

JANUARY	Day	Time	Program	Durati	Guest	Title of Guest	Topic of Guest
2	Monday	7:15	Morning Show	60	NO SHOW		
		7:40	Morning Show	60	Joe Stopulus	Host of Man Up - 9a	Weekly Show Topic
		7:45	Morning Show	60			
		9:00	Man Up	30			
3	Tuesday	7:15	Morning Show	60	Dcn. Randy Kiel	Kardia Counseling	
		7:45	Morning Show	60			
		9:00	Be Not Afraid	30			
4	Wednesday	7:15	Morning Show	60			
		7:45	Morning Show	60			
		9:00	thought of the Week	30			
		10:00	Uncommon Good	30			
5	Thursday	7:07	Morning Show	60	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
		7:15	Morning Show	60	Fr. PJ McManus	Pastor of CTK Parish	
		7:40	Morning Show	60	Chris Magruder	CWN	Preview today's show
		7:45	Morning Show	60	Jason Anderson	New St. Thomas Moore Director	What's ahead for 2023
		9:00	Catholic Women Now	30	No guest		
		10:00	Faith on Trial / Tape for weekend	30	Peter Breen / Erika Alern	Attorney , The Thomas More Society / Writer, Catholic Vote	DOJ coubling down on pro-lifers / Benedict XVI
6	Friday	7:07	Morning Show	60	Fr. Andrew Windschittl	ICR Spiritual Director	
		7:15	Morning Show	60			
		7:45	Morning Show	60	Gary Zimak	Catholic Speaker	Jesus Christ is the same yesterday and today and for ever. (Hebrews 13:8)
		9:00	Making it Personal with Bishop Joensen	30			
9	Monday	7:15	Morning Show	60	Ut Fidem 2023 - Kirby Power - Teagan Kavan	Female Ut Fidem Coordinator	What was the most impactful part of Seek this year?How will Seek impact your life back in Des Moines?What's one thing you learned that will help you "keep the faith"?
		7:40	Morning Show	60	Joe Stopulus		
		7:45	Morning Show	60	Jesse Weiler	Director of the Liturgical institute	The Domestic Church
		9:00	Man Up	30			
		7:15	Morning Show	60	Sarah Christmyer	Sarah Christmyer, codeveloper of the Great Adventure Bible program, is the general editor of the Living the Word Catholic Women's Bible.	The Living the Word Catholic Women's Bible. https://mail.google.com/mail/u/1?ui=2&ik=7b2d2a434c&attid=0.1&permmsgid=msg-f:1754107176488314591&th=1857d72ef08ca6df&view=att&disp=inline&realattid=f_ichtvcum0

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10	Tuesday	7:45	Morning Show	60	Dave and Debbie Cowden	Debbie Cowden is the Senior Digital-Media Specialist for EWTN Global Catholic Network. She's recognized for her co-hosting of EWTN Religious Catalogue and is the former producer of several EWTN series and live shows. She lives in Ohio with her husband, David—an active member of the Knight of Columbus—who works in health-care, and their three children.	"The Prayer Book for Tired Parents" https://www.sophiainstitute.com/products/item/the-prayer-book-for-tired-parents
		9:00	Be Not Afraid	30			
11	Wednesday	7:15	Morning Show	60	John Gaffney	Director of Evangelization and Catechesis	The life and legacy of Pope Emeritus Benedict XVI "Joseph Ratzinger/Pope Benedict XVI will be remembered above all for his literary and scholarly output. It will come as no surprise to me, if in the future, he will be declared a Doctor of the Church."
		7:45	Morning Show	60	Fr. Twomey	Father D. Vincent Twomey, SVD; former doctoral student and longtime friend of Joseph Ratzinger; and Professor Emeritus of Theology, St Patrick's Pontifical University, Maynooth, Ireland:	
		9:00	Thought of the Week	30			
		10:00	Uncommon Good	30			
		7:07	Morning Show	60	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.	
12	Thursday	7:15	Morning Show	60	Fr. PJ McManus	Pastor CTK Parish	Ask Fr. PJ
		7:37	Morning Show	60	Julie Nelson	Catholic Women Now	Preview Show Topic
		7:45	Morning Show	60	Fr. Twomey	Father D. Vincent Twomey, SVD; former doctoral student and longtime friend of Joseph Ratzinger; and Professor Emeritus of Theology, St Patrick's Pontifical University, Maynooth, Ireland:	The life and legacy of Pope Emeritus Benedict XVI "Joseph Ratzinger/Pope Benedict XVI will be remembered above all for his literary and scholarly output. It will come as no surprise to me, if in the future, he will be declared a Doctor of the Church."
		9:00	Catholic Women Now	30	Wendy Ogden	Board President of St. Thomas Classical Academy	The mission of St. Thomas Classical Academy and Classical education model
		10:00	Faith on Trial Taping for weekend	30	Alex Shadenberg / Will Thibeau	Ex. Dir. Euthanasia Prevention coalition / Tech analyst, The Heritage Foundation	Euthanasia and assisted suicide / Big tech censorship
13	Friday	7:07	Morning Show	60	Fr. Andrew Windschittl	Iowa Catholic Radio Spiritual Advisor	Sunday Gospel Overview
		7:15	Morning Show	60			
		7:45	Morning Show	60	Fr. Reed Flood		Iceland Retreat and Man up Speaker

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		9:00	Making it Personal with Bishop Joensen	30			
		7:15	Morning Show		Malachy Fallon (Mala-Kee)	Executive Director Xavier Society for the Blind	The mission started off on 16th Street in Manhattan, in a single room at the College of St. Francis Xavier (now Xavier High School). At the time, Xavier Society was the only Catholic publishing house to make such writings available to blind people, and all services were provided free of charge, a tradition that continues to this day. https://xaviersocietyfortheblind.org/
16	Monday	7:40	Morning Show	60	Joe Stopulus	Host of Man Up	Preview Show
		7:45	Morning Show	60	John Huynh	Exec Director of Faith Journey	
		9:00	Man Up	30			
17	Tuesday	7:15	Morning Show	60			
		7:45	Morning Show	60	Greg Wasinski	Executive Director of Let Me Be Ministries	
		9:00	Be Not Afraid	30			
		10:00	Straight Talk	30	Matt Wilcolm	Exec Dir, Iowa Catholic Radio	Eucharistic Adoration and Eucharistic Miracles
		7:15	Morning Show	60	Haley Stewart	Haley Stewart is a Catholic author and the managing editor of Word on Fire Spark. Stewart cohosts the Fountains of Carrots podcast and she is the author of The Grace of Enough and The Sister Seraphina Mysteries, a series for young readers. ...	discuss Jane Austen's Genius Guide to Life

JANUARY	Day	Time	Program	Durati	Guest	Title of Guest	Topic of Guest	
18	Wednesday						<p>http://www.idretreats.org/ · Note that Into the Deep doesn't have anything like "Ministries" tagged on to its name, so one way to put it in a sentence is to say "Jen Messing is the Executive Director of a nonprofit organization called Into the Deep"</p> <ul style="list-style-type: none"> · Because what I do is so eclectic, you could ask me to "tell you more" or "what did you have in mind behind starting this mission"... (under the umbrella of Into the Deep I give talks to youth and adults - Kindergarten and up, I lead lay people in studies of JP2's original texts, and I run retreats that I call "I.D. Retreats"... some are lodge-based, most are camping...for both teens and adults. · Depending on what interests you (I'm ok with the Holy Spirit taking this wherever), you could have me explain how I teach TOB to such a wide age range – or why the outdoors serves as my preferred setting for retreats... · We are opening registration for the 2023 retreats right now, so you could ask what is on the docket for this year's retreats or ask me for a sample list of where we have been. 	
		7:45	Morning Show	60	Jen Messing	JEN MESSING is the Founder and Executive Director of Into the Deep. She has been giving presentations and leading theology of the body-based retreats in both outdoor and traditional settings around the United States since 2002. Her particular gift is to inject the universal language of the theology of the body into a wide range of ages, populations, and subject matter, showing how applicable it is in everyday life and in every aspect of the Catholic faith.		
		9:00	Thought of the Week	30				
		10:00	Uncommon Good	30				
		7:07	Morning Show	60	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	
19	Thursday	7:15	Morning Show	60	Fr. PJ McManus	Pastor CTK Parish	Ask Fr. PJ	
		7:40	Morning Show	60	Julie Nelson	Host of CWN	Preview CWN	
							Kevin Vost, Psy.D., is the author of twenty books including Memorize the Faith! and How to Think Like Aquinas and has taught psychology at Aquinas College in Nashville, Tennessee, the University of Illinois at Springfield, Lincoln Land Community College, and MacMurray College. He is a member of the Research Review Committee for American Mensa, which promotes the scientific study of human intelligence.	<p>Aquinas's Lenten Meditations https://www.sophia institute.com/products/item/aquinass-lenten-meditations</p>
		7:45	Morning Show	60	Dr. Kevin Vost (Spokeperson for the book)			

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		9:00	Catholic Women Now	30	Kelly Mogenburg	Author of Real Food for Rookies	Eating healthy with real food
		9:30	Faith on Trial / Tape for weekend	30	Mark Lippelman / Arthur Shape	Attorney, ADF / Communication Director MassResistance	Religious schools and government grants / American Library Association
20	Friday	7:07	Morning Show	60	Fr. Andrew Windschittl	ICR Spiritual Director	Sunday Gospel Overview
		7:15	Morning Show	60	Ginger Arnold	a seasoned media professional and Catholic convert who is also on the Board for the local Catholic radio station in Davenport	She can talk about her conversion, and possibly provide us with periodic updates of what's happening in the Catholic community in the Quad Cities area.
		7:45	Morning Show	60	Dcn. Steve Tatz	Newly Ordained Deacon	What has surprised you the most? What do you like best? What advice would you give to someone considering, or you think should consider, being a deacon?
		9:00	Making it Personal with Bishop Joensen	30			
23	Monday	7:15	Morning Show	60			
		7:40	Morning Show	60	Joe Stopulus - Man Up	Man Up	Preview Show
		7:45	Morning Show	60	Arlene McClintock	Executive Director of HACER (Hispanics Aligned for Choice in Education Reform)	to talk about School Choice Week and our event for families on Jan 28th.
		9:00	Man Up	30			
24	Tuesday						We can discuss why Ananias said "Be baptized for the remission of your sins" and not "accept Jesus as your personal Lord and Savior" and was Saul of Tarsus riding a horse. Did Saul of Tarsus get renamed to Paul at his Damascus Road encounter?
		7:15	Morning Show	60	Steve Ray	CatholicConvert	
		7:45	Morning Show	60	Maggie De Witte		Recap March for Life 2023
25	Wednesday	7:15	Morning Show	60			
		7:45	Morning Show	60	Dcn. Jim Houston	New Diaconate Director	Deaconate pitch
26	Thursday	7:07	Morning Show	60	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	60	Fr. PJ McManus	Pastor CTK Parish	Ask Fr. PJ
		7:40	Morning Show	60	Julie Nelson	Catholic Women Now	Preview Show Topic
		7:45	Morning Show	60	Tom Chapman		Legislative News Update
		9:00	Catholic Women Now	30	No guest		
		10:00	Faith on Trial / Tape for weekend	60			
		7:07	Morning Show	60	Fr. Andrew Windschittl	Iowa Catholic Radio Spiritual Advisor	Sunday Gospel Overview
		7:15	Morning Show	60	Belle Marasco	Director of Business & Development	Fundraiser review

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27	Friday	7:45	Morning Show	60	Kristen Van Uden (You-den)	Kristen Van Uden 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.	Spokeperson for the upcoming book, Psychology and the Cross. https://www.sophiainstitute.com/products/item/psychology-and-the-cross 1. How does Freudian psychology differ from a Catholic approach to psychology? 2. What is the relationship between sin (including Original Sin) and psychological pain/disorders? 3. How can we properly deal with and integrate guilt through the sacraments? 4. What is the role of suffering in a healthy psychological outlook?
		9:00	Making it Personal with Bishop Joensen	30			
30	Monday	7:15	Morning Show	60	Scott Williams	Founders of Catholic Concepts	Catholic Concepts is a new umbrella brand housing a family of brands that are 'Breathing new life into the Catholic market.' Catholics can rediscover the joy of the Faith and share it with others through the growing Catholic Concepts family of brands: Sock Religious, every Catholic's favorite socks, featuring the saints. I'd love to discuss how Sock Religious has expanded to Catholic Concepts which now Sock Religious is part of the "Family of Brands" A few questions to consider: -How did Sock Religious begin? -Why the move to Catholic Concepts? -What makes what you do unique?
		7:40	Morning Show	60	Joe Stopulus	Host Man Up	Preview Show
		7:45	Morning Show	60	David Pieper	Serra Club	What did I learn at the Serra Rally in Dallas? What's new going on with Des Moines Serra Club? What can people do to become active with Serra?
		9:00	Man Up	30			

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31	Tuesday	7:15	Morning Show	60	Aaron Seng (Spokeperson for the book)	Aaron Seng is the founder and President of Tradivox Inc. Tradivox is an effort to recover the catechetical tradition of the Church. Aaron's team comprises an international group of motivated scholars, translators, copyists, editors, and designers. Several years have been spent in quiet archival research and textual restoration of scores of official Catholic catechisms from the last millennium to bring about this new series.	<p>New Book: Light of the World https://www.sophiainstitute.com/products/item/light-of-the-world 1. Who was the author, Fr. Henry Bowden? 2. What makes this reprint so unique – and why republish it now? 3. The illustrations are amazing, but some are rather violent. Tell us about the artwork, and why it was chosen. 4. Many books claim to be "daily reads" – could anyone really pick up this book and read it once a day? 5. Flipping through the table of contents, Tell us about: NAME(s) (Suggest: Edmund Campion, Margaret Ward, James Fenn, Anne Line, John Fisher, Robert Southwell)</p> <p>6. Do any of the martyrs have a special resonance for you personally?</p> <p>7. If you could only give one reason to recommend this book to listeners, what would it be?</p>
		7:45	Morning Show	60	John Herreid (pronounced Hair ee id)	a graphic designer and illustrator, has designed many book covers, film posters, and catalogues for Ignatius Press. Aside from Ignatius Press work, he has dabbled in oil painting, woodcarving, printmaking, photography, home brewing, and bread-making. He lives in Ohio with his wife and four children.	<p>THE CATHOLIC HOME GALLERY: Eighteen Works of Art by Contemporary Catholic Artists. https://files.ignatius.com/Flipbooks/CHGX/index.html?_ga=2.193688933.997998522.1674228297-707720639.1628872078 1. Was there a "golden age" of sacred art?</p> <p>2. Who are the artists who contributed to The Catholic Home Gallery?</p> <p>3. How can Catholics help support artists?</p> <p>4. What is the goal of The Catholic Home Gallery?</p> <p>5. How can I display sacred art in my home?</p>