

## Catholic Organizations

Knights of Columbus  
[www.kofc.org](http://www.kofc.org)

Catholic Order  
of Foresters  
[www.catholicforester.com](http://www.catholicforester.com)

Diocesan Council of  
Catholic Women  
Roberta Linnenkamp 337-2966

Catholic Daughters  
[www.catholicdaughters.org](http://www.catholicdaughters.org)

Hope and Healing  
Ministries  
[www.davenportdiocese.org/hopeandhealing](http://www.davenportdiocese.org/hopeandhealing)

Rachel's Vineyard  
[www.rachelsvineyard.org](http://www.rachelsvineyard.org)

## Local Catholic Media

The Catholic Messenger  
Our diocesan newspaper

Our Lady of Perpetual  
Help Radio  
Catholic Radio Station  
KOURLP 92.7 FM

Eternal Word Television  
Network (EWTN)  
Catholic Television Network  
Local Cable Channel 67

# Opportunities for Spiritual Enrichment

## Religious Communities near Iowa City

Where you can explore your call to religious vocation

Where you can explore your call to a deeper spiritual life

Where you can make a retreat to pray, to reflect, to renew your spirit

Trappist Monks, New Melleray Abbey  
Peosta, Iowa  
[www.newmelleray.org](http://www.newmelleray.org)

Trappist Nuns, Our Lady of the Mississippi Abbey  
Dubuque, Iowa  
[www.mississippiabbey.org](http://www.mississippiabbey.org)

Sisters of Charity of the Blessed Virgin Mary  
Dubuque, Iowa  
[www.bvmcong.org](http://www.bvmcong.org)

Sinsinawa Dominicans, Sinsinawa Mound Center  
Sinsinawa, Wisconsin (near Dubuque)  
[www.sinsinawa.org](http://www.sinsinawa.org)

Benedictine Sisters of St. Mary Monastery  
Rock Island, Illinois  
[www.smmsisters.org](http://www.smmsisters.org)

Carmelite Nuns of Eldridge Iowa  
Eldridge, Iowa  
[armelitesofeldridge.org](http://armelitesofeldridge.org)

Prairie Woods Franciscan Spirituality Center  
Marion, Iowa  
[www.prairiewood.org](http://www.prairiewood.org)

Several of these communities offer opportunities for lay membership to share in the spirituality, work and mission of the community

## Catholic Social and Support Groups

M.O.M.S.  
Ministry of Moms  
Sharing

St. Bridget's Band  
Bridge Club

Monday Night Card  
Club

Scripture Study  
Groups  
Tuesday evenings  
Sundays at noon

G.K. Chesterton Club

Widowed, Divorced,  
Separated  
Support Group