

					Jan 2024	
January 24	Day	Time	Program	Guest	Title of Guest	Topic of Guest
1	Monday	7:15	Morning Show	NO SHOW		
		7:40	Morning Show	Joe Stopulus	Host of Man Up - 9a	Weekly Show Topic
		7:45	Morning Show			
		9:00	Man Up			
2	Tuesday	7:15	Morning Show Jon Out	Dcn. Randy Kiel	Kardia Counseling	
		7:45	Morning Show	Dr. Ben and Amy Harryman	Vitae Family Clinic	2024 News
		9:00	Be Not Afraid			
3	Wednesday				Joe is a devoted husband to his wife Nicole, a proud father to his adult children Ally and Colin, a grateful recovered alcoholic, and a child of God. He currently serves as the Deputy Grand Knight for Santa Maria Council 4999 and is an active parishioner at St. Patrick Catholic Church in Palm Beach Gardens, Florida. Joe is an author and frequent guest speaker at alcohol and addiction treatment centers, correctional facilities, Knights of Columbus events, and parish gatherings. Professionally, Joe is a Financial Advisor with over 30 years of industry experience. In his leisure time, Joe and his wife Nicole love to travel and spend time with family and friends.	
		7:15	Morning Show Jon Out	Joe and Nicole McGivney		You're a Miracle: https://a.co/d/8klBxtO Talking points printed out.
		7:45	Morning Show	Fr. Ignatius Makoji	Resident Chaplin at Mercy One	
		9:00	thought of the Week			
		10:00	Uncommon Good			
4	Thursday				Deacon from Our Lady of the Americas Parish. Randy Kiel, M.A, is the founder of Kardia Counseling. Randy is a licensed mental health counselor with a private practice of psychotherapy and counseling in central Iowa.	
		7:07	Morning Show Jon Out	Dcn. Randy Kiel		Discuss Sunday's 1st and/or 2nd reading
		7:15	Morning Show			
		7:45	Morning Show			
		9:00	Catholic Women Now	No guest		
		10:00	Faith on Trial / Tape for weekend	Peter Breen / Erika Alern	Attorney , The Thomas More Society / Writer, Catholic Vote	DOJ coubling down on pro-lifers / Benedict XVI
5	Friday	7:07	Morning Show	Fr. Andrew Windschitl	ICR Spiritual Director	
						Since we're at the beginning of a new year and sales for Stop Worrying and Start Living have started to climb again (it's actually selling better than any of my books right now!), I think it would be appropriate to look at the first verse in the book...And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word." (Luke 1:38) And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word." (Luke 1:38)
		7:15	Morning Show	Gary Zimak	Catholic Speaker	
		7:40	Morning Show	Jeanne Thill	Co-Host Making it Personal	Preview Bishop Show
		7:45	Morning Show			
		9:00	Making it Personal with Bishop Joensen			
8	Monday					<i>The Stations of the Cross in Slow Motion</i> How do we learn: The best interior response to rejection The one fruit of the vineyard we are called to gather Two spiritual weapons and two practical tips for overcoming temptation How Veronica's act shows us what we can do to alleviate others' sufferings A time-tested technique to strengthen your resolve to avoid falling into the same sins How Confession can help you "stop the cycle" of sin, bitterness, and greater sin
		7:15	Morning Show	Suzan Sammons	Suzan Sammons is the author of The Jesse Tree: An Advent Devotion. She has published numerous articles in Catholic outlets on topics including child-rearing and education, the dignity of the unborn, holistic health, and Catholic spirituality. She is a homeschooling mother of seven children and young adults.	

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		7:40	Morning Show	Joe Stopulus		
		7:45	Morning Show	Ut Fidem 2024 - Kirby Power and guest	Female Coordinator	
		9:00	Man Up			
		7:15	Morning Show Jon Out	Dr. John Bishop		
9	Tuesday				Marge Steinhage Fenelon is an award-winning and best-selling author, international speaker, and Professional Life Coach. She has written several books on Marian devotion and Catholic spirituality. As a life coach, she is passionate about helping others grow personally and spiritually, partnering to set and achieve positive life goals. Her podcast, Simply Holy, airs on many popular podcast platforms.	Epiphany. Talking Points: Premise: We can and should live the message and symbolism of Epiphany all year long. What is the main message of the visit of the Magi? Revealing Christ as the Chosen One to the nations What are the symbols of Epiphany? gold = royalty frankincense = deity myrrh = embalming/death) How can we live the message and symbolism of the Epiphany going forward? Witness to Christ as Savior of all peoples in our daily lives Preserve the treasures of our hearts: i. Gold - our intellect ii. Frankincense – our memory iii. Myrrh – our will Consecrate/surrender those treasures to God
		7:45	Morning Show	Marge Steinhage Fenelon		
		9:00	Be Not Afraid			
		7:15	Morning Show Jon Out	John Gaffney	Director of Evangelization and Catechesis	
		7:45	Morning Show	Emily Jaminet	Wife, Mom, Author, Speaker, Director & Friend	
		9:00	Thought of the Week			
		10:00	Uncommon Good			
		7:07	Morning Show	Dcn. Randy Kiel	Deacon from Our Lady of the Americas Parish. Randy Kiel, M.A, is the founder of Kardia Counseling. Randy is a licensed mental health counselor with a private practice of psychotherapy and counseling in central Iowa.	
		7:15	Morning Show	Fr. PJ McManus	Pastor CTK Parish	Ask Fr. PJ
11	Thursday	7:45	Morning Show	Bridgett and Brent Bott	Jay Knudsen for sure will be there also, and possibly his wife Michele. The Third Option.	Helping to promote the Third Option.
		9:00	Catholic Women Now	Wendy Ogden	Board President of St.Thomas Classical Academy	The mission of St. Thomas Classical Academey and Classical education model
		10:00	Faith on Trial Taping for weekend	Alex Shadenberg / Will Thibeau	Ex. Dir. Euthanasia Prevention coalition / Tech analyst, The Heritage Foundation	Euthanasia and assisted suicide / Big tech censorship
		7:07	Morning Show	Fr. Andrew Windschitl	Iowa Catholic Radio Spiritual Advisor	Sunday Gospel Overview
		7:15	Morning Show	Zeb Fitzgerald/Holly Cataldo	Dowling Athlete	
		7:40	Morning Show	Jeanne Thill	Co-Host Making it Personal	Preview Bishop Show
12	Friday	7:45	Morning Show	Belle Marasco	Director of Business Development Iowa Catholic Radio Network	the Campaign Corner
		9:00	Making it Personal with Bishop Joensen			
		7:15	Morning Show	Jesse Weiler	Director of the Liturgical institute	
		7:40	Morning Show	Joe Stopulus	Host of Man Up	Preview Show
15	Monday	7:45	Morning Show			
		9:00	Man Up			
		7:15	Morning Show	Zeb Fitzgerald/Holly Cataldo	Dowling Athlete	

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16	Tuesday					Let's talk about Changing Lives by the way we live ours. 1. Are we all really called to change lives or what does that even mean? 2. How can we let God guide us in being His hands and feet? 3. What if I am not an outgoing person or don't want to intrude into someone's space? 4. How do we as church share what we believe and live with the courage of saints?ill send topic info later
		7:45	Morning Show	Greg Wasinski	Executive Director of Let Me Be Ministries	
		9:00	Be Not Afraid			
		10:00	Straight Talk	Matt Wilkolm	Exec Dir, Iowa Catholic Radio	Eucharistic Adoration and Eucharistic Miracles
17	Wednesday	7:15	Morning Show	Dylan Smidt	Radical Love Clothing.	A couple question ideas, where I'm from time at dowing, Ave Maria university. The type of art I do and experiences with evangelization. I would also like to read a poem tomorrow if possible.
						Parenting: The Complex and Beautiful Vocation of Raising Children. A little about the book: "I simply adored this book. In Parenting, Coolman has created an invaluable resource for any parent in any season of life. Who doesn't want to love their children better? To know them more fully? To have more peace and joy in their home? Coolman writes like a friend who's been there, bringing a lifetime of wisdom and scholarship. She doesn't sugarcoat the challenges of parenting even as she encourages her reader to delight in the task." - Anna Keating, author of The Catholic Catalogue: A Field Guide to the Daily Acts That Make Up a Catholic Life. https://bakeracademic.com/p/parenting-holly-taylor-coolman/542805
		7:45	Morning Show	Holly Taylor Coolman	Assistant professor of theology at Providence College in Providence, Rhode Island, and a senior fellow of the Principium Institute. Her areas of expertise include Christology, ecclesiology, Christian theologies of Judaism, and Jewish-Christian relations. She has written about topics at the intersection of culture and moral theology and about family life, particularly adoption.	
		9:00	Thought of the Week			
		10:00	Uncommon Good			
		7:07	Morning Show	Dcn. Randy Kiel	Deacon from Our Lady of the Americas Parish. Randy Kiel, M.A, is the founder of Kardia Counseling. Randy is a licensed mental health counselor with a private practice of psychotherapy and counseling in central Iowa.	Discuss Sunday's 1st and/or 2nd reading
18	Thursday	7:15	Morning Show	Fr. PJ McManus	Pastor CTK Parish	Ask Fr. PJ
						Reactivation of the KOC at Briar Cliff. Why attempt to reactivate the Knights on Campus Why start that now Does the Knights have anything planned this semester? I attended Seek recently, how was seek and what did I bring back with me?
		7:45	Morning Show	Tyler Martensen	Secondary Education and Theology Major Briar Cliff University	
		9:00	Catholic Women Now	Kelly Mogenburg	Author of Real Food for Rookies	Eating healthy with real food
		9:30	Faith on Trial / Tape for weekend	Mark Lippelman / Arthur Shape	Attorney, ADF / Communication Director MassResistance	Religious schools and government grants / American Library Association
19	Friday	7:07	Morning Show	Fr. Andrew Windschitl	ICR Spiritual Director	Sunday Gospel Overview
					James has two adult children and has worked in business and previously in youth ministry, in teaching and administrative roles. He holds a B.A in Theology from Franciscan University of Steubenville. His articles and book reviews have appeared in the Wanderer Newspaper, Soul Magazine (World Apostolate of Fatima, USA) and Catholic Life Magazine. He became a revert to the Catholic faith from Evangelicalism while a student at Franciscan University.	https://www.amazon.com/Our-Ladys-Prophecies-Gods-Messages/dp/B0
		7:15	Morning Show	James Valois (Val-Ioy)	Co-Host Making it Personal	
		7:40	Morning Show	Jeanne Thill	Blessman International	Built a Catholic Church in South Africa
		7:45	Morning Show	Doc Blessman		
		9:00	Making it Personal with Bishop Joensen			

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22	Monday	7:15	Morning Show	Steve Ray	Catholic Convert	St Paul's Conversion
		7:40	Morning Show	Joe Stopulus - Man Up	Man Up	
		7:45	Morning Show	Steve Ray	Catholic Convert	St Paul's Conversion Pt 2
		9:00	Man Up			
23	Tuesday	7:15	Morning Show	Josephina Wilkom, Nathan Wenham, Sophie Barton and Miles Kneifl	Local High School Students who attended the March for Life	Students attended the March for Life and have been invited on to share their experience.
		7:45	Morning Show	Michael Lichens (sounds like kitchens)	Michael J. Lichens is the former Editor of Catholic Exchange. When he's not revising and editing, he is often found studying and writing about GK Chesterton, Religion and Literature, or random points of local history. He holds an A.M. from the University of Chicago Divinity School and a BA from The Thomas More College of Liberal Arts.	The Meaning of God's Providence. https://sophiainstitute.com/product/the-meaning-of-godaes-providence/ See printout.
24	Wednesday	7:15	Morning Show			
		7:45	Morning Show	Anthony DeStefano	Anthony DeStefano is an American author, television host and activist. He has written five bestselling Christian books for adults, including: A Travel Guide to Heaven and Ten Prayers God Always Says Yes To. He has also written sixteen bestselling books for children, including: The Donkey That No One Could Ride and Little Star.	The Story of the First Easter Bunny. https://sophiainstitute.com/product/the-story-of-the-first-easter-bunny/ Suggested Questions: 1. Why did you write this book? I thought Christians didn't like the Easter Bunny, because it's such a secular symbol. 2. How does this book "Christianize" the Easter Bunny? 3. Can you tell us a little about the story, without giving away the ending? 4. Is there any special significance in the fact that the bunny's mother is sick? 5. There are several references in the book to the fact that the bunny has "large ears." What is the significance of that? 6. I see that the illustrator for this book is Richard Cowdrey, who you've worked with before. Why did you choose him? 7. In light of the miracle that occurs at the end of the book, what would you like readers to take away most from this story?
25	Thursday	7:07	Morning Show	Dcn. Randy Kiel	Deacon from Our Lady of the Americas Parish. Randy Kiel, M.A., is the founder of Kardia Counseling. Randy is a licensed mental health counselor with a private practice of psychotherapy and counseling in central Iowa.	
		7:15	Morning Show	Fr. PJ McManus	Pastor CTK Parish	Ask Fr. PJ
		7:45	Morning Show	Colleen Scariano	The co-founder of SoulCore. SoulCore is an invitation to integrate body & soul in prayer, fully orienting the heart & mind toward Christ, while discovering the beauty of the rosary	https://soulcore.com/press/ What is SoulCore, and why is it so different from other exercise programs? How did the unique idea for SoulCore come about? The care of spiritual and physical needs are at the heart of SoulCore workouts. How does physical movement enhance our experience of prayer? How does prayer enhance the experience of exercise? Why do Catholic women today need something like SoulCore? Can you walk our audience through a sample SoulCore workout and what to expect? How does your online studio membership work, and where can our audience go to find a class and learn more?
		9:00	Catholic Women Now	No guest		
		10:00	Faith on Trial / Tape for weekend			
26	Friday	7:07	Morning Show	Fr. Andrew Windschitl	Iowa Catholic Radio Spiritual Advisor	Sunday Gospel Overview
		7:15	Morning Show	Anthony Digmann	MA Theology. Anthony is a speaker and author from Dyersville, IA who has appeared on EWTN and in the Catholic Digest.	upcoming speaking engagement at St. Malachy. https://anthonydigmann.com/
		7:40	Morning Show	Jeanne Thill	Co-Host Making it Personal	Preview upcoming Show

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		7:45	Morning Show	Bill Miklas	Steier Group	Campaign Corner Plug
		9:00	Making it Personal with Bishop Joensen			
29	Monday	7:15	Morning Show	Regina Boyd	Regina Boyd is a licensed mental health counselor and marriage and family therapist. She is the founder of Boyd Counseling Services and a contributor to the Hallow app. Boyd has presented extensively on the intersection of mental health and Catholicism for national organizations. Her new book is Leaving Loneliness Behind: 5 Keys to Experiencing God's Love and Building Healthy Connections with Others. Boyd lives with her family in Orlando, Florida, where she assists with parish and diocesan marriage formation.	Leaving Loneliness Behind: 5 Keys to Experiencing God's Love and Building Healthy Connections with Others. Recognize the potential depths in your existing relationships. Allow yourself to be vulnerable so that true intimacy is possible. Communicate through conflicts in a way that encourages affection, trust, and openness. Acknowledge the past and move toward emotional wholeness. Give of yourself for the sake of the relationship.
		7:40	Morning Show	Joe Stopulus		Preview Show
		7:45	Morning Show	John Edwards		upcoming Dubuque Men's Conference. Here are some questions you could ask him: -What are you planning on sharing with the men during the conference? -Why do you believe ministry to men is so important? -What is your ministry doing to support men growing in the faith?
		9:00	Man Up			
30	Tuesday	7:15	Morning Show	Dr. Dan Ryan	President Dowling Catholic High School and Des Moines Regional Catholic Schools	Promoting Catholic School Week
		7:45	Morning Show	Andrew Masi (macy)	Connecticut-based shutterbug with an incredible story that will inspire both Catholics and non-Catholics alike.	I will be visiting Des Moines during the weekend of February 2-4 (2 weeks from today) to see St. Ambrose Cathedral and the Basilica of St. John. I would love to get inside the two churches to pray and take pictures. https://www.flickr.com/photos/197740215@N08/albums
31	Wednesday	7:15	Morning Show	Dr. John Bergsma	John Bergsma is Professor of Theology at Franciscan University,[1] in Steubenville, Ohio. He holds a Master of Theology degree from Calvin Theological Seminary, Grand Rapids, Michigan. He also holds a Doctorate of Philosophy in Theology from the University of Notre Dame. His specialized study is that of the Old Testament and the Dead Sea Scrolls. He grew up as a Calvinist Protestant and served as a Protestant pastor for four years before converting to Catholicism in 2001.[2]	Exodus & Exile Challenge. https://www.youtube.com/watch?v=8uvYfJLXuZY Dr. John Bergsma will be reading and reflecting one chapter of Exodus each day. Dr. Scott Hahn will be offering live presentations through Lent leading us through the meaning of this earthly exile to our heavenly home.
		7:45	Morning Show	Lore McManus Solo - Joe Lane	Marketing Chairperson - ICR Board Member	Previewing Christ Our Life 2024