

SAINT ROSE OF LIMA CATHOLIC CHURCH'S PARISH PROFILES

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Deb Overkamp

For the past seven years Deb Overkamp has faced an unrelenting series of major health problems in her family, along with multiple family deaths. During this difficult time she has relied on her Catholic faith and the support of the Saint Rose parish community.

“It was so overwhelming, so exhausting, so life-altering that the only way I got through any of this was surrendering to God,” says Deb. “That gave me an opportunity to go deeper into my faith.”

As a regular at the parish Adoration Chapel Deb spent many early morning hours turning over her life to God, asking for help and support as her family’s situation was evolving. “The support from other Adorers and parishioners was very beneficial,” she says. “Saint Rose has so many faith-filled people that love the Lord and are willing to talk about it. The parish environment allows your faith to flourish and be supported.”

During her hour in Adoration Deb often prayed the rosary, a ritual she has relied on most of her life. “I still have the little plastic rosary my grandmother gave me when she taught me how to say the prayers,” recalls Deb. “Every day I listen to ‘Family Rosary Across America’ at 7:00 p.m. on Relevant Radio. It is such a beautiful experience to pray for the intentions of others while praying for your own. Thousands of people praying together is very powerful.”

Among the ways Saint Rose helped the family was the unwavering support her father received in the final years of his life. “Brian Hindt, Pastoral Associate, talked and prayed with him often and parishioner Bill Simmons regularly brought him Communion,” says Deb. “They are wonderful examples of us helping each other.”



Other things to know about Deb:

- Deb’s family lived near the fairground and attended Holy Childhood parish until they moved to Roseville when she was five years old. Her parents—Ray and Barb Warner—joined Saint Rose. Deb was a member of the final graduating class at Alexander Ramsey High School. She has worked in the insurance industry for 30 years. Deb is senior account manager at CBIZ Insurance Services specializing in helping small businesses. “Working with so many different types of professions is never boring,” she says.
- Deb is currently attending the Archbishop Flynn Catechetical Institute and is part of the Class of St. Joseph.
- Husband Dave grew up in Blaine where his parents were founding members of the Church of St. Timothy. He graduated from Spring Lake Park High School and Anoka-Ramsey Community College. He is a purchaser for Hank’s Specialties, a commercial flooring distribution firm. Deb and Dave were married at Saint Rose in 1998.

- When daughter Molly, a recent graduate of the University of Minnesota, attended Saint Rose School, Deb was a very active volunteer—on the playground, in the lunchroom and in the classroom. She was president of the Home and School Assn. and president of the School Advisory Committee. She coached girls volleyball; Dave coached girls basketball.