



## Helping people affected by suicide Center for Suicide Awareness helps families, people struggling with issue

BY JEAN PEERENBOOM | FOR THE COMPASS

**KAUKAUNA** — Driven by her faith and desire to help people, Barb Bigalke works to give people hope. In 2010, she started the nonprofit Center for Suicide Awareness, located at St. Paul Elder Services in Kaukauna.

The center offers support groups for all ages to those who have lost a loved one to suicide, or who have attempted suicide, and for veterans. It also provides training for educators, health care professionals, police and others. The center also hosts AA meetings and has a counselor on-site. There also are a lending library and classes, such as Coloring for Depression. All programs are listed on the center's website at [centerforsuicideawareness.org](http://centerforsuicideawareness.org). The staff is made up of paid employees and volunteers — lots of volunteers, Bigalke said.

Bigalke, a Catholic, worked as a crisis counselor and headed the crisis team with law enforcement after completing her college degrees in human development, family studies



BRAD BIRKHOFF | FOR THE COMPASS

**Barb Bigalke, pictured at Sacred Heart Church in Appleton, is founder of the Center for Suicide Awareness in Kaukauna. The center offers support groups for people of all ages.**

and education. After someone she knew died by suicide, she learned how little support there was for survivors of suicide and developed the center.

A big part of her mission these days is educating the community about recognizing the signs of suicide and how to help people regain hope. It also involves outreach to families of victims of suicide and those

who have suicidal thoughts and feelings. She gives presentations to schools and community and church groups.

On Jan. 12, Bigalke shared her expertise at the Janssen Forum at Mount Tabor Center in Menasha. She explained how suicide is a growing problem today.

**Our full story** appears in the Jan. 27 issue.

### FRANKLY, FRANCIS



Dear Brothers and Sisters,

In our continuing catechesis on Christian hope, we turn today to the story of Judith. The Old Testament Book of Judith tells how, during the siege of the city of Bethulia by the Assyrian general Holofernes, the people were on the verge of surrendering. In an apparently hopeless situation, the leaders of the city determined to hold off for five days, trusting that the Lord would come to their aid. At that point, Judith appeared to reinforce their wavering hope in the face of fear and to propose a plan that led to victory over the enemy. The example of this woman of great wisdom and courage teaches us to trust in the Lord's providential care, but also, in prayer and obedience, to discern his will and to do everything in our power to respond to the challenges that come our way.

+ Pope Francis,  
Jan. 25, 2017

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## The Compass to sponsor pilgrimage to Ireland in the fall

**ALLOUEZ** — The Compass will sponsor a pilgrimage to Ireland Sept. 24 to Oct. 5. Leading the pilgrimage to Ireland are Bishop David Ricken, Julianne Stanz, director of the diocesan Department of Evangelization (Stanz, an Ireland native, will not attend the entire 12-day pilgrimage), Amy Kawula from The Compass and Juan Landa from Mater Dei Tours.

The pilgrimage to Ireland will depart Chicago on Sunday, Sept. 24, and arrive in Dublin on Mon-

day morning, Sept. 25. From the airport, pilgrims will travel north along Ireland's oldest inhabited areas and arrive in Drogheda. Here, Bishop Ricken will celebrate Mass at St. Peter Church, where relics of St. Oliver Plunkett are venerated.

Following Mass and sight-seeing, the group will depart for Monasterboice, a monastery founded by St. Buite, who died in 521. At Monasterboice, pilgrims will have a chance to view one of the finest Celtic crosses in Ireland.

The last stop on the morning excursion will be to the Hill of Slane, one of Ireland's most historic Catholic sites.

According to tradition, the Hill of Slane is where St. Patrick, after having lit a fire during the pagan "night of darkness," evangelized the natives and their king regarding the Blessed Trinity, using a simple shamrock.

**Our full story** appears in the Jan. 27 issue.

# 5 THINGS YOU SHOULD KNOW

## St. Brigid of Ireland

PATRICIA KASTEN | THE COMPASS

- 1 St. Brigid (Brigit) of Kildare (d. 525) is a patron saint of Ireland, along with Patrick (Padraig) and Columba (Colmcille).
- 2 Brigid's feast is Feb. 1, which used to be a pagan feast, called Imbolc, honoring the first day of spring.
- 3 Brigid is also called "Mary of the Gael" because of various legends, including that she was midwife at Christ's birth.
- 4 Brigid's Cross, a symbol of Ireland, has four points with a central square and is woven of rushes.
- 5 Brigid is the patron saint of many groups, including dairymaids, cattle, newborns, blacksmiths, boatmen, travelers, poets and scholars.

Kasten recently published a book on the Magi: "Journeys with the Magi."

## Catholic schools of discipleship

Each year I look forward to the annual celebration of National Catholic Schools Week. From Jan. 29 through Feb. 4, we will acknowledge the formation of Jesus' disciples among our 55 Catholic schools across the Diocese of Green Bay.



### BISHOP'S CORNER

Bishop David Ricken

It is a time to celebrate our Catholic schools and all the supporters who contribute to this important ministry of the Church.

The national theme, "Catholic Schools: Communities of Faith, Knowledge and Service," summarizes the daily educational context of our students' lives as they learn about their faith while practicing a virtuous life and learn the skills for

the 21st century. In partnership with our families, school and parish leadership, faculty, staff, volunteers, and benefactors, our Catholic educational institutions encompass schools of discipleship formation developing future leaders and moral citizens.

As I travel to these schools to celebrate the Holy Mass with each student body, I witness the core element of our Catholic schools:

prayer and the development of a personal relationship with Jesus. This is the exceptionality of Catholic education.

Catholic schools of discipleship do not happen without investment. Parishes provide prayerful support and generous contributions to provide the resources. Benefactors and alumni accept Catholic education as a primary mission of the church and provide generous sustenance. School leadership and faculty and staff ensure their own continual development of discipleship through annual adult catechesis and academic professional development. Parents share the responsibility to seamlessly infuse the faith life of their children into the daily fabric of home life. I am grateful to all who invest in Catholic schools as their efforts and support are a vital contribution to the future of the church and our great nation.

Please join me in praying for the gift of Catholic education in the Diocese of Green Bay as we "Celebrate Catholic Schools Week 2017" with our 9,200 students, school and parish leaders, faculty and staff!

May God bless you for your continued sacrifices to ensure that our Catholic youth and their families build a lasting relationship with Jesus.

## Parish SNAPSHOT

Bishop David Ricken poses for a photo with students and faculty from All Saints School in Denmark following an all-school Mass at All Saints Church Dec. 13. Bishop Ricken celebrates Mass nearly every week of the school year at one of the 55 Catholic schools in the diocese.



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