



Mission Ministry

Moments & Meaning

Midway through the semester we have a short break to pause and recalibrate. I don't know about you, but I needed this break. I was craving a moment to slow down, to regain focus on what truly matters, and to find solitude in the mundane and everyday moments.

I recently adopted a 3-month-old puppy. This might not sound like a slow-down moment, but it has been. This puppy was brought to the shelter with quite a story of being neglected. I started to think about what areas in my life have there been neglect? Where has my attention been missing? What do I desire in the next 8 weeks of the semester that were missing in the first 8? I realized that I want more moments of reflection and meaning-making.

Some awesome 'Moments' from the semester so far: Frosh Get-A-Way, Faiths in Dialogue, Konza Prairie Nature Hike, Waffle Wednesdays... are much more enjoyable when I see 'Meaning' in them. I saw the compassionate conversations that came from speakers Yara Elkoush and Genn Young, and all in attendance on the twenty-first of October. I became more aware of God's presence in the sunrise on the Prairie. I felt a love smile at me as I took the Frosh group picture, and every waffle that is handed out is made in the shape of a heart. 'Meaning' comes with feelings associated with actions, the reflections of each 'Moment.' I

reflect on the 'Moments' I've had with "Walter" so far.

When I adopted Walter, he was timid and confused. Slowly, I started to see his personality come to life. He loves to play, is very food motivated, cracks me up with the zoomies, and I could melt into the couch with his cuddles any day! I have struggled with his adoption too. I am learning how to train him. I'm finding basic commands such as 'sit', 'come', 'lay', 'drop' and potty training not so basic. I have seen that patience, gentleness, grace, and above all, love, are required while acknowledging his progress.

Many of you may relate to the word 'progress.' Perhaps this semester you've made progress with your GPA or have found progress as an athlete.

Perhaps progress is in your adjustment to college or in a specific class. Progress is a word that I think gives 'Meaning' to the 'Moments' of life. We do not have to strive for perfection but can sit in gratitude for how far we've come.

November is a month many people use for gratitude. I know that Walter is going to grow up quickly, so I find gratitude in the puppy stage. As much as it might not seem like it now, the next 8 weeks are going to be fast too. I find myself grateful for the weather in the next 8 weeks. A taste of cold, damp air over the break reminded

me of the dark that falls early in late Autumn. As time changes, I have the invitation to the cozy that comes with layering, the warm beverages, the leaves changing colors and falling- hearing the crunch beneath my feet. What cozy moments are you most excited about? For what are you most grateful?

In gratitude, we are making our 'Moments' of 'Meaning.' Join us!

Anna Muenchen, Assistant Director of Campus Ministry

IN THIS ISSUE

Community Highlight-Tracy Gardens 3
Finding God in All Things: November 4
What's Feeding us? Nature Hikes 5
Imagine the Word 7
Vocations Fair: Find your Calling 8
What's Next? New things in CM 9

Moments of Meaning: October

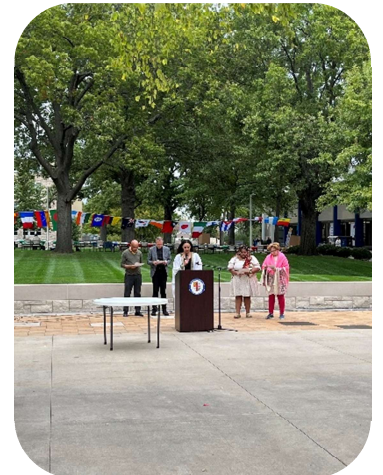
Faith's in Dialogue Kicked off! Look for the next event coming soon



First Student Mass
In the new Chapel!



World Cultures Day!



Family & Alumni Weekend
was fun for Marks Family!



Another Waffle Wednesday!



Student Senate Retreat: Clean up of Brush Creek

Community Highlight-Tracy Gardens

Reflection on Finucan Service Day is offered by Sophomore Michaela Parker



I loved Finucane Service Day as an incoming freshman, but I think I gained an even richer experience seeing it from the perspective of an orientation leader. As leaders and coordinators, we really encourage attendance for this day of service because we know how meaningful it is for both our community at Rockhurst and the greater Kansas City community. I was especially grateful to see so many of the new students on my orientation team show up for Finucane. Together, we walked over to Tracy Gardens, shovels and gloves in hand, ready to serve our community. We got our hands dirty pulling weeds and building a dry composter, all while chatting it up with each other as we worked. When the work was done, we took time to pause and create space to slow down and consider the deeper purpose of the day. I hope my team found fellowship and community in the day; I know I did.

One of my favorite parts of going to Tracy Gardens has been getting to know Marty Kraft who is something of a gardening legend around Kansas City. He reached out after Finucane to see if our team could come back another time and I was thrilled to find a day that several of my team members and I could return. Once again, we got our hands dirty but this time we built a

wet composter instead of a dry one. We layered old composting leaves, wet them down, and somehow transformed them into a functioning composter. Marty has such a creative way of making things work in his garden, and I am often amazed by his ingenuity. This was no exception. We ended our return visit the same way we had before—by taking time and space to slow down and reflect. This time, though, what I felt most was pride. Pride in the work we had accomplished that day, in the little Tracy Gardens community we had helped strengthen, and in the new people we had welcomed into it. Our team had made a genuine connection with the Kansas City community and had grown closer because of it.



Somehow, somehow, it seems like there are Rockhurst student volunteers at Tracy Gardens almost weekly, likely due to the efforts of Bill Kriege and his AMAZING student workers. Personally, I enjoy going to the garden on Fridays whenever I find the time. I've found that spending time at the garden is a great way to step away from the stress of the week and just get my hands dirty for a little while. I always leave with a real sense of accomplishment—for myself and for my group. The groups aren't always large, but there's always a great mix of people. Every time I'm there, I end up talking with someone new—and that's the beauty of it. Not only do we get the chance to serve and give back, but we also get to strengthen our own Rockhurst community in the process.

Finding God in All Things:

November Thanksgiving & Death: An unlikely pairing

In America, November has become a month of gratitude leading up to the celebration of the Thanksgiving Holiday at the end of the Month. In the Catholic Church, November has a different meaning. With the end of the liturgical calendar and the celebration of All Saint's and All Soul's Days, the church focuses the month on remembering our departed loved ones. For my family, remembering the departed and gratitude have always gone hand in hand. My grandmother, God rest her soul, made it her life's mission to remember those that came before us. Every Memorial Day and every November, she would make a "pilgrimage" to gravesites across the Kansas City area to pay respects to family and friends who passed before her. Although these times call for remembering the departed, it was her every day life that was lived in remembrance and gratitude for the people who came before her.



Every family meal started the same with my grandmother, a simple blessing of the meal followed by her prayer, "May all souls and the souls of the faithfully departed, through the mercy of God, rest in peace". If someone asked her "why do we do this?" she'd give a simple, "you gotta pray for the people who got you here".

For her, gratitude and remembrance were one in the same. Gratitude for the people who came before her meant giving thanks for all the trials, success and failures of the generations before her. As I reflect on this month and going into the holiday season for the second time without my grandmother, I hold on to this gratitude in grief. Remembering my grandmother still causes me grief but there is more gratitude there each day.

The word Gratitude has become a bit of a buzz word in 2025; I hope we don't tire of hearing the importance of this practice. I wanted to give you a tangible way to practice the Ignatian practice of gratitude. St. Ignatius called gratitude the first virtue because all other goods flow from the practice of being thankful for what one has around them. This is why the examen starts with reviewing your day with gratitude. This is the lens or worldview that St. Ignatius is calling us to. Seeing the world as a gift makes each day an opportunity to give back that gift to others. Seeing those in our life that have passed away as gifts poured out on us, also, refocuses us on giving of ourselves. One practice my wife and I try to keep is finding three things each day we are grateful for. As two working parents, life can be a grind sometimes, stopping to find moments of gratitude helps keep us sane!

We are lucky enough to be at an institution that has been open for over 100 years. The number of alumni, benefactors, faculty, staff and friends of the college that are not with us, far out numbers those that are still on this earth. How can we remember and honor them while we are on campus?

Reflecting on gratitude and remembrance, how can you remember those that paved the road for you to be where you are today?

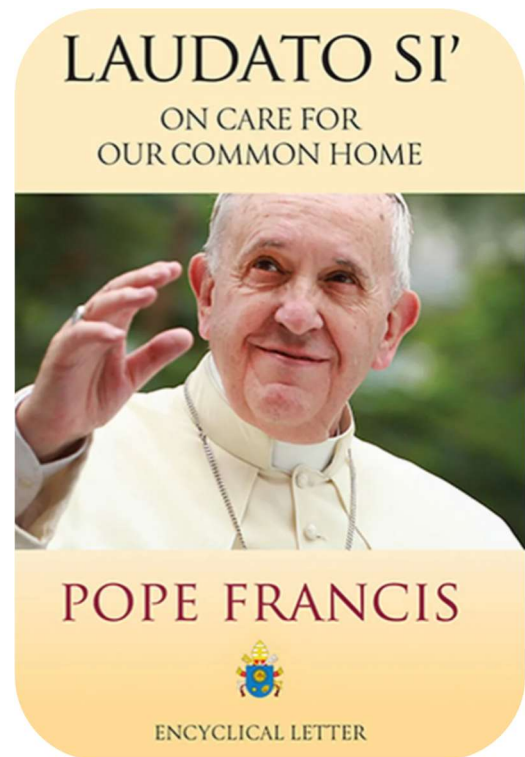
What's feeding us?

Laudato Si' Hikes

Laudato Si' an encyclical or formal letter/teaching document, written by Pope Francis (1936-2025), comes from the famous song, "Canticle of the Sun" by Saint Francis of Assisi, meaning "Praised Be You." Jorge Mario Bergoglio, otherwise known as Pope Francis, took this name because of his admiration for Francis of Assisi. The Canticle (song) is a litany of gratitude, celebrating God's glory revealed through creation. Both men use a poetic celebration of creation, urging us to see the divine fingerprint in every element of the natural world. Although Pope Francis writes Laudato Si' as the leader of the Catholic Church, he urges those of all and no faith traditions to listen and respond together. He encourages the collaboration of the entire human family to bring about change.

Pope Francis frames environmental issues as connected to poverty, inequality, and human dignity. You cannot separate caring for nature from caring for people. This he names as "integral ecology." Integral ecology takes a deeper look at; pollution, loss of biodiversity, water shortages, and climate change as impacts from industrialization, overconsumption, and profit-driven practices. He suggests that consumerism and a "throwaway culture" harm both people and the planet. Once we look at the planet as something we can discard, then we look at people like that too. An encyclical suggests a circular motion; these things are intertwined making it hard to consider just creation or just person if we ignore the other.

He doesn't just write about the pitfalls, but encourages simpler, sustainable living and ethical choices in daily life. He admits what many cannot; climate change is a shared global



responsibility, where some people have more than others. Solutions require cooperation between nations, communities, and religions with needed education, policy change, and personal responsibility. His hope is that we place people over profit.

Pope Francis explains that caring for creation is a spiritual duty, rooted in gratitude and respect for God's creation. Humans are stewards, not absolute masters, of the Earth. Through our Laudato Si Nature Hike program, we have a chance to connect as stewards, in gratitude and respect, to gaze at creation with love. During the Hike to Arkansas this November we will engage with Laudato Si by asking, "how can I walk through this place as a guest, not an owner" drawing us closer to putting life above profit and gratitude above destruction.

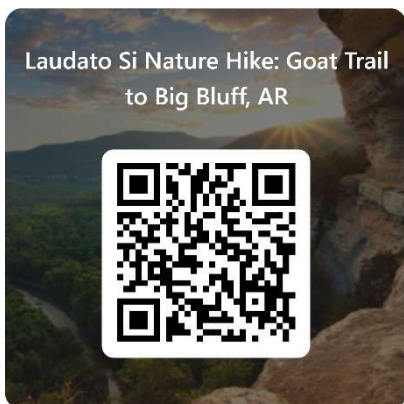




Along the Buffalo River in Arkansas is a world-class geological experience (pictured above). We will tackle the Centerpoint to Goat Trail leading us to the Big Bluffs; distinctly the tallest sheer bluff face found between the Rocky and Appalachian Mountains. Standing 550 feet above the river, the picturesque views prove to be one of the most epics in Arkansas! The goal is to walk away with a bigger commitment to protect “our common home.”

Departing from Campus on Friday, November 14th expect the best- reflections, hot tubbing, gratitude, campfire and smores, games, a home-cooked breakfast and hiking! A quick trip arriving back to campus Saturday night means adventure awaits! See you there. Sign up today to reserve your spot.

The circular motion of an encyclical suggesting the need for people over profit suggests that our actions be done continually. If you cannot make the hike, consider tuning in to our **Nature Break Series posted on the @MissionMinistry Instagram each week! Take a few minutes to engage with God through Creation with us!**



Imagine the Word

Reflections on Scripture

Christopher Holt, Haywood Street Beatitudes, 2018



11/2 The Commemoration of All the Faithful Departed “Hope That Never Dies”

These readings remind us that God’s love is stronger than death. Wisdom assures us that the souls of the just rest safely in God’s hands, and Paul proclaims that Christ’s sacrifice reconciles us to God. Even in suffering or loss, we are invited to trust that God’s mercy endures and that His love will lead us to peace and eternal life.

11/9 Feast of the Dedication of the Lateran Basilica in Rome “Living Water, Living Temple”

We celebrate the dedication of the Lateran Basilica and Church that flows from our tradition and that connection to Rome. The readings remind us that God’s life-giving presence flows through us and the world. Ezekiel describes water flowing from the temple, bringing life and nourishment wherever it goes, while Paul calls us God’s temple, where the Spirit dwells. We are invited to remain rooted in Christ, building our lives on His foundation, and to allow God’s Spirit to bring growth, healing, and life to those around us.

11/16 Thirty-third Sunday in Ordinary Time “Justice and Responsibility”

These readings remind us that God’s justice and care go hand in hand. Malachi promises healing and light for those who fear the Lord, while Paul calls

us to live responsibly, working diligently and not burdening others. In our daily lives, we are invited to act faithfully, embrace discipline, and trust that God’s justice and guidance will bring both healing and order.

11/23 The Solemnity of Our Lord Jesus Christ “Chosen and Reconciled”

On the last day of the liturgical calendar, we are reminded that God calls and unites His people. Just as David was chosen to shepherd Israel, we are invited to share in the inheritance of God’s kingdom through Christ. In our daily lives, we are called to recognize Christ’s preeminence, live in gratitude, and participate in His work of reconciliation and peace. In a larger sense, we are invited to reflect on Christ’s dominion over the world. As we see world leaders, countries and monarchies end or fade away, it is Christ’s plan for us that is never ending.

11/30 First Sunday of Advent “Walking in the Light”

As we enter into Advent, we are invited to live in God’s guidance and embrace His peace. Isaiah envisions a time when nations seek the Lord’s instruction and swords are turned into tools for life, while Paul calls us to awake from darkness and clothe ourselves in the light of Christ. In our daily lives, we are challenged to walk in God’s ways, live with integrity, and reflect His light to the world around us.

Vocations Fair

Come Find Your Calling



Hi, my name is Jo Garro (she/her) and I am the '25-26 Project Management intern with Jesuit Volunteer Corps (JVC) Northwest. I graduated from Rockhurst University with my BA in criminal justice and psychology in 2024. On campus, I was involved in organizational leadership within Active Minds, a mental health advocacy group, and Gamma Phi Beta-Eta Iota, my sorority. Following my graduation, I completed a year of service (2024–2025) with JVC Northwest in Seattle, WA, serving at Transitional Resources (TR), a mental health facility in West Seattle. TR provides comprehensive support to individuals living with severe mental illness, including access to medical and mental health care, as well as temporary and permanent housing solutions. This experience deepened my respect for social workers and the resilience of individuals navigating severe mental illness. I was able to actively engage in reducing mental health stigma—an issue I've been passionate about since my time at Rockhurst—and witnessed firsthand the transformative power of compassionate care.

My year of service was profoundly impactful. I gained insights for my future career as a therapist, while also exploring a city I had never been to before. I gained 6 new friends from the community I lived with, and I feel refreshed and ready to continue forward academically and mentally. I'm thrilled to continue my involvement with JVC Northwest as

the Vision & Call Project Management Intern, where I look forward to furthering growth as both a person and a leader. In my role, I will be planning various events with JVC Northwest, including the Benefit dinner in Seattle, WA. In addition to that, she will be assisting with campaigns and appeals for fundraising, editing grant applications, creating relations with donors, and so much more.



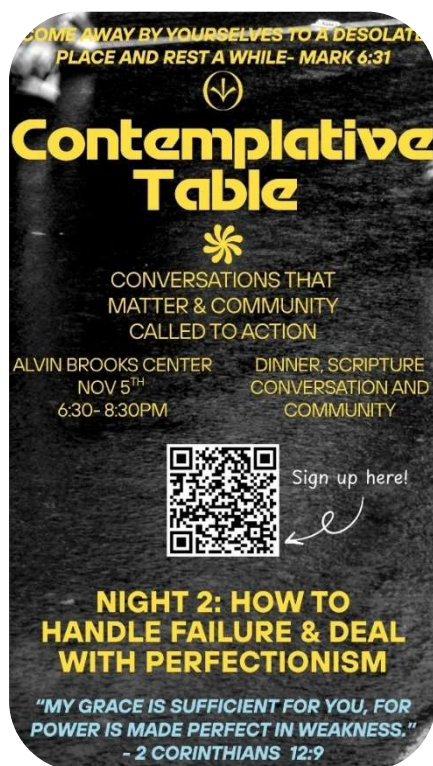
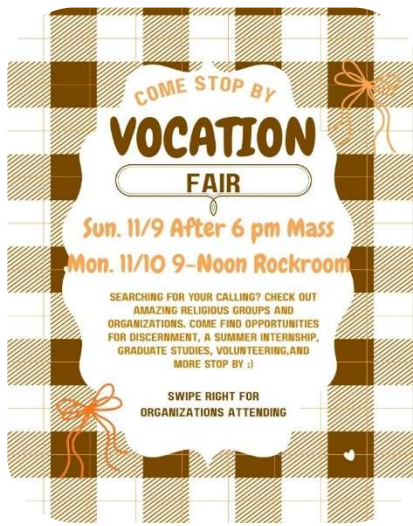
I decided to spend a year volunteering with the Jesuit Volunteer Corps Northwest after graduating from Rockhurst in May 2023. One summer, I was studying for the MCAT in Sedgwick Hall when Bill Kriege happened to be passing through. He got to telling me about his experience with JVC years ago, and it got me thinking. Until this point in my life, everything I had done had been for myself. Every job I had was just for money, and my time in school was to further my career interests. I saw as JVC an opportunity to dedicate time in the service of others. I spent a year living in Bend, Oregon, working at the County Health Department in WIC and helping people access health care. JVC taught me the value of living simply, and solidified taking someone's whole person into context when engaging with them. I am currently a first year medical student at UNMC in Omaha, and the lessons I learned in JVC will stick with me for every patient interaction. I can not recommend it enough, go set the world on fire!

Mitch Blaine, Class of 2023

Ingrid Gomez '24



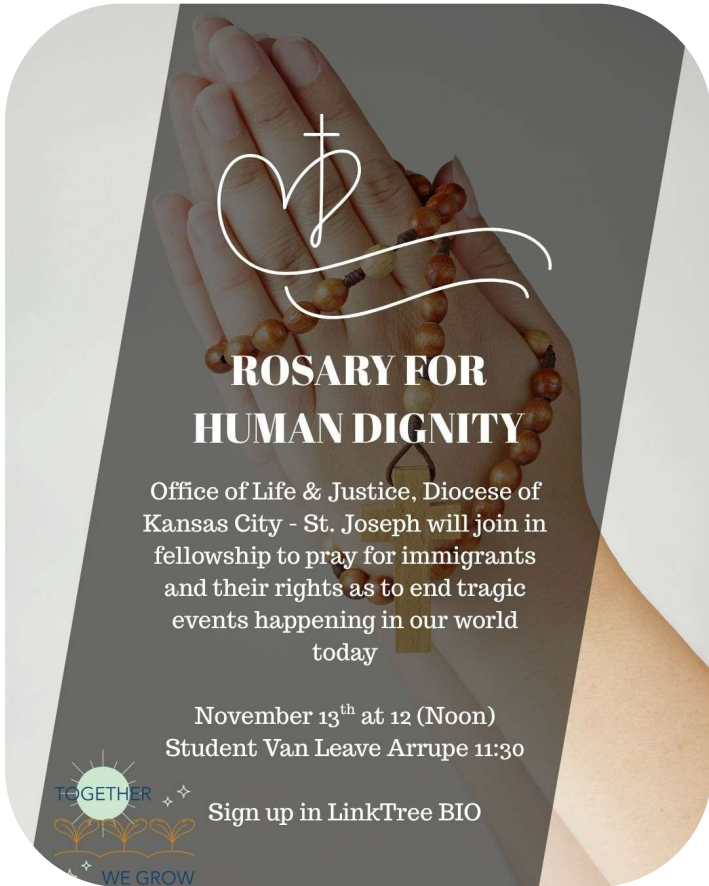
During my service year with AmeriCorps at Maggie's Place, I lived alongside pregnant women experiencing homelessness in Phoenix, Arizona. I helped maintain environmental stability, advocate for maternal health, and show compassion in moments of crisis. From supporting mothers through labor, postpartum recovery, and mental health struggles to navigating emergencies and community tensions, I learned to respond with calm, empathy, and resilience. Each day invited me to practice trauma-informed care, strengthen trust, build community, and better my understanding of what it means to care for the whole person. I thank my Jesuit background for equipping me to take on a year of radical service and, as a result, deepen my call to medicine. This year has taught me that healing begins with intention and that even in the hardest spaces, consistency and compassion will restore hope.



Come check out the next installment of *Contemplative Table*! This retreat series will run all year but each night has its own theme and format. Contemplative Table strives to be a place for conversations, scripture and community. This night was conceived from two problems on campus. One, students are busy but the need for retreat is more necessary now than ever. We strive to meet you where you are and create opportunities that work for you! The second is a profound need for a place to discuss our broken world and our role in it. This night will focus on dealing with perfectionism & how to handle failure. Too often these issues are boiled down to simple answers such as , “let go, let God” or “don’t worry, pray about it”. While these words might be true, they are not always helpful. Come reflect on tough topics, scripture that calls you to action and find friends through conversation.

What's Next??

New things coming from Campus Ministry



ROSARY FOR HUMAN DIGNITY

Office of Life & Justice, Diocese of Kansas City - St. Joseph will join in fellowship to pray for immigrants and their rights as to end tragic events happening in our world today

November 13th at 12 (Noon)
Student Van Leave Arrupe 11:30

TOGETHER
WE GROW

Sign up in LinkTree BIO

Join the CM Student Team Groupchat! This group will be involved with planning and implementing all Campus Ministry Events!



ROCKHURST UNIVERSITY

Mass Hospitality

Providing hospitality for the Sunday 6pm Mass is a great opportunity to grow together as a group, serve your fellow students and publicize your organization.

Are you in charge of a student organization or leader on a team, Greek org or academic major? Consider contacting Mark Blaise or Hyunki Yoon about this opportunity



Organizations are responsible for providing greeters, gift bearers and a post mass snack. Groups/individuals do not need to be Catholic. Student Groups should plan on having atleast four members particpate

Sign up below!



DO YOU WANT A MILKSHAKE EVERY WEEK

MILKSHAKE MASS 9PM
EVERY WEDNESDAY -> MABEE CHAPEL

CAMPUS NOV 20 25

JOIN THE FUN!

MINISTRY

11.8 HABITAT FOR HUMANITY FAITH BUILD
8:00 - 3:30PM

Join Kansas Citizens of various faith traditions to address our nation's affordable housing crisis on this amazing build!

11.5 CONTEMPLATIVE TABLE
5:30-8

Join us for a night centered around conversation, food and fellowship.

11.14 ARKANSAS LAUDATO SI'HIKE
11.15

Be present in the beautiful state of Arkansas! All are welcome & All are capable! Come get some extra steps of beauty on a bright day!

11.19 WAFFLE WEDNESDAY

9:30-11
Enjoy a delicious walking waffle before headed to class on a monthly basis, with strawberries, whip cream, or syrup!

[LinkTree Link](#)

WAFFLES BELL TOWER
11/19
9-1030AM

ABC NIGHT

EVERY TUESDAY
8-9 PM
MABEE CHAPEL

"Everyone of us needs half an hour of silence every day, except when we are busy—then we need an hour."
St. Francis de Sales

COME FIND THE QUIET!



RUMISSIONMINISTRY

Stay in the loop! Register for an event!

Follow us on Instagram

CAMPUS MINISTRY

DEC 20 25

JOIN THE FUN!

12.2
6:30-
7:45PM

FAITHS IN DIALOGUE

Join an amazing conversation with peers of different religious backgrounds over dinner. Spiritually engaging everyone's knowledge and focus on commonalities.



12.3
6:30-8:30

CM CHRISTMAS PARTY

Come enjoy Christmas Carols, cookie decorating and food for thought.



12.6
8:30 PM

CONTEMPLATIVE TABLE

Join us for a special Saturday Advent Retreat. We will move through scripture and contemplate the holiday season



12.7
7:30-8:30

LAST MASS OF SEMESTER

Get ready for Finals week with the last Sunday mass of the Semester!

What's feeding us?

