



# Holy Trinity

Catholic Church and School

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

February 16th,  
2025

Sixth Sunday of  
Ordinary Time

Taking the Journey TOGETHER



*“In every age,  
O Lord, you have  
been our refuge.”  
-Psalm 90*



# From the Church | February 16th, 2025

**Bring Old Palms to Church.** We are collecting palms to be burned and used for Ash Wednesday services. Bring your palms to church and place them in the baskets by the doors by Tuesday, February 25.

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**Ash Wednesday Sign Up.** Holy Trinity will have Ash Wednesday Service March 5 at 6:30pm. Sign up is now available for Altar Servers, Lectors, Ushers, Eucharistic Ministers, and the distribution of Ashes by [signing up here!](#)

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**Nourish for Caregivers.** Nourish for Caregivers focuses on issues pertinent to anyone caregiving, whether you care for a parent, spouse, or child. Topics included entering caregiving roles, managing family dynamics, how stress and faith co-exist, staying engaged, end of life issues, and advocating for a loved one.

All caregivers are invited to attend on Monday, March 10, at Holy Trinity Catholic Church 2926 Beaver Avenue, Des Moines, IA. Contact Deacon Troy Thompson at [troyt@holymtrinitydm.org](mailto:troyt@holymtrinitydm.org).

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**Holy Trinity Events.** Planning an event or do you need to request to use space at Holy Trinity? Fill out this [Event Request Form](#).

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**Healing Mass.** Experience God's healing grace at Holy Trinity on Friday, March 14, at 10AM. The Sacrament of the Sick will be offered to anyone experiencing mental, physical, or spiritual pain and distress. All parishioners are welcome to attend and offer support to those in need of healing.

For more information, contact Deacon Troy Thompson at 515-255-3162 ext. 124. We look forward to celebrating with your family!

**Parish Business Directory.** Want to share information about your business with parishioners at Holy Trinity?

[Fill out this Directory form](#) and be added to our new business directory housed on our secure portal. Reach out to Jan Swinton with any questions.

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**Rosary.** Please join our HT school and parish community in praying the rosary. We'll meet at the Bigelows house (403 42nd Street) at 8 pm on the first Monday of each month for intentions, rosary and fellowship. If you're not familiar with the rosary, come learn. The next dates are:

- March 3
- April 7

Please contact Sarah with questions:

[ssullivanbigelow@gmail.com](mailto:ssullivanbigelow@gmail.com)

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**Coffee and Donuts.** We are looking for new volunteers. We are looking for volunteers to help serve coffee and donuts on Sundays after 8:30a and 10:30a masses.

If you are interested in signing up for coffee and donuts, please [sign up HERE](#), or contact Gigi Wilwerding at [gigiw@holymtrinitydm.org](mailto:gigiw@holymtrinitydm.org).

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**HT Book Club.** The HT book club (even if you haven't attended or read the book) is a hosting an evening with the author. Join us in the school library on Feb 26 at 7 pm and we'll zoom with Colleen Carroll Campbell, award winning author, print and broadcast journalist and former presidential speechwriter discuss her book, "The Heart of Perfection" How the Saints Taught Me to Trade My Dream of Perfect for God's. Food and fellowship will follow.

For more information contact Sarah Sullivan Bigelow at [ssullivanbigelow@gmail.com](mailto:ssullivanbigelow@gmail.com)

Financial Blessings Ending Week of 2/7/25			
Budget July 2024 through June 2025	\$958,558	YTD Surplus (Deficit)	\$59,991
YTD Actual Tithing	\$630,242	Tithing for the Week	\$31,892
YTD Budget	\$570,251	Number of Donations Received	245



Make a donation! Scan the QR Code or visit [holymtrinitydm.org/donate](https://holymtrinitydm.org/donate)



# **GARAGE SALE**

## **Holy Trinity Spring Garage Sale 2025**

March 20 , 9am-5pm | March 21, 9am-5pm | March 22, 9am-Noon

### **We Need Volunteers!**

Consider assisting with set-up, collection, and tear down. Contact Teresa at [parmentert13@gmail.com](mailto:parmentert13@gmail.com) or call parish office at 515-255-3162 ext. 128

### **Donation Drop-Off**

Sunday, March 16, after 10:30 am Mass until 5pm

Monday and Tuesday from 9am until 5pm

NO Donations after 5pm on Tuesday

### **What Sells?!**

Sewing and Craft Materials | NEW Items of ALL KINDS | Dishes and China | New Small Carpet Samples | Jewelry | Toys and Books | Pots and Pans | Furniture in Good Condition | School Uniforms | Lamps and Lampshades | Baskets | Glassware and Mirrors | Garden Tools | Stereos | Drapery and Curtains | Silk Flowers | Plants | Sporting Goods | CDs and DVDs | Small Appliances | Bedding and Linens | Clean Clothing

**\*\*NO computers, monitors, fax machines, printers, keyboards, TVs, VCRs, cassette tapes, magazines, textbooks, underwear, baby cribs or car seats, bed frames, mattresses, exercise equipment, or light fixtures.**



# Holy Trinity Book Club

*Starting January 2025*

- 1) Purchase our club's book from Beaverdale Books, Divine Treasures, or Amazon.
- 2) Read three chapters a month.
- 3) Join a discussion time that works for you.

## **Thursdays - 8 P.M.**

Dates: 1/30, 2/27, 3/27

Location: 4208 Adams Ave.

Host: Kathleen Meradith-Eyers  
k.meraditheyers@gmail.com

## **Fridays - 9 A.M.**

Dates: 1/31, 2/28, 3/28

Location: 3015 40th PL

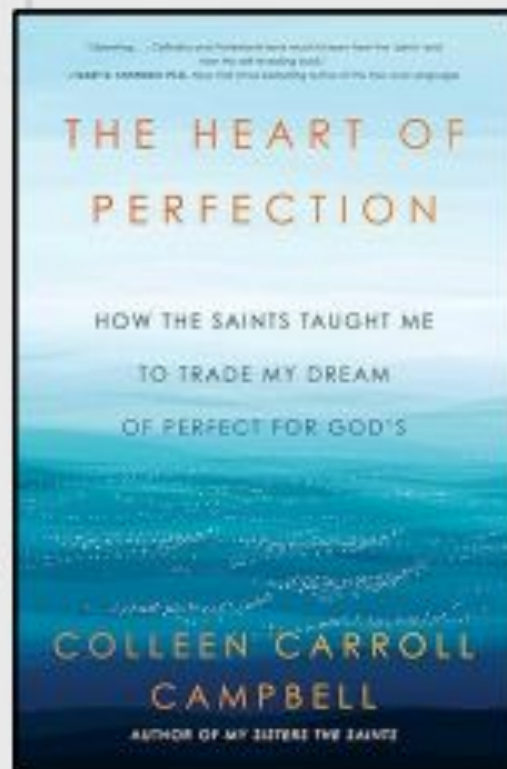
Host: Sophie Klaus  
srfursa@gmail.com

## **Saturdays - 11 A.M.**

Dates: 1/25, 2/22, 3/29

Location: 2629 38th St.

Host: Meghan Thorne  
meghanmc515@gmail.com



Join our  
[email list here!](#)



**Vintage Cars Needed.** We are interested in 50's-70's American vintage cars to showcase outdoors near the entrance of the event. If you have a vintage car you would like to showcase during the gala we would greatly appreciate it!

If interested, and able, contact me at 207-751-2932 or [hallmegan59@gmail.com](mailto:hallmegan59@gmail.com).

**Daddy Daughter Dance is HERE!** Guys- Grab your favorite gal(s) and let's do a little dancing. [RSVP here!](#)

At this event you can expect:

- To dance the night away to your favorite DJ tunes
- A flower for every girl
- A dessert bar
- A snack bar
- Lemonade and Water
- Multiple Craft Tables
- DIY Bracelet Making Table

Tickets are \$25/couple. Please add \$5 for each additional guests. Payment can be made to [this link](#).

We sure hope you can make it to this special night. We look forward to pampering your special little lady. [Sign up to bring desserts here!](#)

#### Upcoming Dates.

- CONFERENCES: February 17th, 18th, & 20th
- NO SCHOOL: February 20th, 21st, & 24th

**Become a Mentor Family.** Current Holy Trinity families, we need your help! Share your experience at Holy Trinity and welcome new families. It's a wonderful way to give back to our community and helps new families feel at home. [Sign up today](#) to be a mentor and make a difference! Contact Sarah Sullivan Bigelow at [ssullivanbigelow@gmail.com](mailto:ssullivanbigelow@gmail.com), for more information.

**Submit a Nomination for 2025 Teacher, Administrator or School Volunteer of the Year:** Nominate a teacher, administrator and/or school volunteer to be recognized at the 2025 Bishop's Celebration of Catholic Schools. Nominations are due February 16, 2025, and the winners will be announced the first week of March.

You may nominate one individual in each of the three categories, but only one form may be submitted per nomination. [Submit your nominations.](#)

**Enrollment.** Parishioner Enrollment started December 1st at the Diocese of Des Moines Catholic Schools, our students experience nurturing and innovative environments where smaller class sizes foster big dreams.

Plus, with Education Savings Accounts, an education at our schools might be more affordable than you think! All K- 12 Iowa students qualify for an ESA for the 2025-2026 school year.

General Enrollment is now open- [Apply here!](#)

**Schedule your visit today with Mercedes Steinkamp,** email her at [mercedes@htschool.org](mailto:mercedes@htschool.org)

#### Shop the Holy Trinity Spirit Store!

Shop online today at [shopholytrinitydm.com!](http://shopholytrinitydm.com!)

Deliveries can be made to you at home or you can send them to the church or school to pick up! Great options for students, families and parishioners.

**Questions?** Email [megan.mortier@gmail.com](mailto:megan.mortier@gmail.com) and [sarahmseverson21@gmail.com](mailto:sarahmseverson21@gmail.com)



# From the Diocese & Community | February 16th, 2025

FORGE  
Presents



**Forge Men's Conference.** Men of Holy Trinity: You're invited to attend the upcoming Forge Men's Conference on Saturday, March 1st, at the downtown Embassy Suites. You'll join Catholic men from throughout Iowa to experience a diverse cast of speakers, from a Super Bowl champ to academics and monks.

Many men from Holy Trinity have already signed up. Get details at [MyForge.com](http://MyForge.com). The price: \$38 per men sixteen and older.

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**2025 NCYC: A Journey of Faith** The National Catholic Youth Conference is a three-day pilgrimage for Catholic high school students and their adult chaperones.

From November 20-22, 2025, in Indianapolis, participants will experience prayer, community, and the transformative power of God's presence. Join us for an unforgettable encounter with Christ that will shape your spiritual journey.

For more information and to sign up to join the Holy Trinity group, please contact Gigi Wilwerding at the parish office or by email at [gigiw@holyltrinitydm.org](mailto:gigiw@holyltrinitydm.org). All are Welcome!

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**Save the Date: Tuesday, February 18, 2025**

Get ready for an exhilarating evening at our 2nd Annual Trivia Night!

It's a thrilling chance to support a fantastic cause - Mental Health! Don't miss out! See details below.

Here's a [link](#) to sign up!

**Fried Chicken Feast.** Held at St. John the Apostle parish in Norwalk, on Sunday, March 16th, from 10:30 a.m. to 1:30 p.m. Everyone is invited! We will feature Staley's Fried Chicken along with all the fixings, drinks and pie for dessert.

Cost: Adults/\$13, Children ages 6-12/\$6, and children 5 and under eat free! Balloon artist for the kids. A silent auction and 50/50 raffle will also be held. Tickets can be purchased in advance at the parish office or that day. For more information contact Gary & Mary Haselton at (515)321-3873 or the parish office at (515) 981-4855.

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**Save the Date.** Men's Conference is coming FORGE, a new Des Moines apostolate, will host its first conference on Saturday, March 1 at the Embassy Suites in Des Moines. FORGE aims to empower 1,200 Catholic men to fight for the Church's view of the family.

Featured speakers include Matt Birk, Father Boniface Hicks, Pete Burak, Dr. Leonard Sax, and John Bishop, Ph.D. (and more). Get more information at [www.myforge.com/conference](http://www.myforge.com/conference)

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**Are you a Licensed Mental Health Professional?** Join the Diocese of Des Moines Mental Health Referral Network. The Office of Marriage and Family Life is looking for more local clinicians who would like to support Catholic families and individuals seeking mental health care that aligns with and respects our Catholic beliefs and values. We are especially in need of therapists who can provide services in other languages, especially Spanish or Vietnamese.

If you are interested in joining or for more information about this program, please contact John Gaffney, interim director of Marriage and Family Life/director of Evangelization and Mission, at [jgaffney@dmdiocese.org](mailto:jgaffney@dmdiocese.org) or 515-237-5026.

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**Fasting during Lent.** Ash Wednesday and Good Friday are obligatory days of fasting for Catholics age 18 to 59. A person is permitted to eat one full meal, as well as two smaller meals that together are no equal to a full meal. All Fridays are days of abstinence (no meat) for all Catholics age 14 and older.



Go to [dmdiocese.org](http://dmdiocese.org) for more information!



## *Sixth Sunday of Ordinary Time*

**Ordinary Time.** For a large part of the liturgical year, we devote ourselves to listening to the mystery of Christ in all its aspects unfolded as we seek God's truth and understanding.

Reading I : Jeremiah 17:5-8

Happy are those who trust in God.

- The reading from Jeremiah draws a clear distinction between the person who trusts God and the one who trusts in human beings.
- Water is a significant aspect of the image.
- The passage presents a straightforward choice; trust God and live; trust flesh and die.

Reading II : 1 Corinthians 15:12, 16-20

Christ is raised from the dead.

- Paul stresses that Christ's resurrection initiated the resurrection of all those who believe in him.
- Belief in the resurrection of Christ demands belief that we will join him in risen life.
- We are called to abandon trust even in life itself and enter death without despair.

Gospel : Luke 6:17, 20-26

Happy, blessed, are the poor, whose reward is great in heaven.

- Luke's Gospel portrays Jesus' special concern for the poor and vulnerable.
- In today's passage, Jesus pronounces blessing on the poor and woe to the rich.
- The poor know their only hope is in God.



# Bring Home the Gospel | February 16th, 2025

Reading I Jeremiah 17:5-8 | Psalm | Reading II 1 Corinthians 15:12, 16-20 | Gospel Luke 6:17, 20-26

**Question For The Children** How do you experience God's blessing in difficult times, when you are sad, hungry, or when friends reject you?

**Question For The Youth** How does trusting in God make a difference in your life?

**Question For The Adults** In today's Gospel, we are reminded that we will be either blessed or have woe done unto us. It's a challenging teaching! Which half of this Gospel reading applies to you?

**Activity Of The Week** Find ways for the family to relax and have fun without spending money. Some suggestions include: picnics, walks, hiking, biking, yard games, and table games.

## **Saint Of The Week Valentine, Martyr, d.c. 269**

There is some confusion about the life of Valentine. There may have been two Valentines, one a priest and physician in Rome, the second the bishop of Interamna, a town about sixty miles from Rome. Many scholars believe that these were one and the same person.

Valentine, the priest, cared for Christians who were being persecuted under Claudius II. Arrested for this, he was sent by the emperor to the prefect of Rome who tried to persuade Valentine to renounce his faith. The prefect failed in his efforts, and he ordered Valentine to be beheaded. The execution took place on February 14, 269. He was buried on the Flaminian Way in Rome where a church was erected in his honor and a gate, the Porta Valentini (now known as the Porta del Popolo) was named for him.

Valentine, the bishop, was also beheaded and buried on the Flaminian Way though he is said to have been executed in Interamna where a great devotion to the saint built up immediately. Tradition has it that he also was killed on February 14, however the year of his death is put in 273. It is entirely possible that Valentine, the bishop, was brought to Rome where he was put to death, thus, given our inexact knowledge of early dates, it is likely that Valentine, the priest, and Valentine, the bishop, are the same person.

The custom for young men and women to choose each other as Valentines on this day is based on the popular medieval belief, recorded in literature as early as Chaucer that birds began to pair on this day. Early references to the custom were contained in a letter written in 1477 by Elizabeth Drews to a prospective bridegroom concerning her marriageable daughter, Margery, and Margery's letter which refers to him as "...my right well beloved Valentine."

**Valentine's message today:** Since we know that "God is love," it seems appropriate that we should associate one of God's saints with love. We should remember, however, that God does not want us just to love those who are near to us. Jesus told us that we must love our enemies as well.

- *Do you pray for your enemies? Do you make any effort to understand their position? Have you tried to make peace with them?*



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# Parish Calendar | February 16th, 2025

	Sunday [2/16]	Monday [2/17]	Tuesday [2/18]	Wednesday [2/19]	Thursday [2/20]	Friday [2/21]	Saturday [2/22]
<b>School</b>	8:30am & 10:30am Coffee & Donuts (Hosting: Birding & Conservation Club)	3:30PM-7:30PM Parent Teacher Conferences	3:30PM-7:30PM Parent Teacher Conferences	School Mass hosted by 7th Grade 8:30AM	8:00AM-11:00AM Parent Teacher Conferences  NO SCHOOL	NO SCHOOL	NO SCHOOL MONDAY, FEB. 24TH
<b>Faith Formation</b>				Faith Formation & Edge Class 6:30PM (Rm. 103, 104)			Sunday Reading Groups Men (MC) 7:30AM Women (CH) 8:30AM
<b>Adult Faith Formation</b>	Mass 8:30AM & 10:30AM	No Communion Service	Mass 8:30AM  Morning Prayer following Mass  OCIA (CH) 6:30PM	Mass 8:30AM	Mass 8:30AM Adoration 2-9PM Rosary 4:05PM	Mass 8:30AM  Morning Prayer following Mass	Reconciliation 3-3:45PM Mass 4:30PM
<b>More</b>	12PM-4PM Youth Meeting (Rm. 105)			Schola (CH) 6:30PM			

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

Upcoming Mass Schedule, Liturgy Schedule, and Intentions			
[2/16]	8:30AM	Mass	Tim Simmons (battling brain cancer)
	10:30AM	Mass	John B. McClavy
[2/18]	8:30AM	Mass	Timothy Joseph Flanagan
[2/19]	8:30AM	Mass	For the Poor
[2/20]	8:30AM	Mass	Carl & Elizabeth Neal
	2-9PM	Adoration	
	4:05PM	Rosary	
[2/21]	8:30AM	Mass	For the Homeless
[2/22]	3-3:45PM	Reconciliation	
	4:30PM	Mass	For the Souls in Purgatory
[2/23]	8:30AM	Mass	For the Parish
	10:30AM	Mass	Virgil Hefner

Upcoming Liturgical Ministers and Altar Servers		
Saturday	Altar Servers	Lola & Penelope Carroll and Jude & Hugh Kajewski
[2/22]	Lectors	Dave Bunkers & Marsha Szymczuk
4:30PM	EMHC	Team 2
	Music Coordinator	Tom Quiner
Sunday	Altar Servers	Gwennie & Jonah Johnson, Hilari Thibodeau and Kaylee Maloney
[2/23]	Lectors	Jeff Nielsen & Steve Stimmel
8:30AM	EMHC	Team 2/MC: Mark McAndrews
	Children's Liturgy	Team A: Janelle & Ian Kerr
	Music Coordinator	Tom Quiner
Sunday	Altar Servers	Madelyn & Mia Daskalakes, Noah Drago and Ruth George
[2/23]	Lectors	Mary Ellen Winston & Tammy Altman
10:30AM	EMHC	Team 4/MC: Mark Amadeo
	Children's Liturgy	Team 3: Margaret Toomey & Colton Barney
	Music Coordinator	Eric Sharp

Taking the Journey TOGETHER



View the Parish Calendar online at [holyltrinitydm.org/home/calendar](http://holyltrinitydm.org/home/calendar)

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massage + wellness  
**Katy Polich**  
Owner/Parishioner  
5601 Hickman Rd Ste #6  
515-770-9515

**Ingersoll Family**  
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Bernard Gradoville, D.D.S.  
Jack Gradoville, D.D.S.  
2800 Ingersoll Ave. Des Moines  
515-243-2412

**Matt Nolan**  
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