blessing.”

May these two new deacons exemplify the role of servant in the Catholic Church and be a sign and living witness of the presence of Christ the Servant in the world.



Deacon Kevin Leingang with his hands between Bishop Kagan’s to promise respect and obedience to the bishop and his successors.



Deacon Jeff Baranick was handed the book of the Gospels at the ordination Mass.



Deacon Kevin Leingang and his wife, Diane.



Deacon Jeff Baranick and his wife, Rita.

40 Hours DEVOTION

HELD IN CONJUNCTION WITH THE NATIONAL EUCHARISTIC REVIVAL

NOVEMBER 18-19-20

**Cathedral of the Holy Spirit
Bismarck, ND**

In this first year of the National Eucharistic Revival, the Cathedral of the Holy Spirit joyfully invites the gathering of diocesan faithful for 40 continuous hours of Eucharistic Adoration and prayer. The mission of the Eucharistic Revival is to renew the Church by enkindling a living relationship with the Lord Jesus Christ in the Most Holy Eucharist. Come spend a couple minutes or an hour with Jesus to grow in friendship with Him.

SCHEDULE OF EVENTS

Livestreamed events can be found on the Cathedral website, Facebook page, and YouTube channel.

FRIDAY, NOVEMBER 18

6:00 pm Opening Mass with Homily by Bishop Austin Vetter, followed by Exposition of the Blessed Sacrament **LIVESTREAMED**
7:00 pm Eucharistic Adoration begins and continues throughout the night

SATURDAY, NOVEMBER 19

7:15 am-8:00 am Confessions
7:25 am Recitation of the Rosary
8:00 am Daily Mass preceded by Simple Reposition of the Blessed Sacrament **LIVESTREAMED**
8:30 am Exposition of the Blessed Sacrament followed by Morning Prayer
9:00 am-10:00 am Family Holy Hour - Families with young children are especially invited to this hour
4:00 pm-5:00 pm Confessions
5:00 pm Regular Sunday Vigil Mass preceded by Simple Reposition of the Blessed Sacrament **LIVESTREAMED**
6:00 pm Exposition of the Blessed Sacrament
7:00 pm Sermon by Bishop Austin Vetter **LIVESTREAMED**
7:30 pm-9:00 pm The Encounter - Confessions with Adoration accompanied by music and vocal prayer, concluding with Night Prayer and Benediction - Adoration continues throughout the night

SUNDAY, NOVEMBER 20

6:00 am Simple Reposition of the Blessed Sacrament
6:45 am Regular Sunday Mass **LIVESTREAMED**
7:30 am-8:00 am Confessions
8:00 am Regular Sunday Mass
10:00 am Regular Sunday Mass
11:30 am Regular Sunday Mass
1:00 pm Exposition of the Blessed Sacrament
6:00 pm Evening Prayer, Sermon by Bishop Austin Vetter, Benediction and Reposition of the Blessed Sacrament **LIVESTREAMED**
7:00 pm-8:00 pm Light Reception at Broadway Grill & Tavern, 100 W. Broadway, Bismarck



40 Hours Preacher
The Most Reverend Austin Vetter
Bishop of Helena



At least two adorers are needed for each hour of adoration.
To sign up for adoration during this event,
go to cathedralparish.com
or call the Cathedral parish office at 701-223-1033.

CATHEDRAL of the HOLY SPIRIT

519 RAYMOND STREET, BISMARCK • 701-223-1033

Bringing Jesus to the World Through the Family



Catholic goods for all ages and stages of life

Bismarck couple starts Catholic pop-up boutique

By Patti Armstrong
DCA Writer

It all began with a glow-in-the-dark rosary. Aleisha Hellman searched for a special rosary as a gift for her godson’s baptism. A lime-green, plastic, glow-in-the-dark rosary was all she could find shopping in the Christian bookstore. It was not at all the special gift she had envisioned her godson cherishing as he grew in his faith.

“I wish we had a Catholic store in town,” the Bismarck resident thought and then turned to ordering online—and so began her dream.

In recent years, Kevin Martian, owner of Mayo Pharmacy in Bismarck, has made space for beautiful Catholic gifts and the Rainbow Shop - Parable Christian Store carries some Catholics books and gifts, but Hellman’s dream persisted. It came to fruition this year with the idea of a pop-up boutique store in which she brings her store to Catholic events, offering items to inspire and nurture the Catholic faith.

“As I journeyed in my own faith,” Hellman said, “I discovered so many different things that helped draw me closer to Christ—that candle, that book, that rosary, that cute stationary and that special coffee mug.” Visual reminders, she explained, helped to deepen her relationship with Christ.

The desire to bring that to others deepened within her and after lots of prayer, discernment and nudging from the Holy Spirit, Hellman and her husband, Russ, opened “Beloved Pearl” Catholic boutique. Their first event was this summer, at Cathedral of the Holy Spirit’s Spirit Fest, celebrating their parish feast of Pentecost.

Beloved Pearl is a pop-up shop that comes to you—opening at events and venues for a short amount of time. There is also a website that allows people to shop online at BelovedPearl.net or to click on the “Dates & Locations” tab to see where they will be next.

“We want others to be able to walk through our space and at every turn to see something that might pique ‘holy curiosity,’” Hellman said. “We believe holy curiosity points you to God, draws you closer to Him to help deepen your relationship with Him.” Flipping through books, touching soft and fuzzy swaddling blankets for baptisms, scents of candles and beautiful images, she says, are all ways that can awaken the sense of your faith with their handpicked Catholic goods.

Their customers help to tell the story and confirm the dream. “I had one mom and her two sons who stopped while we were at Spirit Fest at Cathedral,” Hellman recalled. “Those little boys were looking at everything so curiously! Their mom told them they could each pick one item. The first little boy chose a rosary that had angels as the Our Father beads. He was so excited. His brother chose a St. Benedict doorknob hanger to help protect him he told me.”

Another customer, her seven-year-old niece, was pointed in the direction of fun stickers or earrings or a water bottle, but she was drawn to a small crucifix to hang in her room. “That is heartwarming!” Hellman said.

“It has been a fun process finding companies to work with as well,” Hellman explained. “One woman I reached out to about wholesale pricing was located in Alaska, but she had a connection to North Dakota—she went to college in Fargo. This has happened about three times with companies I have reached out to. To me it’s just another ‘God wink’—affirming Beloved Pearl is doing good things.”

If you would like Beloved Pearl to come to your event, contact them through their website at BelovedPearl.net or email Hellman at aleisha_frohlich@yahoo.com.



Submitted photos






Committed to piquing your Holy Curiosity with our curated Catholic Goods.

All sorts of Catholic goods for all ages and stages of life!

Holiday Pop Up Saturday, Nov. 5 1 to 5 p.m. New Generations Park 120 Mustang Dr., Bismarck	Holiday Bazaar Saturday, Nov. 12 10 a.m. to 3 p.m. Sacred Heart Church Parish Center, Glen Ullin	Christmas Shop Saturday, Dec. 3 Time and Location TBD
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DIY Advent Wreath
Tuesday, Nov. 15 • 6 to 9 p.m.
Cathedral of the Holy Spirit, 519 Raymond St., Bismarck
*Must pre-register for this event at www.belovedpearl.net


Watch our social media and website for details
www.belovedpearl.net



Remembrance Mass
for those grieving the loss of a child
Thursday, Nov. 3 at 6 p.m.
Cathedral of the Holy Spirit
Celebrated by Bishop Kagan



Opening Mass for the Cause for Canonization of Michelle Duppong
Tuesday, Nov. 1 at 11 a.m. ~ All Saints’ Day
Cathedral of the Holy Spirit
Celebrated by Bishop Kagan



Holy Father’s Prayer Intentions for November

For children who suffer
We pray for children who are suffering, especially those who are homeless, orphans, and victims of war; may they be guaranteed access to education and the opportunity to experience family affection.

A buzzworthy lesson from a local beekeeper

By Sonia Mullally
DCA Editor

Part of the Montessori education model focuses a great deal on hands-on experiences at St. Bernard Mission School in Fort Yates. That’s what teacher, Michelle Pelerine’s, group of 6–9-year-olds did when they observed a bee keeping operation near their school.

For more than 25 years, our diocese has been blessed by the service of Brother George, a deacon and member of the international Salvatorians Society of the Divine Savior, at the Catholic Indian Mission and the Church of St. Peter in Fort Yates. He also happens to be the resident beekeeper.

This fall, 10 students were welcomed by Brother George as part of a lesson on bees. “He told us what the bees do and showed us the honey and wax,” Michelle said. “He also put the honeycomb through the extractor to get the honey. The experience teaches science, math, food, pollination—so many things.”

It’s easy to see that Brother George is proud of his bees and eager to share the work with the children. The children wrote questions beforehand and came up with answers after their visit. They were also treated to a taste of honey.

“It also teaches the children to listen and respect someone who is presenting to them. They know and see Brother George at Mass and it’s good for them to get to know him better while learning about this neat process.”

A few of the students offered their comments about the beekeeping experience:

Teddy - “I liked the honey because it was fresh and made by Brother George.”

Amya - “I liked the taste of the honey and

that he could sell it and make money.”
Khili - “It was fun to watch the honey come out of the extractor.”



Students got an up-close look at the hives.



Submitted photos
Students gathered round Brother George during the lesson on beekeeping.

PROTECTING OUR CHILDREN

The Diocese of Bismarck is firmly committed to the health and protection of our children, young people and vulnerable adults. With the hope of healing the pain and suffering from sexual abuse in the Catholic Church, we encourage anyone who has suffered from this abuse to please come forward and let us know. To report allegations of sexual abuse, please contact: Dale Eberle, Chancellor, Diocese of Bismarck, PO Box 1575, Bismarck, ND 58502-1575. Phone: 701.223.1347 or 1.877.405.7435. Email the victim assistance coordinator, Joyce McDowall, at victimassistance@bismarckdiocese.com.

CODE OF CONDUCT

The Catholic Church must be exemplary: Clergy, staff, whether diocesan or parish, and volunteers are held accountable for their behavior. To enable the highest level of accountability, there must be a clear and unambiguous definition of appropriate behavior. To this end, this Code of Conduct is defined for the Diocese of Bismarck and it provides a foundation for implementing effective and enforceable standards for all personnel. View the Code of Conduct at <http://www.bismarckdiocese.com>.

Real Presence Radio Network

presents as keynote speakers for our annual fundraising banquets

Dr. Ralph Martin

President of Renewal Ministries and author of "A Church in Crisis: Pathways Forward"

Monday, November 21
Bismarck, ND

Thursday, December 1
Minot, ND

Register to attend or host a table!
Sponsor this event at the \$500, \$1,500, \$3,000, \$5,000 and \$10,000 levels.

RealPresenceRadio.com/banquet
877-795-0122





UPCOMING EVENTS

■ Mass for Cause for Canonization Nov. 1

All are invited to attend an Opening Mass for the Cause for Canonization of Michelle Duppong on All Saints’ Day, Tuesday, Nov. 1 at 11 a.m. at the Cathedral of the Holy Spirit. The Mass will be celebrated by Bishop Kagan.

■ Mass for Deceased Clergy Nov. 2

The public is invited to attend the annual Mass for Deceased Bishops, Priests and Deacons celebrated by Bishop Kagan on Wednesday, Nov. 2 at 11 a.m. at the Cathedral of the Holy Spirit in Bismarck. This Mass honors members of the clergy who have passed away in the previous year. This year, we remember in our prayers: Deacon Joe Mattson (2-12-21) and Fr. Charlie Heidt (3-30-22).

■ Remembrance Mass Nov. 3

A remembrance Mass will be celebrated by Bishop David D. Kagan on Thursday, Nov. 3 at 6 p.m. All are welcome to attend, especially parents, grandparents and siblings who grieve the loss of a child resulting from miscarriage, stillbirth, abortion or early infant death. For more details, visit the diocese website at bismarckdiocese.com/remembrance.

■ Prayer Day at UMary is Nov. 16

The University of Mary and its Saint John Paul II Center for University Ministry is honored to welcome Fr. Nathan Cromly and the public to the 45th annual Prayer Day event Wednesday, Nov. 16 at 10 a.m., in Founders Hall of the Lumen Vitae University Center. He’s served as a priest of the Brothers of Saint John since 2007. In 2003, Cromly founded three integrated ministries: the Saint John Leadership Institute, the Saint John Leadership Network and the Eagle Eye Ministries. Cromly’s keynote, “The Need for Everyday Saints,” which is free and open to the public, will follow Mass at 9 a.m. in Our Lady of the Annunciation Chapel. A panel discussion commences at 11 a.m. followed by lunch and fellowship at noon in The Crow’s Nest Campus Restaurant. Five-dollar lunch tickets are available for purchase. Breakout sessions begin at 1 p.m. led by featured theology faculty of the University of Mary Dr. Michael Morris (“Prayer in the Old Testament”), Dr. Michon Matthiesen (“Prayer in the Liturgy”), and Dr. John Kincaid (“Prayer in the New Testament”). Online (RSVP) registration is strongly recommended at www.umary.edu/prayerday. To learn more, contact Marianne Hofer at umin@umary.edu or 701-355-3704.

■ Festival of Trees in Minot Nov. 18-19

Dakota Hope Clinic announces the Festival of Trees, Minot’s landmark holiday event, with fun and free activities for all ages. Held at the N.D. State Fair Center, this two-day celebration, Nov. 18-19, is a perfect way to kick off the Christmas season. Friday events include the vendor showcase, free family photos, tea in the trees, performances by local musicians, Christmas craft classes and a bake sale. Saturday daytime events include a 5K race and family fun run, vendor show, free horse-drawn wagon rides, free family photos, concert in the trees, Santa and Mrs. Clause, and “Follow the Star” where attendees meet the live nativity characters and hear their stories. A silent auction takes place both days and the event concludes Saturday evening with the dinner and live auction, a ticketed event. For more information or to get tickets for the dinner and auction, go to festoftrees.com or call Dakota Hope at 701-852-4675. All proceeds from the event go to Dakota Hope Clinic, a life-affirming pregnancy help center, now offering their free and confidential services in Minot and Tioga.

■ Search weekend dates

Search for Christian Maturity is a weekend retreat experience which provides youth an opportunity to think, talk, question and dive deeper into their faith. The weekends are for any high school or college age person at least 15 years old. The program is both rooted in the Catholic faith and open to young people of any denomination or creed. Search weekends are held five times throughout the year at the Badlands Ministries Camp just south of Medora. Weekends for the 2022-23 season are: Nov. 18-20; Jan. 13-15; Feb. 24-26; and April 14-16. Find more information at bismarckdiocese.com/search1.

■ Real Presence Radio banquets

Real Presence Radio will present their annual fundraising banquets in the diocese Monday, Nov. 21 in Bismarck and Thursday, Dec. 1 in Minot. The event’s keynote speaker is Dr. Ralph Martin, president of Renewal Ministries and author of “A Church in Crisis: Pathways Forward.” Register to attend or host a table. Sponsorship levels are also available. Go to RealPresenceRadio.com/banquet or call 877-795-0122 for more information.

Have a less stressful, more spiritual holiday season

By Patti Armstrong
DCA Writer

The first Christmas, the most important event in human history, occurred in the most humble and simplest of ways—in a manger in Bethlehem without human planning. Ironically, in modern times, celebrating Christmas is not usually so simple.

As the holidays approach with all the extra work, it can cause stress and maybe even depression, according to local psychiatrist, Dr. Bryon Herbel. He returned to Bismarck and opened a part-time outpatient psychiatric clinic in Mayo Pharmacy following a 25-year career in correctional and forensic psychiatry in a North Carolina federal prison. He incorporates Catholic principles and spirituality to treat adults with anxiety and depression.

“Holiday stress can manifest with symptoms of depression or anxiety, such as sad or irritable mood, feelings of fear or excessive worry, and disruptions of sleep, appetite, energy and concentration,” he said. He noted that prolonged or recurrent episodes of depression and anxiety may represent a complicated illness due to a biological vulnerability, such as seasonal depression caused by sensitivity to reduced sunlight during the winter months, or restlessness and anxiety from an overactive thyroid gland.

“However,” Dr. Herbel said, “many people commonly experience temporary episodes of anxiety and depression due to social stresses, which typically occur during the Christmas holiday.” He added that he feels that antidepressant and anti-anxiety medications are overused, and medical treatment plans should be augmented with therapy. He points to lifestyle interventions offering ways to improve physical health while also lowering the risk of anxiety and depression.

Some of his suggestions include regular aerobic exercise which can be just as effective

as antidepressant medication for treating moderate depressive symptoms. Other interventions include a diet of healthy fats, especially omega-3 oils, available in the form of supplements or meals of wild-caught salmon or sardines.

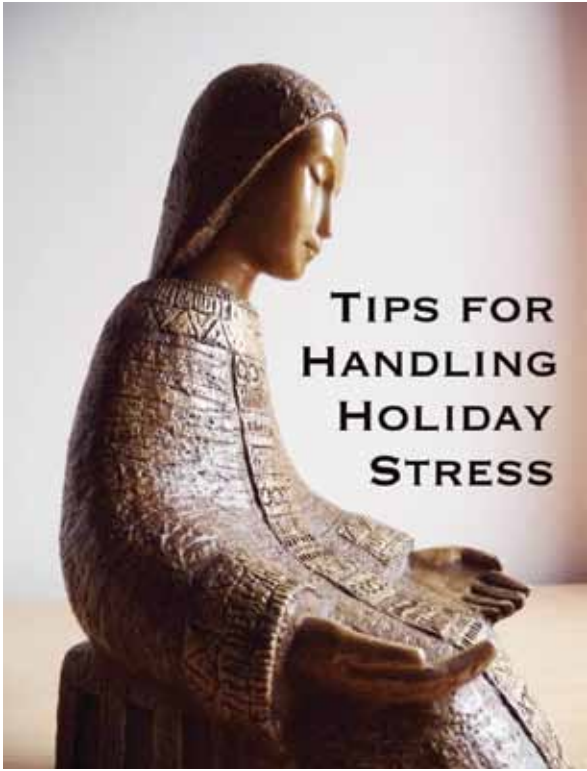
“Supplementing with vitamin D3 and B12 can be effective if blood tests show low levels of these nutrients,” Dr. Herbel said. “Mental health benefits are also associated with the usual medical recommendations to maintain a healthy weight, refrain from smoking, vaping and excessive alcohol intake.”

People who have experienced past episodes of trauma, neglect, family tension or disruption are at higher risk for experiencing depression or anxiety, Herbel noted. “Informal counseling with a trusted friend can be beneficial, as can enrolling in a support group for specific issues such as grieving the death of a loved one. If these interventions are not effective, counseling with a clergyman or mental health professional may be needed.”

An overall healthy lifestyle, in general, helps people tolerate stress better. He also recommended: maintain healthy supportive relationships with family and friends; get adequate sleep; engage in enjoyable leisure activities; pray.

“Catholics should not neglect daily prayer and reception of the sacraments,” Herbel said, “as studies have also demonstrated that groups of people who pray most days of the week and participate in group worship to God on most weekends have lower rates of anxiety and depression than those who do not.”

Finally, Dr. Herbel recommends keeping Christmas simple, with the focus on the love of our Creator in sending His Son to rescue fallen humanity. “Whenever you see a manger scene, visualize yourself with Our Lady and St. Joseph in the humble dwelling of the stable,” he said. “Don’t get too stressed with gift buying, but



rather, attempt to mirror the self-donation of the Father’s gift of Jesus to His people.

The suggestions are good preventative measures to avoid stress during the holidays or any time of the year, but the spiritual activities are the path to lasting interior peace and joy, Herbel explained. “Also, immerse yourself in daily prayer and at least once a week, have coffee with a friend to discuss spiritual topics, perhaps reviewing together a Catholic book on prayer,” he said. “And very importantly, learn how to interiorly unite your disappointments and frustrations to the sufferings of Our Lord, which in so doing, can release great graces for family members, who may be in need of returning to friendship with God in His Church.”

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\$5 MILLION MATCH!

The Stability Initiative is an 11-year strategic fundraising plan to become financially stable, so we can continue to offer the best Catholic education, with competitively paid employees and affordable tuition for our families.



Photo by Deacon Joe Krupinsky

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keepthepromise.net/stability-initiative

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Jake Markel
701-751-8739
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Light of Christ Catholic Schools

All monetary donations to Phase 1 of this Stability Initiative will be 100% matched - up to \$5 Million - through the generosity of Robert Franzen.

Seminarian Vetter ordained a deacon

Diocesan seminarian Steven Vetter was among 23 men ordained to the transitional diaconate on Sept. 29 at St. Peter’s Basilica in Rome.

Ordaining deacons on the feast of the archangels Michael, Gabriel and Raphael, Mass celebrant, Bishop Austin Vetter told the men to be like them—“not angels but true messengers of God, proclaiming with your whole selves the Gospel of Jesus Christ.”

The men—22 from 17 U.S. dioceses and one from the Archdiocese of Sydney—are in their final year of formation for the priesthood at the Pontifical North American College.

In addition to telling the men to imitate the angels of God, Bishop Vetter told them to “bump into Jesus.”

Do not look past anyone, no matter how insignificant they appear to the world, he said. “Serve them and you will find that you are bumping into Jesus all over the place. Bump into Jesus in his people.”

Seminarian Deacon Steven Vetter will be ordained to the priesthood next summer for the diocese along with brother seminarians Deacons Josh Hill and Dustin Johns. Hill is also studying at the North American College and Johns is at Kenrick-Glennon Seminary in St. Louis.

—Staff report



Photos courtesy of the Pontifical North American College

These four men have a familial connection—(l-r) Msgr. Thomas Richter, Fr. Nicholas Vetter, Deacon Steven Vetter and Bishop Austin Vetter. Monsignor Richter and Bishop Vetter are uncles to brothers Nicholas and Steven Vetter.



Deacon Steven Vetter is handed the book of the Gospels by Bishop Austin Vetter during the ordination rite.



Deacon Steven Vetter (center) had the honor of serving alongside his uncle, Bishop Austin Vetter at the altar.



Deacon Steven Vetter (left) was vested by his brother, Fr. Nicholas Vetter, chaplain at Bismarck’s St. Mary’s Central High School and parochial vicar at Pro-Cathedral of St. Mary.



PRAY FOR THE PRIESTS, RELIGIOUS, DEACONS SERVING OUR DIOCESE AND THOSE IN FORMATION AND LAY MINISTERS

An invitation from the Bismarck-Mandan Serra Club

Nov. 1	Fr. Todd Kreitinger	Nov. 12	Fr. Shannon Lucht	Nov. 22	Sr. Karen Warren, SSND
Nov. 2	Deacon Donald Nistler	Nov. 13	Deacon Robert Olson	Nov. 23	Seminarian Colton Steiner
Nov. 3	Br. Michael Taffe, OSB	Nov. 14	Br. John Patrick Arnett, OSB	Nov. 24	Fr. Michael Taras
Nov. 4	All Lay Ministers	Nov. 15	Fr. Greg Luger	Nov. 25	Fr. David Morman
Nov. 5	Sr. Rosanne Zastoupil, OSB	Nov. 16	All Seminarians & Religious in Formation	Nov. 26	Deacon Dennis Rohr
Nov. 6	Msgr. Gene Lindemann	Nov. 17	Deacon Ross Reiter	Nov. 27	Kenyan Missionaries
Nov. 7	All Liturgical Ministers	Nov. 18	Fr. Basil Atwell, OSB	Nov. 28	Sr. Rosemary DeGracia, OSB
Nov. 8	Deacon Bob Nutsch	Nov. 19	Sr. Grace Dahmus, OSB	Nov. 29	Fr. Corey Nelson
Nov. 9	Br. Jacob Deiss, OSB	Nov. 20	Fr. Adam Maus	Nov. 30	Deacon Gerald Rustand
Nov. 10	Sr. Nicole Kunze, OSB	Nov. 21	Deacon Kris Ringwall		
Nov. 11	Sr. Paula Larson, OSB				

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UNIVERSITY OF MARY
PRAYER DAY

NOVEMBER 16, 2022 | 10 AM

“The Need for Everyday Saints”



KEYNOTE SPEAKER:
Father Nathan Cromly, CSJ
*Founder of the Saint John Institute,
Friend and Colleague of Michelle Duppong*

Schedule of Events

9 am: Mass, *Our Lady of the Annunciation Chapel*

10 am: Keynote, *Founders Hall*

11 am: Panel Discussion, *Founders Hall*

Noon: Lunch, *The Crow's Nest Campus Restaurant*

1 pm: Breakout Sessions

- “Prayer in the Old Testament” by Dr. Michael Morris
- “Prayer in the Liturgy” by Dr. Michon Matthiesen
- “Prayer in the New Testament” by Dr. John Kincaid

Event is free and open to the public. Lunch tickets are available at the Crow’s Nest for \$5. Register at umary.edu/PrayerDay or at the event.

Register at umary.edu/PrayerDay



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Balancing Church & State

CHRISTOPHER DODSON



Respect for human remains is rooted in our faith

There seems to be no limit to what people will consider doing with human remains. Most of us are familiar with cremation and the popularity of “spreading ashes” here and there. But entrepreneurs continue to find new ways to use human remains.

A person can now have remains made into all sorts of jewelry or glass art. They can turn them into artificial stones. They can get a tattoo with ink made with the remains. They can send the remains to space. They can make them part of a coral reef. They can shoot them off as part of a fireworks display. They can make them part of a vinyl record. They can have them made into bullets and shotgun cartridges. They can even make them into pencils. And yes, the shavings left over from sharpening those pencils are also human remains.

From a Catholic perspective, these actions are scandalous, disrespectful and even horrifying.

Catholic teaching is centered on the life and dignity of the human person because each person is created in the image and likeness of God. The human body is a physical, material manifestation of God’s image and shares in that dignity (Catechism of the Catholic Church, no. 364). Even in death,

we show reverence and compassion for God’s creation by praying for and laying to rest the departed and caring for those grieving the death of a loved one.

The Catholic Church does not forbid cremation, but it does ask that, when possible, the body be available for the funeral rite and that the dignity of the body be respected after cremation. This means that the remains should be placed in a respectable container and kept together.

The trend toward more “alternative” uses of the human body does not stop at the use of cremated remains. Several states have legalized alkaline hydrolysis and composting of human remains. Alkaline hydrolysis reduces the human body to bone ash and a liquid substance through a chemical reaction. While the bone ashes might be returned to the decedent’s family, the liquid substance that is produced in the process, which can amount to 300 gallons, is usually flushed into the public waste system. Human composting involves placing the body in a box with wood chips. The box is covered and every few days the box—that is, the human body—is rocked, just as you would do with composting bin. The resulting “soil” is used like any other soil.

Usually, the only groups opposing legalizing these methods are the state Catholic conferences. The North Dakota Catholic Conference opposed a bill to legalize alkaline hydrolysis in 2017.

Someone might wonder why the Catholic Church would oppose legalizing these practices for non-Catholics. After all, Catholic teaching on respecting the deceased human body sounds very “Catholic.” It is about our creation in the image of God, Christ’s incarnation into a human body, and the resurrection of our bodies; all things that non-Catholics might not believe.

It is a good question, especially since the Catholic Church typically does not take a position on a public policy matters unless the position can be supported by reason alone and without resorting to doctrine. For example, someone does not need to believe in the Ten Commandments to conclude that theft is wrong.

The Church opposes legalization of these methods because how people treat the deceased says something about who we are as a community and society. It is not just a “Catholic thing.” It is a human thing.

That is why all communities have laws about how deceased

human bodies are treated. North Dakota law, for example, tightly regulates how deceased persons are moved and interred. It prohibits dissection of the body except under limited circumstances. It prohibits selling human bodies. It prohibits exhuming human bodies after burial except under exigent circumstances. It prohibits desecration of, and sexual acts with, dead bodies.

Not all these laws exist for health and safety reasons. Some of them exist because the acts prohibited offend the community’s standards for respectability. Human composting and alkaline hydrolysis offend—or should offend—the community. The more we treat the body as mere material that can be used and treated like a commodity, the more we diminish respect for our own bodies and the bodies of those around us. When that happens, human persons themselves—body and soul from conception to natural death—are disrespected.

■ Dodson serves as executive director of the N.D. Catholic Conference, the official liaison for the dioceses of Fargo and Bismarck in matters of public policy.

Questions

I was afraid to ask

FR. GARY BENZ



Q: Is it a sin to believe in horoscopes, tarot cards, crystals, etc.?

A: As a pilgrim to Rome, one must experience the beauty of Piazza Navona, with its charming fountains, the glorious facades of its buildings and its delightful cafes and restaurants. It is indeed a treasure of the Eternal City. But, when you stroll through Piazza Navona at night, you will be saddened to see the many stands offering tarot card readings, palm readings and the like. As you walk by them, there is a palpable sense of evil: this is not of God.

In Rome, the center of Catholicism—the city of Sts. Peter and Paul and countless other saints and martyrs—it is tragic to see Christians turn away from God and put their faith in that which is of the Evil One. As the Scriptures remind us, “Let there be not found among you anyone who causes their son or daughter to pass through fire, or practices divination, or is a soothsayer, augur, or sorcerer, or who casts spells, consults ghosts and spirits, or seeks oracles from the dead. Anyone who does such things is an abomination to the Lord” (Deuteronomy 18:9-12). Why does the Lord so strongly forbid such occultic practices?

First, when we dabble with occultic practices, we are essentially saying to the Lord, “I don’t trust in You to lead and guide my future.” With the occult, we desire answers, signs or predictions of future events, believing that somehow this “unveiling” of the future will provide some tangible benefits. The problem with this understanding is twofold: evil spirits can concoct lies in these occultic readings, thus leading us astray on perilous paths in life or instilling a fear of the future that robs us of our joy to live. But more importantly, these occultic practices lead us to denigrate or abandon the spiritual gifts the Lord offers to us to ensure present and future happiness. We should prayerfully read the Sacred Scriptures, the living and enduring Word of God; we should devoutly receive the Holy Eucharist, where the Sacred Heart of Jesus speaks directly to our hearts; we should

call upon the Holy Spirit in our discernment of spirits; and we should trust in the magisterial teachings of the Church, which as St. Paul reminds us, is “the pillar and bulwark of truth” (1 Timothy 3: 15). If we claim to love God above all things, then we must reject any occultic practices, for they become gods of sorts, which lead us to reject the one true God.

Second, occultic practices, at first, are seemingly benign, but beware: they lead quickly to a downward spiral into control by the Evil One. Many Catholics have this mistaken idea that the devil can possess people. No, its people who choose possession by slowly opening their souls to the Evil One. It may start by innocently playing with a Ouija board and when one’s curiosity is peaked about knowledge of future events, then it’s onto tarot cards, palm readings, tea leaves readings and mediums. But then this is not enough, and the soul now opens itself even further to the Evil One by engaging in Satanic practices, such as the Black Mass, sorcery and ritualistic violence. This may seem alarmist to some, a bit farfetched, but read some of the accounts of Catholic exorcists. The souls most tormented by the Evil One got to this tragic state because they kept buying into his lies. He convinced them that occultic practices were “helpful” and “harmless” and, in short order, they had given their souls over to him and may have been eternally lost. Remember that Satan is the master of lies and he has one desire: to lead us to eternal loss and torment in hell. Rid your lives of any occultic practices because they open the door of our soul to the enemy, who gleefully waits to lead us through the portals of hell.

It is indeed sinful to engage in any occultic practices and if you have done so, please confess this to a Catholic priest in a prompt manner. To invoke Satan or any other demonic power through these practices places one’s soul in danger, for we have given allegiance and trust to evil beings rather than to the one true God. This turning away from God places one’s soul in great jeopardy, which is the Evil One’s primary goal. Jesus is the light of the world and promises eternal life and light in His Kingdom; don’t allow the Prince of Darkness to extinguish this great gift.

■ Fr. Benz is pastor at Sacred Heart, Glen Ullin, St. Ann, Hebron, and St. Joseph, Grant County. If you have a question you were afraid to ask, now is the time to ask it! Simply email your question to info@bismarckdiocese.com with the “Question Afraid to Ask” in the subject line.

Making Sense out of Bioethics

FR. TAD PACHOLCZYK

Psychedelic drugs and new mental health treatments



Researchers are investigating a new generation of drugs for treating mental illness derived from psychedelic substances. A molecule known as psilocybin, for example, found in “magic mushrooms,” appears to be helpful in treating patients with depression. Although these powerful psychoactive substances can be abused for their hallucinogenic/psychedelic properties, several strategies can help assure their therapeutic use in an ethically-sound way for the treatment of mental illness.

One strategy involves an approach known as “microdosing.” A microdose relies on a fraction of the dose that typically causes a hallucinogenic, psychedelic experience. Anti-depressant benefits have been reported with doses a tenth to a twentieth of the psychotropic “tripping dose,” thereby avoiding a full-blown psychedelic experience.

A 2022 study published in the journal Nature by researchers from the University of British Columbia confirmed that at one month post treatment, psilocybin microdosers demonstrated greater observed improvements in mood and mental health when compared to non-microdosed controls.

In addition to psilocybin, a faster-acting psychedelic drug known as dimethyltryptamine, or DMT, is also being studied for its ability to provide durable antidepressant activity for some patients, with benefits reportedly lasting 3-5 months following treatment.

Psychedelic-assisted approaches show particular promise when combined with psychotherapy sessions to treat severe depression or post-traumatic stress disorder (PTSD) or both. Following a microdosing session, an individual may report feeling more emotionally tender, more sensitive to his or her own feelings and more open to breaking out of neurotic thought loops.

In the hands of a skilled therapist, it may be possible to use that period of reflection to help a patient find his or her way through a past trauma. Integration becomes quite important, as the therapist seeks to “imprint” new insights

and create new pathways.

Some clinicians have emphasized that without supportive interventions and appropriate psychotherapy, if a painful experience is unlocked, there is a risk of re-traumatization and severe stress. Individuals being treated with psychedelics might be triggered to confront unanticipated and painful memories; alternatively, visceral, uncomfortable or frightening experiences may be provoked, potentially making matters worse for an individual who is seeking improved mental health. Accompaniment and therapy in psychedelic treatment is, therefore, particularly important. An already-established, trusted and tested relationship with a psychotherapist is invaluable prior to turning towards approaches that rely on drug-induced alterations of one’s mental state.

Although the physiological safety of psychedelics is relatively well established, psychological and psychiatric effects are less predictable, with effects that depend on setting, health, mood, belief systems and cultural environment. A good measure of caution and circumspection are required and these agents should only be used under skilled supervision. People have entered into states of psychosis after experimenting with psychedelic drugs. Experiencing a “bad trip” can leave individuals with flashbacks for years. If someone is already on the brink of psychosis or despair, the wrong experience could be very damaging.

When it comes to psychotherapy, moreover, not all practitioners will necessarily be equally competent. The adage, “Be careful who you allow to walk in the landscape of your mind,” implies that care and practical wisdom are called for when pursuing professional guidance and support. A competent Catholic psychotherapist can assist with treatment from a holistic angle that integrates spiritual, religious and psychological dimensions, all of which may be needed for healing therapies to be most effective.

Young people require special attention and protection from drug-induced effects. Early exposure to mind-altering drugs can turn into

disastrous multi-year stretches with various addictions. Mind-altering drugs raise the prospect of pushing youth with fragile, still-developing neural circuits “over the edge” and leading them into a future marked by struggles with substance dependencies.

For more extreme cases of depression, patients receiving larger psychedelic doses than microdoses have also sometimes reported enduring improvements. Advocates for the use of psychedelic substances note that while some may recoil at the prospect of “tripping” or encountering distortions in perception, those facing severe depression already have a highly distorted perception and that such drugs may help derail patterns of neural activity that underlie these distortions.

As clinical work with psychedelic substances advances, we may begin to see the development of other variants of these molecules that will offer desirable therapeutic outcomes without the “hallucinations” that are often seen as a barrier for these types of drugs.

Recognizing a certain eagerness on the part of the public to become early adopters of psychotropic therapies, e.g. marijuana treatments promoted on limited evidence, it remains important to emphasize how prudence and caution are in order. In the words of one researcher, “public uptake of microdosing has outpaced evidence, mandating further prospective research.”

As these drugs begin to appear on the scene for valid therapeutic purposes, it will be important to acknowledge the risks and dangers of non-monitored or self-administered psychedelics, even as we seek to identify and carefully minister to mental health subpopulations that may benefit significantly from these novel and promising approaches.

■ Rev. Tadeusz Pacholczyk, Ph.D. earned his doctorate in neuroscience from Yale and did post-doctoral work at Harvard. He is a priest of the diocese of Fall River, MA, and serves as the Director of Education at The National Catholic Bioethics Center in Philadelphia. He also serves as a professor of bioethics at the University of Mary in Bismarck. See www.ncbcenter.org

Ag Attitudes

JAMES ODERMANN



Giving thanks is about accepting God in my life

“What are you doing for Thanksgiving?” was the question from the other end of the telephone. I was taken aback because it was over a month away. I was just trying to get the calendar cleared for pre-conditioning calves, pregnancy checking cows, weaning calves and making culling plans. “Thanksgiving? I guess I haven’t thought much about it,” I responded. “I guess I will be eating turkey, stuffing, pumpkin pie and lots of other goodies.” Yes, Thanksgiving is coming—and so are All Saints Day, the start of Advent, Christmas, Lent, Easter. These latter events have special significance within the annual church liturgical calendar.

Thanksgiving, however, is not a required church celebration. Thanksgiving gives me occasion to mark a time in the year that really calls me to remember that appreciation should be a part of my daily life. Giving thanks should be part of my daily activities and daily prayer life. I mused more about the question and I thought about how much I take for granted. God is really understanding, watching me carry on like an egomaniac while doing little to really realize that without God nothing happens. I pondered further. What is the source of my life? The answer is simple, God. So, I started asking more questions. Am I in tune with God?

Do I “visit” with God? How can I get closer to God? Do I answer God’s calls? Am I happy with my life? There were many more rhetorical questions that popped into my mind as I worked through getting the cattle pens and pastures ready for winter. As I made sure a gate swings freely—and will swing when there is a foot of snow on the ground—I was bothered by one nagging, overwhelming question: how often am I “giving thanks?” I contemplated that question as I continued, and the answer was “not enough.” Do I thank God for the opportunities of rural life? Do I see God’s hand in challenges—and do I appreciate those challenges? Do I really appreciate the love

of God manifested in my life? Do I thank God for the gift of family, the gift of joy, the gift of hope? Do I know God gave me Jesus and God wants Jesus in me? Will I let Jesus inhabit me, lead me? Do I understand God sometimes tells me there are concepts unfamiliar to me that I should embrace? There is so much with which I have been blessed. I need to be “giving thanks” more this Thanksgiving. Care to join me? ■ Odermann lives with his wife, Leona, on the family farm in Billings County. They are members of the Church of St. Patrick in Dickinson and assist with Eucharistic celebrations there as well as at the Churches of St. Bernard (Belfield) and St. Mary (Medora).



November 29 - December 1, 2022

Donations up to \$25,000 of each diocese matched 1:1

What is it?

An annual, joint fundraising event for the Diocese of Bismarck and the Diocese of Fargo, giving all Catholics in North Dakota an opportunity to support their favorite Catholic organizations and charities over three days.

How does it work?

Go to GiveNDCatholic.com to choose a Catholic organization, ministry or charity selected by each diocese. Bishop John T. Folda and Bishop David D. Kagan have selected the Catholic organizations and charities they want highlighted for this #GiveNDCatholic event.

Why?

This event helps kick off the charitable season, promotes year-end giving, and brings the North Dakota Catholic Community together to give thanks for all the blessings God has blessed them with and an opportunity to share their blessings with good Catholic organizations and charities.

What Catholic organizations and charities has Bishop Kagan selected for this year's event?

- Priest Retirement Fund
- Diocesan Office of Respect Life
- Catholic Schools



GiveNDCatholic.com

Office of Respect Life



The Office of Respect Life provides resources and support for difficult matters, such as pregnancy, single parenting, infant loss and miscarriage, infertility, prenatal diagnoses, after-abortion care, pornography use, sexual addiction, same-sex attraction, and gender ideology. Resources on bioethics, end-of-life care and relationship building are also provided. Some of the ministries, programs and support available from the Office of Respect Life are:

- A Clean Heart
- Courage
- EnCourage
- Hannah's Hope
- Max's Mission
- Walking With Moms in Need
- Rachel's Vineyard Retreats
- Mass of Thanksgiving
- ND March for Life
- Multiple methods of natural family planning and cycle awareness
- Videos, websites and other resources

Priest Retirement Fund



One of the greatest strengths of our diocese is the number of priests who have dedicated their lives to God and to the faithful people of western North Dakota. Our priests have baptized us, educated us, provided parish leadership, preached the Gospel, witnessed our marriages and buried our loved ones. As they grow older, they often face many years of retirement without a family to help care for them. They gave up family to serve us, so we must now come forward to care for them in their retirement years.

The Diocese of Bismarck has a Priest Retirement Fund. The official name, the Priest Benefit Association (PBA), is a defined benefit retirement plan covering all the retired priests in the diocese.

Currently, we have 12 retired priests. A total of 285 priests and bishops who have all passed away had also received retirement funds from the PBA.

The PBA is governed by a board of trustees who are all clergy. Over the years, the trustees have diligently strived to keep the retiree benefits at a level consistent with what was earned as an active priest. Annually, premiums are paid by the diocese and all the parishes to support the retirement fund. The board of trustees uses professional investment managers to invest their funds. The PBA has an annual audit by an outside accounting firm and every other year an actuary provides a valuation to make certain funding is on track to adequately cover the current retirees and all future retirees.

Catholic Schools

Over 3,122 students!
Teachers: Religious Sisters (7), Priests (8) & Lay People (227)
Secondary Schools: Bismarck, Dickinson, Mandan & Minot
Elementary Schools: Bismarck (3), Dickinson (3), Fort Yates, Mandan (2), Minot & Williston
Not every family lives close to a Catholic school but for those that do, when parents choose a Catholic school for their child, they are making a big decision. They could get a free education at the local public school, but something very important would be missing—God. For Catholic school parents, sacrifices they make to send their child to Catholic school are well worth it because the benefits truly last a lifetime!
Did you know: 14 of our new priests in the past 10 years received their primary education while attending one of our Catholic schools!

