



The Bellowing Ox

A publication of Aquinas Communications

Vol. 8, Issue 3

May / June 2020



MONTH OF MAY: CROWNING OF THE BLESSED VIRGIN MARY

Traditionally the month of May has been dedicated to honoring our Blessed Mother, Mary. The May Crowning ceremony is a great way your family can recognize Mary as the Queen of Heaven and Earth!

The practice of depicting the Blessed Virgin Mary wearing a queen's crown came into use in the era of the Council of Ephesus (A.D. 431).

Since then, Christian



artists have often portrayed the glorified Mother of the Lord seated on a throne, dressed in royal robes and surrounded by a court of angels and saints. In many such images, Christ is shown placing a crown on his Mother's head.



Top from left: Abel Breitbach, Grace Diekman, and Ryan Diekman

To assist with your own Crowning of the Blessed Virgin Mary, we are providing the following Internet resources. Search for May Crowning on these sites:

Catholic Icing: <https://tinyurl.com/y7y84akb>

Order of Crowning: <https://tinyurl.com/ydz2hu3a>

Please share photos of your May Crowning with us at: <https://www.facebook.com/FM98.3KCRDDUBUQUE/>.



An annual May Crowning is held at St. Columbkille.



Courtesy Deacon Travis King

LIVE, From Dubuque, FM 98.3 KCRD!

The NEW KCRD studio is now broadcasting local programs and announcements LIVE from DUBUQUE!

THANK YOU to all who helped build the studio and a BIG THANK YOU to all who donated to the Aquinas Communications 2019 Capital Campaign.

CATHOLIC WORSHIP

With virtually all Mass attendance over the past two months being of the digital variety - either radio, television, or computer, the laity has been unable to receive the Eucharist. While this has been a relatively rare situation for us in the United States, it is not unique.

Parishes with either a shortage of priests or where believers worship without approval by political regimes often do not have the Eucharist available.

The Mass is the very heart of our Catholic faith, so this inability to receive the Eucharist is understandably difficult. St. Teresa of Avila wrote, "When you do not receive communion and you do not attend Mass, you can make a **spiritual communion**, which is a most beneficial practice; by it the love of God will be greatly impressed upon you."

You may make a spiritual communion many times each day. To do so, simply pray a **spiritual communion** prayer. This one, written by St. Alphonsus Ligouri, is excellent:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

MONTH OF JUNE: ENTHRONEMENT OF THE SACRED HEART

June is the month for honoring Jesus' Sacred Heart. It is important to prepare yourself and your family in prayer for some time before "enthroning" the Sacred Heart in your home. Take time to read about it. Consider the reality of giving your whole self to the Lord, to His very heart. If at all possible, go to confession and communion beforehand.

If not, do a thorough examination of conscience, pray an act of contrition with deep sincerity. Then attend Mass, if possible, or make a spiritual communion. If you have a picture or statue of the Sacred Heart, gather around it and pray a consecration prayer together. The feast of the Sacred Heart is celebrated on the Friday after the second Sunday after Pentecost; this year it is on June 19th.

AQUINAS COMMUNICATIONS MISSION STATEMENT

Aquinas Communications is an apostolate of the Catholic Laity. Our mission is to educate people on the Truth of Jesus Christ; to be loyal to the Catholic Church's Magisterial Authority, to The Catholic Church's Sacred Tradition, and to Holy Scripture.

AQUINAS COMMUNICATIONS CELEBRATES THE 5TH ANNIVERSARY OF CATHOLIC RADIO IN DUBUQUE

Dr. Ray Guarendi, EWTN Radio Host, spoke to an audience of more than 300 friends of FM 98.3 KCRD on Wednesday March 11 at the Best Western Conference Center in Dubuque, Iowa.

EWTN Chaplin Fr. Joseph Mary Wolfe, a Dubuque County native, and Fr. John Del Priore, Chaplin of UW Platteville, addressed the near capacity crowd before Guarendi's keynote presentation "Laughter in the Family."

The Anniversary Party got off with a Jump Start from Nick Hahn & the Knights of Columbus, Council 15813,



of St. Columbkille in Dubuque. Hahn presented Aquinas Communications President Tom Oglesby with a \$500 check from the Knights!

Other VIP attendees included the Sisters from the Seraphic Adorers of the Child Jesus, and

many of the founding members and the current members of the Aquinas Communications Board and Directors. Fr. Andy Upah pastor of the Church of the Nativity in Dubuque led the opening prayer for the evening. Guarendi's comedic style is

entertaining and it reinforced his long-standing advice for parents and grandparents – that you must provide your children and grandchildren with examples of love and discipline. The evening presentation concluded with Dr. Ray taking questions from the audience.

Oglesby stated the 5th Anniversary celebration was a great night to meet with so many friends after 5 years of broadcasting and he noted the people turned this into a HUGE fundraising success, truly proof that KCRD has the best supporters!



CATHOLIC CATECHISM

Plenary Indulgence

In Catholic teaching, an indulgence is the remission of the eventual punishment due for sins that have been confessed and forgiven. A plenary indulgence, which can only be granted in various ways outlined by the Church, involves the remission of all of a person's eventual punishment.

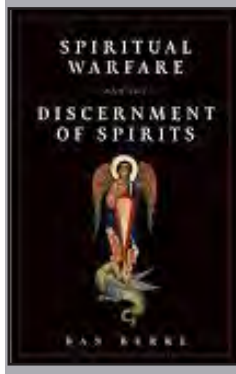
Pope Francis' new decree offers special plenary indulgences to any Catholic affected by the virus, to health care workers and their families, to those who pray for the end of the epidemic, and to those who die without access to the sacraments.

For those in the first three categories, the indulgence can be obtained if the person is sorry for their sins and prayerfully watches a celebration of the Mass, a recitation of the rosary, a practice of the Via Crucis, or some other devotion.

For persons near death from the virus and unable to receive the sacraments because of isolation measures, the decree says they can obtain the indulgence "at the point of death, as long as they have recited some prayers during their life."

BOOK REVIEW

Dan Burke's *Spiritual Warfare and the Discernment of Spirits*, is a powerful reminder that there is a battle for the salvation of our souls.



With St. Ignatius as his guide, Burke presents an indispensable, authoritative manual for engaging in daily battle with the Adversary — combat that is both inevitable and winnable.

Do you shop on Amazon?



Enter: Aquinas Communications, Inc.

CATHOLIC WORSHIP

Marian Feast Days

Wednesday, May 13

Our Lady of Fatima

Monday, June 1

Visitation of the Blessed Virgin Mary

Saturday, June 27

Our Mother of Perpetual Help

Summer Ember Days

Wednesday, June 3

Friday, June 5

Saturday, June 6

The significance of the days: Wednesday, was the day Christ was sold by Judas (Spy Wednesday); Friday, was the day He was crucified; and Saturday was the day He was entombed.

The Catholic Encyclopedia states the purpose of Ember Days are days of prayer and fasting "to thank God for the gifts of nature, to teach men to make use of nature in moderation, and to assist the needy."

AQUINAS COMMUNICATIONS VALUES STATEMENT

Aquinas Communications values The Family and Holy Matrimony; Life, Liberty, and Personal Property Rights; Subsidiarity; and Critical Thinking.

PROPOSITIONS & PHILOSOPHIES

State of Grace

A soul in the state of grace, which begins at the moment of our Baptism, is the effect of the Divine love within us. This sanctifying grace is the actual life of God within our souls. He literally lives in us. Actual grace refers to a created help or grace that comes into our souls by acts we perform.

St. Aquinas stresses that man's perpetual battle to be in a state of grace is aided by the sacraments. The sacraments are an outward sign instituted by Christ. They provide grace, but the sacraments are not grace itself.

When a person receives the sacrament of Communion (even spiritually), they

receive grace - the life of God in their souls.

When sins are forgiven in penance, the individual receives forgiveness and then the sanctifying grace (the Life of God) pours into his/her soul.

Graces allow us to further progress to a state of grace by calling us to faith and repentance. This leads us to the performance of meritorious acts in the state of grace.

If, at the end of our lives, we have God's life in our souls, sanctifying grace, then we will go to heaven.

It is as if God recognizes Himself within us.

- Dr. Trent Counsell, the Heresy Hunter

UNDERWRITING SPOTLIGHT

The monks of New Melleray Abbey offer caskets and urns that are crafted in the rural quiet of the monastery.

To financially stressed families directly impacted by the COVID-19 virus, the monks of New Melleray offer free-of-charge pine caskets made from trees from the abbey forest.

Trappist Caskets

16632 Monastery Road
Peosta, IA 52068
Toll-free: 888-433-6934
Local: 563-585-0793

CATHOLIC TRADITION

Fourteen Holy Helpers

There was a devotion to the Fourteen Holy Helpers as early as 1348 at an altar in St. Peter's Church in Munich, Germany. Because they are the patron saints against a variety of diseases, they were called upon for help during the Black Plague epidemic in Europe from 1346 to 1349. **St. Acacius**, patron saint of sufferers of headaches.

St. Barbara, patron against fires and lightning storms.

St. Blaise, patron for diseases of the throat.

St. Christopher, patron of epilepsy and toothache, and is the patron of a holy death.

St. Cyriacus, patron of sufferers from eye diseases.

St. Catherine of Alexandria, patron saint of philosophers and young students.

St. Denis, patron against demonic attacks.

St. Erasmus of Formiae, patron for stomach pains and disorders, and by women in labor.

St. Eustace, patron against fires.

St. George, patron for skin diseases and palsy.

St. Giles, patron against crippling diseases.

St. Margaret of Antioch, patron of pregnant women and sufferers of kidney diseases.

St. Pantaleon, patron saint of physicians and midwives.

St. Vitus, patron for epilepsy, paralysis, and diseases of the nervous system.

CALENDAR OF EVENTS

SAVE THE DATE!

THE IMPACT OF THE 2020 NATIONAL ELECTION ON YOUR CATHOLIC HEALTHCARE CONFERENCE

Wednesday, October 21

Dubuque Best Western Plus

5:00 - 7:30 pm

What: The Case for Religious Liberty & Your Civil Rights

Who: **Father Richard Heilman**
Vicar Forane for the West Dane Vicariate
romancatholicman.com/author/frheilman

Louis Brown Jr., J.D.
Executive Director, Christ Medicus Foundation
<https://christmedicus.org>

Why: **Because Your Vote Counts & Your Healthcare Depends On It**

RADIO SPOTLIGHT

Programming Changes

Since so many of us are sheltering in place and unable to attend Mass, FM 98.3 KCRD has added more Masses to our radio schedule. Masses can be heard on Sundays at 7:00 am, 9:00 am, and 11:00 am and on Mondays through Saturdays at 9:00 am, 12:00 pm, and 4:00 pm.

In addition, many Live Masses are being streamed online and can be found at www.KCRD-FM.org.

CATHOLIC CATECHISM

The 12 Steps of Humility

Humility is the foundation of Prayer. These are essentially the 12 degrees of humility laid down by St. Benedict in the seventh chapter of his Rule, *Sancti Benedicti Regula Monasteriorum*. The first two steps were for all, while the remaining were intended for life in a monastery.

While a few are not necessarily applicable to the laity, many can certainly be followed to improve more than our prayer life.

1. In the fear of God to be constantly on the watch against sin.
2. Not to love one's own will.
3. To submit to superiors in all obedience.
4. To hold fast to patience amidst hard and rough things for the sake of obedience.
5. To confess one's sins.
6. To confess and to believe that one is unworthy and useless for anything.
7. To believe and admit that one is less than others.
8. To keep the common rule of the monastery.
9. To keep silent till one is questioned.
10. Not to be over-ready to laugh.
11. Speak few and reasonable words in a moderate voice.
12. Always to show the humility in one's heart, in one's bearing, keeping the eyes lowered.

AQUINAS COMMUNICATIONS VISION STATEMENT

Aquinas Communications vision is a world culture grounded in Catholic Tradition making a better life for people, and for them to become saints with an everlasting life in Heaven.



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	Sunday Mass from EWTN Chapel						Life is Worth Living™ with Archbishop Fulton Sheen	6:30 am	
7:00 am	Word on Fire™						The Fathers of Mercy Hour™	7:00 am	
7:30 am								7:30 am	
8:00 am	Mass, Resurrection Church, Dubuque	Daily Mass from the EWTN Chapel						8:00 am	
8:30 am								8:30 am	
9:00 am	The Great Adventure™						Doctor, Doctor	9:00 am	
10:00 am								10:00 am	
10:30 am	Mass - St. Mary's Church, Pine Bluff WI	Holy Rosary for Vocations Chaplet of Divine Mercy / Food for the Journey™					Christ is the Answer™ with Fr. John Riccardo	10:30 am	
11:00 am								11:00 am	
11:30 am	Register Radio™						The Church Alive!™	11:30 am	
12:00 pm								12:00 pm	
12:30 pm	Scripture & Tradition™						The Good Fight	12:30 pm	
1:00 pm								1:00 pm	
1:30 pm	Christ is the Answer™ with Fr. John Riccardo							1:30 pm	
2:00 pm								2:00 pm	
2:30 pm	Divine Mercy Chaplet	The Chaplet of Divine Mercy with Drew Mariani (Live)					Divine Mercy Chaplet	2:30 pm	
3:00 pm								3:00 pm	
3:30 pm	Rosary in Latin w/ Pope JP II						Children's Rosary	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		The Journey Home™	Mother Angelica Live Classics	EWTN Live™	The World Over™ (Live)	Father Spitzer's Universe™		7:00 pm	
7:30 pm		EWTN News Nightly™						7:30 pm	
8:00 pm		Life is Worth Living™ with Archbishop Fulton Sheen						8:00 pm	
8:30 pm		Fr. Simon Says™ (encore) with Fr. Richard Simon							8:30 pm
9:00 pm	Adoration Radio						Adoration Radio	Adoration Radio	9:00 pm
9:30 pm								The Bear Wozniak	9:30 pm
10:00 pm	Catholic Playlist Worship™ Archive	Catholic Connection with Teresa Tomeo™						Adventure	10:00 pm
10:30 pm	Overflow™ Music Show							Overflow™ Music Show	10:30 pm
11:00 pm		Christ is the Answer™ with Fr. John Riccardo						Adoration Radio	11:00 pm
11:30 pm	Fathers of Mercy Hour	Take 2 with Jerry & Debbie™						Adoration Radio	11:30 pm
12:00 am								Wisdom - Fr. Groeschel	12:00 am
12:30 am								EWTN Bookmark™	12:30 am
1:00 am		Mother Angelica Live Classics™							1:00 am
1:30 am									1:30 am
2:00 am	The Journey Home™ encore	More 2 Life™ (encore)						Fathers of Mercy Hour	2:00 am
2:30 am									2:30 am
3:00 am	Divine Mercy Chaplet	Fathers Know Best™ with						Divine Mercy Chaplet	3:00 am
3:30 am	Rosary - Latin	Fr. Larry Richards	Fr. John Riccardo	Fr. Benedict Groeschel	Fr. John Riccardo	Fr. Larry Richards	Rosary - Latin	Rosary - Latin	3:30 am
4:00 am	The Catholic Cafe™	Chaplet of Divine Mercy / Fire on the Earth™						Go Ask your Father	4:00 am
4:30 am	EWTN Bookmark™	Holy Rosary with Mother Angelica and the Nuns of Our Lady of the Angels							4:30 am

**PLACE YOUR ORDER NOW!
OBTAIN YOUR GIFTS AND
PRAYER AIDS TODAY**

- FREE Rosary
- FREE Scapular
- FREE "After Mass" Prayer Card
- FREE First Friday and First Saturday Devotion Guide
- FREE Bumper Magnet
- FREE Yard Sign
- Prayer Request Submission

The Impact of Catholic Radio

Based on a national survey, listeners stated the following:

- 95% more spiritually engaged**
- 94% increased time in prayer**
- 83% more educated in the Catholic faith**
- 64% increased Eucharistic Adoration**
- 62% increased Sacrament of Penance**
- 60% increased Mass attendance**
- 51% increased involvement in parish life**
- 12% considered vocation to priesthood and religious life**
- 7% converted to Catholicism**

PLEASE PATRONIZE AND THANK THESE BUSINESSES FOR SUPPORTING FM 98.3 KCRD!

Avery Foundation
BC Vacuums & More
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Birthright of Dubuque
Business Telephone Supply
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Conlon Construction
Contempo Salon Spa
Don Rupp Catholic Order of Foresters
Dubuque County Right to Life
Dubuque Supply
Elements Acupuncture

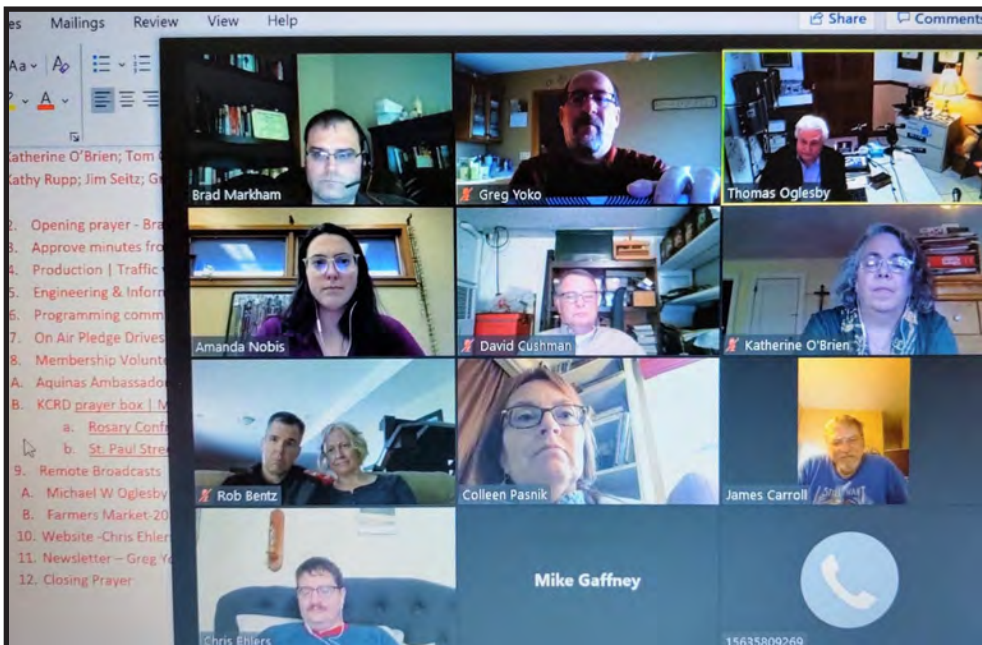
Environmental Management Services of Iowa
Family Beer & Liquor Store
frosted 'n filled bakery
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Grahams Style Store
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Magoo's Pizza

Mario's Italian Restaurant
Max Smith Concrete
MidWestOne Bank
O'Connor & English Insurance
Ophthalmology, PC
Park Farm Winery
The Power of Prayer
Rettenmaier Flooring
Schaefer Trucking
Security Products of Dubuque
Skip Breitbach Feeds
StackStone Wealth
Straka Johnson Architects, P.C.

Texas Roadhouse Restaurant
The Power of Prayer, Inc.
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Tricor Insurance
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Weimerskirch Family Dental
YEN CHING Restaurant
Zephyr Aluminum Products

NEWSLETTER SUBMISSION DEADLINE
Send info to newsletter@KCRD-FM.org.
Issue _____ Deadline date _____
July/August June 1, 2020

**THE AQUINAS COMMUNICATIONS' BOARD OF DIRECTORS
IN ACTION, UNDER QUARANTINE!**



The Bellowing Ox is a Publication of Aquinas Communications, Inc.

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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 _____

Remember Aquinas in Your Will

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.

Additional Gifting Opportunities



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 and click on the donate tab.



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