

March 2024						
March 24	Day	Time	Program	Guest	Title of Guest	Topic of Guest
1	Friday	7:07	Morning Show	Fr. Andrew Windschitt	Iowa Catholic Radio Spiritual Advisor	Sunday Gospel & Spiritual Chat
		7:15	Morning Show	<a href="#">Gary Zimak</a>	<a href="#">Catholic Speaker</a>	<a href="#">Making the most out of lent</a>
		7:40	Morning Show	Jeanne Thill	Co-Host Making it Personal	Preview upcoming Show
		7:45	Morning Show	<a href="#">Alier Agau (Ali-Air A-Gow) (Holly Copolla)</a>	<a href="#">Dowling Athlete of March</a>	(Background on Alier – his dad was one of the “Lost Boys of Soudan” if you have heard of them...His parents came in 2001 through New York. Alier and his siblings were all born in Des Moines. )
4	Monday	7:15	Morning Show	<a href="#">Mary Stastny</a>		<a href="#">Board Op trainee</a>
		7:40	Morning Show	Joe Stopulos	Host of Man Up	
		7:45	Morning Show	<a href="#">Lisa Schmidt</a>		
		9:00	Man Up!			
5	Tuesday	7:15	Morning Show	<a href="#">Dcn. Randy Kiel</a>	<a href="#">Randy Kiel, M.A, is the founder of Kardia Counseling.</a>	
		7:45	Morning Show	<a href="#">Calla Whipp - Olivia Gunns</a>	<a href="#">Des Moines Symphony</a>	
6	Wednesday	7:15	Morning Show	<a href="#">Kendra Von Esh</a>	Speaker, Faith Coach and PodcasterKendra Von Esh is passionate about sharing her Catholic Faith and the miraculous transformations God has made in her life.	<a href="#">Let's just talk about how to seek God's goodness in everything.</a>
					Steven Thomas (no relation to Joseph Salvatore) is a serial entrepreneur, who has started many culture changing companies and apostolates. Steven was given the grace to complete this book after walking across the country with a small group of men. They traversed over 4500 grueling miles in the form of a cross over the US, praying for God's mercy and favor on their country and church. Steven resides in the suburbs of Chicago with his wife, Ginny, and eight living children.	<a href="#">Catholic Joe Superhero</a> Hailed as an inspirational, fast-paced, believable novel, Catholic Joe Superhero is the first in a series of planned books by first-time author Steven Thomas. Talking points: Why did you write Catholic Joe: Superhero What message are you trying to convey with your book Who was this book written for What is the book about How has God been a part of writing this book
		7:45	Morning Show	<a href="#">Steven Thomas</a>		
7	Thursday	7:07	Morning Show	Randy Kiel	Randy Kiel, M.A, is the founder of Kardia Counseling.	First and/or Second Reading for Sunday
		7:15	Morning Show	Fr. PJ McManus	Pastor at Christ the King Parish	Ask Father PJ
		7:45	Morning Show	<a href="#">Mike Aquilina</a>	<a href="#">Mike Aquilina</a> is a popular author of Church history, especially the study of the early Church Fathers. He is executive vice-president of the St. Paul Center for Biblical Theology, a research center based in Steubenville, OH. He is contributing editor of Angelus News and general editor of the Reclaiming Catholic History Series from Ave Maria Press. Aquilina is the author or editor of more than seventy books, including St. Joseph and His World, also published by Scepter	<a href="#">New book: St. Patrick and His World by Mike Aquilina</a> <a href="https://scepterpublishers.org/pages/press-kit-76046-st-patrick-and-his-world">0https://scepterpublishers.org/pages/press-kit-76046-st-patrick-and-his-world</a>
		9:00	Catholic Women Now	No guest		
		7:07	Morning Show	Fr. Andrew Windschitt	ICR Spiritual Advisor	Reflection on Sunday's Gospel
		7:15	Morning Show	<a href="#">Francis X. Maier</a>	<a href="#">Francis X. Maier</a> is a senior fellow in the Catholic Studies Program at the Ethics and Public Policy Center. Mr. Maier's work focuses on the intersection of Christian faith, culture, and public life, with special attention to lay formation and action.	<a href="#">True Confessions.</a> Over the past decade Rome has been marked with sharp, and often unwarranted, criticism of the Church in the United States and American Catholic life. But very few of the critics have taken the time to talk, systematically, with a wide range of U.S. Catholics to understand their concerns. True Confessions is unique for its frank and in-depth interviews with 103 bishops, clergy, religious, and lay men and women from various backgrounds over a 17-month period, December 2020 through May 2022.
		7:40	Morning Show	Jeanne Thill	Co-Host Making it Personal	Preview upcoming Show

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8	Friday	7:45	Morning Show	Kristen Theriault (Terry-O) formerly Van Uden	Kristen Theriault serves as an author spokesperson at Sophia Institute Press. She received her MA in History from the College of William & Mary and her BA in History & Russian from Saint Anselm College. She studies the persecution of Catholics under communist regimes. She has been featured on a wide range of media platforms including Coast to Coast AM, The Federalist, and the Catholic Faith Network.	<i>The World is Too Small and The Mother Cabrini Companion. This book picks up after the movie's conclusion, taking us through Mother Cabrini's meditations that she wrote during her international missions. The book draws from Mother Cabrini's letters from her travels as she founded missions across the globe. How has Mother's perspective on her travels (the beauty of God's creation, etc.) enhance her spiritual life? Mother had a unique vocation wherein she had a religious vocation, but she lived in the world, among the people. How did she relate to people of all socioeconomic circumstances, and seek conversions in every interaction? Mother Cabrini's missions relieved the suffering of thousands. Beyond the human level, her primary focus was on the good of souls. How did she balance the humanitarian efforts of her Order with their ultimate goal, conversion?</i>
11	Monday	7:15	Morning Show	Jesse Weiler		
		7:40	Morning Show	Joe Stopulos	Host of Man Up	Preview of 9am Man Up!
		7:45	Morning Show	Monica Moylan	Ut Fidem mentor. Monica is a Dowling and Iowa State grad and a former Focus missionary. She works as a civil engineer at Shive Hattery in West Des Moines.	1. share a little bit about your faith story... What was it like going to Dowling and growing up Catholic? 2. How did your faith change and evolve in college? 3. What was your experience as a Focus missionary like? 4. What is your favorite part about mentoring for Ut Fidem? How have you grown in your spiritual life through it?
		9:00	Man Up!			
12	Tuesday	7:15	Morning Show	Fred Shellabarger		
		7:45	Morning Show	Father Ray McHenry and DeAnn Howard		
13	Wednesday	7:15	Morning Show	John Gaffney	Director of Evangelization and Catechesis	The National Eucharistic Pilgrimage
		7:45	Morning Show	Emily Jaminet	Wife, Mom, Author, Speaker, Director & Friend	We are halfway through Lent. Hows it going? A Mid-Lent check this morning.
14	Thursday	7:07	Morning Show	Randy Kiel	Randy Kiel, M.A, is the founder of Kardia Counseling.	First and/or second reading for Sunday.
		7:15	Morning Show	Fr. PJ McManus	Pastor at Christ the King Parish	Ask Fr. PJ
		7:45	Morning Show	Jackson Teeling	Dowling Boys Head Soccer Coach	
		9:00	Catholic Women Now	No guest		
		7:07	Morning Show	Fr. Andrew Windschitl	Iowa Catholic Radio Spiritual Advisor	Sunday Gospel & Spiritual Chat

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15	Friday					<p>Mother Cabrini, A Heart for the World by Claudia Cangilla McAdam: This item will be released April 9, 2024.            Tell us about the book Mother Cabrini A Heart for the World. How did you come to write this particular story?            Tell us about the New York Times bestselling children's book illustrator who did the art for this book.            What do you hope readers learn about Mother Cabrini?            Tell us about the Discussion and Activities Guide that is available for this book.            Where can folks see a book trailer?            What kind of personal appearances do you make on behalf of your books?            Where and when can people get Mother Cabrini A Heart for the World?            How can people learn more about you and your books?            What's coming next?</p>
		7:15	Morning Show	Claudia Cangilla McAdam	Claudia Cangilla (pronounced Can-JILL-uh) McAdam is an award-winning author of over two dozen books for kids and teens. Her faith-based titles invite young readers to learn, love, and live their faith. Claudia and her husband live in Colorado, not far from their children and grandchildren. Her newest book is St. Paul's Nephew to the Rescue, published by Our Sunday Visitor. She provides free resources for her books at her website <a href="http://www.ClaudiaMcAdam.com">www.ClaudiaMcAdam.com</a> .	
		7:40	Morning Show	Jeanne Thill	Co-Host Making it Personal	Preview upcoming Show
		7:45	Morning Show	Isaiah Peterson	Seminarian	
18	Monday	7:15	Morning Show	Jeff Karls	Executive Director of the IRL with offices located at the University of St. Mary of Lake in Mundelein Illinois.	Culture of Religious Life in America for the past 50 years from the perspective of The Institute on Religious Life as we celebrate the 50th Anniversary of our founding by Servant of God Fr. John A. Hardon S.J.
		7:40	Morning Show	Joe Stopulos	Host of Man Up	Preview of 9am Man Up!
		7:45	Morning Show	Michael Lichens	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.	Get Behind Me Satan. <a href="https://sophiainstitute.com/product/get-behind-me-satan/">https://sophiainstitute.com/product/get-behind-me-satan/</a> Fr. Gabriele Amorth, known as "the Pope's Exorcist," exposes the reality of evil and lays out what our response should be in a time when the devil appears more powerful and cunningly alluring than ever. Our age, Fr. Amorth explains, is seduced by the wiles of the enemy — either through fascination with the occult or through willful ignorance. There is, however, nothing to fear when we put on the armor of God.
		9:00	Man Up!			
19	Tuesday	7:15	Morning Show			
		7:45	Morning Show	Greg Wasinski	Executive Director of Let Me Be ministries	
20	Wednesday	7:15	Morning Show			
		7:45	Morning Show			
21	Thursday	7:07	Morning Show	Randy Kiel	Randy Kiel, M.A, is the founder of Kardia Counseling.	
		7:15	Morning Show	Fr. PJ McManus	Pastor at Christ the King Parish	Ask Father PJ
		7:45	Morning Show			
22	Friday	9:00	Catholic Women Now	Rebroadcast		
		7:07	Morning Show	Fr. Andrew Windschitl	Iowa Catholic Radio Spiritual Advisor	Sunday Gospel & Spiritual Chat
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25	Monday	7:15	Morning Show	Dawn Beutner	Dawn Marie Beutner entered the Catholic Church as a young adult and worked as an engineer before becoming a technical writer. She, her husband, and her two children live in northern Virginia, where she leads various parish groups that promote life issues, serve the needy, and learn about the Bible and the Catholic faith.	Too Small A World: : The Life of Mother Frances Cabrini <a href="https://ignatius.com/too-small-a-world-tsawp/">https://ignatius.com/too-small-a-world-tsawp/</a>
		7:40	Morning Show	Joe Stopulos		Preview of 9am Man Up!
		7:45	Morning Show	Kevin O'Neil	She, her husband, and her two children live in northern Virginia, where she leads various parish groups that promote life issues, serve the needy, and learn about the Bible and the Catholic faith.	Link for Purchase: <a href="https://sophiainstitute.com/product/holy-mass/The Holy Mass">https://sophiainstitute.com/product/holy-mass/The Holy Mass</a>
		9:00	Man Up!			
26	Tuesday	7:15	Morning Show	David Pieper	Serra Club	Upcoming Events
		7:45	Morning Show	Dr. Gilbert Lavoie MD	Dr. Gilbert R. Lavoie is a medical doctor, a specialist in internal medicine, occupational medicine, and public health. He has pursued a forensic and scriptural study of the Shroud of Turin for more than 40 years.	The Shroud of Jesus <a href="https://sophiainstitute.com/product/the-shroud-of-jesus/">https://sophiainstitute.com/product/the-shroud-of-jesus/</a>
27	Wednesday	7:15	Morning Show	Tommy Van Horn	Thomas Van Horn and his family have "lived off-the-land" in NW Florida over the past ten years by homesteading, keeping 400-600 bee colonies and selling honey and beeswax candles.	The topic of discussion is his new release from TAN Books with co-author Jason Craig: The Liturgy of the Land: Cultivating a Catholic Homestead.
		7:45	Morning Show	Amy Cattapan		Latest book, A Saint Squad for Teachers: 45 Heavenly Friends to Carry You through the School Year. • What inspired you to write a book about the saints? • Is this book only for Catholic school teachers, or would it also appeal to catechists, home schooling parents, and Catholics working in public schools? • The "squad" is pretty diverse. Why was it important for you to include both men and women saints from around the world? • What do you hope educators will learn from this book? • How might people who aren't educators develop their own squad of saints? • Who are a couple of your favorite saints from the book? • What are some of the ways the saints surprised you as you were doing research on them?
		7:07	Morning Show	Randy Kiel	Randy Kiel, M.A, is the founder of Kardia Counseling.	First and/or second reading for Sunday.
28	Thursday	7:15	Morning Show	Fr. PJ McManus	Pastor at Christ the King Parish	Ask Fr. PJ
		7:45	Morning Show	Pete Loew	Pete Loew, 1995 DCHS Graduate and graduate of St. Theresa of the Child Jesus in Des Moines. Onwer of JR Meat Company, who provided meat bundles for our Spring Fundraiser give away.	1. What made you want to get involved with ICR? 2. What benefits did you get from your Catholic Education? What should our listeners and winners know about the meat you provided? How can people learn more about your product?
		9:00	Catholic Women Now	Katie Rinehart	Young mother	Transitioning from College girl to mom life -
29	Friday	7:07	Morning Show	Good Friday		
		7:15	Morning Show	Good Friday		
		7:40	Morning Show	Good Friday		
		7:45	Morning Show	Good Friday		