



Holy Trinity

Catholic Church and School

SEPTEMBER 27TH | TWENTY-SIXTH SUNDAY IN ORDINARY TIME

Taking the Journey TOGETHER



MASS SCHEDULE

MON: No Mass/Communion Service

TUE: 8:30 AM Mass

WED: 8:30 AM Mass

THU: 8:30 AM Mass & 2:00-9:00 PM Adoration

FRI: 8:30 AM Mass

SAT: 3:00-3:45 PM Reconciliation & 4:30 PM Mass

SUN: 8:30 AM & 10:30 AM Mass

**Mass Times often change for Holy Days of Obligation*

**WORSHIP
ONLINE**
on Youtube

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 [HTTPS://HOLYTRINITY
DM.ORG/](https://holytrinitydm.org/)



Invitation to Participate **The 7 Intentions of Mourning**

Grief Support Workshop

Each Thursday 2pm to 4pm from: Sept 17 to Oct 29, 2026

At Saint Theresa Catholic Church – Des Moines

1230 Merle Hay Road, Des Moines, Iowa 50311

Dear Fellow Parishioner,

If you are experiencing the loss of a loved one, a friend or another loss then this invitation is for you. Please consider joining us for the seven-session FILM SERIES ***“The 7 Intentions of Mourning”***, A Guided Pathway to Healing & Hope. It’s unlike any other bereavement program we’ve encountered in how it combines the Catholic faith with practical learning and personal fellowship.

Guided by the Holy Spirit, it is presented by ***Good Mourning Ministry***, a Catholic bereavement apostolate founded by John and Sandy O’Shaughnessy. Their story and ministry are told at www.goodmourningministry.net.

Each session features video presentations of John and Sandy on how we can build a Bridge to Healing through Intentional Mourning. These are followed by time for sharing. Many have been helped by mourning with intention, and many echo these sentiments:

“I have begun to feel like I am coming out of feeling “stuck” in this process and filling up my time with work instead of just being in the silence and letting God speak to me. Thank you for your dedication to this ministry.”

Rachel Cwiek ~ St. Michael's Livonia

The Seven Intentions of Mourning

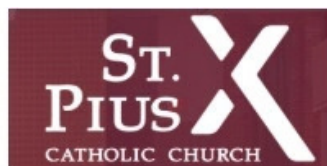
When: Thursday afternoons from 2pm to 4pm - September 17, 24, and October 1, 8, 15, 22 & 29, 2026

Where: Saint Theresa Catholic Church (East Meeting Room of Parish Hall)
1230 Merle Hay Road, Des Moines, Iowa 50311

Your Parish Contact is:

Holy Trinity - Dcn Troy Thompson, troyt@holyltrinitydm.org, (515-447-5707)

Sponsored by the Des Moines Central Deanery of these parishes:



Save the Date!

2026 HOLY TRINITY WALKATHON

✦ **OCTOBER 3RD** ✦

Join us for an evening of fun, food, and fellowship as we come together to support Holy Trinity.

Directly Following the 4:30 Mass on Saturday.

Our Goal is to Raise

\$50,000

100% of proceeds will go towards
school safety and building security
updates.

Don't miss out on:

- One Mile Community Walk
- Free Dinner
- Cake Walk
- Gift Card Raffle
- Dunk Tank

WANT TO HELP US REACH \$50,000?

Visit the [fundraising site](#) to
contribute to our overall goal or
donate directly to your favorite
HT student's page!



**QUESTIONS ABOUT
WALKATHON?**

holytrinitywalkathon@gmail.com

Stop by for **Coffee & Donuts** after Mass on
September 27th to learn more about
Walkathon, connect with a committee
member, or make a donation!

SCHEDULES

UPCOMING MASS SCHEDULE

Sept. 27th	8:30AM 10:30AM	J.P. Golinvaux For the Parish
Sept. 29th	8:30AM	NO MASS
Sept. 30th	8:30AM	NO MASS
Oct. 1st	8:30AM	NO MASS
Oct. 2nd	8:30AM Mass	NO MASS
Oct. 3rd	3:00-3:45PM 4:30PM	Reconciliation Mary Ann Grieb
Oct. 4th	8:30AM 10:30AM	Ann Spooner For the Parish

UPCOMING LITURGICAL
MINISTERS & ALTAR SERVERS

Saturday, Oct 3rd: 4:30pm Altar Servers Joan & Nora Niday and Frank & Louie Brett Lectors Dave Bunkers & Kathie Obradovich EMHC Team 2 Music Coordinator Tom Quiner
Sunday, Oct 4th : 8:30am Altar Servers Charlie, Jamison & Quinton Lynch and Cartier Bryant Lectors Wayne Johnson & Luke Lynch EMHC Team 2/MC: Katy Polich Children's Liturgy TBD Music Coordinator Tom Quiner
Sunday, Oct. 4th : 10:30am Altar Servers Ruth George, Hannah Hermann, Wyatt McElroy and Paul Meylor Lectors Mary Ellen Winston & Bridget Sheaff EMHC Team 1/MC: Jim Wilwerding Children's Liturgy TBD Music Coordinator Eric Sharp

CALENDAR | SEPTEMBER 27TH, 2026

	Sunday Sept. 27th	Monday Sept. 28th	Tuesday Sept. 29th	Wednesday Sept. 30th	Thursday Oct. 1st	Friday Oct. 2nd	Saturday Oct. 3rd
School		NO SCHOOL				Free-Spirit Dress Down Day	
Faith Formation				NO MASS- PAINTING OF CHURCH CEILING			Sunday Reading Groups Mens (Terry's Patio) 7:30AM Womens (CH) 8:30AM
Adult Faith Formation			OCIA 6:30PM (MC)	Elementary FF 6:30PM (103, 104) Fun Night/Youth Group 6:30PM (101, 102) Schola 6:30PM (Choir Room)	Knights of Columbus 7:00PM (MC)		
More	Christ Our Life Conference		Pictures for Pictorial Directory 2-8:30PM	Pictures for Pictorial Directory 2-8:30PM Centering Prayer 6:30PM (MC)	Pictures for Pictorial Directory 2-8:30PM	Pictures for Pictorial Directory 2-8:30PM	HT Walkathon following 4:30PM Mass

PARISH NEWS

BOOK CLUB

Join us as we read in faith!

Are you interested in meeting people in the parish community who like to read? Are you interested in seeing fiction through our Catholic Faith? Consider joining our book club this fall. We'll be meeting at the Franklin Library in a small conference room from 6:30-8:00 PM. If you have questions, email Sarah Sullivan Bigelow at ssullivanbigelow@gmail.com

The next scheduled Book Clubs are:

October 13, 2026

The Secret Chord by Geraldine Brooks [historical fiction of King David's life.]

November 24, 2026

Illuminations by Mary Sharratt

PARISH INFORMATION

Ministries at Holy Trinity

Coffee and Donuts: We appreciate everyone who has volunteered to assist with serving coffee and donuts. If you would like to participate this fall, please [sign up here!](#) You may also get in touch with Jan Swinton at jans@holytrinitydm.org in the parish office.

Baptism: Do you want to celebrate your child's baptism at Holy Trinity? The next Baptism Class is Monday, November 16th. Contact Jan Swinton in the Parish Office at jans@holytrinitydm.org with questions.

Pastoral Care. Nourish for Caregivers is for anyone juggling the challenges of life, health and career while caring for an aging parent, grandparent, or spouse, either in your home, in town or at a distance. Nourish provides family caregivers practical and emotional supports, shared experiences and useful tools, all with a Christ-centered view. Check out future bulletins for upcoming dates!

Letter From
Father Ray

I recently read Pope Leo XIV's first encyclical Magnifica Humanitas (Magnificent Humanity) which was published early this summer. The secular press describes this as a treatise on the danger of AI. While it does stress the dangers of AI it is so much more. The first half of the encyclical is a reaffirmation of the encyclical letter Rerum Novarum published by his predecessor Pope Leo XIII in 1891 which defends the worker and calls for just and safe working conditions. Also, in the ongoing search for peace the Holy Fathers teaches us that the, "...just war theory ...is now outdated" (§192) and that "war is never inevitable" (§222).

I want to thank everybody who either worked at the Beaverdale Fall Festival or marched in the parade. It was a good way for the parish to reach out and demonstrate that we are part of the community.

I will be out of the office starting after mass Sunday September 27 through Thursday October 1 for the annual Priest's Workshop in Iowa City. During that week we will be painting the ceiling in the church. With me being gone and the work being done in the church there will not be mass or a communion service. Hopefully the painting will be done in time for us to have mass in the church the weekend of October 3 & 4.

"Have in you the same attitude that is also in Christ Jesus" (Philippians 2:5).

-Fr. Ray



Holy Trinity
Catholic Church and School

PARISH NEWS

WEEK 2: "THE METHOD OF CENTERING PRAYER"

"Curious About Meditation? Try Something Older."

Curious how Centering Prayer actually works? This week we walk through the simple method of Centering Prayer — a quiet, guided practice of consenting to God's presence, using a sacred word to gently return your attention when it wanders. We will explore the 4 Guidelines to Centering Prayer. Silence can feel uncomfortable – even scary. But it's also where God often speaks the loudest.

Join us in the HT school library Wednesday, September 30 at 6:30 PM.

Registration is not required.

WHAT IF THERE WAS NO IOWA CATHOLIC RADIO?

Learn how Iowa Catholic Radio is making a difference.

Hear stories of how Iowa Catholic Radio is making a difference in the lives of individuals, in our parish, and throughout the Church during our Semi-Annual Fundraiser September 29-October 2.

"The harvest is abundant, but the laborers are few." To learn more about Iowa Catholic Radio, its mission, and how you can become a laborer to help connect more people to Christ, visit IowaCatholicRadio.com



CONNECTION CAFE

Last Thursday of the Month

On the last Thursday of the month, Holy Trinity Parish has agreed to assist with lunch preparation and service at the Connection Cafe.

On Thursday, September 24, we will serve around 200 people sloppy joe sandwiches or shredded BBQ chicken along with fruit, chips, and cookies. St. John's Lutheran Church, located at 600 6th Ave. in Des Moines, will provide lunch.

Please use this link <https://signup.com/go/Qbkvymy> to sign up to help. We really appreciate your support of the The Connection Cafe!

HOLY TRINITY ART GROUP

Stay Connected!

The Holy Trinity Parish Art Group - Stay connected to the church and nurture your creative side with fellowship, inspiration, and even motivation to work on that creative hobby you've been "meaning to" start! Join us for our open studio session in the 7th grade rooms in the school on:

Sunday, November 15th from 1-3:30
Sunday, December 13th from 1-3:30

Bring your own personal art or craft projects to work on, or just stop over to check things out and get inspired! This group is open to any Holy Trinity parishioners age 14 and over and all skill levels and artistic interests are welcome! Contact Hannah Zimmerman with any questions hmjzimmerman@gmail.com

SCHOOL/PARISH NEWS

UPCOMING DATES

Mark your calendar!

September 28th | No School

September 29th-October 2nd | Walkathon Spirit Week

October 3rd | Walkathon



SAVE THE DATE

Holy Trinity Blood Drive

Give the gift of life! Join us for a community blood drive at Holy Trinity on October 10.

Donating blood is a simple way to make a meaningful difference for patients in our community who rely on blood donations during surgeries, emergencies, cancer treatments, and other medical needs.

One donation can help save lives. We encourage parishioners, families, and friends who are eligible to give to consider making a donation.

For questions, please contact Deacon Troy at troyt@holytrinitydm.org.

Mark your calendar and help us give the gift of life!

ESA- SECOND SEMESTER

Open starting October 15th

The ESA second semester application window of the 2026–27 school year runs from October 15, 2026, through November 15, 2026.

- **Funding Amount:** Approved students will receive a prorated amount of \$4,074 for the second semester.
- **Who it is for:** This window is specifically designed for students who are enrolling or transferring into an Iowa accredited nonpublic school for the second half of the school year.

Where to Apply: You will submit the application online through the official state [Iowa Department of Education ESA Portal](#) via Odyssey.

FAITH FORMATION

Register for the upcoming school year!

Now is the time to get your kids signed up for Faith Formation classes for the upcoming school year. We offer faith formation instruction for families with children in grades 1-10.

We meet on Wednesday nights from 6:30-7:45 pm. Please reach out to either John Mertes, Director of Faith Formation at johnm@holytrinitydm.org, or Ally Sand, Director of High School Youth Ministry at allisons@holytrinitydm.org.

Registration Information can be found on our parish website, or you can stop by the parish office to register in person. If you have sacramental questions, please know we're here to help with whatever you might need! We are looking forward to another fun year, and we want you to be a part of it. We look forward to spending the year with your family!

PARISH/DIOCESAN NEWS

FAITHFUL CITIZENSHIP

Social Teachings

The Iowa bishops have recorded a series of videos on "Faithful Citizenship," which can be found on the Iowa Catholic Conference's social media feeds. As we approach the midterm elections, we encourage you to prayerfully consider voting and engaging in important issues through the lens of God's Word and the principles of Catholic social teaching. To help guide you, please take a moment to read the Iowa Catholic Conference's "Faithful Citizenship" flyer, which offers guidance on Catholic social teaching and questions to consider when evaluating candidates.

MARRIAGE IS A JOURNEY

Join us!

A Worldwide Marriage Encounter Weekend can help you enrich your marriage and add some pazazz to your journey. Whether you've been married 1 year or 50, a Marriage Encounter Weekend may be just the thing you need to put a breath of fresh air into your relationship. Upcoming weekends are October 9-11, 2026 in Epworth and February 12-14, 2027 in Dubuque. To register go to wwme.org or for more information call 563-920-9419.



ACTOR JIM CAVIEZEL COMES TO DES MOINES!

Pulse Life Gala on November 21st

Pulse Life Advocates announced that actor Jim Caviezel will be the keynote speaker at their November 21st Christmas Gala at the Iowa Event Center. Best known for his iconic portrayal as Jesus in "The Passion of the Christ," Mr. Caviezel is an outspoken pro-life advocate. The evening includes dinner, auction, live music, and cash bar. Reserve your seat at PulseForLife.org.

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buy tickets



ChristOurLifelowa.com for more information

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OUR FAITH EXPLAINED



SAINT OF THE WEEK

Cosmas and Damian, Physicians and Martyrs, early Fourth Century

According to legend, Cosmas and Damian were twin brothers born in Arabia. They studied medicine in Syria and later became widely known for their medical skills which they offered, without charge, to all. Because of their charities, they were known in their time as the “moneyless ones.” They gained the love and respect of the people to whom they ministered, both for their medical assistance and the zeal of their Christian faith.

During the persecution under the Emperor Diocletian, Cosmas and Damian, together with three brothers, Anthimus, Leontius, and Euprepus, were arrested, tried, and beheaded for their faith. Over the years following their deaths, many people reported miracles that occurred in the names of Cosmas and Damian. Among them was the Emperor Justinian I, who attributed his cure from a serious illness to these saints. In thankfulness, the emperor enlarged a church which had been built on the site of the saints’ burial place.

Cosmas and Damian are patrons of physicians and surgeons, along with Saint Luke. An optional memorial celebrates the lives of these saints on September 26.

Cosmas and Damian's message today: The two brothers completely embraced and lived the Christian life. This was particularly exemplified by their unselfish behavior in caring for the sick. We are not asked to give nearly so much of ourselves as Cosmas and Damian did, but we are asked to give something.

COMMUNION

RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

By Colleen Jurkiewicz Dorman

A priest of our diocese had a great line when he was asked to explain why the “virtual Mass” options livestreamed during the pandemic were not quite the same as attending Mass in person.

“Try taking a virtual shower,” he said. “Will you get clean?”

Reading over today’s Gospel, I can’t help but reflect on the importance of communion — of physical togetherness — in the Christian experience. I’m not talking about church potlucks and small groups and meal trains. Those are hallmarks of community, and community is great.

But it’s not communion.

Simon, Andrew, James and John leave everything behind to follow Christ. To be with him, to walk with him, to pray with him, to eat with him, to listen to his voice. It isn’t enough that they know that the Son of God is out there, somewhere, doing his thing. They have to see him, hear him, touch him.

The Mass — that’s communion. Reconciliation, the Eucharist, anointing with sacred oils, the laying on of hands — all of that is communion. Communion is physical. You can see it, you can touch it, you can hear it, you can smell it.

“I will make you fishers of men,” Christ told Simon and Andrew. Well, you don’t save a man from drowning by waving at him from the water’s surface and yelling: “I believe in you!” You save a man from drowning by reaching into the water and giving him your hand.

We are all born with the sin of Adam, and even after baptism we fall again and again into patterns of behavior that separate us from closeness with God. And again and again, He draws us back to Himself. Through the sacraments, through the Mass, through the prayers of the Church, through the witness of our fellow Christians — this is how God reaches into the water. This is how God offers us His hand.

©LPi

PRAYER & READINGS



READINGS

TWENTY-SIXTH SUNDAY IN ORDINARY TIME

Reading I : Ezekiel 18:25-28

Turn from what is sinful to what is just and right.

Reading II : Philippians 2:1-11

Make my joy complete.

Gospel : Matthew 21:28-32

Many will enter the reign of God before you if you do not repent.

QUESTIONS OF THE WEEK

Question for Children: How do you show your love for Jesus by doing what he asks, even when it is difficult for you?

Question for Youth: Today's parable reminds us that it isn't what we say that counts as much as what we do. How would someone know you are a Christian through your actions?

Question for Adults: How and when were you like each of the sons in the Gospel?

CHURCH FINANCES

Financial Blessings Ending week of 9/18/2026

Budget July '26 thru June '27	\$1,000,000
YTD Actual Tithing	\$170,914
YTD Budget	\$191,162
YTD Surplus/(deficit)	(\$ 20,248)
Tithing for the Week	\$6,012
Number of Donations Received	69

For pledging & payment:

<https://holytrinitydm.org/donate/>

or scan the QR Code --->



FINANCE COUNCIL

Check out the minutes from the latest Finance Council Meeting Below!

Meeting minutes from June 18th, 2026

Reach out to Mary Gisler,

maryg@holytrinitydm.org with any questions.



Holy Trinity
Catholic Church and School

INTENTIONS

Loving Creator, we come before you with hearts filled with both grief and hope. We entrust all of our departed loved ones, and all who have left this world, into your loving and merciful hands. Thank you for the gift of their lives, the love they shared, and the legacies they left behind. Grant them eternal rest, and let perpetual light shine upon them.

Amen.

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