



THE COLLEGE EXPERIENCE

Find out how Catholic colleges and universities
are meeting the needs of today's students

FAITH LIFE

How to keep your faith in college

Sin and unhealthy relationships will get in the way if we let them

By Father Patrick Hyde

One of the most beautiful yet heart-breaking parts of working in college campus ministry is accompanying students when they hit rock bottom. They have lost joy, hope and a sense of purpose. Their identity is deeply wounded. Their values have shifted radically. "How did I get here?" they ask.

Melodramatic as this may seem, interactions like this are common. Frankly, these are the real consequences of walking away from the practice of the Faith.

Most college students face a two-pronged challenge regarding their faith. On the one hand, most of their peers have already left organized religion. On the other hand, most campus cultures are not conducive to practicing the Catholic faith.

For the college student on the fence about their faith, it could not be easier and more socially acceptable to walk away. For those who are seeking to live their faith, it is rather perilous.

When a new student moves onto campus, those first few weeks are simultaneously some of the most exciting and difficult weeks of his or her life. They live and study with thousands of young people trying to figure out how to handle having greater independence, living in a dorm, encountering new ideas, and exploring the endless social options.

For students returning to campus, figuring out how to balance school with a social life, professional development, clubs, work and leisure is not easy. On top of that, upperclassmen are invited to take on leadership roles in their various groups and clubs. Time management, to put it mildly, is often a weakness for college students.

Sin and unhealthy relationships

There are also other impediments to keeping one's faith simply by being on a college campus.

Increasingly, young people are struggling with their mental health and well-being and the feelings of isolation and loneliness. For many, the anxiety and fear of going to a new place keep them from attending Mass or joining the Catholic community on campus.

If that is not enough, there can be real hatred for the Catholic Church and her beliefs.

At the same time, it is easy to lose sight of the fact that the two biggest challenges to practicing the Faith in college are sin and unhealthy relationships, which ac-



tively lead us away from happiness.

When a student comes to our Newman Center after getting spiritually, emotionally and morally lost on campus and asks, "How did I get here?", the answer is unique to their experience, but almost always includes sin and unhealthy relationships.

As the Catechism of the Catholic Church teaches, "Sin is an offense against reason, truth, and right conscience" (No. 1849). Sin, consequently, changes the way we think and look at the world. When our relationships are conducive to sin and do not challenge us to be holy, the destruction is all the more destructive. As St. Paul reminds us in his first letter to the Corinthians, "Do not be led astray: 'Bad company corrupts good morals'" (15:33).

When we lead a life of sin and have unhealthy relationships, it becomes doubly hard to turn back to God because we must work on virtue while building new, healthy relationships. For many, the thought of having to change their behaviors is hard enough; to find new friends while doing so is horrifying.

As the new school year begins, here are some tips for college students on how to keep their faith this school year (or, for those on their way back to the Faith, tips for how to take the next steps in coming home) and to become what you were made to be: saints.

Get involved with the Catholic community

If you do nothing else this school year, get involved with the Catholics on your campus. I do not mean to join the group chat or fill out a registration card,

though that may be the start. I mean commit to something. Join a Bible study and be the person who always shows up. Go to the socials. Join the student association. Live at the Newman Center. Do whatever it takes to ensure you have a Catholic community.

College is hard. You will make mistakes. You will be confused. You will feel lonely. You need a community of people who love you, who support you, and who, regardless of the circumstances, desire your good.

Develop your spiritual battleplan

The Christian life can be boiled down to two things: grace and virtue. God gives us grace so that we can make the right decisions and live a life of virtue.

Grace is primarily provided through the sacraments and prayer. As someone who likes to keep it simple, my suggestion for an initial battleplan is this: daily prayer (at least 15 minutes), weekly Mass, monthly confession.

Virtue will flow from this, but a good place to start for virtue is sobriety and chastity. We simply cannot progress in the spiritual and moral life without these virtues.

Put this in writing. Ask a friend to hold you accountable. You can do it.

Learn about the Faith

During college, you will encounter all sorts of new ideas and information. Spend time expanding and deepening your knowledge of the Faith. Read a classic like St. Augustine's "Confessions." Read a contemporary masterpiece like Father Jacques Philippe's "Searching for and Maintaining Peace." Talk with your

priest about the big questions you have or that have arisen during the course of your studies.

Build virtuous friendships

During my own time in college, I struggled with many sins and unhealthy relationships. Thanks be to God, I had a few friends who called me higher and who challenged me to follow Jesus more closely and turn from sin. If it weren't for them, I have no idea where I would be.

We need a community of Catholics, to be sure, but, even more so, we need some friends with whom we can have mutual vulnerability and an intimacy rooted in the love of God. We need these friends to learn how to love and to be loved. Jesus himself had many disciples and Twelve Apostles, but even he had an inner circle of Peter, James and John.

Remember who and whose you are

The world will tell you many lies about who you are. You will even tell yourself some

lies about who you are. But to God, you are always his beloved. To quote the first paragraph of the Catechism, "God, infinitely perfect and blessed in himself, in a plan of sheer goodness freely created man to make him share in his own blessed life." You are mad for holiness, for greatness, for happiness.

It does not matter where you are (or even how you got there). God loves you. God beckons. Take courage. Get up. Jesus is calling you.

Father Patrick Hyde, OP, is pastor of St. Paul Catholic Center in Bloomington, Indiana.

**"Do not be led astray:
'Bad company corrupts
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— 1 Cor 15:33**

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EVANGELIZATION

Kansas students plan to transform culture in America

New strategic plan at Benedictine College prioritizes mission that lasts beyond university years

By Tom Hoopes

“We are not expecting much from you,” Kansas City Archbishop Joseph Naumann told graduates of Benedictine College in Atchison, Kansas, last May. “Just to help transform culture, society and the world.”

Then he added: “You can do this!”

They believe him. “I have come up with ways that I believe I could transform culture wherever I go next,” Clare Blaney, senior biology major from Bloomington, Illinois, told me. How? “By living a Christ-centered life and by treating every person I encounter as if they are themselves Christ,” she said.

The college’s new big push is a plan to “Transform Culture in America,” and President Stephen Minnis explained how it began.

What was it for?

“We had spent all this time with the goal of ‘building one of

America’s great Catholic colleges,” he said. “Finally, we stopped and asked ourselves, ‘Why? Why do we want to be one of America’s great Catholic colleges?’”

I was actually a witness to that moment. I am writer in residence at the college, teaching in the Department of Journalism and Mass Communications and serving as vice president of college relations. I was waiting outside the president’s office one morning when he and the dean of the college, Kimberly Shankman, walked in.

They were excitedly sharing that the same question had been nagging both of them: The college was boasting about two decades of record enrollment, several new residence halls, and five new academic buildings, including a 100,000-square foot STEM building.

It was all wonderful — but what was it for? Their question became a board of directors dis-

cussion, then a faculty discussion, then a two-year process in which industry and thought

leaders met with faculty, alumni, board members and students to answer the question: How can a

college help change the world?

The answer was the Transforming Culture in America strategic plan, which has changed the way the college sees its mission. Much of its success has happened off campus:

— An alumnus public school teacher working with undergraduates to implement a human dignity curriculum that caught the attention of the Holy See Mission to the United Nations;

— A Spark Tank entrepreneurial formation program the college is using to help transform urban areas, starting in Ferguson, Missouri; and

— Elementary and high school teachers coming to the campus to learn how to teach civic virtue and America’s founding principles.

Agents of change

But Priority 1 in the Transforming Culture plan is to form students like Blaney to be agents of change. The plan says that what the world needs to battle loneliness, hopelessness and



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Clare Blaney, a senior biology major, conducts research in the organic chemistry lab in the college’s new 100,000 square foot STEM building. Courtesy photo

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polarization are “community, faith and scholarship” — the three hallmarks of the Benedictine charism, which are also the college’s mission. Students like Blaney challenge themselves in each area — she is a cheer captain (community), a Mass greeter (faith) and the treasurer of the Biology Club (scholarship).

“I have loved my time at Benedictine not because it has been easy, but quite frankly because it has been anything but easy,” she said. “Benedictine has given me so much academically, spiritually and socially. The confidence I have gained through the past few years is something I will take with me forever.”

“I never knew how capable I was of doing such difficult things,” she said. “And for this reason, I have the confidence to say that I am prepared for whatever I do next.”

She hopes to pursue occupational therapy.

The answer to the universe

I also spoke with Nicholas Koval, a junior physics and philosophy major from Atlanta. He was on campus all summer working on a research project with the Benedictine College Physics Department. With two other students, he is researching molecular dynamics in intense laser fields. One of the students, an astronomy major, is modeling astrochemical reactions in protoplanetary disks.

Koval said a Catholic college doesn’t teach physics differently from a secular college, but it does bring a new attitude.

As a physics research intern he has learned that “the study of physics is a deeply spiritual matter where we can have an encounter with God’s creation in both a creative and analytical way.”

“In our physics and math classes, we ask questions regarding the universe, its composition and dynamics. From there, in the required philosophy classes, we have the freedom to explore the nature of the universe and how we can comprehend things about it,” he said. “This beautiful train of thought is completed in our theology classes where we find the answer that this universe exists simply because God loves us.”

Koval said he has also learned to challenge himself in each aspect of the mission: He competes in varsity track and field and has appeared in Benedictine theater (community), he is a Gregorian Fellow (faith) and a Presidential Scholar (scholarship).

“The small class sizes have created an inviting environment to develop close relationships with our professors,” he said, and the ability “to participate in the more creative side of physics via a research project.”

The Raven Standard

But another student working on campus this summer explained how each aspect of the mission can affect major change.

Kieran Amsberry of San Diego is a senior math major who is minoring in philosophy. He is president of the Math and Computer Science Club and vice president of the math honors society, Kappa Mu Epsilon.

“The most surprising thing about community life at Benedictine College,” he said, is that “there is so much depth in the opportunities to live in communion with others ... from intramurals to prayer and support groups.” Amsberry played on the intramural rugby team and plays pick-up ultimate frisbee now.

Minnis explained that the world needs experts in community-building, so the college very intentionally plans to provide them through the Raven Standard, which is built to deliver the characteristics of a Raven. The idea is that they will bring community, faith and scholarships to all walks of life where they land.

“We worked with several groups to try to determine what makes a Raven special. Why would an employer say, ‘Get me a Raven?’” said Minnis.

Blaney, the biology major I spoke with, said, “I think I will be successful in my field due to the characteristics of a Raven.”

One relationship at a time

Amsberry said the college’s faith life is integral to its community life.

“There is a ‘cloud of witnesses’ here on campus that points to the Lord,” he said. “You are not alone in the Faith, regardless of how much you’ve dipped your feet in the water. I have been supported ... through my roommates, the monks, and even people I have barely talked to, through conversation and prayer.”

Blaney said it all adds up to Transforming Culture in America — one relationship at a time.

Tom Hoopes, author of “The Rosary of Saint John Paul II” and “The Fatima Family Handbook,” is writer in residence at Benedictine College in Kansas and hosts “The Extraordinary Story” podcast.

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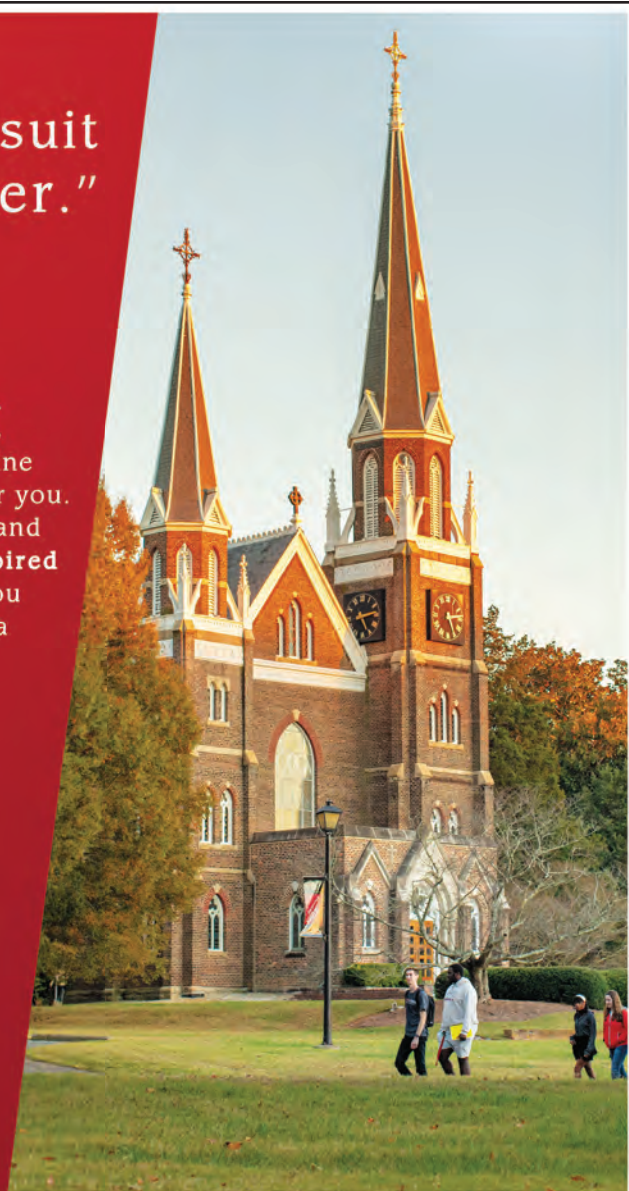
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PRO-LIFE

Meet the nation's largest pro-life student group

Notre Dame Right to Life, which started in 1972, has over 500 members today

By Katie Yoder

As head of the nation's largest pro-life student group, Kylie Gallegos readily shares her advice for other groups at colleges and universities: Never slow down and remember the importance of the little things.

"That's what we've done, is never slow down," Gallegos, the president of Notre Dame Right to Life (NDRtL), told Our Sunday Visitor. "And to always remember that even if these smaller on-the-ground efforts don't seem like they're doing much, that's the reason that the pro-life movement is doing well right now."

The 21-year-old senior from Stillwater, Oklahoma, leads the pro-life club at the University of Notre Dame, a Catholic university in Notre Dame, Indiana. The club of more than 500 members began in 1972 — the year before the Supreme Court's ruling in *Roe v. Wade*, which legalized abortion nationwide.

Today, NDRtL calls itself the first pro-life university club in the U.S.

The members promote the sanctity of human life through prayer, service and education. Through these three pillars, they promise to foster a culture that recognizes the inherent dignity and worth of every person, from conception to natural death.

NDRtL engages in a wide-range of activities, from hosting pro-life speakers such as St. Gianna Beretta Molla's daughter, Dr. Gianna Emanuela Molla, to organizing events such as Respect Life Week. Members also inform fellow students about the life issue on campus, volunteer with local charities, and pray and attend Mass together.

'Adopt-a-Mom'

Gallegos revealed one of their favorite activities: Supporting mothers facing unexpected pregnancies.

Through the "Adopt-a-Mom" program at Let Them Live (LTL), a nonprofit dedicated to empowering pregnant women to choose life by supporting them financially and emotionally, NDRtL

supports one mom at a time.

Last school year, NDRtL raised \$4,000 for a single mother expecting her fourth child. The students also prayed for her, threw a baby shower, made baby blankets, surprised her other children with Christmas presents, and wrote encouraging letters.

Emily Berning, co-founder and president of LTL, recognized NDRtL's support.

"To the moms NDRtL has adopted, the support from [them] has meant so much and was literally the difference between life or death," she said.

In a video shared with Our Sunday Visitor, the mom that

NDRtL adopted in 2022 expressed gratitude.

"I had a whole bunch of people that I didn't even know rooting for me," Cassie, who gave birth to her baby, La'Riya, in February, says. "It was just a blessing."

Prayer

Gallegos listed prayer as the first pillar through which NDRtL supports life. Club members not only pray the Angelus and Chaplet of Divine Mercy weekly, but also attend monthly Right-to-Life Masses and weekly dorm Masses.

Other prayer activities include a 54-day Rosary Novena for life, a death-row novena email list, and Eucharistic adoration.

Leaning into their Catholic identity, the club picks a patron saint each year. For 2023-24, NDRtL chose the patroness of the unborn: Our Lady of Guadalupe, who appeared as an expectant mother to St. Juan Diego in Mexico in 1531.

"We're going to try to get involved with the Hispanic Ministries [at Notre Dame]," Gallegos said of the pick. "Leaning very heavily on Our Lady this year, it's kind of the plan."



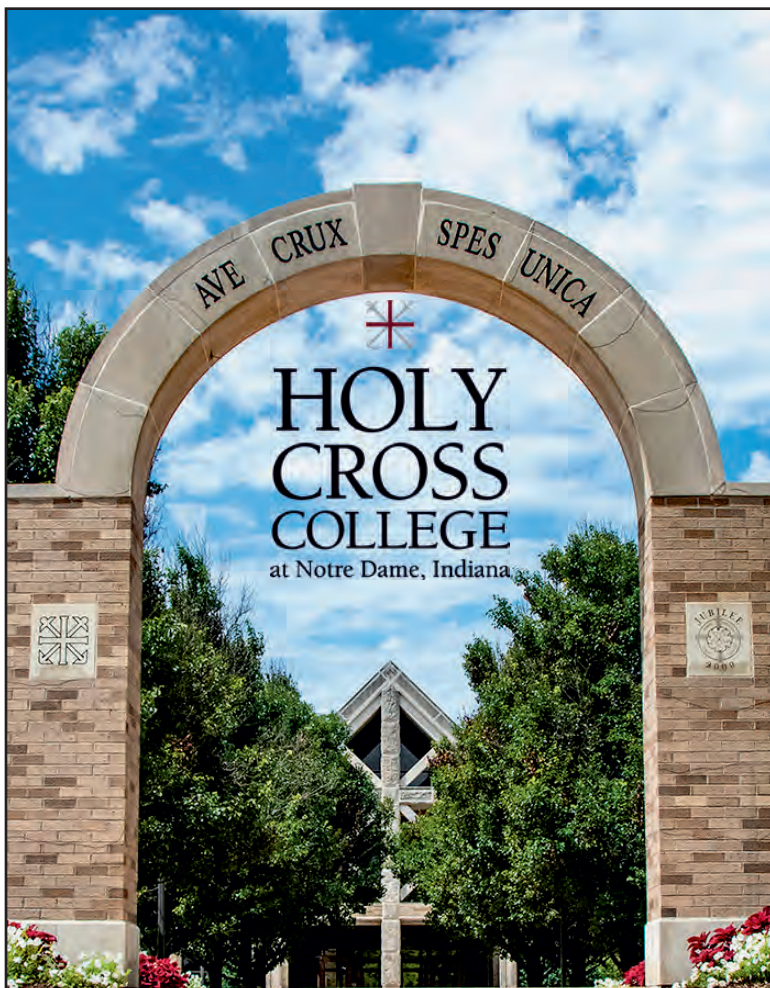
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Notre Dame Right to Life participates in the 2023 March for Life in Washington, D.C. Courtesy of Kylie Gal-

legos/Notre Dame Right to Life



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Notre Dame Right to Life gather before the university's "Word of Life" mural. Courtesy of Kylie Gallegos/Notre

Dame Right to Life

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Gallegos stressed that the university's Catholic identity impacts every facet of the club.

"The fact that we're advocating for the unborn stems from the fact that we all believe in the inherent dignity of every human person, that's coming from our Catholic faith," she emphasized.

Service

In addition to "adopting" mothers in need, NDRtL partners with charities to promote life through service.

Gallegos highlighted involvement with two charities, beginning with Holy Cross Village, a local retirement community, where students visit with the residents and participate in events from dances to game nights.

NDRtL also helps the local Women's Care Center, which provides pregnant women with free resources and support. Their club, Gallegos said, throws baby showers there.

Members have also volunteered with Hannah & Friends, a nonprofit dedicated to improving the quality of life for individuals with special needs, and have provided childcare at Hannah's House, a local maternity home.

Education

To educate on the life issue, NDRtL members engage in outreach: The group publishes a journal called "Footprints," hosts a *Humanae Vitae* lecture series, holds trainings on campus and stays updated on legislative and political efforts.

The group also advocates for

end-of-life issues, including by writing letters to inmates on death row, and supports adoption and foster care through activities like creating backpacks for children in foster care.

Gallegos said that, in addition to outside speakers, a variety of professors deliver talks about the life issue.

On their website, NDRtL lists pregnancy resources, including the Notre Dame Family Resource Center, which provides support for parenting and pregnant students, so that students facing unexpected pregnancies know they are not alone.

A message for pregnant students

Gallegos shared her message for students facing unexpected pregnancies.

"The first thing that I would let her know is that she's strong enough to face this path that might seem daunting before her — but really emphasizing that we're at a university that vows that any pregnant student will receive the university's full support, accommodations for coursework and housing, free physician appointments, free counseling with our Family Resource Center, before and after the pregnancy," she said.

She stressed that, in addition to the local Catholic community, every NDRtL member is ready to provide support.

Holistically pro-life

Gallegos, who is majoring in American Studies and theology, revealed her focus as club president for the upcoming school year: Going in a "pro-life feminist-type direction" and focusing on true femininity.

Before leading as president, Gallegos served on the NDRtL board for two years. The group has faced challenges and spiritual attacks, she said, pointing to division within the club last year.

She emphasized the importance of staying focused and relying on Our Lady at "Notre Dame" (a French term that translates to "Our Lady") to move forward.

Following the overturning of *Roe*, Gallegos called changing the culture a "big concern" for students.

Hundreds of students regularly attend the March for Life, the nation's largest annual pro-life rally that began in response to *Roe*, Gallegos said. (To join NDRtL, students can either pay dues or attend the march, with most of the cost covered by Notre Dame's de Nicola Center for Ethics and Culture.)

Gallegos said that, in addition to outside speakers, a variety of professors deliver talks about the life issue.

Now, for the upcoming school year, Gallegos hopes to celebrate what it means to be a "Roe-free woman" by focusing on 1972 as the year before *Roe*, the year the pro-life club started, and the year Notre Dame first admitted undergraduate women.

"So trying to take this number that represents women at Notre Dame but also kind of turning it into another symbol of women at Notre Dame, [the] pro-life movement at Notre Dame, a pre-*Roe* woman, a woman who embraces femininity, embraces her fertility and childbearing and doesn't see children as obstacles to success," she said.

Gallegos also hopes Notre Dame Right to Life will find more ways to get directly involved service-wise, focus on being holistically pro-life and support women.

"Those are kind of the themes that will be playing out," she said. "I'm pretty excited about it."

Katie Yoder is a contributing editor for Our Sunday Visitor.



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RETREATS MAKE IMPACT

Empowering freshmen through faith

Retreats help plant the seeds for meaningful friendships of faith

By Paul Senz

For many students, college is a significant life change, and a prominent point of transition. At Catholic colleges and universities throughout the country, retreats for incoming freshmen provide an important opportunity for the students to be grounded in community life, camaraderie, and most importantly, their Catholic faith.

Freshman year is pivotal, and retreats for freshmen can prove invaluable in helping them get oriented to the college experience. “The freshmen have a chance to better know themselves and to live in the truth, especially through good friendships and — we hope — through a heartfelt relationship with Jesus Christ and His Church,” said Dominican

Father Joseph Hagan, chaplain for undergrad formation at The Catholic University of America. The freshmen retreat at CUA is intended to help with this. “It’s a chance to get away from the distractions and stresses of our regular schedules, and to dedicate a time to prayer, community, and recollection,” Father Hagan said.

Back to school, back to confession

“We hope our retreat gives the freshman a chance to better understand who they are in light of the Father’s love, to decide what kind of friend they want to be, to experience Christ’s mercy in confession, and to worship the God whose love is everlasting.”

The retreat at CUA is voluntary for incoming freshmen. Typically around 200-250 student take part, which is about a

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The Catholic and Marianist University

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third of the freshman class. The retreat takes place at a campground on Chesapeake Bay, which allows for both outdoor recreation and quiet reflection.

Student leaders take charge

Michael Ellison participated in the retreat as an incoming freshman in 2021, and has also served on the leadership team each year since. Now a junior, he is a philosophy major with a theology minor. “It is highly important to provide retreats to college freshmen because they are a wonderful way to not only become introduced to the school and its culture, but also provide an experience that allows the freshmen to come together and make memories, leading to new friendships and a sense of connectedness once they return to campus,” Ellison said.

His experience leading the retreats has been rewarding. “It is honestly just very fun and spiritually fulfilling to work on these retreats and minister to the freshmen,” he said.

Ellison said that CUA’s retreats are set apart from those of other schools in several ways. First, they are entirely student-led, with campus ministers and retreat leaders taking charge. Second, the influence of the Dominican friars and other campus ministry staff members “bring such a distinctive and unique spirituality and mindset to the retreat, resulting in an experience that is fun, thought-provoking, and enriching,” Ellison said. Lastly, the retreat isn’t just a weekend away from classes; “It is a weekend with a mission, to bring students toward each other and Christ,

The retreat is referred to as “The Connections Retreat” because it is about more than orienting students to campus life.

and serves as an introduction to our entire campus culture, a culture of community guided by our motto, *Deus Lux mea est*.”

Building connections

Providence College has been welcoming freshmen to its Rhode Island campus for over a century. Jessica Sullivan, a senior elementary/special education major and philosophy minor, now helps lead the retreats which help orient freshmen to the Providence experience.

“The purpose of a freshmen retreat is to welcome freshmen and introduce them to each other and to the Faith,” Sullivan said. “Many freshmen come from a faith background (which has drawn them to this retreat) and many are still learning about the Faith, but each and every freshman entering college has the choice to pursue faith on their own accord, and

welcome freshmen and introduce them to each other and to the Faith,” Sullivan said. “Many freshmen come from a faith background (which has drawn them to this retreat) and many are still learning about the Faith, but each and every freshman entering college has the choice to pursue faith on their own accord, and



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POPE FRANCIS EMPHASIZES THE BENEFIT OF RETREATS

“Those who live a retreat in an authentic way experience the attraction and fascination of God and return renewed and transfigured in their daily lives, their ministry and their relationships.”

— Pope Francis



freshmen retreats introduce what a life of faith in college looks like.”

The retreat is referred to as “The Connections Retreat” because it is about more than orienting students to campus life. The intention is that freshmen will make connections with each other outside of the busy college environment, planting the seeds for deep and meaningful friendships with their peers, Sullivan said.

All of the retreats at Providence College rest upon the basis of faith. The structure of the retreats revolves around celebration of the holy Mass, Eucharistic Adoration, and talks from the retreat leaders about their faith journey. The freshmen retreat gives

focus to the transition into college and getting to know the people around you, Sullivan said. “The Connections Retreat allows room for team-building activities, advice for transitioning into a brand new environment, and time to learn about your peers and who you are in Christ,” she said.

Learning to navigate life

The Connections Retreat allows students to minister to their fellow students on how to navigate a life of faith on a college campus, Sullivan said. “We share our honest experiences with each other, lead each other in meaningful conversation,

and inspire each other to be better.” The retreat also opens the door to involvement in campus ministry, inviting freshmen to explore each of the ministries available in the hopes that they will join, or even lead, those ministries. “This retreat is set apart from others for its friar spirit, enthusiasm, and the deep and meaningful connections that are with the friars,” Sullivan said.

“The purpose of a freshman retreat is to help grow their relationship with God as they are entering a new phase of life: going to college,” said Adam Aguiar, sophomore management major and retreat leader. “Especially with Providence College, a freshman retreat introduces the freshmen to the Dominican friars and current students, who provide an insight into having a faith life on campus but also practicing the Faith with and like the Dominicans.”

The presence of the Dominicans also adds an element of catechetical instruction to the retreats. It “allows students to ask them questions they may have about the Faith or faith-related topics,” Aguiar said. “Having the friars on this retreat allows the students to build a friendship with them that will continue throughout their four years at Providence College.”

Paul Senz writes from Oklahoma.

A background image showing a group of diverse students in a library or study hall. Three young women are in the foreground, smiling and looking at a laptop. A young man is visible in the background, also looking at the laptop. There are coffee cups and books on the table.The OSV logo, consisting of the letters "OSV" in a bold, sans-serif font, with a red horizontal line underneath the "V". The logo is centered within a white circular area that overlaps the red banner below.

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Student in resident Eden Jhang hosts a Korean language class with Terrace Place residents Nancy Labianca, Audrey Hathaway and Gloria Pollock. Courtesy photo

University students with unconventional housemates

Students at LaRoche University are given the opportunity to live alongside senior citizens

By Maryann Gogniat Eidemiller

Julie Cleer will be a senior this fall at LaRoche University in suburban Pittsburgh, and she'll start the semester again living with seniors.

But those seniors aren't her classmates. Instead of living in a dormitory or sharing an off-campus apartment with other students, Cleer has been living with senior citizens — the 55-plus men and women at Terrace Place Vincentian.

"I thought it would be a very unique opportunity," she said about applying to Students In Residence, a partnership between the university and Vincentian Collaborative System.

It's been a winning situation for her and the other students who participated in the program since it was launched for the 2019-20 school year. It started with six students sharing three apartments in the

senior living community, and now there are four students in two apartments.

"The initial idea came from our late former president, Sister Candace Introcaso," said Ashley Testa, director of housing and residence life at the university that the Sisters of Divine Providence founded in 1963.

Charism of compassion

According to several studies, people over 65 are the most lonely of all ages. Studies also show that socializing lessens stress and improves their physical and mental health and well being. It may also improve cognition.

Research from the Center for Healthy Aging at Penn State University found that adults between the ages of 70 and 90 had better cognitive performances on the day of and two days after having frequent and pleasant social interactions.

The Vincentians have been at the forefront of care for the elderly for generations. Founded in Pittsburgh in 1902, the Vincentian Sisters of Charity merged with the Sisters of Charity of Nazareth in 2008 but kept the

Vincentine name for their nursing and personal care homes, child care centers and independent living.

"In the healthcare work of the Vincetians, since its founding the sisters have acted boldly to meet unmet needs, whether it was a home for the incurable in the 1920s, a child care center in the 1970s, or independent living in the 2000s," said Jude Hazard, executive director of communications and public relations for the Vincetians. "They have been addressing critical issues like isolation, and everything we do is part of that ethos of meeting an unmet need and doing so compassionately in a way that welcomes everyone."

The Sisters of Divine Providence have a charism of compassion, justice and peace. Their 2022 directional statement calls for expanding intergenerational and intercultural opportunities through education, dialog and lived experiences.

That's a perfect fit for the Students In Residence program.

Intergenerational connection

For students, it helps in debt relief by providing free living

space. The apartments have one bedroom and a studio room, and a bath and a half. Students can switch the different size rooms halfway through their stay, or both occupy the bigger bedroom and use the studio for studying. There's also a living room, full kitchen that saves on meal expenses, and either a patio or balcony.

Students commit to six hours a week of volunteering in a variety of activities, often sharing their own talents. One student from Zambia taught Zumba classes. Another prepared and shared a rice dish from his native Dominican Republic.

"They will give yoga classes, or paint with the residents and help them with chores," Testa said. "Obviously, our GenZ students are very good with technology and the 55-plus generation is not so good. So students help them to learn how to use social media, how to use computers, and those kinds of things."

Cleer, an IT major from Youngstown, Ohio, shares her knowledge of electronics, and that's a plus for her, too.

"Learning how to help a variety of age ranges and skill sets in technology will allow me to

be more well rounded when I am in the field," she said.

She likes to bake cookies and share recipes and stories with residents, and she's taking crocheting and knitting classes with one of the women.

There are many opportunities besides planned activities for the generations to connect. They meet up in the mailroom or lobby, in the halls or outside. Students are ready to lend a hand with taking out the trash, or helping out in many other situations.

"I'm enjoying the relationships that I'm making with other residents," Cleer said. "I'm able to talk to them about anything. I think it will be a good lifelong relationship that I can form with them, and with the lessons that they've taught me about growing up and how to interact with people. A lot of the residents are away from their families, just like the students are. I'm very close to my grandparents, and so when I'm away from home, I think of the people here as my adopted grandparents."

Quality of life

Mary Ann Sperl and her

husband, Bob, moved to Terrace Place last December. Cleer helped them with setting up their computer.

"It's good just knowing that there's someone of that age to help us," Sperl said. "We learn new skills and we teach students new skills and we might not even be aware that we are doing it."

Having the students in the building, she added, decreases the feeling of social isolation and improves the quality of life.

"We have fun with the student events like bingo and crafts," she said. "That takes our minds off our other problems, like aches and pains and aging. I'm very glad we came here."

The students also participate in spiritual programs with the residents, including praying the Rosary and non-denominational Bible studies.

Many good things have come from the intergenerational program.

"Often times seniors feel like they're becoming a burden, and we wanted to change that narrative and let them see that they are resources," said Kenna Embree, Vincentine's life enrichment

ment coordinator. "It goes both ways in a mutually beneficial relationship. By providing our students with one responsible, relatable relationship with an older adult, it increases the prevalence of many protective factors for oftentimes risky behavior, underage drinking and irresponsible driving. When the students have a reliable relationship with an older adult and someone to talk to, it provides for that resident a sense of purpose and meaning."

Testa noted that the program invests in lifelong learning and contributes to the positive development of people.

"We are bringing together young students who are just beginning their journey of learning, and the older population that's still learning every day," she said. "We are bringing those two populations together and allowing them to learn from one another. This is giving back to the community, which is part of the ministries of the Sister of Divine Providence, and a hallmark of the Catholic faith."

Maryann Gogniat Eidemiller
writes from Pennsylvania.



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NATIONAL EUCHARISTIC REVIVAL

Colleges and universities embrace Eucharistic revival

College students are the primary evangelizers of their peers, who don't know Jesus in the Eucharist

By Katie Yoder

Head of the 2024 National Eucharistic Congress, Catholic colleges and universities are embracing the National Eucharistic Revival — a movement to renew the Church by enkindling a living relationship with Christ in the holy Eucharist.

“Our hope is for college students to be empowered to become Eucharistic missionaries — individuals who bring their friends and family to the table to encounter Jesus Christ and who go out to those on the margins and periphery to share the love of Jesus,” Joel Stepanek, chief mission officer for the National Eucharistic Congress, Inc., told Our Sunday Visitor.

“We believe that college students have a key role to play in Eucharistic revival,” he said, adding, “their gifts, talents and passion are vital to what the

Lord wishes to do in the Church in the United States.”

Stepanek’s comments come as Catholic colleges and universities nationwide participate in the National Eucharistic Revival, an ongoing three-year initiative launched by the U.S. Catholic bishops. These educational institutions are committing to the revival by doing everything from organizing Eucharistic processions and adoration to preparing for the upcoming National Eucharistic Pilgrimage and the 10th National Eucharistic Congress.

Some universities, such as

the University of Mary in Bismarck, North Dakota, plan to send busloads of students to the congress, scheduled for July 17-21, 2024. The multi-day event taking place in Indianapolis marks the culmination of the

revival. Organizers anticipate that more than 80,000 Catholics will attend the first national Eucharistic congress held in 83 years.

Stepanek listed Franciscan University of Steubenville in Steubenville, Ohio, Benedictine College in Atchison, Kansas, and the Catholic University of America

in Washington, D.C., as colleges and universities particularly ac-

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“We believe that college students have a key role to play in Eucharistic revival, their gifts, talents and passion are vital to what the Lord wishes to do in the Church in the United States.”

— Joel Stepanek



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Meagan Morrissey, director of the Indianapolis Archdiocese's Office of Young Adult and College Campus Ministry, and other young adult Catholics pray during a holy hour of Eucharistic adoration. OSV News photo/Sean Gallagher, The Criterion

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Continued from Page 14B

tive with the revival.

“Renewal in the Church always involves young people,” Stepanek said. “Young people possess a zeal for the Faith that challenges all of us and a voice that brings insight into new modes of evangelization.”

Mission partners

On its website, the National Eucharistic Congress announces the involvement of several Catholic colleges and universities.

The organization lists Benedictine College, Franciscan University and the University of Mary as “mission partners” that made financial commitments and pledged resources for the congress. The team named some of its first mission partners, including OSV, in April.

The group also lists Holy Cross College in Notre Dame, Indiana, as a sponsor for the congress.

For the revival, sponsors sharing their expertise and resources include the McGrath Institute for Church Life at the University of Notre Dame in Notre Dame, Indiana, while collaborators working to spread faith and devotion to the Eucharist include Franciscan University and the University of Dallas in Irving, Texas.

Various schools also promise to open their campuses for the cross-country National

NATIONAL EUCHARISTIC REVIVAL PRAYER

Lord Jesus Christ, you give us your flesh and blood for the life of the world, and you desire that all people come to the Supper of the Sacrifice of the Lamb. Renew in your Church the truth, beauty, and goodness contained in the Most Blessed Eucharist.

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Jesus healing in the Eucharist, come and heal me.

Jesus sacrificing yourself in the Eucharist, come and suffer in me.

Jesus rising in the Eucharist, come and rise to new life in me.

Jesus loving in the Eucharist, come and love in me.

Lord Jesus Christ, through the paschal mystery of your death and resurrection made present in every Holy Mass, pour out your healing love on your Church and on our world. Grant that as we lift you up during this time of Eucharistic Revival, your Holy Spirit may draw all people to join us at this Banquet of Life. You live and reign with the Father and the Holy Spirit, God forever and ever.

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Eucharistic Pilgrimage. The pilgrimage, beginning next year, will accompany Jesus in the Blessed Sacrament on four different routes — from the north, south, east and west — while heading toward one destination: the Eucharistic congress in Indianapolis.

While traveling from the north, pilgrims will process with the Blessed Sacrament through the University of Notre Dame. On the route from the east, pilgrims will join thousands of students for

Mass at Franciscan University. Pilgrims coming from the west will celebrate Mass at Benedictine College.

Special events

Ahead of the Eucharistic congress, colleges and universities are organizing events focused on the Eucharist.

“We are providing resources to our students to deepen their knowledge of the Eucharist,” Paul Burghart, director of Extension Services at Benedictine College, said, “making our high school youth programming Eucharistic themed, and hosting various events including Eucharistic processions and adoration to encourage Eucharistic devotion amongst our students.”

At the University of Dallas, students attended a Eucharistic procession last year in one of the first revival events in Texas. The university also shared plans for the upcoming school year: Matthew Walz, associate professor of philosophy, is organizing a lecture series centered around the Eucharist.

The Adoro Te lecture series at the university and in the Diocese of Dallas will feature a variety of speakers in an effort to “seed” the revival. Walz will deliver one of the several lectures, called “The Fulfillment of All Eating.”

“My lecture considers the Eucharist through a philosophical lens by pondering the nature and meaning of eating and pon-

dering the Eucharist in light of this basic vital activity — one that is not only a human activity, but an activity in which every physically living being par-

ticipates,” Walz described. “The Eucharist is the Food of foods, as it were, and I hope my lecture provides some grounds for seeing that more clearly and believing in it more firmly.”

He shared what excites him about the series, including contributing a needed intellectual dimension to the revival.

“The Eucharist offers so much for us to contemplate, and the Eucharist also reveals the deepest secrets about our merciful Father’s love for us manifested through his Son — the love that was at the heart of both creation and the Incarnation,” he said.

Anticipating the revival

Other higher-education institutions shared how they, with what they already do, anticipated the Eucharistic revival.

As chaplain at the University of Mary, Father Dominic Bouck called devotion to the Blessed Sacrament “one of our constant priorities.”

Father Bouck, who also serves as director of University Ministry and assistant professor of Catholic Studies, revealed that he began a 40 Hours Devotion a couple of years ago. Today, the university offers the devotion — where the Eucharist is exposed for 40 consecutive hours — twice a year in addition to daily adoration.

At Holy Cross College, Andrew Ouellette, the director of Foundation and Church Relations, also stressed that his college has “always fostered a great love for Our Lord in the Eucharist.”

The college offers weekly evening adoration with the hopes of, one day, offering perpetual adoration. Ouellette also said that the college community recently established First Friday devotions, which include hours of Eucharistic adoration and Mass.

Peer missionaries

Leaders at colleges and universities who spoke with Our Sunday Visitor expressed hope that students will come away

with a deepening devotion to the Blessed Sacrament, Christ’s presence — body, blood, soul and divinity — in the Eucharist.

Father Bouck expressed excitement that his university will partner with the local Diocese of Bismarck to bus around 300 people to the National Euchar-

istic Congress. Holy Cross College and Benedictine College also hope for their students to participate.

“It is vital for Benedictine students to participate in the Eucharistic Revival because they are and will be the primary Eucharistic missionaries to their peers, a demographic which desperately needs to encounter Christ in the Eucharist,” Burghart emphasized. “If they can deepen devotion to the Blessed Sacrament here during this revival, they will take that love out into the world and share it with all they encounter.”

Katie Yoder is a contributing editor for Our Sunday Visitor.



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An estimated 1.5 million young people participate in eucharistic adoration during the World Youth Day prayer vigil at Tejo Park in Lisbon, Portugal on Aug. 5. CNS photo/Vatican Media

CLASSIC EDUCATION

Embracing the Great Books during university

*Appreciating the role of ‘Great Books’
in cultivating authentic learning communities*

By Paul Senz

There are different understandings of the purpose of a college education. For some, it is vocational preparation, instruction in how to perform a particular job. For others, it is more about setting a foundation for how to think,

how to approach the world. At many Catholic colleges and universities, students study the “Great Books,” the patrimony of (mostly) Western thought over the last several thousand years. The “Great Books” is much more than a reading list, ac-

cording to Michal Dominic Taylor, teaching fellow and dean of students at Thomas More College in Merrimack, New Hampshire. “To study the Great Books has as much to do with the culture and community within which one studies the great works of history as with the works themselves,” Taylor said. “If you authentically desire wisdom, you will

humbly surround yourself with friends who share this desire and who allow themselves to be guided by it.”

Truth, beauty and goodness

The pursuit of truth, beauty and goodness is best accomplished in a community sympathetic to those ends, Taylor said. “Without a community

and culture that is actively pursuing truth, goodness and beauty, that study will do little to form one’s soul and enrich one’s life,” he said. The “dissolute and debauched culture” with which college has too often become associated is not conducive to such a pursuit. The community at Thomas More College is dedicated to an authentic witness to the truth.

One might ask: Can’t more contemporary works have more to say to us than ancient texts? After all, Plato and Aquinas did not deal with our modern problems. More recent books are, in fact, read in Thomas More’s program. “They are read in their proper context, the context of the full splendor of the human tradition,” Taylor said. “Often-times contemporary works appear quite poorly in that light, and yet there are also many that are very much in tune with

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The right side of the advertisement features a large photograph of a diverse group of six young adults (three men and three women) smiling and posing for a selfie. They are outdoors, with a building featuring a large golden dome and a cross on top visible in the background. In the top right corner of this section is the University of St. Thomas Houston logo, which consists of a red shield with a white cross and four quadrants, with the text "UNIVERSITY OF ST. THOMAS" below it.

Continued from Page 17B

and expand upon the tradition that preceded it.” Furthermore, the questions addressed by the Great Books are perennial and eternal questions, questions that humanity has always been most profoundly concerned with.

“The Great Books are like beautiful architecture, whether it be an old stone cottage or a cathedral,” Taylor said. “They are not loved because they are old but they have grown old because they have always been cherished, preserved and loved.”

Building community

Thomas More College cultivates the kind of community to make the most out of a Great Books program, according to Taylor. Rigorous academic expectations combine with a small, simple and rustic community life, with an appreciation of and desire for the pursuit of authentic truth.

The integrated curriculum at Thomas More speaks to the universality of the questions such a program aims to answer. “The disciplines were never meant to be severed from each other,” Taylor said. “Anyone who claims that poetry has nothing

to do with mathematics knows very little about either. A true Great Books curriculum teaches students that the disciplines are different ways to study the one reality, the one Cosmos we have been given. We do not study different things but one thing by many different means.”

“In a small community like TMC’s, you are known, loved, and challenged—but so is everyone else,” Taylor said. “One can certainly pursue Truth on one’s own, or with just one thoughtful friend, but I think what college-age students need today is a full community in which they can experience the value of the particularity of a people, a place, and a time that will never exist in the same way again.”

Rome experience

At Thomas More College, each student spends the spring semester of sophomore year at the Rome campus. “Living and

breathing the Eternal City as a pilgrim is fundamental for understanding what it means to be a member of the Body of the Catholic Church,” Taylor said, and this is something that sets Thomas More’s program apart.

Liam Beecher, a junior at Thomas More College, knew in high school that he did not want to study a specialized field, but wanted “an eternally significant education which would form me as a person in a spiritually and intellectually uplifting environment.” The liberal approach to education through the Great Books is communicated by the professors, who help students “come to view all subjects with a keen vision for the truth.”

At home in a tradition

Claire Thomas is a senior at Thomas Aquinas College, where all students major in liberal arts, reading the great

works as the core of their curriculum. Whether the class is theology, philosophy, mathematics, natural science, language, or music, it is the great books that form the heart of their study.

“I choose to study the Great Books because I want to understand the world around me and my place in it,” Thomas said. “These texts show us how we know what we know. We can only know where we are by knowing where we came from.” She was specifically drawn to Thomas Aquinas College’s program because of its discussion-based classes and integrated curriculum. “TAC’s discussion method allows students to wrestle with theological, philosophical and scientific questions on their own terms. At TAC, I am constantly challenged to understand the arguments made by great authors and then apply their conclusions, so my classes are never boring.”

The Great Books do not exist each in a vacuum, but in a continuum and progression of thought. “The great minds don’t all agree about how to answer the fundamental ques-

tions about the world, about ourselves, and about God,” said John Goyette, Tutor and Senior Advancement Officer at Thomas Aquinas College. “But they do, in a sense, speak to one another through the Great Books, forming a great conversation. The best education consists in listening in on this great conversation, and also taking part in it.”

Students at Thomas Aquinas “seek the truth by reading the Great Books and thinking about the perennial questions,” Goyette said. “By focusing on fundamental questions and unchanging principles, our students begin to free themselves from the slavish acceptance of contemporary opinions and the latest woke fads.”

The principles of a liberal education go beyond a simple review of old books which have stood the test of time, according to Goyette. “A truly liberal education is one pursued under the light of faith since we can only overcome the darkness of original sin, and escape from sin and death, with the light of faith and the grace of Christ.”

Paul Senz writes from Oklahoma.

“The Great Books ... are not loved because they are old but they have grown old because they have always been cherished, preserved and loved.”

— Michal Taylor

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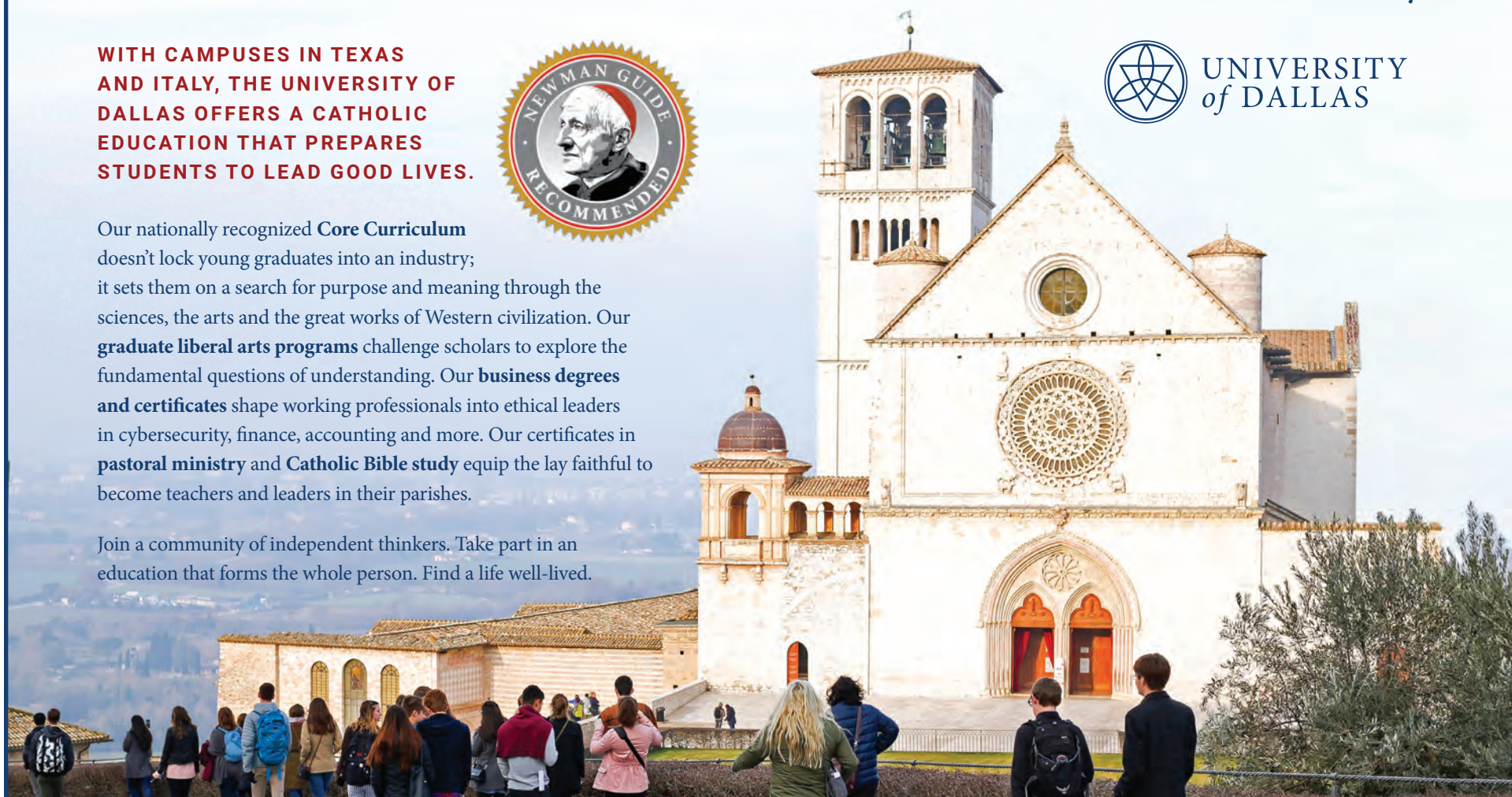


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MENTAL HEALTH

Students' mental health is important at Catholic LMU

Studies show that 40% of students 'frequently' experience emotional stress during college

By Katie Yoder

As colleges and universities nationwide face a growing mental health crisis, some higher-education institutions, such as Loyola Marymount University (LMU), are prioritizing mental wellness for their students.

The university's Catholic values guide its dedication to student mental health and wellness, according to Briana Maturi, the director of LMU's Campus Awareness Resource Education Services (LMU CARES).

"As a Jesuit institution, we value *Cura Personalis*, or the care of the whole person," she told Our Sunday Visitor. "So when we approach mental well-being, we are interested in holistic wellness."

Founded in 1911, LMU draws from its combined reli-



Adobe Stock images

gious heritage of the Jesuits, the Religious of the Sacred Heart of Mary, and the Sisters of St. Joseph of Orange. Based in Los Angeles, the university focuses

on a three-fold mission: the encouragement of learning, the education of the whole person, and the service of faith and the promotion of justice.

"We recognize that if a student is struggling with anxiety or stress, it is in no doubt impacting other aspects of their well-being, such as their aca-

demic, social, spiritual or physical wellness," Maturi added. "*Cura Personalis* is at the foundation of our approach to mental well-being."

With this perspective, LMU offers a wide-variety of services to more than 10,000 students, including more than 7,000 undergraduate students, to cultivate mental health and wellness.

Growing mental health crisis

The COVID-19 pandemic only exacerbated a growing mental health crisis on U.S. college campuses, according to a report released this year by Gallup and the Lumina Foundation.

The report, "Stressed Out and Stopping Out: The Mental Health Crisis in Higher Education," drew from data collected in the fall of 2022 and looked at U.S. adults who had a high school degree or equivalent and had not yet completed an associate or bachelor's degree.



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Following a Gallup survey of 12,015 adults, including 3,949 who were currently enrolled in an associate or bachelor's degree program, the report found that 40% of all students say they "frequently" experience emotional stress while attending college while 46% say they experience it "occasionally."

Almost half of bachelor's degree students (48%) say they ex-

perience this stress "frequently," with 36% associate degree students saying the same.

Earlier this year, the National Education Association (NEA) highlighted a Healthy Minds survey published in March that raised alarms about student mental wellness.

"Specifically, 44 percent of students reported symptoms of depression; 37 percent said

they experienced anxiety; and 15 percent said they were considering suicide — the highest rate in the 15-year history of the survey," the NEA news story reported of the survey of 96,000 students across 133 U.S. campuses during the 2021-22 academic year.

Large increase

The year before, a piece pub-

lished by the American Psychological Association last fall recognized that more than 60% of students met criteria for one or more mental health problems during the 2020-21 school year, representing a nearly 50% increase from 2013.

Those findings came from a research paper — "Trends in college student mental health and help-seeking by race/ethnicity: Findings from the national healthy minds study, 2013-2021" — published in June 2022 by the "Journal of Affective Disorders."

The paper examined survey data from more than 350,000 students at 373 campuses that participated in the Healthy Minds Study between 2013 and 2021.

A more recent survey released in March of 3,000 undergraduates attending 158 two- and four-year institutions found that nearly half of students rate their mental health as fair or poor (rather than excellent, good or not sure). The

Student Voice survey by "Inside Higher Ed" and College Pulse also discovered that the majority — three in four — say that stress negatively impacts their ability to focus, learn and do well in school.

LMU mental health resources

At LMU, students struggling with mental health can turn to several services and programs. Maturi, who directs LMU CARES, which provides education about resources, support, and policies regarding sexual and interpersonal misconduct and prevention, first pointed to LMU's Student Psychological Services.

"I am proud to work at an institution that provides excellent counseling services to our students through our Student Psychological Services (SPS) department," Maturi said. "SPS offers a talented and dedicated staff

More than 60% of students met criteria for one or more mental health problems during the 2020-21 school year.

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of mental health professionals who provide ongoing individual therapy and group support services.”

She also highlighted TimelyCare, a telehealth service with 24/7 access to mental health care, that the university provides to students at no cost.

“In addition to the in-person services, SPS offers telehealth therapy through a partnership with TimelyCare,” Maturi said.

“Through Time-lyCare, students can access remote counseling services should they prefer that modality.”

Maturi also pointed out that, through LMU CARES, the university

includes wellness and resilience as part of the curriculum for their new student course and provides related campus-wide programming.

Weekly events

She also highlighted new efforts by LMU for the upcoming

school year.

“A new upcoming initiative, in collaboration with ASLMU (our student governing board) and the Wellness Educators, we are hosting a Mental Health & Wellness Fair on October 11 at our weekly Wellness Wednesday event,” she revealed, referring to LMU’s weekly event that encourages students to focus on personal wellness.

The fair, she added, “will highlight all of the campus’s wellness resources and departments in observance of World Mental Health Day,” on October 10.

Last year, LMU also observed World Mental Health Day. Terri L. Mangione, dean of students and

vice president of Student Affairs, saw it as an opportunity to share with students LMU’s resources. Among other things, she encouraged participation in “Timeout Tuesdays,” a 30-minute guided meditation, and listed LMU’s Community of Care, a case-management program to



enhance community safety and student wellbeing.

LMU programs and resources only continue to grow: LMU Cares Online offers tools for stress and anxiety, SPS Wellness Groups and Workshops address issues such as anxiety, depression, and loneliness, and SPS wellness educators work to educate fellow students about mental health and wellness, reduce stigma around mental ill-

ness, and raise awareness of SPS and other wellness resources.

A special message

Maturi shared her message for students who might be struggling with mental health, including anxiety and stress.

“For any incoming or continuing student, if they are struggling with mental wellbeing, I want them to know that they are not alone,” she

stressed. “At LMU, we want to support them and walk the journey with them by providing resources, but we also want to help them develop skills to continue to help themselves, as well.”

“In other words,” she concluded, “You’ve got this. And we’ve got your back!”

Katie Yoder is a contributing editor for Our Sunday Visitor.



DIRECTORY OF CATHOLIC COLLEGES & UNIVERSITIES

Listings of Catholic Colleges and Universities of interest to people planning to further their education.

(PAID ADVERTISEMENT)

CALIFORNIA**John Paul the Great Catholic University**

220 W Grand Ave.
Escondido, CA 92025
Phone: (858)653-6740
Fax: (858)653-3791

Website: www.jpcatholic.edu

Email: admissions@jpcatholic.edu
JPCatholic is the Catholic university for Creative Arts and Business Innovation. We combine hands-on innovation in media and business with an enriching Catholic liberal arts education. Experience small class sizes, mentorship from industry professionals, and a community of creative Catholics who believe in the power of beauty to transform culture.

FLORIDA**Ave Maria University**

5050 Ave Maria Blvd.
Ave Maria, FL 34142
Phone: (239)280-2500
Email: admissions@avemaria.edu
Website: www.avemaria.edu
Established in 2003, Ave Maria University is proud of our Catholic

identity and takes St. John Paul II’s apostolic constitution *Ex Corde Ecclesiae* as its guide. As an institution committed to Catholic principles and finding joy in the truth, the University recognizes the importance of creating and maintaining a faith-filled environment. At Ave Maria University, faith informs the life of the community and takes expression in all its academic and non-curricular programs.

INDIANA**Holy Cross College**

54515 State Road 933 North
PO Box 308
Notre Dame, IN 46556-0308
Phone: (574)239-8377
Fax: (574)239-8323

Website: www.hcc-nd.edu

Email: admissions@hcc-nd.edu
Holy Cross College is a Catholic liberal arts college with a mission to educate and form global citizens with the competence to see and the courage to act. Students receive personalized classes and mentorship, classes taught by prestigious faculty with exten-

sive experience, a guaranteed internship and career coaching, tri-campus access, and graduate school pathways.

Marian University

3200 Cold Spring Road
Indianapolis, IN 46222
Phone: (317)955-6300
Website: www.Marian.edu
Email: admissions@marian.edu
Contact: Jessica Morales-Maust
At Marian University, you will meet students who are tomorrow’s leaders in business, education, engineering, nursing, pastoral leadership, and public service. We’ll teach you how to apply the value you will acquire here and help you become the type of leader employers want and our world needs.

University of Saint Francis

2701 Spring Street
Fort Wayne, IN 46808
Phone: (260)399-7700
Website: www.ssf.edu
Email: admis@sf.edu
Rooted in the Catholic and Franciscan traditions, the University of Saint Francis serves dynamic and diverse students. Saint Francis of-

fers over 60 academic programs, 40 student organizations and 18 intercollegiate sports. With a career success rate of 96%, Saint Francis graduates are routinely sought by top companies.

KANSAS**Benedictine College**

1020 North 2nd Street
Atchison, KS 66002
Phone: (800)467-5340
Website: www.benedictine.edu
Email: bcadmiss@benedictine.edu
With scholarships and 50+ majors, including Architecture, Engineering, Graphic Design and Nursing, Benedictine College can help you achieve your goals. Invest in what really matters. Benedictine will help you develop the knowledge and skills, the courage and faith to transform culture in America. Come visit and see why we are rated one of the best Catholic Colleges in the country by the Newman Guide and a Top 20 College in the Midwest by U.S. News & World Report.

University of Saint Mary

4100 South 4th Street
Leavenworth, KS 66048
Phone: (913)682-5151
Website: www.stmary.edu
Email: admis@stmary.edu
Founded in 1923 by the Sisters of Charity of Leavenworth, the University of Saint Mary has a long tradition of academic excellence. USM is a tight-knit community where 1-on-1 attention is valued and growth is measured by more than a percentage in a gradebook. Students are inspired to pursue their God-given potential – choosing from dozens of undergraduate, master’s, and doctoral degrees.

KENTUCKY**Spalding University**

901 S Fourth Street
Louisville, KY 40203
Phone: (502)585-7111
Website: www.spalding.edu
Email: admissions@spalding.edu
Spalding University, a 2022-2023 College of Distinction, is a private liberal arts university that is mission-centered: our focus is



DIRECTORY OF CATHOLIC COLLEGES & UNIVERSITIES

Listings of Catholic Colleges and Universities of interest to people planning to further their education.

(PAID ADVERTISEMENT)

on quality degrees that impact our community. We welcome students of all backgrounds who want a well-rounded education with individualized attention at an affordable rate.

LOUISIANA

Franciscan Missionaries of Our Lady University

5414 Brittany Drive
Baton Rouge, LA 70808

Phone: (225)526-1631

Fax: (225)768-1726

Website: www.franu.edu

Email: Admissions@FranU.edu

Contact: Zoe Ramachandran, Associate Director of Admissions
Franciscan Missionaries of Our Lady University (FranU) is a premier Catholic institution in the heart of Baton Rouge that provides students a faith-filled and formative education in preparation to serve our communities. FranU has a variety of degree programs including online with a special emphasis on healthcare education.

MARYLAND

Mount St. Mary's University

16300 Old Emmitsburg Rd.
Emmitsburg, MD 21727

Phone: (800)448-4347

Website: msmary.edu

Email: admissions@msmary.edu
Mount St. Mary's University is the country's second oldest Catholic university. Located in Emmitsburg, Maryland, one of OSV's top 10 Catholic cities in the U.S., the Mount offers more than 95 majors, minors, concentrations and special programs for traditional undergraduate students and 29 accelerated and adult undergraduate and graduate level programs.

MICHIGAN

Madonna University

36600 Schoolcraft Rd.
Livonia, MI 48150

Phone: (734)432-5339

Website: www.madonna.edu

Email: admissions@madonna.edu
Liberal arts, career preparation, and service-learning are the hallmarks of a Madonna University education. Catholic, faith-based, affordable, and student-focused, we offer over 100 undergraduate and more than 30 graduate programs in business, education, nursing, and more.

NEW HAMPSHIRE

Magdalen College of the Liberal Arts

511 Kearsarge Mtn. Rd.
Warner, NH 03278

Phone: (603)456-4113

Website: www.magdalen.edu

Email:

admissions@magdalen.edu

Contact: Admissions Office

Magdalen is a small, residential, Catholic liberal arts college set atop beautiful Kearsarge Mountain. Our Great Books curriculum includes five majors and a fine-arts concentration, with enhanced career and discernment programs for students. The Collegiate Summer Programs challenge high school students academically, encourages them in faith, and leads them to personal excellence.

NORTH CAROLINA

Belmont Abbey College

100 Belmont-Mt. Holly Rd.
Belmont, NC 28012

Phone: (888)222-0110

Website:

www.belmontabbeycollege.edu

Email: admissions@bac.edu

Contact: Martin Aucoin, Vice Provost and Dean of Admissions
Since 1876, Belmont Abbey College has educated students in the liberal arts and sciences, guided by the Benedictine spirit of prayer and learning. We are a private, Catholic institute that prepares our students to live with integrity, to succeed professionally, to become responsible citizens, and to glorify God always.

NORTH DAKOTA

University of Mary

7500 University Drive
Bismarck, ND 58504

Phone: (701)355-8030 or

(800)288-MARY (6279)

Fax: (701)255-7687

Website: www.umary.edu

Email: enroll@umary.edu

Providing an affordable, serious Catholic education, University of Mary offers nearly 60 undergraduate, 17 master's, and five doctoral programs, a Year-Round Campus option, Catholic Studies, campus in Rome, and free room and board for eligible graduates of Catholic high schools. We are faithfully Christian, joyfully Catholic, and gratefully Benedictine.

OHIO

Walsh University

2020 East Maple Street
North Canton, OH 44720

Phone: (330)490-7090

Website: www.walsh.edu

Email: admissions@walsh.edu

As a nationally recognized Catholic university, Walsh University's ultimate mission is to develop leaders in service to others. With nearly 100 undergraduate majors and minors, as well as graduate and online degree completion programs, Walsh aims to be your education partner for life.

PENNSYLVANIA

Saint Vincent College

300 Fraser Purchase Rd.

Latrobe, PA 15650-2690

Phone: (800)782-5549, ext. 2500

Fax: (724)532-5069

Website: www.stvincent.edu

Contact:

admission@stvincent.edu

Saint Vincent is a nationally-ranked Catholic, liberal arts college offering more than 50 majors and merit- and need-based aid. With a focus on academic rigor and supported by a monastic community, students are prepared for successful careers and meaningful lives, with 98% of recent graduates employed or furthering their education within one year.

TEXAS

St. Mary's University

One Camino Santa Maria
San Antonio, TX 78228

Phone: (210)436-3126

Website: www.stmarytx.edu

Email: uadm@stmarytx.edu

St. Mary's University is committed to academic excellence, exceeding expectations and equipping tomorrow's leaders with the professional and interpersonal skills to succeed. Undergraduates study within humanities, science and business schools, with options to pursue graduate, doctoral and law degrees. Students benefit from a balance of rigorous curriculum with community service.

University of Dallas

1875 E Northgate Dr.
Irving, TX 75062-4736

Phone: (800)628-6999

Fax: (972)721-5017

Website: udallas.edu/admissions

Email: admissions@udallas.edu

The University of Dallas is the premier Catholic liberal arts university in the country, known for its rigorous undergraduate Core Curriculum and robust graduate and professional programs in business, ministry, education and the humanities. With campuses in Texas and Italy, UD stands apart as a thriving community of lifelong learners committed to an education that forms students intellectually, socially, and spiritually for a life well-lived. For more information, visit udallas.edu

University of St.

Thomas-Houston

3800 Montrose Blvd.

Houston, TX 77006

Phone: (713)525-3500

Email: admissions@stthom.edu

Website: www.stthom.edu

University of St. Thomas-Houston is a comprehensive Catholic university grounded in the liberal arts. Committed to the unity of all knowledge, we offer programs in the traditional liberal arts, professional and skill-based disciplines. Graduates of the University of St. Thomas think critically, communicate effectively, succeed professionally and lead ethically.

VERMONT

Saint Michael's College

One Winooski Park, Box 7,
Colchester, Vermont, USA 05439

Phone: (800)762-8000

Website: www.smcvt.edu

Email: admission@smcvt.edu

St. Mike's is a residential, liberal arts Edmundite Catholic college in the Burlington area of Vermont. Whatever your field of study, expert faculty will mentor you, illuminate your career and life paths, nurture your talents and challenge you to explore your values. Take our virtual tour and learn more.

WISCONSIN

Viterbo University

900 Viterbo Dr.

La Crosse, WI 54601

Phone: (608)796-3010

Website: www.viterbo.edu

Email: admission@viterbo.edu

Viterbo University has a proud Catholic, Franciscan heritage and stands apart because of its commitment to a values-based education. Small class sizes give students space to thrive and find their path to success, as evidenced by Viterbo's 100% post-graduation placement rate. Students can choose from over 40 career-focused traditional or online graduate and undergraduate programs.

WYOMING

Wyoming Catholic College

306 Main Street

Lander, WY 82520

Phone: (877)332-2930

Email:

admissions@wyomingcatholic.edu

Website:

www.wyomingcatholic.edu

Escape the noise. Embrace the wild. Tap into Ancient Wisdom. We live in a world distanced from its past, isolated from our fellow men, often alienated even from ourselves. Wyoming Catholic College is an integrated community

designed to help heal this modern fragmentation and isolation through a rigorous immersion in the primary sources of the classical liberal arts tradition, the grandeur of the mountain wilderness, and the spiritual heritage of the Catholic Church. With limited technology, students become grounded in real experience and thoughtful reflection. From learning to speak Latin to riding horses, from rock climbing to Aristotle, our graduates love truth and beauty, think clearly, and communicate eloquently.

CANADA

Our Lady Seat of Wisdom College

18 Karol Wojtyla Square
PO Box 249, Barry's Bay,
Ontario, Canada K0J 1B0

Phone: (877)369-6520

Website: www.seatofwisdom.ca

Email:

admissions@seatofwisdom.ca

Offering a three-year Bachelor of Catholic Studies, Our Lady Seat of Wisdom College has developed a well-rounded program of study in the Liberal Arts. Located in the beauty of rural Ontario, the College is set apart by its academic rigor, small class sizes, strong student life program, affordability, and fidelity to the Magisterium of the Church.

LAW SCHOOLS

Ave Maria School of Law

1025 Commons Circle
Naples, FL 34119

Phone: (239)687-5420

Website: www.avemarialaw.edu

Email: info@avemarialaw.edu

Unabashedly Catholic and consistently ranked as The Princeton Review's "Most Conservative Law School," one of Princeton Review's "Best Law Schools," and preLaw's "Most Devout Law School." We provide a traditional legal education while placing an emphasis on how the law intersects with the Catholic intellectual tradition and natural law philosophy. That's the Ave Law difference!



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