College Ministry at
NEWMAN
PARISH

FALL 2026 NEWSLETTER

/CoMoNewman



IF YOU ARE WHAT YOU **SHOULD** BE, YOU WILL SET THE WHOLE WORLD ON FIRE.
ST. CATHERINE OF SIENA



THANK YOU!

Your support TODAY helps in forming disciples for tomorrow.



JOIN US!

Family Weekend at Newman

Campus Ministry's Taste of Columbia Luncheon
after the 11:00 a.m. Mass

Scan to learn more
and to get your tickets!

CONVERT THE CAMPUS...

O you of little faith, why did you doubt?

Those are words of Jesus to Peter while they stood on the Sea of Galilee in the midst of a storm. It was pretty courageous of Peter just to get out of the boat! And yet, Jesus called him (and us) to even more. I was reading a commentary on this passage in Matthew 14:31 and the author made the point that the phrase, why did you doubt, could also be translated, why are you of two minds? Peter certainly had a mind for Christ. That's what got him out of the boat and walking on water! But he still had a mind that cared about the world, that feared what the storm could do to him, that was nervous about what others thought of him.

Some students come to Mizzou with a single mindset: to taste all the pleasures that the world has to offer. The students that come to us at Newman have started to take on a different mindset. Maybe there's something out there that the world can't offer. Maybe there's something in me that the world can't satisfy.

We introduce them to a community that wants to walk with them in the storms as well as in the calm. We point them to Christ who takes hold of us in the storms with no intention of ever letting go. We begin to teach them how to grow in the virtues and thus to fight their vices. And one of the greatest gifts we give them is the forgiveness of Christ and His Church. Because fostering our virtues to overcome our vices is a lifelong battle. And embracing the lesson that I'm a sinner, that I'm dual-minded, that I'm in need of the Savior—not just once or twice, but always—that's the gift that will never let them down. Fr. Baer and I hear a lot of confessions at Newman. Through the Sacrament, Christ pulls a lot of folks up from the depths of the storm, pointing them away from the worldly mindset and to the transforming and saving mind of Christ (Rom. 12:2). It's one of the greatest joys of being a priest here on the University campus.

The work that Christ has given to us is to reach not just the ones who come to us on their own, but also those who have not yet given up on the world. The Holy Spirit wants to convert the campus to convert the world. I would love your help in responding to the Holy Spirit's mission! I want to expand our staff still more. The University and two Colleges are filled with students who need the transforming and saving mind of Christ. Your commitment helps draw more and more to the mind of Christ. And that...will transform the world.

Thanks for coming on mission with us in the storms and in the calm!

Peace and All Good,

Fr. Daniel J. Merz

Fr. Dan Merz, SLD
Pastor



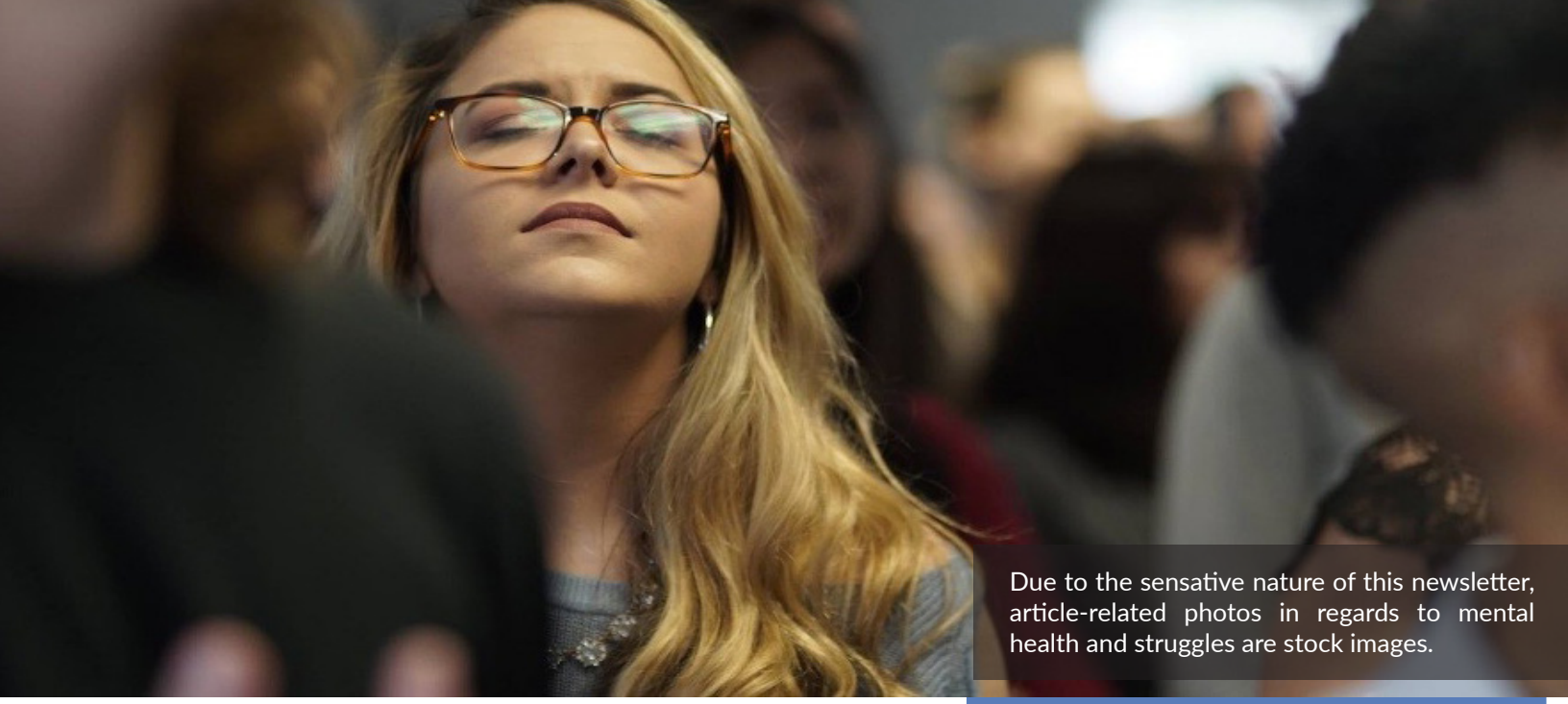
SAVE THE DATE

SEEK

focus

JANUARY 1-5, 2027

SAN ANTONIO, TX
COLUMBUS, OH



Due to the sensative nature of this newsletter, article-related photos in regards to mental health and struggles are stock images.

Grateful for Mental Health Services at Newman

Having mental health resources at Newman is one of the most special gifts that God has given me. He brought me to Newman at a very difficult and tumultuous time in my life, and by His providence, I also had the ability to be seen by Rebecca and fit into her busy schedule. I cannot explain how important this was to me making it through my last year of school and coming out on the other side stronger instead of totally crushed. Rebecca gave me so much guidance, relief, help, and encouragement during some of the hardest times of my life. She sat with me when I grieved, she celebrated with me when I had wins, and she walked with me through a lot of heartache, change, and confusion. At the end of the day, she gave me the tools to take care of myself and to allow God to heal me through various means. Rebecca is a one-of-a-king therapist. There is no one like her. She is trained in so many sought-after techniques such as DBR and EMDR that were infintely more effective in ACUTALLY healing and re-wiring my braing compared to just cognitive behavior therapy. She is also patient, kind, relatable, and is a phenomenal listener. She validates you when you need it and tells you the truth when you need to hear it. It was an absolute gift to work with her. I also cannot express the blessing that it was to have such cheap therapy. This is a resource that I will probably never have again in my life! So many college students and people in general are limited in seeking mental health resources due to cost. Being able to afford to see Rebecca and the accessibility of the cost and location were game-changing. Also, the beauty of having a Catholic counselor cannot be understated. So much of my journey with mental health struggles has been deeply spiritual, and having a therapist who understands and has a relationship with Christ and is in the Church allows for a level of vulnerability, understanding, and genuine counsel that is not possible with a secular therapist. One of the biggest blessings of having therapy at Newman was the proximity to the chapel. Before and after sessions I could go and pray in front of the tabernacle. This allowed my journey with mental health to be integrated into my faith. The gift of having a therapist who recognizes Christ as the healer is truly amazing. - Submitted by Class of 2025 Graduate

Newman offers professional Christian counseling right here on campus, one of the few Catholic campus centers in the country to do so. Currently, 70% of those seeing our counselor are students.

Magdala & Fight Ascent Recovery Group

Some struggles are easy to talk about; others are carried quietly, often with shame or the belief that we are the only ones struggling.

For many young adults, lust, pornography, and sexual brokenness are a hidden battle. With sexual content more accessible than ever, including through artificial intelligence, many young people encounter it long before they are prepared to process it.

By the time students arrive at college, some have carried these struggles for years, while others may be encountering them for the first time. Whatever their story, we want our students to know: you are not alone, and you are not beyond the reach of God's mercy. Newman offers a place where students can speak honestly, find support.

Newman offers small groups like Magdala which gives women a confidential community and guided Catholic study focused on healing and freedom. Ascent Recovery Group, led through our partnership with the Center for Healing, gives men a place to speak honestly, encourage one another, and pursue freedom.

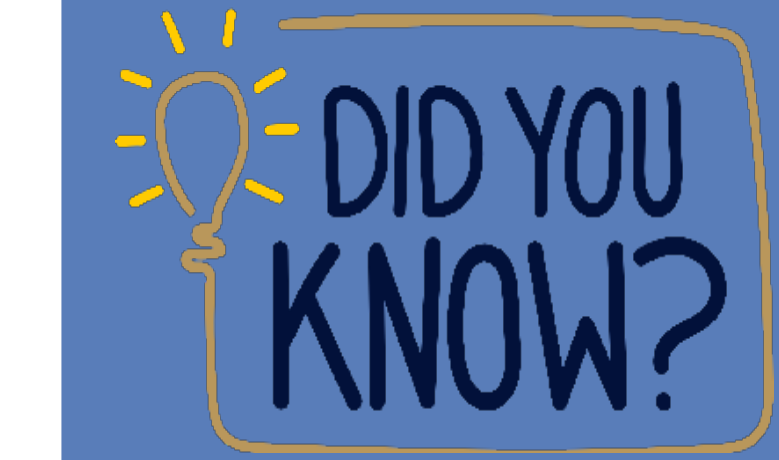
We don't want to simply tell our students to “try harder.”

We want to walk with them. Because no one should have to struggle alone.

Isolation allows shame to grow. Healing begins when we bring our struggles into the light and walk with others toward Christ.

The goal isn't simply to “be better.” The goal is freedom, to know our dignity as beloved children of God and to understand our sexuality as the gift He intended it to be.

At Newman, we want to be a community where students can Encounter Christ. Grow in faith. Serve others. That means walking with them through the difficult places, too.





Students only pay $15 a session with our staff counseler.

Newman pays for the Magdala materials for the young women's group.





Newman pays for 75% of the fee for each young man who wishes to participate in Ascent Recovery Group through Center of Healing.

HOLINESS DOESN'T MEAN WE NEVER STRUGGLE. IT MEANS WE DON'T HAVE TO STRUGGLE ALONE.

NEWMAN WELCOMES
FR MITCHELL BAER



Hello Newman! My name is Fr. Mitchell Baer and I am so excited to be joining the Newman community this July. I grew up in suburban St. Louis. My parents still live in my childhood home and my three siblings all live with their spouses near there. I have ten (going on eleven) nieces and nephews–it's a party when we all get together!

I entered Kenrick-Glennon Seminary after graduating high school in 2013 and was ordained a priest for the Archdiocese of St. Louis in 2021. I just celebrated five years a priest and I absolutely love everything about it. It is an amazing adventure, and I am grateful the adventure now brings me to you all.



My hobbies are anything with water in the summer and snow-skiing in the winter (see the picture with Fr. Andrew from this January). I try to run for exercise (though not as much as I should). I do like reading (but I tend to fall asleep). Most of all, give me a group of friends for good conversation and a bourbon, and I can sit for hours.

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COUNCIL 7231

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If you are interested in becoming a Mizzou Knight visit: MizzouKnights.org or email MizzouKnights@gmail.com

Thank You to Our Sponsors

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Dec 1

GIVING TUESDAY

Will you help students reach our goal of $20,000 for transportation to SEEK 2027 in Columbus, OH?

Tuesday, December 1, 2026 from 9 a.m. to 6 p.m.

Advanced will open November 1st.



Thank you for your generous support of Campus Ministry at Newman. Because of you, students have a place to seek the Lord, ask difficult questions, grow in their faith, and find community as they navigate their college years. Through our many ministries, groups, and opportunities, we have the privilege of walking alongside them as they encounter Christ and discover His love for their lives.

Thank you for helping make this place possible and for investing in the faith of our students. Your generosity helps Newman remain a place where young people can encounter our Lord and be reminded that, no matter what they face, He is here.

- Lori Benson, Executive Director of Advancement