



Holy Trinity

Catholic Church and School

2926 Beaver Ave DSM IA 50310 515.255.3162 www.holytrinitydm.org

February 7

5th Sunday In
Ordinary Time

2021

Taking the Journey TOGETHER



*He approached,
grasped her hand,
and helped her up.
Then the fever left her...*

Mark 1:29-39

Join us in person or [WORSHIP WITH US ONLINE](#)



FROM FATHER MARK FEB 7 2021

GREETINGS

As you know I was on a silent retreat for most of the month of January. I am very grateful for the opportunity. It was perhaps the best retreat experience I have ever had. As I mentioned before leaving, it was a silent retreat. The only time I talked to anyone was when I met each week with my spiritual director. During this time of retreat there were number of things that I wanted to work on.

One of these was to begin the practice of mindfulness particularly as it relates to contemplative prayer. In the practice of mindfulness, we work on being mindful of the present. That is, letting go of all distractive thoughts and being present in the present moment. This is also what we do in contemplative prayer. In contemplative prayer we listen rather than speak; we listen for God's voice; we watch for his presence and His movement. These are practices that I plan to continue now that I am back from retreat. I know that we cannot all take a month of silence in our lives. But I want to encourage you to try to find some time each day to simply step back from the daily responsibilities; from the daily grind and take that time of silence to simply sit and listen for God's voice; to tell God how your day is going; to share with Him your joys as well as your challenges.

The practice of mindfulness can apply in many different areas of our life. We can practice mindfulness just sitting quietly or when we are taking a walk; being present to the surroundings around us; being present to this quiet time. We can even practice mindfulness while eating. We can slow down, we can consider where our food has come from, who has provided it, how nutritious it is for us. During the past month I took a good deal of time to consider how many things I sometimes do mindlessly each day. So often we can get into a routine and we really don't even think about it each day. In the practice of mindfulness we try to be aware of what we are doing each day and simply be present in our own daily lives, just as in contemplative prayer we seek to be present to and with God, listening for His voice.

During the month, I also read a number of books on these topics and I would like to share the titles with you. Actually, I shouldn't say I read them, I listened to them. There are a number of audiobook services that you can get. The one I use is from Amazon and it is called Audible. The first book I read was called '*Practicing Mindfulness*' by Mark Muesse. This author took a more secular view of mindfulness and its practice, but I found it to be a good introduction to the practice. The second title was '*Contemplative Prayer 101: The Catholic Guide to Lectio Divina, Centering Prayer, Mysticism and Spiritual Growth*' by Sister Katherine Hermes. This is a good step by step guide to the practice of contemplative prayer. The third was titled '*Contemplative Prayer*' by Fr. Thomas Keating; also a good guide to this topic. I am still working on the 4th book called "40 days 40 ways: a new look at Lent" by Marcelino D Ambrosio. This is a book of reflections for each of the 40 days of Lent. It is written for Catholics. I am finding this book to be a good source of reflection as we get closer now to the season of Lent.

Finally, along with much time for silence and reflection that I had during January, I also decided to see if I could do one of the things that the sisters tried to get me to do in first grade :-). I decided to switch from being left-handed to right-handed. This was just something I just wanted to see if I could do and so far have been mostly successful. One benefit I have seen is that my handwriting is now much more legible :-).

Have a good week

Father Mark Neal

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Want more information? Go to www.holytrinitydm.org or call 515 255 3162



NOTES FROM THE CHURCH FEB 7 2021

NEXT BAPTISM CLASS ON MONDAY-FEBRUARY 22ND
If you are planning on baptizing your child at Holy Trinity, a Baptism Class is required. We will offer class on this Mon, Feb 22. Please sign up for class by calling the Parish Office at 255-3162 ext.128. We look forward to celebrating this beautiful Sacrament with you!

WE WILL BEGIN OUR LENTEN JOURNEY SOON
Ash Wednesday is in sight. Our Lenten journey will begin this year on Wednesday, February 17. As we adapt to our circumstances, there will be adjustments. We will still have to limit capacity at our Masses. As a result, we will have three Ash Wednesday Masses this year. Masses will be at 8:30AM (School Mass), Noon and 6:30PM. We will have sign up registration as we did at Christmas. Those links are featured in this bulletin on our "Lenten Journey" page. The Ash Wednesday Masses will also be available online.

NATIONAL MARRIAGE WEEK (FEB 7-14) AND WORLD MARRIAGE DAY (SUNDAY, FEB 14). The theme this year is **To Have, To Hold, To Honor.** Prayer for Our Married Couples: *Almighty and eternal God, You blessed the union of married couples so that they might reflect the union of Christ with his Church. Please look with kindness on them. Renew their marriage covenant, increase your love in them, and strengthen their bond of peace so that, with their children, they may always rejoice in the gift of your blessing. We ask this through Christ our Lord. Amen.* Here is a [LINK](#) to an In Home Couple's Retreat from the USCCB if you would like to celebrate further.

PLEASE REMEMBER THE FAITHFUL DEPARTED...

Mary Maloney

Wife of Peter Tarpey of our Parish



CATHOLIC YOUTH CAMP REGISTRATIONS ARE OPEN!

When you sign up early for CYC this summer you get:

- Choice of any week—before most popular weeks fill up
- You can pay over 6 months! This is a good option for parents sending multiple kids.
- The knowledge that your son or daughter is about to experience the best week of their summer at Catholic Youth Camp!

To register or apply for sponsorship, visit stmcenter.com.



WE STILL NEED HELP!! Ushers and cleaners needed for after the 8:30 and 10:30 Sunday Masses. **Call Andy Negrete** 255-3162 ext. 129 or email him at andyn@holyltrinitydm.org

SUPPORT OUR ADVERTISERS! To advertise, contact Andy Negrete 255-3162 ext. 129 or andyn@holyltrinitydm.org



FINANCIAL BLESSINGS ENDING WEEK OF JAN 24 2021

Budget - July 2020 - June 2021	\$1,008,000	YTD Overage (Deficit)	\$(20,712)
YTD Actual Tithing through Jan 24	\$573,769	Tithing for the week ending Jan 24	\$2,519
YTD Budget through Jan 24	\$594,481	Number of Donations Received	34

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Want more information? Call the Parish Office 515 255 3162 X128 M-F 8AM-4PM



NOTES FROM THE SCHOOL FEB 7 2021



Holy Trinity
Catholic Church and School
**PRESCHOOL
ELEMENTARY
MIDDLE
SCHOOL**

CATHOLIC SCHOOLS –
FAITH. EXCELLENCE. SERVICE.

Visit a Catholic school in the Diocese of Des Moines and you will learn that you *can* expect more from your child's education. Our schools challenge students to aim higher academically, spiritually and personally. Holy Trinity provides:

Faith: Our school serves children from preschool 3s to 8th grade developing their individual talents and gifts in a Christ-centered environment.

Excellence: Our school successfully integrates and exceeds the Iowa Core Curriculum. We offer research-based academics to prepare our students for future academic success in high school and beyond.

Service: Our students develop a sense of service to others through participation in service projects that instill values rooted in helping others and the community.

Explore Catholic Education at Holy Trinity. Contact us at 515 255 3162 ext 115 or please visit us at <https://holyltrinitydm.org/school/>

ASSISTANT PRINCIPAL NEEDED Holy Trinity Catholic School, located in the Beavertdale neighborhood of Des Moines, is seeking a dedicated and dynamic academic and religious leader to serve as an **Assistant Principal** for the 2021-2022 school year. Holy Trinity Catholic Church has been serving the needs of Catholics and other denominations who choose to share in our mission since 1920. Holy Trinity Catholic School is a two-section school currently serving over 400 students in preschool through eighth grade. The school's dedicated and highly qualified faculty and staff, in collaboration with supportive parents, share the responsibility of guiding educational experience of the students. Please submit cover letter, resume, three letters of reference, transcripts, and copy of Administrator license by Feb 15, 2021.

For more information about this job, or to apply go [HERE](#)

THANK YOU TO ALL WHO GAVE
during our Many Gifts, One Nation Day of Giving!
We raised almost \$9000 to reach 90% of our goal!



Income
Guidelines
for Tuition
Assistance



CTO CATHOLIC TUITION ORGANIZATION STARTS ACCEPTING APPLICATIONS FOR THE 21-22 SCHOOL YEAR NOW Please go to fairapp.com to apply.

Our school code is 450 and password is cto450. You can find out more about the tuition grants of 10-50% based on need and if you qualify at ctodsmdiocesw.org or via this [document from CTO](#) created to guide you through the process.

Want more information? Call the School Office 515 255 3162 X116 M-F 8AM-4PM Fax 515 255 1381



FOR THE COMMUNITY FEB 7 2021

BLOOD DRIVE SAT FEB 27 8AM - NOON

WE'D LOVE TO HAVE YOU PARTICIPATE!



APPOINTMENTS ARE REQUIRED:

Text: LIFESERVE to 999-777 • **Call:** 800-287-4903 • **Visit:** lifeservebloodcenter.org

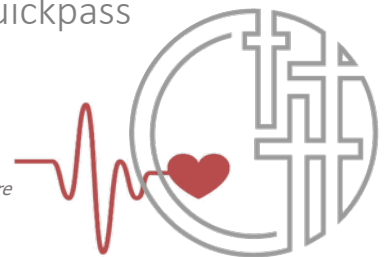
Set up your **lifesaving** appointment today
CONTACT SANDY STACY 515 255 3162 x 124

Save time while saving lives with QuickPass:

Fill out your donor history the day of your donation on your phone, tablet or computer @lifeservebloodcenter.org/quickpass

Sponsored By Holy Trinity & Held In The Gym
AT 2926 BEAVER AVE DES MOINES 50310

Please bring a valid form of identification, such as your donor ID card or driver's license. To ensure our ability to meet social distancing standards and safety protocols, we require all donors to schedule an appointment to donate blood. Blood donors are required to wear a mask for the duration of their appointment. If you do not have a mask, we will provide you one. Walk-in donations are not accepted at this time.



YOUR BLOOD. YOUR HOSPITAL. YOUR NEIGHBORS.

Want more information? Go to www.desmoinesdiocese.org or call 515 255 3162

Taking the Journey TOGETHER



OUR LENTEN JOURNEY 2021

Lent 2021

Holy Trinity will observe **Ash Wednesday on Feb 17th with three Masses at 8:30AM, Noon & 6:30PM**



We are having sign-up so that we know how many people to expect at our Masses. We are anticipating the 8:30AM Mass to be full.

Here is the link for sign up:

<https://www.eventbrite.com/o/click-on-picture-to-begin-31890150297>

If you have trouble with the sign-up link, please call the Parish Office at 255-3162.

The method of blessing and distributing ashes for 2021 will be as follows:

- The celebrant blesses the ashes with the formula from the Missal. He then sprinkles the ashes with holy water (saying nothing further).
- He then says once for all the formula of imposition: "Repent, and believe in the Gospel" or "Remember that you are dust, and to dust you shall return".
- He then sanitizes his hands, puts a mask on and distributes the ashes in the following manner:
 - He may have people approach in a line or he may go to them
 - He says nothing further while distributing ashes
 - The ashes are sprinkled on the top of the head, "left to fall" or "scattered" as the original text says; they are not imposed on the forehead with the thumb

Want more information? Go to www.holytrinitydm.org or call 515 255 3162



NOTES ON THE MASS FEB 7 2021

SPIRITUALITY OF THE READING

Eat Up

A Polish-American Jesuit friend once invited me to dinner at his mother's house. This sounded quite agreeable. The only instruction I was given beforehand was: do not refuse second helpings.

I was young and skinny and I knew I would even accept thirds. But ...

Polish mothers take great pride in their traditional foods and in the multiple, large, large bowls in which they serve each one. Different foods, every one delicious, each and every one astonishingly filling.

So I ate and ate and ate until the terrible moment arrived. "Here, have some more, oh my goodness you don't have anything on your plate, take some of this. And this. You are going to starve. You won't be ready for dessert if you don't eat your meal!" Luckily I did not roll my eyes. I took as little of each as I could politely do, dealt with dessert, and took my stuffed self away from the table, graced with a new friend in my new Polish mother, and a sore stomach. Why do I tell you this?

Because Simon's mother-in-law in the [Gospel](#) must have been this sort of a woman. Whenever guests visited I'm sure she would be hustling and bustling, stirring up a welcome, dish after dish.

But, when Jesus and the apostles came over one day, she was ill and helpless.

Jesus, immersed in his new career of preaching, curing, driving out unclean spirits, and showing the great tenderness of God for people, he saw how much out of character it was for her to just lie there and watch her guests. He took her hand, healed her without ceremony, and lifted her out of her frustration. The [Gospel](#) says that, "she waited on them." Just like the Polish mother.

But there is a contrast. In the [First Reading](#) we hear the ancient words of Job, who does nothing but complain that everything has been taken away from him. "My life is like the wind," he says, "I shall not see happiness again. I have been assigned months of misery, and troubled nights have been allotted to me. If in bed I say, When shall I arise?" then the night drags on; I am filled with restlessness until the dawn."

Many of us will recognize these symptoms from our own lives. But Job lost more than just sleep. He had been prosperous, with a wife and servants, children, land, livestock, and a sterling reputation. Now they were taken away.

What had he done to deserve such huge deprivations? For that matter, what did Jesus do to deserve the loss of his people (and his frequent meals with them), and of his preaching and curing and befriending? When he hung on the cross did he remember his mother's meals? And did she?

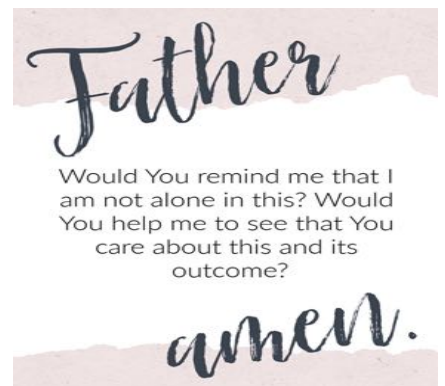
We too have to know that loss is included in the way of the world.

God knows this also.

And he remains with us either way. "Father and fonder of heart he has wrung."* God shows that love means "being with us" in good times and in bad as well. Yes, he does join us in delightful meals.

But he does not take troubles away. He joins us in them.

John Foley, SJ





BRING THE GOSPEL HOME FEB 7 2021

READING I: Job 7:1-7

PSALM: 147: 1-6

READING II: 1 Corinthians 9:16-23

GOSPEL: Mark 1:29-39

Question for Children: What can you do to help your friends and classmates know more about Jesus?

Question for Youth: Jesus knew that his mission was for everyone, not just one village or group of people. How can you reach out to others (outside of friends and family) and offer them hope and Good News?

Question for Adults: If you were going to pray for healing for any reason, what would it be? What needs to be healed in our world and society?



SAINT OF THE WEEK

Josephine Bakhita

Captured near her village in the Darfur region of the Sudan and enslaved in 1875 as a young girl of about six, this saint was so traumatized that she could not remember her given name. The Arab slavers then gave her the name Bakhita, Arabic for “the fortunate one.” This proved to be prophetic. Even as a slave undergoing unspeakable torture and living in the harshest of conditions, Bakhita noted the beauty of the world and wondered who it was that created all of this beauty. She eventually became a Catholic and was known for her great charity and piety. Greeting and blessing the children coming into school and taking care of the poor endeared her to the people.

Josephine Bakhita's message today: Few have suffered as Josephine Bakhita did in her lifetime. Yet her strong faith in God sustained her and gave her the strength to pass her love on to others.

Are you able to accept the trials that fall upon you in your life and still love God and your neighbor?

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PARISH CALENDAR WEEK OF FEB 7 2021

	SUNDAY 2/7	MONDAY 2/8	TUESDAY 2/9	WEDNESDAY 2/10	THURSDAY 2/11	FRIDAY 2/12	SATURDAY 2/13
HOLY TRINITY SCHOOL	Enrollment for 21-22 is OPEN Sign up by Feb 15 to Save!	\$1 Jeans Day supports Children's Cancer Connection		PS/PK/TK Fun Night LIVE on Facebook 5PM		Class Valentine's Parties	
FAITH FORMATION				Faith Formation All Grades 6:30PM Zoom			
ADULT FAITH FORMATION	Mass 8:30AM Mass 10:30AM	No Communion Service	School Mass 8:30AM Grades K-2 RCIA 6:30PM Zoom	School Mass 8:30AM Grades 3-5 Hosted by 4W	Mass 8AM Adoration 2-9PM Rosary 4:15PM	School Mass 8:30AM Grades 6-8	Mass 4:30PM Sunday Reading Grp MEN'S 7:30AM SR WOMEN'S 8:30AM CH
AND MORE				10th Grade Confirmation Mtg 6:30PM SR	PTO Meeting 6PM BOE Meeting 7PM		

CH: Church 101-106: Classrooms DC: Day Chapel K: Kitchen MC: Media Center PO: Parish Office SR: Social Room

MASS / LITURGY SCHEDULE AND INTENTIONS

Sunday Feb 7

8:30 AM Mass
10:30 AM Mass

Therese Gilroy
For the Parish

Monday Feb 8

NO Communion Service

Tuesday Feb 9

8:30 AM Mass

Ron & Rosemary Engelhardt

Wednesday Feb 10

8:30 AM Mass

Mary Scott

Thursday Feb 11

8 AM Mass
2-9PM
4:15PM

Kelly Seward
Adoration
Rosary

Friday Feb 12

8:30 AM Mass

Gertrude Cloutier

Saturday Feb 13

3-4 PM
4:30 PM Mass

NO Reconciliation
Evelyn Bisanti

Sunday Feb 14

8:30 AM Mass
10:30 AM Mass

Kate Waldermann Murphy
For the Parish

NEXT WEEK LITURGICAL MINISTERS / ALTAR SERVERS

Saturday, Feb 13 4:30 PM

Altar Server	Tyler Leo
Lectors	Gary Thull
EMHC	Team 3
Musical Coordinator	Tom Quiner

Sunday, Feb 14 8:30 AM

Altar Server	Jack Ernst
Lectors	John Goode & Guy Leman
EMHC	Team 2
Children's Liturgy	No Children's Liturgy
Musical Coordinator	Tom Quiner

Sunday, Feb 14 10:30 AM

Altar Server	Josh Spencer
Lectors	Rob Hoover & Mary Ellen Winston
EMHC	Team 3
Children's Liturgy	No Children's Liturgy
Musical Coordinator	Dr. Kevin Allemagne

WEEKEND MASSES Sat 4:30 PM / Sun 8:30 & 10:30 AM

WEEKDAY MASSES Tue, Wed & Fri 8:30 AM / Thurs 8AM

Want more information? Call the Parish Office 515 255 3162 X128 M-F 8AM-4PM

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