

## New podcast launches for young adults

BY JEFF KUROWSKI |  
THE COMPASS

**FREEDOM** — When Eve Vanden Heuvel struggled to find podcasts specifically for a Catholic young adult audience, she decided to create her own. The first episode of “The Everyday Saint” was launched on Jan. 6. Vanden Heuvel, 19, will release a new episode each Friday. The motto for the podcast is “Young Catholics inspiring young Catholics.”

“This podcast will be interview based as I invite a young, college-aged Catholic each week to talk about their faith and why it’s important to them,” said Vanden Heuvel. “The intent is to provide inspiration to other young Catholics pursuing faith



SUBMITTED PHOTO | SPECIAL TO THE COMPASS

**Shelby Bland, left, talks with Eve Vanden Heuvel for the debut episode of “The Everyday Saint” podcast for Catholic young adults which Vanden Heuvel launched this month. She and Bland are both students at Benedictine College in Atchison, Kan.**

to continue in their journey and encourage them that there are other Catholics out there just like them.”

Vanden Heuvel, a 2020 graduate of Xavier High School in Appleton, is a sophomore at Benedictine College in Atchison, Kan.,

where she is currently majoring in theology and secondary education.

She returns to campus for the spring semester after studying abroad in Italy this past fall. Her first podcast guest is Shelby Bland, a Benedictine student from

Colorado, who also studied in Italy.

“‘The Everyday Saint’ got its name because I knew I wanted to invite people that are your ‘everyday Saints’ onto the show,” said Vanden Heuvel.

**Our full story** appears in the Jan. 13 issue.

### FRANKLY, FRANCIS



Dear Brothers and Sisters,

In our continuing catechesis on apostolic zeal, the desire to share with others the joy of the Gospel, we now look to its model and source: the example of Jesus himself.

As the eternal Word of God, made flesh for our salvation, Jesus’ entire life was devoted to communicating and dialoguing with others, first with his heavenly Father in profound prayer, and then with others, especially the poor, the outcast and sinners. He proclaimed the coming of God’s Kingdom not only by his preaching, but also by his ministry of healing, reconciliation and forgiveness. As the Good Shepherd, the model for all pastors in the church, Jesus was completely committed to the welfare of his flock, ...

+ Pope Francis, Jan. 18, 2023

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## Gallagher continues to help provide a basic need for Green Bay’s homeless

BY JEFF KUROWSKI | THE COMPASS

**DE PERE** — Delaney Gallagher not only appreciates all donations to Long Johns for St. John’s, the seasonal collection effort she founded in 2020, but also the message provided by the outreach.

“We are sending the message to the

guests of St. John’s Homeless Shelter (in Green Bay) that our community cares about them and we want to make their winter more manageable,” she said. “I think that is so important, ... that message for the shelter guests to know that people care about them offers dignity and hope.”

Gallagher started Long Johns for St.

John’s after hearing that St. John’s needed socks. She thought that she could help by organizing a collection. Shelter staff informed her that thermal underwear — also known as “long johns” — was a greater need, thus the name of the campaign.

**Our full story** appears in the Dec. 30 issue.

# 5 THINGS YOU SHOULD KNOW

## The Presentation of the Lord

BY PATRICIA KASTEN | THE COMPASS

**1** The feast of the Presentation of the Lord is celebrated Feb. 2, 40 days after Jesus' birth.

**2** A firstborn son was brought to the Temple in Jerusalem on his 40th day to offer him to the Lord and then redeem him back. The redemption price was a lamb, or two turtledoves or pigeons for poor parents.

**3** In Eastern Catholic and Orthodox churches, the feast is called *Hypapante tou Kyriou* – "the meeting of the Lord."

**4** At the Temple, the Holy Family met Simeon, an aged priest, and Anna, an elderly widow and prophet.

**5** The day is also called Candlemas because people have candles blessed then in honor of "the Light of the World."

## Becoming teachers of the next generation

I like to fix things. For me, it is an absolute thrill to take something which is broken, damaged or worn out and bring it back to life. I suppose that I learned how to do this when I was very young since I come from a long line of "fixers." The example given to me by my father and my grandfather of mending, fixing and restoring broken things has stayed with me to this very day.



BY THE  
RIVERS OF  
BABYLON

Fr. John Girotti

Recently, I was visiting my octogenarian father and helping him around his new home. He has only been in the place for six months and things still need to be arranged to his liking. As I was helping him, and we were working together with

our four hands, he stopped and looked at me, and quietly said, "Son, how did you learn how to do all of these things? You can fix everything." And his question shocked me so much I could hardly respond. "Dad," I haltingly responded, "you taught me ...!" And he looked at me ... and smiled.

In our technological and electronic age, there is a mistaken sense that intelligence is based solely on our ability to look up an answer online. This is not really intelligence, but a skill more properly akin to the actions of a well-trained seal. Real intelligence has to be taught, and for this, we need a teacher, a mentor or a coach. Somebody had to teach us how to read, how to spell and how to walk. We are born with varying abilities, of course, but none of us came to what we are now ...

Our full column appears in the Jan. 13 issue.

## Schools SNAPSHOT



SUBMITTED PHOTO | SPECIAL TO THE COMPASS

On Friday, Jan. 13, some of Sacred Heart Catholic School's first graders enjoyed a surprise open gym. Jami Gegare's students, who kept all of their good choices sticks had open gym as their first 5 Stick Club reward. Students who follow directions, are kind, have good listening ears, follow the Cardinal Code of Conduct and do their best can earn this special reward by keeping all five of their popsicle sticks over a week's time. Each week's surprise is different. Shown are Bjorn Radek, Carmen Grignon, Tatum Webster, Trell Raddant and Meah Bruner.

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