



# The Heartbeat

A Publication of Immaculate Heart of Mary Church  
[www.ihmparish.com](http://www.ihmparish.com)  
Winter 2022

## ANN AND VINCE WILLIAMS “RETIRE” FROM THE KILLGOAR FOUNDATION

by Terry Moore

In 1987, Ann Williams helped fellow parishioner Kathy Snyder with the very first Killgoar Foundation mailing. It generated \$60,000+ in donations and established a financial base for the foundation. For Ann and her husband Vince, the Killgoar Foundation has been a significant part of their lives ever since.

Ann continued “working for” the foundation as an employee of The Breton Group (TBG), headed by Mark Morrow. At TBG, Ann recorded donations and generated gift acknowledgements. In 1996 Vince and Dutch VanderVeen organized the first Killgoar Open golf tournament. Both Ann and Vince have served as foundation trustees and eventually as development directors. Over 30 years the couple has seen the foundation grow to \$5 million dollars in assets.

In recognition of their longstanding work on behalf of the Killgoar Foundation, Ann and Vince Williams have been named recipients of the 2022 Dutch VanderVeen Service Award. The honor will be bestowed at the IHM Parish Winter Social on January 29.

“Ann and Vince Williams have been the face as well as the heart and soul of the Killgoar Foundation for many years,” said Jim Passinault, foundation president. “When Ann decided to step down this year as development director, it was the perfect time to honor her and Vince as the newest recipients of the Dutch VanderVeen Award. We are so proud to have the chance to honor these two extraordinarily deserving people.”

Echoing these sentiments was John Hendrickson, Jim's predecessor as board president. “As a past Killgoar Foundation leader, I experienced firsthand the love and passion that Ann and Vince brought to this great cause. Each with their own style, neither thought of the Foundation leadership as a “job,” it was clearly a “calling.” Their passion was infectious and made everyone around them want to be part of it.”

The Williams family joined the parish in 1982 when Vince accepted a position in Grand Rapids with Foremost Insurance. He grew up in Detroit and attended Catholic schools while Ann grew up in Fort Wayne, also a graduate of Catholic schools. “We continue to benefit from our Catholic education to this day and wanted the same benefits for our children,” said Ann.

The foundation exists to assure that no child is denied an IHM School education for financial reasons. Toward that end, tuition assistance has enabled an average of 90 students to attend our school over the last five years. Higher enrollment also helps assure the future viability of the school.

Ann recalls a conversation with a school parent that revealed the importance of the foundation in a personal way. “Catholic education was important to this mom and she said it would have been impossible for her family without help from the foundation.”

“Imagine the difference the Foundation has made for that and so many other families,” posed Ann. “We're blessed to be surrounded by so many very generous parishioners and alumni.”

And the Foundation has been blessed by Ann and Vince's long time commitment to making a stronger IHM School.



# GOD'S GUIDANCE

by Peter Vu



"Catholic," meaning: "including a wide variety of things" or "all embracing" is derived from the Greek phrase, "katholou," meaning: "on the whole, according to the whole, in general." My mother, Lang Tran Vu, is my spiritual role model and was raised as a Buddhist in Vietnam. For many years, she sought spiritual fulfillment, but was dissatisfied with what she discovered. That is until she came across Jesus.

In 1995, my mother and her family fled from the Communist government in Vietnam and immigrated to America where my mother and father met once again. They had known each other through their families while in Vietnam. When they moved to America, they fell in love. Influenced by my father and his family's faith, my mother converted. She turned to God and was born anew in her spiritual life during this period. With her newfound faith, she married my father, joining the Catholic Church.

In 2014, my mother made the bold decision to start her own business. It was a difficult decision to make with four children still in school. Through God's guidance, she persevered and her business thrived. My mother's health, meanwhile, was failing unbeknownst to my family and me.

For many years, my mother had complained about pains in her stomach and chest. We initially waved it off as acid reflux, but her condition only worsened, especially during Covid. Once again, we waved it off not thinking it was anything significant. We agreed that it was merely a result of stress, particularly because business was not going well. Eventually, in mid-2020, my mother consulted her doctor about the pain. After a series of tests, it was determined that her condition would necessitate an operation.

The surgery was set to happen about a week before Christmas, but to our dismay, we found out that her operation would be postponed until the following year. It began with a cough, a runny nose, and then a lack of smell and taste. After taking a rapid test, my mother learned that she had contracted Coronavirus. Per Covid quarantine procedures, she remained at home. She endured in her bedroom for two weeks, leaving only to get some fresh air. Eventually, the symptoms subsided, and she was ready for surgery.

On January 21, 2021 my mother underwent open-heart surgery. Uncertain of the outcome, my family and I prayed. Our prayers were answered when we learned that her operation was successful. My mother was bedridden for about two weeks before she regained her strength and was able to walk. Despite the immense pain she suffered, she made a point to attend Mass every Sunday, attributing the success of her surgery to God. With the hospitality of others and through prayer, she was back to work in a matter of weeks.

My mother, my model of faith, has lived her life led by faith; from finding fulfillment in her spiritual life to recovering from her surgery. I believe that my mother is the person she is today because of the intercession of God. In all of the situations listed above, I recall the times where my family and I collectively prayed on my mother's behalf. Consequently, our prayers were answered.

*Note: This essay was written by IHM School 8th grader Peter Vu for the Knights of Columbus' "Faith in Action" essay contest of 2021. A special thanks goes to Peter's English teacher, Joey Savillo, for her role in sharing it with Heartbeat readers.*

# SPOTLIGHT **On** ushers

by Sue Jakubowski

When you walk into IHM for a weekend Mass, whether you're a visitor, a new parishioner, or a longtime community member, you're greeted by a friendly face in a navy IHM-emblazoned jacket. The team of more than 40 volunteer ushers is so reliable and familiar that it's all too easy to take for granted the work they do to make sure our parish is welcoming and our liturgies run smoothly. The ushers commit to arriving early no matter the weather; their duties include opening doors, helping seat people, answering questions, assisting with the offertory and communion, and managing Covid restrictions. The extra labor that goes into keeping up with those policies underscores how much our parish relies on their behind-the-scenes work, and it speaks volumes about the loyalty and dedication of this group.

Highlighted below are four members of the usher pool who go out of their way to be helpful and welcoming.



**David Schensul** has been ushering for almost nine years. You will most likely see him at the 8:30 Mass, but he generously fills in for open spots at other Masses, sometimes even for two Masses on the same weekend! David says he loves to see the kids and families, and it is a highlight for him to see all the smiling faces coming into church. He especially likes to usher on Holy Days and when there is a great need for extra help.



**Kim Eadie**, a 15-year veteran usher, has found this ministry to be a wonderful way to get to know his parish family. In particular, he recalls one special interaction when a man pulled him aside and acknowledged that he had been away from the church for years and was apprehensive about coming back. The man shared that when he was greeted warmly by the ushers as he entered, he knew this was where he should be. Kim is also known to be good at recruiting talent—pictured with him is his grandson **Pierce**, who has been serving with Kim since he was five.



**Steve Weber** was asked to usher by Dick Williams more than 15 years ago. He began as a substitute and is now a captain for the 8:30 Mass. As captain, his responsibilities include finding a family to take up the offertory (although recently that has been paused due to Covid) and making sure all the ushering positions are covered. To ensure things go smoothly, Steve stresses the need for the ushers to arrive minimally fifteen minutes before the Mass begins.



**Paul Vicini** began ushering shortly after he moved to Grand Rapids from Lansing 10 years ago. Over the years, he has found it very fulfilling. His favorite memory is serving with Miles Murphy IV and the banter they shared. Paul suggests that every member of our parish should look in their hearts and see where they have an ability to help. Welcoming people as they first enter is easy and important: in Paul's words, "Why wouldn't you want to do that?"

*Jane Eggleston, our stewardship coordinator, has noted that there is currently a great need to increase the roster of ministry volunteers. If you would like to consider ushering or another position, please contact Jane at [stewardship@ihmparish.com](mailto:stewardship@ihmparish.com) or at 616-241-4477 ext. 107.*



## PARISHIONER PROFILE: KAUFMAN FAMILY

by Ann Williams

Ben and Whitney Kaufman moved to Grand Rapids two years ago and found both Grand Rapids and IHM Parish to be just what they wanted for their family. After working for GM for many years in locations around the country, Ben accepted a position with Viking Corporation, located in Hastings.

Anticipating a very competitive housing market at the time, Whitney contacted a Grand Rapids friend, who introduced Whitney to Betsy Passinault, who well knows southeast Grand Rapids and the Catholic community. Ben and Whitney were able to find a great house in a great, family friendly neighborhood. (Jim and Katie Hudson live across the street.☺)

While house hunting, they attended mass at IHM and knew immediately that this was the parish for their family. In fact, they enrolled their two younger children at IHM School without having set foot in the building!

Both Whitney and Ben grew up on Michigan's east side and met at the University of Michigan. Their families' religious backgrounds were very different. While Ben's mother was Catholic and his father Lutheran, Ben attended CCD/religious education classes through high school. Whitney's family did not belong to a church, though in her teen years she sometimes attended Presbyterian services with her grandmother. When they began dating at U of M, Whitney went to Mass with Ben every weekend. Before they graduated she went through RCIA and converted to Catholicism.

Whitney and Ben embrace their faith wholeheartedly and are guiding their children to do the same: Adeline, Graham and John, who are a senior, junior and freshman at Catholic Central, respectively, and Claire who is a seventh grader at IHM School. Adeline will attend Hillsdale College next fall.

The entire Kaufman family is actively involved at IHM. Father Troy says they are somewhat of a one stop ministry: they serve, they lector, they usher and they manage coffee and donuts. They see their participation as ways to live out their faith.



Whitney and Ben have found that the education their children are receiving at IHM School and Catholic Central are what they hoped for. Their faith lives are thriving and they are being challenged academically. They see their children becoming well rounded individuals with faith at the heart of who they are.

The value of faith and belonging to a strong faith community was made clear to the Kaufmans recently when their son John suddenly became quite ill. In the emergency room, as he was being shuttled from one test to another, he suddenly recovered. Whitney says that before he was moved, she quickly texted the Prayer Warriors to storm the heavens for John's recovery. She said John showed improvement almost immediately. She considers it a "God moment" and is so very grateful that the Prayer Warriors began their siege of heaven on John's behalf so quickly and fervently.

Whitney and Ben "jumped in" at IHM and they advise newcomers—and current unengaged parishioners—to do the same. Not only does being involved in parish and school ministries offer great opportunities to deepen and live out your faith, but it is a wonderful way to get to know likeminded families who are experiencing similar joys, sorrows and challenges.

Just as IHM Parish has blessed the Kaufmans, they bless our parish with their strong faith and parish engagement.

# A QUICK GUIDE TO CATHOLIC MEDITATION

by Lauren McLalin

Meditation is practiced all over the world as a way to create stillness and inner peace. Catholic Meditation is an elevated way of prayer in which the mind is intentionally spending time with God by getting to know him in a deeper way. Here's a quick summary on this contemplative, often overlooked form of quiet prayer.

## THE END GOAL

To use Catholic Meditation differs from non-Christian meditation. While the goal of secular meditation is to empty the mind, Christian Meditation aims at filling the mind with the Holy Trinity. According to the Catechism, *"Catholic Meditation seeks use the faculties of the mind to know the Lord, understand his love for us, and to move into deep union with him. Use of the mind "is necessary in order to deepen our convictions of faith, prompt the conversion of our heart, and strengthen our will to follow Christ."* (2708)

## THE BENEFITS

Catholic Meditation is nourishment to the soul. Regular practice of meditation can greatly improve your spiritual life as well as your prayer life. Consistent contemplation reduces stress, lessens fear, improves happiness, solidifies inner peace, and most importantly, strengthens your own personal bond with Jesus.

## THE PREPARATION

Intentional preparation will help your heart and mind during your meditation. Start off by going to Confession. Confession reopens the door leading to God's graces that was closed off by sin. Block 30-45 minutes into your schedule and determine a location where there will be no external distractions. Find focus for your meditation, such as a Mystery of the Rosary, Sacred Scripture *lectio divina* (divine reading) from the Gospel, etc.

## THE FIVE STEPS

Below are the steps to use as reference in your Meditation through **Lectio Divina** or "Divine Reading":

**Lectio** "Reading"  
**Meditatio** "Meditation"  
**Oratio** "Prayer"  
**Contemplatio** "Contemplation"  
**Actio** "Action"

## THE DEEPER DIVE

Here are a few book recommendations for a more in-depth exploration on Meditation within Catholicism.

- *The Catechism of Mental Prayer* - Fr. Joseph Simler
- *The Interior Castle* - St. Teresa of Avila
- *The Spiritual Exercises* - St. Ignatius of Loyola



*The Rosary is a powerful tool for meditation.*

# HOSPICE FOR A Joyful Life

BY KHUE DINH



Every emotion of grief surrounded us in the days leading to my Ba's ("grandma's") death. Hers would be the first loss our close-knit family experienced together. The conflicting feelings were most palpable during the family meeting regarding Ba's advance directive. My mom and her seven siblings were in the living room, initially discussing the options. Quickly, anger and hurt surfaced. *Of course we have to resuscitate; she just needs medicine and nourishment to get better! She has suffered from dementia long enough; it is time to let her go!* There was shouting, crying, and failed attempts at deescalation. In hindsight, how could anyone make a reasonable decision at such a fragile time?

Our hospice social worker turned out to be the voice of reason. She discussed the risks and benefits of choosing life sustaining measures or choosing DNR ("Do Not Resuscitate"). In the end, we celebrated my Ba's eighty-three fulfilling years of life lived and memories made.

For three years, it has been my privilege to gift this same peace of mind to my hospice patients and their families in my role as a hospice social worker. Along with a clinical team consisting of a physician, registered nurse, home health aide, and spiritual advisor, I help navigate this journey towards a comfortable death. I serve in nursing facilities and private homes in the greater Grand Rapids area. I educate about disease progression and what to expect in the final weeks and hours of life. I assist with completion of legal documents, such as advance directives and power of attorney. Most importantly, I am a listening ear. With so many confusing ideas simultaneously colliding in one's mind and heart, oftentimes the most welcome company is an empathetic social worker.

Although hospice care is associated with "the end," this is not the focus. Instead, I encourage my patients to continue living fully and joyfully. Are there goals to try something new? My philosophy is to carpe diem! While receiving hospice care, my patients have gone skydiving, gotten married, taken the pontoon out for a final fishing trip, and experienced the birth of their first granddaughter.

Living one's life does not end with a hospice admission. On the contrary, there are endless benefits to choosing comfort care sooner than later.

- **Is hospice for me?** Most people do not answer this question on their own. Most hospice referrals come from physicians who have determined that curative measures are expended.
- **Is hospice expensive?** Hospice is a Medicare benefit, so some patients are age-qualified. For younger patients or the uninsured, Hospice of Michigan offers open access to all who seek it.
- **Where do I go to receive hospice?** All care is given in the comforts of home, whether that be an apartment, condo, assisted living facility...
- **Is hospice forever?** The choice to try hospice is never final. If one's condition improves, a graduation of sorts will take place. If the care is not what was expected, the patient or family may request revocation at any time, no questions asked.



Khue Dinh & her Ba

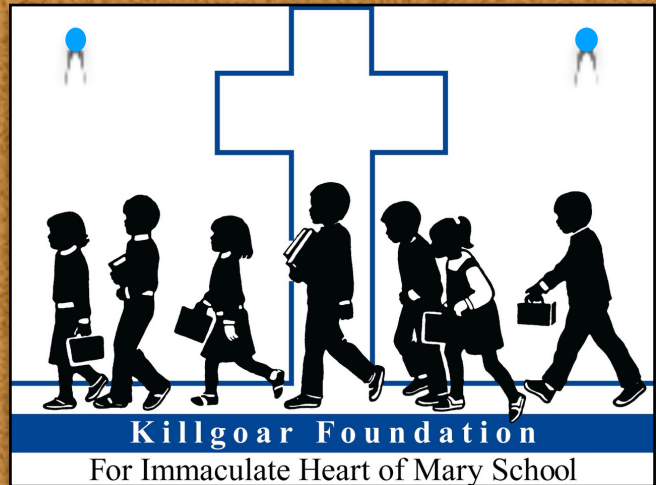
We pass through this life into an eternal one with God. The years are fast and fleeting at times, but the journey towards that hopeful promise is a joyful one. As your fellow parishioner, I am always available to discuss and process end of life care options, or just listen. Please don't hesitate to reach out!



# THE PARISH BULLETIN BOARD

## The Killgoar Foundation's Winter Social

After a year off, the 26th Annual Winter Social is back on **Saturday, January 29**. You won't want to miss this fun evening of socializing with your fellow parishioners while enjoying a great buffet dinner and open bar. The party begins following 5:15 Mass. This year, the Killgoar Foundation will present its Dutch VanderVeen Award to Ann and Vince Williams for their many years of service to the foundation which supports IHM School. Tickets are \$35.



## LENTEN MISSION

There are many ways we can approach God and one of them is the theme of this year's Lenten mission, *Union With God*. We will spend three nights discussing how we can conform our lives to him by learning about *detaching* ourselves from those things that separate us from God, which we do through *grace*, which then brings us to *conversion*.

The mission will be lead by two Redemptorist priests, Fr. Steve Wilson, CSsR and Fr. Chuong Can, CSsR, on the evenings of **March 21, 22, and 23** at 6:00 PM in the Church. Fr. Steve and Fr. Chuong will be celebrating all the Masses the preceding weekend to introduce themselves and talk a bit about the mission. Each night will be followed by fellowship. Please join us for all, or at least some, of these nights to enhance your Lenten journey.

## SECOND BEST SALE

Another returning event, the Second Best Sale, is set for the **fourth weekend in April**. Your cast-offs are needed to fill the gymnasium with an array of tempting bargains for shoppers. Please set aside your donations and bring them to the gym on Wednesday, April 20 or Thursday, April 21 between 8 AM-8 PM. The sale itself runs Friday, April 22 from 9 AM-6 PM and Saturday, April 23 from 8 AM-1 PM.

Co-chairs Mary Kay Fatum and Anne Brown encourage parishioners to donate clean, gently used items. Sorry, no tube TV's, mattresses or worn-out items accepted. Mary volunteers are needed for all four days and those who work a minimum of one two-hour shift are eligible to shop early. All proceeds go to support IHM School. So it's a win-win: declutter your house while doing something worthwhile for our students.



# IMMACULATE HEART OF MARY CHURCH

1935 Plymouth Ave SE  
Grand Rapids MI 49506

## UPCOMING EVENTS

### JANUARY

29 Winter Social

### FEBRUARY

6 Blood Drive  
21/22 School Mid Winter Break  
25/26 Pre Cana

### MARCH

2 Ash Wednesday  
19 St. Vincent dePaul Pasta Dinner  
19-23 Lenten Parish Mission

### APRIL

4-8 Spring Break  
11-16 Holy Week  
17 Easter Sunday  
22/23 Second Best Sale

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**IF YOU ENJOY READING THE HEARTBEAT,** *your help would be appreciated. We are in serious need of writers (ages 16 and up) as well as story ideas. For example, perhaps your group or project could use some advanced notice of an activity or is looking to increase its participation. For either, contact Deb Moore at [djbmoore@comcast.net](mailto:djbmoore@comcast.net).*



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