



Conversion
of heart

Winter 2015-2016

THE DIVINE PHYSICIAN HEALS LOCAL DOCTOR

“The road to practicing medicine was tough financially, tough professionally, and tough personally,” reflects Dr. Lucy LaPerna. She thought that she had arrived at the top of a mountain when she started practicing medicine as a vascular physician. Lucy recalls, “I thought that I had it all – the husband, the children, the house, the car, a great position as a medical specialist, the dog, nice shoes from Saks Fifth Avenue.”

Then a major change in her career path stopped Lucy in her tracks. In this crisis, she discovered that the excitement, glamour, and demands of a liberated woman physician “living the American dream” had raised a cloud of stardust that veiled God.

“God used my professional and personal struggles to draw me closer to Him.” Lucy underwent a reversion to the Faith about eight years ago. St. Gabriel Radio began to point her in the direction she needed.

“My car became my monastery and AM 820 became my travelling companion,” she explains. “On the commute home, I might catch *Catholic Answers* or *Al Kresta*. On *Catholic Answers*, I found myself trying to answer callers’ questions.”

Faithful Catholic roots

Lucy grew up in a cradle-Catholic family. Her father was a deeply devout World War II veteran and a medical doctor. Lucy’s mother was also Catholic with a strong work ethic. Lucy’s father prayed the rosary in the car each day as he took the children to school; she and her father became “prayer companions.” She fantasized about being a doctor, just like her father. In fact, Lucy did become a doctor like her father – in everything except piety.

In college, what started out as a slight turn in practicing the Faith led her further and further from the Church. “In college, I fell away from regular practice of the Faith. In medical school, I fell further. Soon, I was living the life of the world.”

Stardust draws a veil between Lucy and God

“In this worldly state, I met the love of my life - the man I eventually married. He was a cradle Catholic too, and shared the same worldly life view. God was not at the center of this vision,” Lucy acknowledges. Their life was so full of the “good things” that there was little room left for God beyond the formalities of Catholicism. “As our family grew, we were going through the motions of church, baptizing children, and sometimes attending Mass, but we were lukewarm in our faith,” reflects Lucy.

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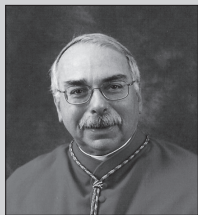
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LISTENER TESTIMONY

I have been tuning in to St. Gabriel Radio whenever I can while driving. Thank you for being there and for your wonderful programming! Thank you.

– Faithful listener, Mara

AM 820 LOCAL PROGRAMS



From the Chair

with Bishop Frederick Campbell

Tuesdays, 5:00 P.M.,
Wednesdays, 12:30 P.M.,
Fridays, Noon.



Answering the Call

with Elizabeth Ficocelli

Tuesdays &
Sundays, 12:30 P.M.



Family Sanctuary

with Mary Ann Jepsen
and Peggy Hartshorn

Mondays, 12:30 P.M.
& Sundays, 2:00 P.M.

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THE DIVINE PHYSICIAN HEALS LOCAL DOCTOR

- CONTINUED

Lucy's career in vascular medicine was racing in the fast lane. The family moved to Columbus, their second child was born, and Lucy's husband took over the more-than-full-time responsibility of making a home and caring for the children.

God uses a wreck in the fast lane

In 2005, the economy took a downturn and work problems blew away the stardust of Lucy's worldly dreams. She knew that she had to strike out on a new medical path, but given her family responsibilities, she could not simply leave the job she had.

I don't remember exactly how, but I discovered St. Gabriel Radio. God just gave me what I needed.

"When the stress was at its peak, I would sneak out of the house around 5:30 AM, careful not to wake the children, just to have peace. I would go to exercise. On the way, I just enjoyed the silence."

It was precisely this crisis that awakened Lucy to her need for God. "These challenges drove me into the arms of Christ," acknowledges Lucy. "Eventually, I turned on my radio but had no desire to listen to music. I don't remember exactly how, but I discovered St. Gabriel Radio. God just gave me what I needed," Lucy reflects. "I began learning so much from Fr. John Riccardo, who reaffirmed what I knew deep in my heart. Seek the truth and you will find it! I get to listen to Fr. Riccardo on my daily commute.

"I also started even talking to patients about things that I learned on AM 820. How much God loves us! How much He wants to be a part of each of our lives! How His Providence brings people out of misery and stress - and carries them closer to His Son. Then I started to pray my Rosary.

"Looking back on it now, I can't imagine being in the same place. I was afraid. I was anxious. I was frequently short with my family.

AM 820 helped strengthen my faith

"I realize that I am blessed! I have to have a prayer life, especially the Rosary and the Eucharist. AM 820 helped me strengthen my faith and validate the values that were waking up in me.

"I contemplate the real meaning of the words I hear. I learned from Fr. Riccardo the meaning of the word 'meek.' Jesus was meek, humble of heart. He was not a spineless doormat. 'Meeking' is a verb. It describes what you do to make a stallion. You take a being that is strong, passionate, powerful, and help it to bring those qualities into control. 'Meeking a horse' unleashes its power raising the qualities of the animal to a higher level. Fr. Riccardo's teachings bring me moments of clarity!" Lucy says with enthusiasm.



"The stories on *Women of Grace* and *Raising Saints* encourage me. Listening to Mother Angelica counsel distraught callers gives me great assurance. Bishop Campbell and the Dominican Friars' programs are always heartwarming and educational. "I find myself drawn to Al Kresta's insight into Islam and other political situations. He has helped me understand some of the Pope's writings and sometimes-controversial quotes."

Woe was me!

"When I began this reversion to the Faith, I was angry all the time. I felt very alone in my work struggles. I was angry at the work situation, torn between the roles of wife,

mother, and bread winner,” says Lucy. She is beginning to understand how this struggle was hard for everyone in her family - husband and children.

“Making myself available to be near the Eucharist has helped me to mellow. I joined St. Patrick parish and the Confraternity of the Rosary. I pray to become truly holy,” explains Lucy.

Lucy prays especially that her husband and three children will open their hearts and grow even closer to God. She takes to heart the saying that the most important job of parents is to help one another and their children get to Heaven. There are three children, all under the age of 14, in the LaPerna family: Michael Joseph, daughter Serra, and Rocco John. “Ross, my husband, is a wonderful family man who loves his kids,” exclaims Lucy, beaming smiles.

The most important job of parents is to help one another and their children get to Heaven.

“I have learned a great deal about the Sacrament of Marriage from speakers like Fr. Riccardo. Frequently, I find myself convicted - that it is really me that needs to be transformed, to grow in holiness and virtue. Listening to Catholic Radio has helped me see that the journey of married and family life actually can be sanctifying even though it may seem, at times, to be burdensome. It is really the burdens and trials of family life and work life that God allows in our lives to shape us and draw us closer to him,” Lucy affirms.

Holy alliance for Lucy’s loved ones

She also recognizes the impact that she and her husband have had on their children’s faith. Lucy says, “Today, I live my faith so differently than I did ten years ago. Now, I desire that my kids include God in every decision that they make! It tears at my heart that they are not closer to God. Often, I listen to *Raising Saints* with Katie Wyatt and it reassures me to hear young voices who speak about loving their Faith.

“During Adoration times, I invoke a holy alliance of Saints, deceased, and family to join in prayer for my loved ones. Saint Junipero Serra has a special place in my devotion. My husband and I asked Fr. Serra to bless our marriage in the Basilica of Carmel, in California. His canonization has an important meaning for my family.

“I am trying to surrender to Our Lord. I now see my career as God’s choice, leading me to touch the lives of women.” As a vascular specialist, Lucy sees young women suffering from blood clots, a complication associated with the use of birth control pills. “If a woman comes to me with a vascular complication, I am responsible to tell her that she shouldn’t use hormonal contraceptives anymore. I refer these women to receive counseling on Natural Family Planning,” Lucy states.

“Contraception is not women’s health care, it is a medical fraud,” says Lucy. She cites one example among many, “According to an article that investigated reporting patterns of contraception-related blood clots (published in a French pharmaceutical journal), there is a 95 percent under reporting of hormonally related blood clots.”

There is a 95 percent under reporting of hormonally related blood clots, according to recent a recent article published in a peer-reviewed medical journal.

Humility, the foundation of all virtue

Humility is not a characteristic inculcated in medical school. Lucy reflects on this when she says, “If God didn’t think that the mundane things in life were important in approaching God, He would never have become a person. We can use all the mundane things to suffer and grow close to God.”

Lucy is learning to rely on God for everything in her effort to surrender completely to Our Lord’s will.

SPRING SPIRIT DRIVE

March 9, 10, 11 & 12

LISTENER-SUPPORTED AM 820 NEEDS YOU!

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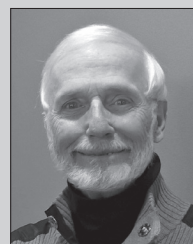
Make your pledge online at www.StGabrielRadio.com or call (614) 459-4820.



SUBMIT NEWS

Now, Catholic organizations in the Diocese of Columbus can use the new AM 820 website feature, SUBMIT NEWS, to submit information about local events. Events are announced on the on-air community calendar on a space-available basis. Visit www.StGabrielRadio.com.

VOLUNTEER SPOTLIGHT



Raymond Leo is a staple during AM 820 Spirit Drives. Recently, Leo helped knock the ball out of the park with the Catholic Conference Kickoff drive. He was part of the team that answered hundreds of

phone calls on a cold Saturday morning! “AM820 is alive with the Holy Spirit and gives witness through the joy and enthusiasm of the staff, volunteers, and everyone I meet here,” says Ray. Thank you, Ray!

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MISSION

St. Gabriel Catholic Radio's mission is to provide quality programming that is faithful to the teachings of the Church and presented in a way that inspires conversion of heart and a deepening faith while building up the local Body of Christ.

LENTEN EXERCISES

During this Jubilee of Mercy, revisit the Spiritual Works of Mercy.

- Counsel the doubtful.
- Instruct the ignorant.
- Admonish sinners.
- Comfort the afflicted.
- Forgive offenses.
- Bear wrongs patiently.
- Pray for the living and the dead.

INVITE A FRIEND!



**Columbus Catholic
Women's Conference**
February 20st
www.ColumbusCatholicWomen.com



**Columbus Catholic
Men's Conference**
February 27th
www.ColumbusCatholicMen.com