



WALKING WITH
Families
IN DIGNITY & LOVE



46TH ANNUAL
RESPECT LIFE CONVENTION

SATURDAY, OCT. 15, 2022

Westport Chalet Sheraton





EWTN PRO-LIFE WEEKLY



EWTN Pro-Life Weekly's host, Prudence Robertson, teams up with experts to bring you the latest news from the pro-life arena. At this historic time, with the Roe vs. Wade overturned, we continue to defend life. Join the movement. EWTN Pro-Life Weekly. Thursdays at 9PM CT here on EWTN.



ewtn.com/prolife

For more information, contact Christine Schicker at cschicker@ewtn.com

ewtn.com

EWTN | News

The Annual Catholic Appeal is proud to provide direct support to Pro-Life activities through the Respect Life Apostolate.



ANNUAL CATHOLIC APPEAL
BUILD MY CHURCH

The *Annual Catholic Appeal* also promotes a Culture of Life through support of the following ministries —

*Catholic Religious Education
Office of Youth Ministry
Office of Natural Family Planning
Kenrick-Glennon Seminary
and many other programs...*

We are grateful to all who help spread the Pro-Life message.

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RESPECT LIFE CONVENTION

46TH ANNUAL / OCTOBER 15 / WESTPORT CHALET SHERATON

SCHEDULE

Doors Open: 9:30

FIRST SESSION: 10:30 – 1:30

WELCOME & OPENING PRAYER

Emcee Adam Wright, *Covenant Network Catholic Radio*

Cynthia Haehnel, *Director of Respect Life Apostolate*

Video Address: Archbishop Mitchell Rozanski

MINISTERING IN A POST-DOBBS WORLD

Lisa Rowe, *Support After Abortion*

Angela Minter, *Sisters for Life, Inc.*

Dr. Kathleen Berchelmann, *My Catholic Doctor*

Adam Wright, *Covenant Radio*

LUNCHEON

KEYNOTE SPEAKER

Karen Gaffney, *The Karen Gaffney Foundation*

AWARDS PRESENTATION

Cardinal Carberry Award

Friends of Life Award

Respect Life Creative Writing Contest

MINISTRY PARTNER BOOTHS

1:30 – 2:00 (lower level)

SECOND SESSION: 2:00 – 4:00

BREAKOUT SESSION 1: 2:00 – 2:45

- **AMERICA AFTER ROE: A FUTURE FULL OF HOPE**

Catherine Glenn Foster, *Americans United for Life*

- **WALKING WITH THE ELDERLY**

Matt Estrade, *Peace with Dementia Rosary Ministry*

Dr. Mary Fox, *Palliative Care*

REFRESHMENT BREAK: 2:45 – 3:00

(main floor)

BREAKOUT SESSION 2: 3:00 – 3:45

- **AMERICA AFTER ROE: A FUTURE FULL OF HOPE**

Catherine Glenn Foster, *Americans United for Life*

- **WALKING WITH FAMILIES**

Dr. Kathleen Berchelmann, *Catholic Healthcare*

Jasha McQueen, *Children with Special Needs*

HOLY MASS: 4:15

Auxiliary Bishop Mark Rivotuso

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ARCHBISHOP

WELCOME

October 15, 2022

Dear Sisters and Brothers in Christ,

On behalf of the Archdiocese of St. Louis, I am pleased to welcome you to the 46th Annual Respect Life Convention. I pray that you will find this year's presenters both enlightening and inspiring.

I would also like to thank each and every one of you for your hard work the last 50 years in working tirelessly and advocating for the most defenseless among us. These past few months have brought us cause for celebration but, as the Church has done for many years, it is essential that we continue providing resources for mothers and families facing crisis.

It is especially fitting that the theme of this year's convention is "Walking with Families in Dignity and Love," as our Catholic faith calls us to do just that. The presenters today reflect that theme and I hope you will take away information and resources to continue to serve those within our community. There are many ministry partners and agencies represented here today. Thank you for your continued efforts!

I am also encouraged by the young people, 8th graders from our Archdiocese Schools, PSR and Home schools that wrote heartfelt essays on the



Gospel of Life, whose names are mentioned in this booklet. Thank you for your continued efforts for Life! I encourage all of you to support the RLA efforts to reach more young people through this wonderful program.

May all you here today continue to share our love to all of God's children, especially to those in most need. Please be assured of my continued prayers for you as we serve him in Joy!

A handwritten signature in black ink that reads "+ Mitchell T. Rozanski." The signature is written in a cursive, flowing style.

Most Reverend Mitchell T. Rozanski
Archbishop of St. Louis

RESPECT LIFE STAFF & CONVENTION TEAM

DIRECTOR

Cynthia Kush Haehnel

SPIRITUAL ADVISOR

Fr. Mark Madden

TEAM

Mary Lovee Varni
Madeleine Appelbaum
Kelly Brown
Denise Depelheuer

ABORTION HEALING

Denise Depelheuer
Jane Guenther
Cynthia Haehnel
Steve & Amy Kosta
Judy Meinert
Marisol Pfaff
Fr. Henry Purcell
Chuck & Linda Raymond
Mary Lovee Varni
Sr. Marysia Weber, RSM DO MA

RLA BOARD

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Deacon Keith Henderson
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Dr. Fred G. Sauer

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THEME DESIGN

[Tiffany Hoeckelman](#)

TECHNOLOGY

Dennis Handley

PHOTOGRAPHY

Steve Carlsen

INTERNS

Trent Kirks

Amara Trudzinski

MINISTERING IN A POST-DOBBS WORLD



EMCEE: ADAM WRIGHT
Covenant Catholic Radio

Be inspired by Adam's daily Catholic radio show:
OurCatholicRadio.org/roadmaptoheaven

DR. KATHLEEN BERCHELMANN

MyCatholicDoctor

See [page 9](#) for her photo and biography.

LISA ROWE, LCSW

Support After Abortion



Lisa Rowe is the Chief Executive Officer for Support After Abortion. She has spent the last two decades equipping and empowering thousands of at-risk children, hurting adults and broken families find hope, healing, and restoration. Lisa's clinical experience, coupled with her organizational leadership

has assisted government, nonprofit and private organizations to grow their impact, increase their sustainability, and leave a national imprint.

Lisa has invested a great deal of time and leadership into helping men, women and families heal from the following adverse experiences: foster care, teen parenting, sex trafficking, an unexpected pregnancy, divorce, abortion, codependency, and addiction. Her passion for revealing the root of dysfunctional behavior and helping people find freedom from early childhood trauma is evident in her own life, the lives she helps lead, public speaking engagements, and the program model she has and continues to build to serve clients.

Discover how Lisa's work and that of her team at Support After Abortion is facilitating a network of healing nationwide (and beyond!):
SupportAfterAbortion.com/about-support-after-abortion-our-story

ANGELA MINTER

Sisters for Life, Inc.



The president and co-founder of Sisters For Life, Inc., Angela Minter is a champion for pre-born babies, their families, and the sanctity of life! She has dedicated her life to awaken, train and mobilize, the whole church, particularly the historically black church, to end abortion in the

community. She strives daily to see families restored, change teenagers' and young adults' trajectory, share the Gospel of Jesus Christ, and achieve a Kingdom first, Christ-centered culture change that glorifies God!!! She resides in Louisville, KY, with her high school sweetheart and husband of 35 years, Parnell Minter.

After losing two children through abortion (Summers Justice and Judah Star), God showed them mercy and blessed them with three more outstanding children, Ryan Whitney, Parnell O'brey, and Isiah Jasper Minter. Angela and Parnell live with gratitude for the five beautiful grandchildren and a precious daughter in love and son in love. Angela Minter is an inspired, driven, widely sought after spokesperson and compassionate voice for the voiceless and is moved to speak and act by the Word of God, which says in Proverbs 31:8-9: "Speak up for those who cannot speak for themselves; ensure justice for those being crushed. Yes, speak up for the poor and helpless, and see that they get justice."

Learn more about Angela's inspiring pro-life outreach at: SisForLife.org

KEYNOTE SPEAKER

KAREN GAFFNEY

Karen Gaffney Foundation

Karen Gaffney is the President of the Karen Gaffney Foundation. Her non-profit, funded entirely by her speaking engagements, workshops, and donations, is dedicated to championing the journey to full inclusion in families, schools, the workplace, and the community for people with intellectual disabilities.

In addition to her work at her non-profit, Karen works part-time in a law firm, 25 hours a week. Karen graduated from St. Mary's Academy here in Portland, Oregon earning a regular high school diploma and went on to earn a regular two-year Associates of Science degree from Portland Community College.

Karen's work with advocacy and public speaking has taken her to audiences all over the world where she tries to show that Down syndrome is a life meant to be lived! And she succeeds!

Karen has many critical messages to deliver especially with respect to employment for people living with an intellectual disability. She uses her experiences on the job to advocate for meaningful employment for people with intellectual disabilities, often describing employment as the next big horizon for people like her. She shares "lessons learned" in the working world that resonate with employers, hiring managers, job seekers, and job developers.

She is also an outspoken advocate for ongoing medical research aimed at improving the lives of those who are living with Down syndrome. Karen is a role model for physical fitness and she builds regular exercise into every aspect of her day. She usually starts the day with a two-mile swim before she heads off to work! She has a lengthy swim resume to keep up!



She successfully swam the English Channel as part of a six-person relay team, she swam 9-miles nonstop, straight across the width of Lake Tahoe in 59-degree water and became the subject of the documentary: *Crossing Tahoe: A Swimmer's Dream*. She has done many other open water swims on the Columbia River, across Lake Champlain, the Boston Harbor, and the San Francisco Bay just to name a few. All of her swims are fundraising swims, and swims to raise awareness about what people with Down syndrome CAN do!

Karen is the first person with Down syndrome to deliver a TED talk to one of the largest TEDX venues in the world, right in her home town of Portland, Oregon. She describes her life as a "Journey of Hope" while she calls attention to the tremendous accomplishments of people living with Down syndrome all over the world. Karen's messages provide awareness, recognition, and inspiration that Down syndrome is a "Life Meant to be Lived!"

Recently, I went to the March for Life and learned that maintaining a solid culture of life is critical to happiness.

Henry Reardon, Eighth Grader

Karen was the first person with Down syndrome to swim the English Channel. View her inspiring TED Talk: [ViewPure.com/HwxjoBQdn0s](https://www.viewpure.com/HwxjoBQdn0s)

AMERICA AFTER ROE

A FUTURE FULL OF HOPE

BREAKOUT SESSIONS 1 & 2

CATHERINE GLENN FOSTER

Americans United for Life

Catherine Glenn Foster is President & CEO of Americans United for Life; founded in 1971 — two years before *Roe v. Wade* — AUL is America's original national pro-life organization, the nation's premier pro-life legal team, and the pioneer of both the state-based model legislative strategy that saves lives today while undermining the Supreme Court's false notion that women cannot succeed in American society without legalized abortion, and our mother-child strategy that looks at the interests and vulnerabilities of both, protecting both from abortion industry abuses.

Previously, Foster spent seven years with Alliance Defending Freedom advocating for the dignity of all human life in federal and state trial and appellate courts, founded and managed a law practice focused on respect for human life, and served as Executive Director of Euthanasia Prevention Coalition USA. Foster has litigated precedent-setting § 1983 and other constitutional questions, abortion and maternal health, health and safety regulations, False Claims Act healthcare and Medicaid fraud, euthanasia and assisted suicide, denial of medical care, First Amendment rights, genetic engineering issues, Freedom of Information Act and open records issues, and healthcare and corporate conscience protections, and has testified before and advised the U.S. Senate Judiciary Committee, the U.S. House of Representatives Committee on Energy and Commerce Select Investigative Panel and Subcommittee on Oversight and Investigations, and other international, federal, and state bodies and representatives.

Foster is admitted to the bars of the District of Columbia, Virginia, the U.S. Supreme Court, and numerous other federal courts, and serves on the



boards of And Then There Were None, Christian Legal Society D.C. Metro Chapter, and Rockville Women's Center, and on the advisory board of the Center for Bioethics and Human Dignity. Foster earned her J.D. at Georgetown University Law Center, and also holds an M.A. in French from the University of South Florida, with a thesis on the effects of the interwar French mandate in Syria and Lebanon on the modern Middle East, and a B.A. in History and French from Berry College.

I load the contents of the cart into her trunk. It makes me happy to give this joy and I have learned that this is called giving direct assistance to families. I think it gives them hope.

George Volmert, Eighth Grader

DISCOVER CATHERINE'S inspiring journey to the pro-life movement on EWTN:

ViewPure.com/i5AcHfMfMYQ

WALKING WITH THE ELDERLY

BREAKOUT SESSION 1

DR. MARY FOX

Family Medicine Specialist on Palliative Care



Dr. Mary Fox attended medical school at the University of Missouri-Columbia and completed 2 years of residency in Family Medicine at Duke University Medical Center. She has been a Diplomate of the American Board of Family Medicine since 1987. Dr. Fox has

practiced family medicine for over 35 years in the St. Louis area.

Dr. Fox has been the Chief Medical Officer for the Visiting Nurse Association of Greater St. Louis (VNA) since 2014. In her role as Chief Medical Officer, Dr. Fox serves as a physician ambassador to communities throughout the St. Louis area, reviews medical policies and procedures for the organization, and is an active member of VNA's management team.

Dr. Fox appreciates the value of a continuum of care for seniors and disabled adults and is a clinical physician for the Advanced Illness Management (AIM) program at VNA. The VNA AIM program provides home-based palliative consultation for those patients living with serious ongoing illnesses to help improve control of symptoms and thereby improve the quality of life. Dr. Fox also strongly advocates for transition into end-of-life care through hospice when appropriate.

Through outreach and education, Dr. Fox works to foster a better understanding of palliative care for patients with serious chronic illnesses. By offering both AIM and hospice services, VNA provides a continuum of care for people throughout the course of these life-limiting conditions to help them live as well and fully as possible until natural death.

Dignity of patients: [VNAstl.com/post/2016/12/19/dr-mary-fox-shares-insight-into-aim-program](https://vnaastl.com/post/2016/12/19/dr-mary-fox-shares-insight-into-aim-program)

MATTHEW ESTRADE

Peace with Dementia Ministry



Matthew Estrade is a Catholic gerontologist accompanying families on the aging journey, emphasizing Alzheimer's disease and other types of dementia. In 2019, he self-published *The Peace with Dementia Rosary*, an introduction to cognitive impairment, structured around

the mysteries of the Holy Rosary and including specific prayer intentions. The book has an Imprimatur from the Most Reverend Gregory M. Aymond, Archbishop of New Orleans. Matthew is the host of The Peace with Dementia Rosary Podcast where he interviews priests, theologians, physicians, and others about viewing aging and dementia through the Catholic lens for the comfort and graces here on earth and for eternal salvation.

Matthew lives in Covington, LA with his bride of almost 20 years and three children. He is an Eagle Scout and current Scoutmaster in the Boy Scouts at a Catholic parish, active with the Parish Health Ministry, and is a member of the Our Lady of Mount Carmel Latin Mass Community.

The Peace with Dementia Rosary Ministry holds that our Catholic faith, through educated clergy and laity inspired by the Holy Spirit, has the supernatural and earthly means to recognize the dignity of and to foster inclusion, accompaniment, and healing to those families on the dementia journey. Towards this goal, we shine a light on the importance of the Sacraments, pastoral care, consistent prayer - especially the Holy Rosary, caregiver support groups, practical dementia education, and communication training.

DementiaRosary.com is the hub for the ministry's videos, podcasts, articles, and social media.

WALKING WITH FAMILIES

CATHOLIC HEALTHCARE & CHILDREN WITH SPECIAL NEEDS

BREAKOUT SESSION 2

KATHLEEN BERCHELMANN, MD

MyCatholicDoctor



Dr. Berchermann is a pediatrician, wife, mother of seven, and co-founder of MyCatholicDoctor. She sees patients from birth through young adulthood. Her practice includes all general pediatric and adolescent medical needs.

She is commonly consulted by families desiring a faith-based approach to depression, anxiety, ADHD, ADD, and autistic spectrum disorder. She speaks nationally on vaccines derived from aborted fetal tissue, also known as human diploid cell line vaccines.

She is board certified in Pediatrics and a member of the Catholic Medical Association. In 2018 Kathleen and her husband Greg decided to make MyCatholicDoctor a reality, using telemedicine, a network of faithful physicians, and innovative healthcare reimbursement models to make Catholic healthcare available to all people.

During her years in health-media, Dr. Berchermann became increasingly involved in Catholic Media, including a regular weekly slot on the SonRise Morning Show with Sacred Heart Radio. Questions flooded in from families desperately seeking Catholic health care providers they could trust. Eventually, Greg and Kathleen started a website called CatholicPediatrics and hosted a nationwide list of pediatricians who incorporate their Catholic faith into their practice of medicine. But people wanted more— they wanted Catholic psychiatrists, women's health specialists, end-of-life care, and more. This led Kathleen and Greg to found MyCatholicDoctor.

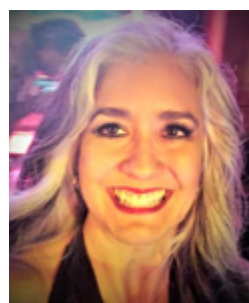
Kathleen and Greg Berchermann live in Connecticut with their children.

The importance of Catholic healthcare:
Catholic-Link.org/author/dr-kathleen-berchermann

JASHA McQUEEN KUENZEL

Embryo Defense

Jalesia "Jasha" F. McQueen-Kuenzel, is an attorney and partner at her firm McQueen Kuenzel LLC. She



is also co-owner and President of Embryo Defense, a 501(c)(3) educating people on the value of embryonic life, EmbryoDefense.org.

A second generation immigrant fluent in Spanish, Jasha has a Law Degree from Southern Illinois University

School of Law, a Master's Degree from Troy State University and a Bachelor's Degree from University of Tampa. She also served on active duty in the U.S. Army for 5 years, leaving at the rank of Captain.

Jasha is the mother of 7 children (including her two frozen embryos, Noah and Genesis) and the grieving mother of two lost children (one miscarried, one aborted). One of Jasha's youngest sons has Down's Syndrome and is a happy healthy boy. Jasha is married to Anthony Kuenzel and lives in De Soto, Missouri.

Jasha is also a co-executive producer of the new pro-life film *Roe v. Wade*, along with executive producers Nick Loeb, Jon Voight and Alveda King and has a cameo in the movie. Jasha represented Nick Loeb in his battle against Sofia Vergara for his frozen embryonic daughters (Emma and Isabella) in Louisiana and California.

Be inspired by this dynamic attorney, wife, and mother of seven: SocietyOfStSebastian.org/copy-of-sebastian-s-point-70

MISSION & PROGRAMS



MISSION

The Respect Life Apostolate (RLA) promotes the Catholic Church's teachings on respect for and legal protection of every human life from conception to natural death.

SPIRITUAL SUPPORT

Celebration of Life
Annual Mass

Monthly Archdiocesan
Pro-Life Mass & Rosary

Spiritual Adoption
Program

Word of Life
Parish Resource

Young Adult
Pro-Life Holy Hour

40 Days for Life Campaign
(with Coalition of Life)

PASTORAL CARE

Abortion Healing Ministry:
• Project Rachel
• Project Joseph
• Rachel's Healing Garden
• Rachel's Vineyard
• Catholic Renewal Center

Naming &
Commendation Rite

Lifeline Coalition
Campaign

Deacon Diaper Drive

Walking with Moms
St. Louis

Walking with Moms &
Families St. Louis
Resource Network

EDUCATION

Respect Life Convention

8th Grade Creative
Writing Contest
(with Office of Education)

Pro-Life E-News

Social Media & Website

Internship Program

Parish & School
Respect Life Resources

Parish Coordinator
Network

Parish Coordinator
Training Program

PUBLIC POLICY & ADVOCACY

Generation Life Program
(Catholic Youth Apostolate)

Missouri Catholic
Conference

Pro-Life & Religious
Freedom Initiatives
& Alerts

Local & State Pro-Life
Lobby Days and Marches

Cardinal Rigali Center, Suite 3600
20 Archbishop May Drive
St. Louis, Missouri 63119
phone: (314) 792-7555

STLRespectLife.org • prolife@archstl.org
Facebook: [Respect Life Apostolate-St. Louis](https://www.facebook.com/RespectLifeApostolate-St.Louis)
Twitter: [@ProLifeStL](https://twitter.com/ProLifeStL)

RESPECT LIFE INTERNSHIP

The Respect Life Apostolate offers a summer internship each year to incoming high school seniors, college students, or graduate students. During the internship, they gain real-world experience in pro-life and Catholic ministry through hands-on projects and educational opportunities in a professional Archdiocesan setting. Their responsibilities and opportunities included:

- Networking with pro-life and Catholic leaders.
- Interacting and serving with RLA team who share a passion for building a "culture of life, civilization of love." *Evangelium Vitae*, St. John Paul II
- Engaging in program and event planning.
- Witnessing and praying for the sanctity of human life
- Visiting LifeLine Coalition agencies.
- Collaborating with Office of Youth Ministry initiatives.
- Developing leadership skills.
- Contributing to web, social media, writing and research efforts.
- Assisting in general office administration.

TRENT KIRKS

St. Charles Borromeo | Missouri S&T

I am so thankful to have had the opportunity to be part of the Respect Life Apostolate team this summer. It has been fruitful being surrounded by amazing people who strive to live out their faith well in all parts of their lives. Seeing the joy that everyone brought each day and the dedication to protecting the unborn was very uplifting and inspiring. I looked forward to each day this summer in this Christ-centered workplace. It was incredible getting to visit various places such as Coalition Life, Haven of Grace, and Thrive, to see the active work that these organizations do to help women and families. It certainly inspired me to take a more active role in the pro-life movement by supporting mothers, fathers, and children. I also was able to attend the Mid-America Steubenville Youth Conference this summer as a volunteer. I loved seeing how excited the youth were about Christ and protecting unborn children. In addition to the spiritual fruits of this internship, I was also able to learn many new skills and cultivate old ones. I had the opportunity to work with the other intern, Amara, on two brochures. I enjoyed researching organizations and designing these brochures. This internship has shaped me and made me a better man. The experiences that I have gained will help me wherever God leads me next.



AMARA TRUDZINSKI

Sacred Heart, Valley Park | Grand Canyon U.

My name is Amara Trudzinski and this summer, I was an intern with the RLA. In the short time of three months, I learned what it truly means to be part of a strong pro-life organization rooted in Christ. I was blessed with getting to know each team member better and witnessing the importance of each role. After being in the RLA workplace and learning more about the pro-life movement, I now better understand the meaning behind "culture of life, civilization of love." The members of the RLA help not only the unborn but also each other. By the end of the internship, everyone felt more like family rather than simply coworkers. A few of the tasks myself and the other intern, Trent, were assigned included creating new brochures, preparing various types of mailers, researching pro-life organizations, building a website, and helping plan the annual convention. In addition to these tasks, we were also able to tour multiple places, including Coalition Life, Haven of Grace, and Thrive, that offer help to women and families in need. Visiting these locations allowed us to learn more about their ministry and the help they provide. Another great part of the internship was attending and working at the Mid-America Steubenville Youth Conference. For one weekend, we were able to see God enter into the lives of the youth and impact them. It was a powerful weekend filled with fellowship and the fruits of the Holy Spirit. Overall, I learned and grew a lot as a person both spiritually and professionally. I am thankful the Lord opened up this opportunity for me and am eager to take everything I learned with me to my next job. I will miss working for the Respect Life Apostolate, but I know I will always be welcome there, and for that I am grateful.

POST-DOBBS

RESPONSE & RESOURCES

POST-DOBBS RESOURCES & RESPONSE

The U.S. Conference of Catholic Bishops, Missouri Catholic Conference, and Archdiocese of St. Louis has a number of pro-life resources for the faithful, parishes, and schools in light of the *Dobbs v. Jackson Women's Health Organization* decision on June 24, 2022. The decision by the U.S. Supreme Court reversed the "national right to abortion" as wrongfully declared in the 1973 *Roe v. Wade* case, essentially sending the issue back to the states to decide. Since June, legalized abortion has essentially ended in Missouri, with few exceptions. So what does this mean for Catholics and the pro-life movement in Missouri?

The Respect Life Apostolate, following the lead of Archbishop Mitchell Rozanski and the USCCB Pro-Life Secretariat, is focusing on three main areas: walking with pregnant and parenting moms (as well as fathers, families, and their children); healing those wounded by abortion; and continuing to educate the faithful, in particular the next generation, on respect for life from conception through natural death.

ADDITIONAL DOBBS INFORMATION

Missouri Catholic Conference: [MoCatholic.org/resources/pro-life-movement-post-roe](https://mocatholic.org/resources/pro-life-movement-post-roe)

Parish Leader Dobbs Toolkit: [USCCB.org/resources/dobbs-parish-leader-kit-wol-special-edition.pdf](https://usccb.org/resources/dobbs-parish-leader-kit-wol-special-edition.pdf)

Backgrounder on the case: [PrayForDobbs.com](https://prayfordobbs.com)

The Truth about Abortion and Women's Health: [USCCB.org/resources/truth-about-abortion-and-womens-health](https://usccb.org/resources/truth-about-abortion-and-womens-health)

WALKING WITH MOMS

Walking with Moms St. Louis provides a resource and support network for women, couples, and families facing unexpected pregnancies in the greater St. Louis area.



Pregnancy resource guide: [WalkingWithMomsStL.com](https://walkingwithmomsstl.com)
National Walking with Moms: [WalkingWithMoms.com](https://walkingwithmoms.com)

ABORTION HEALING MINISTRY

The Abortion Healing Ministry is a network of specially-trained caregivers who offer an integrated approach to healing, combining both spiritual and psychological resources.

This healing network — including clergy, lay staff, mental health professionals, consecrated religious and spiritual directors — works as a team to provide direct care to women, men, couples and families touched by abortion loss. This provides them with a safe, compassionate and confidential space in which to grieve and heal, develop a personal relationship with Jesus Christ, and be united with the Church through the Sacrament of Reconciliation.

Hopeline (call/text): 314-406-0815

hopehealing@archstl.org

[Archstl.org/hope-healing](https://archstl.org/hope-healing)



NATIONAL HELP AND RESOURCES:

Project Rachel Ministry: [HopeAfterAbortion.com](https://hopeafterabortion.com)

Rachel's Vineyard Ministry: [RachelsVineyard.net](https://rachelsvineyard.net)

Support After Abortion: [SupportAfterAbortion.com](https://supportafterabortion.com)

RESPECT LIFE EDUCATION

The Catholic Church upholds the dignity of every human life from conception through natural death.

Now and throughout 2023, the RLA will be expanding its online Respect Life education resources. Explore and then check back regularly at:

General: [STLRespectLife.org](https://stlrespectlife.org)

Youth and teens: [GenLifeStL.com](https://genlife STL.com)

USCCB Pro-Life: [RespectLife.org](https://respectlife.org)

RACHEL'S HEALING GARDEN

RACHEL'S HEALING GARDEN

*Heal me, O Lord, and I will be healed;
Save me and I will be saved,
for you are the one I praise!*
Jeremiah 17:14

Rachel's Healing Garden is a refuge for anyone wounded or touched by abortion loss, providing comfort, spiritual support, and peace in the middle of God's creation. Maintained by the Respect Life Apostolate, this beautiful garden was dedicated in 1998 by Archbishop Joseph Naumann and is located in a special section of Resurrection Cemetery in Affton (6901 Mackenzie Rd, St. Louis, MO 63123).

The garden's Scripture passages etched on stone monuments along the path reveal God's abundant love, mercy, and healing for all of His children.

The Laudate Si Garden Club, volunteers who give their time and talent throughout the year, recently came together to work on plans to further beautify and improve the Rachel Healing Garden. Thanks to these talented volunteers with green thumbs, their landscape design is being implemented with the hope that visitors will continue to be comforted, pray, and feel close to God in this beautiful refuge for many years to come.



RESPECT LIFE AWARDS

CARDINAL CARBERRY AWARD



Named in honor of John Cardinal Carberry for his leadership and vision in establishing the Archdiocesan Pro-Life Committee (APLC), now known as the Respect Life Apostolate, the Cardinal Carberry Award is presented annually to an individual or individuals who have

made a significant contribution to the pro-life cause. Recipients have been both "high profile" and "behind the scenes" pro-life activists who have made great personal sacrifices in their efforts to live out the principles and values of the United States Conference of Catholic Bishops "Pastoral Plan for Pro-Life Activities."

PREVIOUS AWARD RECIPIENTS

2022 Pamela Fichter
2021 Molly Kertz
2020 Sheri Petruso
2019 Maureen Kane & Diane Snively
2018 Mary Ann Hoeynck
2017 Steve Rupp
2016 Mary Laubengayer, Our Lady's Inn, Larry Bereswill
2015 Rose Hensley
2014 Emily Newsham & Jim Reardon

2013 Joan & Charles Bextermiller
2012 Sr. Catherine Marie Stewart, SDSH
2011 Rev. Mr. Samuel & Gloria Lee
2010 David & Patricia Drury
2009 Theresa Forthman
2008 Rita Sparrow
2007 Douglas & Margaret Munsell
2006 Jennifer Brinker
2005 Jerry Kerkemeyer
2004 Dr. Henry & Rose Ann Clever
2003 Martha Matoushek
2002 Mary Robert
2001 Joan & Walter Gemmer
2000 Judy Browning
1999 Ruth & Patrick Dyer
1998 Patricia Blood
1997 Miss Edna Penny
1996 John Henry
1995 Rev. Msgr. Joseph F. Naumann
1994 Fritzie Alferman
1993 Dorothy Schonhorst
1992 Anthony Sansone, Deby Schlappizzi, Dr. Armand & Gloria Brodeur,
1989 The People of Missouri
1988 Mildred Tichacek
1987 David Metherd
1986 Loretto Wagner
1985 Harvey Johnson
1984 Rev. Louis Hanlon
1983 Shirley Ducey
1982 Martin Duggan
1981 Paul Byrne, M.D.
1980 William Brennan, Ph.D.
1979 Eugene Freeman
1978 Jerome Shen, M.D.



FRIEND FOR LIFE AWARD

The Friend for Life Award, established in 2020, is given each year to archdiocesan Respect Life Apostolate volunteers who proclaim the Gospel of Life in an extraordinary way in their everyday lives.

2022 Carol DeGhelder, Samuel Mehmert, and Jeannine Sinak
2021 Joan Atkins, Mary Dyer, Marisol Pfaff, and Chuck Raymond
2020 Bob Ellis and Jeffrey Stoll

CREATIVE WRITING CONTEST

EIGHTH GRADE COMPETITION

Since 1979, the Respect Life Apostolate and archdiocesan Office of Education and Formation have been blessed to co-sponsor an annual writing competition on the Gospel of Life for 8th grade students planning to attend a Catholic high school or accredited Catholic home school program.

In 2022, the RLA awarded five high school scholarships and five youth event award scholarships.

The contest opens each year in January. For more information, contact your parish school, Catholic home school co-op, or the archdiocesan Education & Formation office at 314-792-7300.

GENERATION LIFE & STEUBENVILLE YOUTH CONFERENCE WINNERS

VERONICA GRIESBAUER

St. Gianna | Home School

MAURA NIEBRUGGE

St. Margaret Mary Alacoque | Seton Home Study

CHIDUBE NWANKWO

Holy Infant | SLU High

JOSIE O'BRIEN

St. Gerard Majella | Cor Jesu

JOHN SCHULTZ

St. Paul, St. Paul | St. Dominic

HENRY REARDON

St. Clement | De Smet

Bishop Edward J. O'Donnell Scholarship

Recently, I went to the March for Life and learned that maintaining a solid culture of life is critical to happiness. Numerous distractions in today's world make this challenging. I can take an active role in building a culture of life and encourage others to do the same by reinforcing the importance of spirituality. Many people drift away from faith because their focus changes with increasing pressures to excel in work and school. They become enveloped in stress and overwork themselves trying to achieve things they think will bring them happiness. They are enamored by social media and material goods and get stuck in a cycle that's very difficult to break. Learning the value of spirituality and how an improved relationship with God can bring a sense of peace can shift one's focus from oneself to others. When people are focused on themselves, they make choices for their own benefit. Improving their spirituality can teach the rewards of helping others, which has a tremendous impact on building a culture of life.

Spiritual growth helps us understand that abortion completely destroys a culture of life. Aborting a defenseless human is no different than murder, which is a mortal sin and breaks your relationship with God. People refer to abortion clinics, which doesn't make any sense because clinics are supposed to help people, not kill them. Mother Teresa said, *"It is a pity to decide that a child must die so that you may live as you wish."* (nmsu.edu) Stress, distraction and selfishness lead to poor choices. Building a culture of life requires us to reinforce the value of being selfless. I personally can help by being a good role model, being kind, living a chaste life, praying, actively participating in Mass and youth ministry, helping the less fortunate, avoiding societal temptations and peer pressure, and encouraging others to do the same. A strong faith needs nurturing. As I grow into adulthood, I will strive to put God first and think of others before myself. In doing so, I will find true happiness in helping to build a culture that values all life.

SUPPORT THE PRO-LIFE SCHOLARSHIP FUND:

A photo of this [QR code](#) will link you to that giving option.





GEORGE VOLMERT

St. Francis Borgia | St. Francis Borgia
Mary Forrestal Hennessey Scholarship

The toddlers in the back row cheer when they see the big cake on top of the shopping cart. Every other week their mother pulls up to the food pantry with them in the car seats in the back row. When the mother sees the cart full of food, she immediately says thank you as I load the contents of the cart into her trunk. It makes me happy to give this joy and I have learned that this is called giving direct assistance to families. I think it gives them hope. Taking an active role in building a culture of life in my community and encouraging others to do the same can aid moms and dads to choose life.

I work each Thursday at my parish's food pantry helping people receive the nourishment they cannot afford to buy themselves. Many of the people are mothers with kids. The provisions I load into the carts consist of meat, vegetables, canned goods, bread and, last but not least, dessert. I realize that I am helping mothers since they would otherwise have to pay for food on their own.

Another active role I take in providing direct assistance is by donating diapers to the Deacon Diaper Drive which supports struggling mothers. This year I have gone to the store with my mom and have bought a package of diapers with my own money. Taking the diapers to church, I drop them in the donations box. The diapers will go to the Pregnancy Assistance Center in my town to be given to mothers.

In high school next year, we will have to complete community service hours. When my friends and I talk about what we will do, I will tell them about volunteering for the food pantry and the pregnancy assistance center. I believe by helping I can do my part to build the culture of life and bring people hope and faith into their families' lives.

ISAAC AGUAYO

St. Francis Cabrini | SLU High
Mr. & Mrs. George Kletzker Scholarship

Chastity is an important virtue that protects and respects life itself. Living out the virtue of chastity shows us that all life is sacred. Chastity also shows us how to respect our bodies. God gives us the grace to live out chastity as a virtue, and with that grace we should protect and respect the life of everyone, even the unborn.

Today in the 21st century, it has become very important to protect life. Evil things such as abortion, euthanasia and capital punishment have become normalized in this new age. As a church of God we need to have the virtue of chastity to protect life from these crimes that have become legal. Life is one of the greatest gifts we can receive from God, so we need to protect this powerful gift of life by having faith, praying and asking God to give us this powerful grace of chastity.

As a Catholic community, we should promote chastity the same way St. Paul promoted Christianity: by spreading the word around the world. St. Paul had to travel by foot and boat just to spread God's word. Why don't we spread His word just as much? In this new age we are able to communicate with the press of a button, so we should be using every piece of technology to promote and spread the word of God.

In the Old Testament, any piece of scripture from God was documented and kept sacred. So why do we use God's word (which is life) so horribly? We use His word as if it was trash, throwing it away, treating it like garbage, killing it. We need to protect life for everyone. Many people say that they do not care about God because they have never seen Him in their life, but this isn't true. We see God in our everyday life because every person, every unborn person, every single life is a sign of God.

SERA JULIET SIEMER

St. Austin | Cor Jesu

Respect Life Apostolate Scholarship

Stronger Women, Stronger Men

"To a great extent the level of any civilization is the level of its womanhood. When a man loves a woman, he has to become worthy of her. The higher her virtue, the more noble her character, the more devoted she is to truth, justice, goodness, the more a man has to aspire to be worthy of her." (Fulton Sheen) A man, in order to be worthy of a virtuous woman, must inevitably become virtuous himself. Virtuous men become the protectors of women and children that God intended them to be, and evils like abortion are extinguished.

As a young woman, I can promote the culture of life simply by striving for virtue. This can be done in the smallest of everyday tasks, but adds up over time, and impacts those around me. Daily opportunities for growing in virtue include patiently helping a younger sibling with homework, treating classmates with kindness and doing household chores without complaint. Another particularly important virtue for women is modesty. While modesty in dress is obviously essential and affects those we interact with, modesty in our speech and actions is also important.

When people see others they respect acting virtuously, they want to imitate that. By our good example, we can help those around us to become holier. When women around us are inspired to grow in virtue, it has an effect that spreads to those that they interact with, especially men. The men in turn grow stronger themselves, and when they become strong in virtue, they adopt their natural role as protectors, inevitably promoting a culture of life.

Strong men will become strong fathers, raising their children to respect life and protecting them when they are in danger of abortion. They not only protect children, but women as well, cherishing and honoring their God-given dignity. Some will also become priests who will promote a culture of life by praying outside abortion clinics, preaching Catholic doctrine on the dignity of life and supporting Catholic families. Let us strive to live virtuously every day, knowing that even our smallest actions can help create a culture of life.

ISABELLA HEIT

Holy Infant | St. Joseph

Knights of Columbus Missouri Council Scholarship

Blessed Virgin Mary,

I ask your help to obtain the self-restraint to live out a chaste life just as you did. I pray that as God's daughter I may have a deeper understanding of how my choices and actions impact how others perceive me. I pray that I can motivate others around me to follow God's plan for their sexuality. I can do this through your intercession by speaking respectfully, watching appropriate movies, having open relationships, staying responsible at public events and promoting a chaste life to future generations.

Heavenly Mother, please help me lead a life of chastity by dressing modestly, so that I can treat my body more as the God-created temple it is rather than an object and so that I can show the importance of chastity in my life. I pray for the willpower to avoid films, TV shows and movies that show sex as entertainment purely about pleasure, rather than the sacred intimate thing only to be done by a husband and wife.

I ask that when the time comes, I may find a life partner with good morals, that I may be able to express my beliefs on chastity, and we may be able to help each other along the way. Similarly, I seek your help to guide me to remain respectable when alcohol is involved, so that I do not put myself in a position in which my chastity is questioned.

Lastly, I pray for all the struggling teen moms or pregnant mothers. I pray that instead of shaming their situation, the Catholic community can work together to support them and their children, and can offer other plans than abortion. I pray that we can help them feel your presence while making their decisions.

Mary Mother of God, I ultimately ask you for the strength to know when to step in and make a suggestion on the importance of chastity, so that my efforts of living a chaste life may be noticed by someone and impact their life for the better. Thank you for being an incredible inspiration and chaste role model. Amen.

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As a young woman, I can promote the culture of life simply by striving for virtue. This can be done in the smallest of everyday tasks, but adds up over time, and impacts those around me.

Sera Juliet Siemer, Eighth Grader



WALKING WITH
Families
IN DIGNITY & LOVE



CELEBRATION OF LIFE MASS

In the 50th Anniversary Year of the Respect Life Apostolate

Join the Archdiocese of St. Louis community to thank God for ending abortion in Missouri, honor those lost to abortion, pray for those wounded by abortion in need of healing, and commit to build a Culture of Life and Love.

Saturday, January 14, 2023 • 10 AM

Cathedral Basilica of St. Louis, Archbishop Mitchell Rozanski, Celebrant

Holy Mass • Rosary • Benediction



The Mass collection will benefit the LifeLine Coalition, which helps thousands of local women & families annually.



WALKING
WITH *Moms*



ANNUAL
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BUILD MY CHURCH

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Embryo Defense. embryodefense.org
EWTN Global Catholic Network. ewtn.com
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Mary Queen of Angels. maryqueenofangels@mail.com
Missouri Catholic Conference. mocatholic.org
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Project Rachel. hopeafterabortion.com
Sisters for Life, Inc. sisforlife.org
St. Joseph Radio. saintjosephradio.net
Support After Abortion. supportafterabortion.com
Students for Life of America. studentsforlife.org
Vitae Foundation. vitaefoundation.org
USCCB Pro-Life Secretariat. respectlife.org



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Abortion Healing Ministry. archstl.org/hope-healing
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cardinalritterseniorservices.org
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archstl.org/office-of-consecrated-life
Faith Alive in the Home. faithaliveinthehome.org
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Respect Life Apostolate. strespectlife.org
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WAYS TO GIVE



ANNUAL CATHOLIC APPEAL

Our ministry is made possible through generous donations to the archdiocesan yearly appeal.

archstl.org/annual-catholic-appeal-office

ENDOWMENTS

The interest in the fund is directed annually to the respective activities of the Respect Life Apostolate, leaving the principal gift untouched. Gifts can be made by naming the endowments as a beneficiary of a will, bequest or life insurance policy. Cash donations, charitable gift annuities, or donations of stocks and securities are also accepted and appreciated.

ARCHBISHOP NAUMANN ENDOWMENT FOR ABORTION HEALING

Donations are restricted to support archdiocesan post-abortion ministry efforts including Project Rachel, Project Joseph, Rachel's Vineyard, Catholic Renewal Center, Rachel's Healing Garden and Naming and Commendation.

CARDINAL RIGALI

ROSE FOR LIFE ENDOWMENT. The Rose for Life Endowment Fund allows donors to provide long-term financial support to the ongoing activities of the Respect Life Apostolate.

SUPPORT THE RLA

by [scanning this QR code](#) or contact Cindy Haehnel at 314-792-7556 or cynthihaehnel@archstl.org



PRO-LIFE SCHOLARSHIP ENDOWMENT

The winners of the annual Archdiocese of St. Louis Respect Life Creative Writing Contest are awarded a \$1,000 scholarship from this endowment. Your support enables us to continue and expand the number of scholarships awarded to students each year so they can continue their Catholic education in high school.



FRIENDS FOR LIFE

GENERAL FUND. Donations fund the operation and support the programs and activities of the RLA.

GIVING TO THE RLA THROUGH YOUR WILL OR TRUST

Gifts to the Apostolate can also be made through your will or trust as a:

- Specific dollar amount.
- Percentage of your estate.
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You may also name the RLA as a beneficiary of a retirement plan.

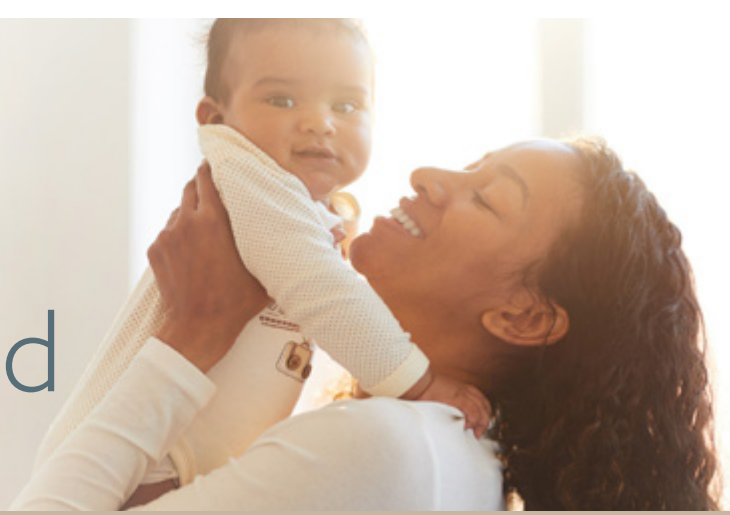


LIFELINE COALITION

CAMPAIGN. The LifeLine Coalition is a local network of pro-life caregivers and social service agencies who are

committed to walking with moms in unplanned and crisis pregnancies. This annual campaign drive through parishes raises money to provide local women with practical assistance including medical expenses, food, clothing, housing, counseling, adoption services, and spiritual support.

Called to Serve Moms in Need



Our Blessed Mother models a profound witness to love and life in the Gospel account of the Visitation. Luke's Gospel tells us that, when Mary learns that her cousin Elizabeth is pregnant, she travels to the hill country "*in haste*" (Lk 1:39). Despite being unexpectedly pregnant herself, Mary responds to this news with urgency.

She embarks on a long and perhaps difficult journey to be with her cousin during her time of need, bearing Christ to her as He lay quietly hidden in Mary's womb. And, although Jesus is veiled from view, when Mary first arrives John the Baptist leaps for joy in Elizabeth's womb, recognizing the presence of Christ (Lk 1:44). Mary, with Jesus, spends the next three months at Elizabeth's side.

The witness of our Blessed Mother invites us to become more aware of the needs of pregnant and parenting moms in our own parishes and communities. A woman with an unexpected pregnancy may have any number of fears and challenges: facing judgment from her friends and family, losing her job or housing, or being abandoned by the father of her child.

Following Mary's example, we can ask ourselves how to better know these mothers, listen to them, seek understanding, and help them obtain the necessities of life for themselves and their children.¹ How can we, like the Blessed Mother, lovingly support mothers in welcoming and caring for God's gift of life?

Throughout the whole of Scripture, Mary's words are few. Yet, in her sacred encounter with Elizabeth, a powerful declaration pours from her lips. Mary proclaims to all generations that the Lord *lifts up the lowly, fills the hungry with good things, and remembers his promise of mercy from age to age* (Lk 1:46-56). In both word and deed, Mary speaks a

My soul proclaims
the greatness of the Lord;
my spirit rejoices in God my savior.

Luke 1:46-47

message of *hope*—not only to Elizabeth, but also to every mother in need and to each of us.

Mary's witness is an invitation to step out in love and compassion. It is a summons to *make haste* to help vulnerable women who may be isolated and alone. By doing so, we too can bear Christ within us and help others experience His presence.

Inspired by the Blessed Mother's example and guided by the Holy Spirit, may we offer Christ's presence and love to mothers in their time of need through our faithful service and support.

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¹ Lori, Most Reverend William E. 2022. Homily for the Opening Mass of the 2022 National Prayer Vigil for Life. Delivered at the Basilica of the National Shrine of the Immaculate Conception, Washington, D.C. January 20, 2022. <https://www.usccb.org/prolife/archbishop-william-e-lori-opening-mass-2022-national-prayer-vigil-life>.

Golden Gala

A CELEBRATION OF LIFE

50 Years of the Respect Life Apostolate, Archdiocese of St. Louis



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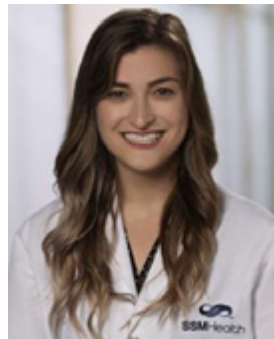
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Jessica Jenkins, M.D

Continuing to follow the call of Humanae Vitae, utilizing medical and surgical NaProTechnology



Dr. Michael Dixon has been in practice for more than 28 years, Dr. Dixon specializes in utilizing medical and surgical NaProTechnology to treat infertility and other female reproductive diseases. His other medical interests include Natural Family Planning, in-office procedures, minimally invasive gynecologic surgeries, and pregnancy management.



Dr. Jessica Jenkins joined Dr. Dixon and SSM Health in 2022. Dr. Jenkins graduated medical school from the University of Toledo College of Medicine and completed her residency at Mercy Hospital St. Louis.

Dr. Jenkins' medical interests include Natural Family Planning, minimally invasive gynecologic surgeries, and pregnancy management. "I am passionate about providing comprehensive and individualized women's health care, both during pregnancy, and in all stages of life," a quote from Dr. Jenkins.

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