



# MESSENGER

## CONVERSION OF THE HEART



### How do I love Thee? Let me count the ways!

Jenny and Frank Fullin echo each other when one says, “I knew all **about** Jesus but in marriage, I now know the **Heart** of Jesus.”

Husband and wife are both cradle Catholics, Central Ohio natives, and long-time listeners of St. Gabriel Radio. Jenny and Frank knew each other during high school at Bishop Watterson, reconnected after college, and courted. As they set out in married life, they were very much in love and started a family. They followed the popular wisdom for managing childbearing through hormonal contraception, until. . .

“I was trained as a biology teacher,” explains Jenny who was fascinated by the science of conception. She knew that hormones affect the body’s organs, tissue, brain, physiology, and behavior—including sleep, digestion, sexual function, stress, and mood. As Frank and Jenny grew spiritually and took their domestic church seriously, they learned about family planning without the use of hormonal contraception -- Natural Family Planning (NFP).

#### CAN WE REALLY DO THIS?

This was uncharted territory for the Fullins and they had doubts. Frank, with his law degree, was making a living for the family and Jenny, with her master’s degree in Science Education, was making a home for the family as homemaker. “We wanted to do what is right. At the same time, we thought NFP might be inconvenient and were concerned about managing the size of our family. In fact, we learned that abstinence is also a loving act,” they both agree.

They put their faith in God’s plan, the plan that is always better than our plans. So, they put out into the deep waters of NFP. Their goal was, and continues to be, something that Bishop Brennan today calls Missionary Discipleship. “We made a decision to give joyful witness, sharing the Gospel by starting

in our own home. We decided to make our home our domestic church. A domestic church doesn’t necessarily mean to have an altar and rituals. It does mean that what we do at every moment is imbued with the love of Christ. This brings you closer to Christ,” affirms Jenny.

#### HELLO, ST. GABRIEL!

Early in their marriage, Frank found that listening to Christian radio helped him step up his spiritual life. Then, Frank discovered the newly established Catholic radio in Columbus, St. Gabriel. “Fr Riccardo was like getting a sermon every day. I soaked up the theology and spirituality. I was hooked on St. Gabriel Radio!” says Frank.

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*“AM 820 radio hosts inspire me to do things that I wouldn’t normally do. This sparks me to want to be a better person and do more for God.”*

Jenny admits, “Radio faith talk didn’t appeal to me. All talk! I liked music so it was harder for me to switch.” When she began commuting to a part-time job, she discovered AM 820 morning programs talking joyfully about family life. She too was captured by Fr. Riccardo, especially his talks on *Theology of the Body*.

Closer to Christ the couple did grow. Their marriage and family prospered as they welcomed God’s blessing of five children. Frank prospered, running his own title company. He entered the diocesan program to become a deacon. Jenny blossomed nurturing the children, managing the home, and working at a job she liked.

[CONTINUED]



“St. Gabriel Radio, a faithful companion in fidelity to the magisterium of The Holy Church.” – *Nick from Dublin*

## VOLUNTEER SPOTLIGHT



Bob Contino, O.S.F.  
“Fra Tony’s” devotion was the hallmark of his selfless volunteer work for the radio.

Bob made countless phone calls to recruit radio

advertisers. He joined every Spirit Drive to answer the phones. He delighted children as St. Nicholas at the studio Christmas Open House. He and Marge, his wife, were ever ready to lend a hand where needed. Bob passed away December 27, 2020.

Our prayers are with Bob and his family. May his soul rest in peace.

**CONVERSATIONS ON DISCIPLESHIP**  
With Fr. Adam Streitenberger  
WEEKDAYS AT 8:00 A.M.

AND IN THE AM 820 ARCHIVES

**DAMASCUS DAILY PRAYER LAB**  
WEEKDAYS AT 8:14 A.M.



**EWTN**

Global Catholic Network

## CONVERSION OF THE HEART [CONTINUED]

Then Christ called the family even closer to Him through crisis.

“When we were first married, we did all the typical Catholic things. We prayed over meals and went to Mass as a family. But we didn’t really pray *together*. Then our daughter was born with a heart defect. This led us to pray together to God, as spouses and as a family, in a way that we had never done before. God was laying the groundwork for more to come,” explains Jenny.

Then Frank began having severe pains. The diagnosis of a brain tumor shocked him and Jenny. Their world was turned upside down as Frank entered an arduous medical treatment including three brain surgeries. At the same time, the economy tanked with the mortgage loan crisis, throwing Frank’s title company into a tailspin and shutdown.

### FULLINS BECOME DISCIPLES

Christ said to his disciples, “Follow me!” As disciples we strive to do as Christ taught us on a day-to-day basis, often in small, seeming insignificant things, even when it is hard, repugnant, or countercultural.

Hour by hour, day by day, the Fullins said “Yes!” to Christ’s invitation: “Follow Me.” Relates Jenny, “Surgery left Frank unable to walk. He had to learn to rebalance. I had to bathe him because he couldn’t stand in the shower. I was able to do things for Frank that I never imagined I would be able to do earlier in our marriage. God heard all our prayers and gave us the supernatural strength of His Grace. I went from knowing about Jesus to discovering the *Heart* of Jesus.”

*“Hour by hour, day by day, the Fullins said ‘Yes!’ to Christ’s invitation: ‘Follow Me.’”*

Through all of this, God provided for the Fullins through family, community, parish, and the Sacraments. Frank is especially grateful because he learned humility. “I lost control of my business, my career, my family, my vocation as a deacon, and my own body,” reflects Frank. “We became the customers of charity thrift shops during these difficult times. Where we used to donate to charitable organizations, we became the receivers of charity, learning to accept other people’s generosity. This experience changed my outlook, seeing the love, support, and prayer that surrounded me. I learned in my own flesh what John the Baptist said: ‘I must decrease and you increase.’ I learned that my own ideas, my own interests are not the most important part of my life.”

### TRUST IN GOD’S PROVIDENCE

“This incredibly stressful time brought us incredible blessings. We felt lifted up in prayer. It was the most spiritually rewarding time in my life,” muses Frank. Facing these crises together taught this family to trust in God’s Providence. Today, you could say that Frank and Jenny are representatives of Missionary Discipleship. As missionaries, they strive to live out the Good News among the people they meet and work with throughout the day. They share the Gospel in their own home, building there the domestic church even when their own children, who are grown, are not convinced of their parents’ beliefs.

“Bloom where you’re planted,” is Frank’s motto. “We have a sphere of influence at home, in work, among friends. I try to be an example to others in a Christ-like way.”

## CONVERSION OF THE HEART

Jenny has worked at the Columbus Diocese Office of Marriage and Family Planning for the last 14 years coordinating the NFP program. She and Frank bring a very special perspective to young couples when they team teach NFP classes. Frank observes that young people relate to Jenny's genuineness when she explains the dignity that we all have because we are created, body and soul, by God in His Image. Jenny notes that people sense Frank's authenticity. "Wherever Frank goes, he carries with him the integrity that comes with living in Christ."

"Living in the Heart of Christ starts at home with immediate family, then neighbors and coworkers and friends. We share what we know and love," says Jenny. Frank adds, "What you do makes you authentic. You can't share something that you don't have. When I share information about NFP with young people, it reminds me of my life of conversion. It is a wonderful experience for me to express what NFP did for me and the intimacy of our marriage."

### AM 820, ALWAYS ON

After more than a decade as an AM 820 fan, Frank keeps coming back for the programs. He still listens daily as he drives for sales and during a one-hour commute to and from home. He says, "Dr. Anders' depth of knowledge in *Called to Communion* is great. I listen when the radio broadcasts the Men's and Women's Catholic Conferences. I listen to whatever is on when I'm in the car. I don't even change the dial! I love the Spirit Drives with all the guests and priests coming and going. It's great that you can be anywhere and still hear those wonderful shows and tap into the podcasts."

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programs are designed to help pilgrims on the journey in forming the domestic church, in how to raise a family in this culture. The radio gives all sorts of support to make Catholic teaching part of your life, your work, your marriage, and your world."

### MISSIONARY DISCIPLESHIP

*Missionary* means that you have encountered Jesus Christ and want to share Him with others.

*Missionary Discipleship* means knowing what Jesus does, thinking as He thinks, hearing as He hears, going where He goes, living and speaking the Truth that *He Is*.

# HELLO ADVERTISERS, WE NEED YOU!

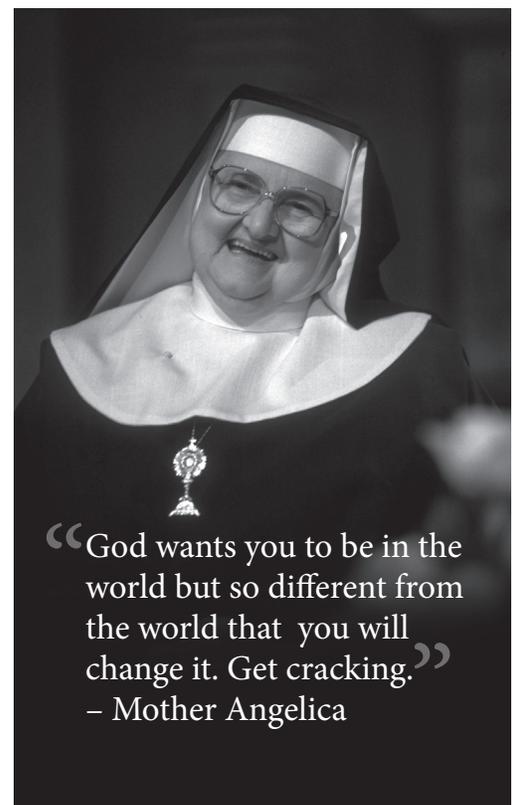
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“God wants you to be in the world but so different from the world that you will change it. Get cracking.”  
– Mother Angelica



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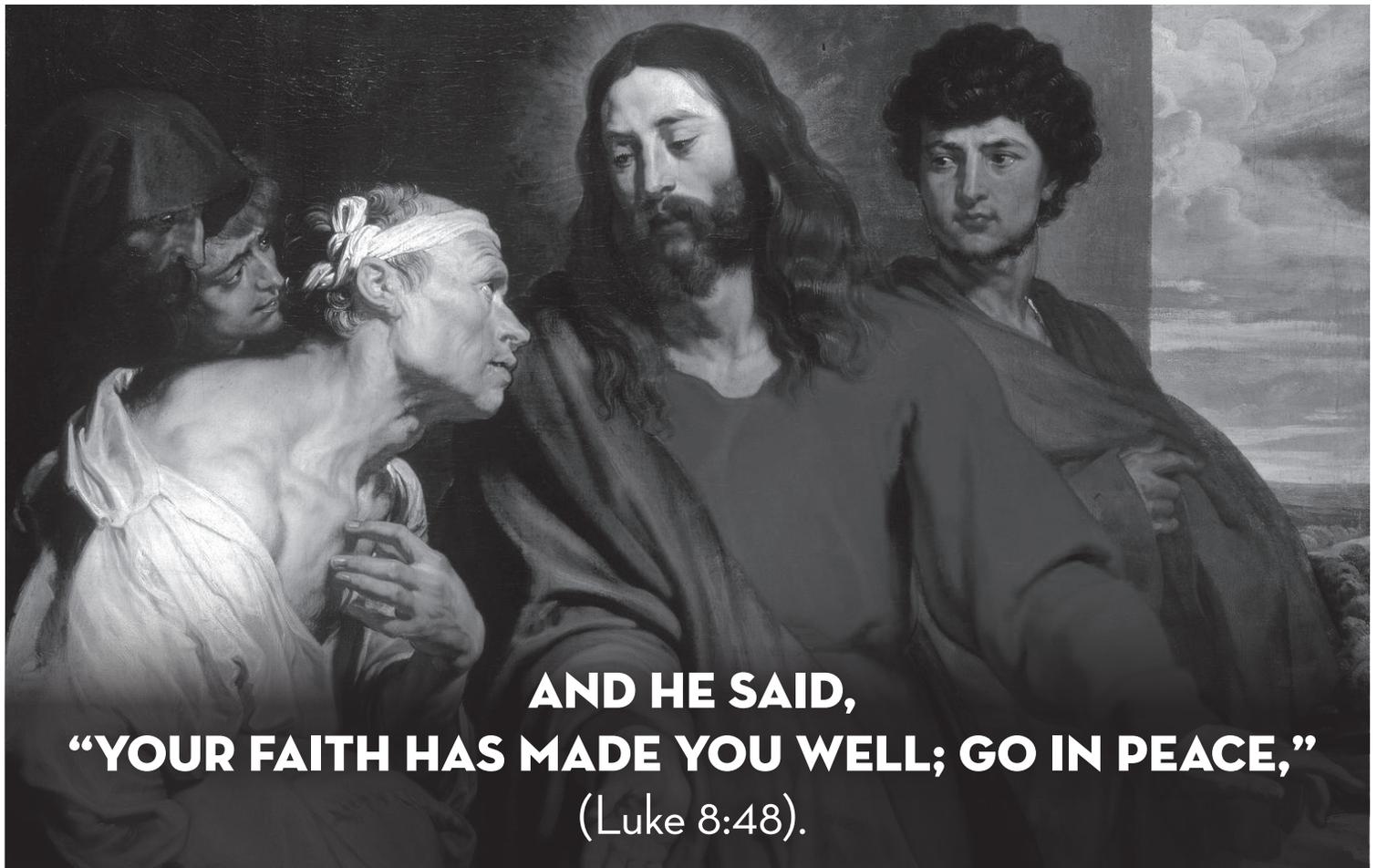
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## MISSION STATEMENT

St. Gabriel Catholic Radio's mission is to reach more souls with 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.

(614) 459-4820 | [WWW.STGABRIELRADIO.COM](http://WWW.STGABRIELRADIO.COM)



**AND HE SAID,**  
**“YOUR FAITH HAS MADE YOU WELL; GO IN PEACE,”**  
(Luke 8:48).