



# Holy Trinity

Catholic Church and School

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

August 11th, 2024

Nineteenth Sunday  
of Ordinary Time

Taking the Journey TOGETHER

*“The Lord will guard us as a  
shepherd guards his flock.”  
- Jer. 31*



From Father Mark | August 11th, 2024

Greetings,

We are continuing our church projects. As you know the floors in the music and choir area have been finished. Last week all pews needing repair were repaired. This week the pews were sanded and refinished. In two weeks, the last project will be completed; the refinishing of the sanctuary floors.

Last week, we had our summer garage sale. Thanks to all of our volunteers; it is not possible without them. It was also great to see so many of our parish youth volunteering; they did an excellent job. A special thanks to Steve and Mary Stimmel who stepped up and coordinated the sale. Teresa Parmenter who usually runs the sale and does such a great job was out of town this time. Thanks!

Finally, the beginning of school is getting close. Holy Trinity school starts August 23<sup>rd</sup>. I am looking forward to the kids being back 😊

Have a good week

Fr. Mark

A handwritten signature in cursive script that reads "Fr. Mark".

**Are you asking God to answer a special prayer?** Our Holy Trinity Prays group (HT Prays) will help lift your intentions up with all of our daily prayers.

Prayer intentions should always respect the wishes of those for whom we pray and preserve the dignity and confidentiality of each person. Our Lord knows even the most private intentions of our hearts!

Would you like to join in praying for the intentions of others? You may offer prayers or unite your own difficulties for the prayer intentions of others. To share your intentions please contact Jan Swinton or Deacon Troy Thompson below.

**Jan Swinton**

515-255-3162 x 128 [jans@holytrinitydm.org](mailto:jans@holytrinitydm.org)

**Deacon Troy Thompson**

515-255-3162 x 124 or text/mobile at 515-447-5707

[troyt@holytrinitydm.org](mailto:troyt@holytrinitydm.org)

**Holy Trinity Garage Sale.** With great appreciation, we thank all of you from the teenagers to 99 who volunteered your time to make the summer garage sale a great success! Your generous donations of clean sellable items made it possible. Also, we thank all who provided, prepared and served lunches, snacks and especially beverages for the volunteers.

The parish staff who adjusted their schedules and projects to provide for our needs were wonderful. We are looking forward to another great sale during the March Spring Break. Please save your good clothing and other items and volunteer for the March sale.

-Steve and Mary Stimmel

## Taking the Journey TOGETHER

*The Feast of the Assumption of the Blessed Virgin Mary is Thursday, August 15 and is a Holy Day of obligation. Holy Trinity will have Mass at 8:00am and 6:30pm. Adoration will be held from 2:00pm to 5:00pm.*

**The Des Moines Area Religious Council (DMARC)** works in partnership with the Eat Greater Des Moines network to provide food security to food pantries and other anti-hunger organizations throughout Central Iowa. At this time, more people are being assisted than at any time in the organization's history. Those wishing to provide their support may drop their food or non-food items (diapers, wipes personal products, etc.) into one of the green collection tubs located at the church entries. DMARC also welcomes money donations as they are able to buy items at discounted prices and realize savings with their purchases.

Money donations may be made by using the **QR code system** now in place throughout the Church Office or by email, [holytrinitydm.org/donate](mailto:holytrinitydm.org/donate).

**Baptism Class.** If you want to baptize your child at Holy Trinity, please attend Baptism Class! The next class is on August 26th 6pm-8pm in the media center. Contact Jan Swinton at [jans@holytrinitydm.org](mailto:jans@holytrinitydm.org) to register.

**This Sunday.** Please join us for Coffee and Donuts following 8:30 and 10:30 Mass.

### Financial Blessings Ending Week of 8/4/24

Budget July 2023 through June 2024	\$958,558	YTD Surplus (Deficit)	\$890
YTD Actual Tithing	\$82,100	Tithing for the Week	\$8,986
YTD Budget	\$81,210	Number of Donations Received	55



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



# Join Us For a Night with Steve Angrisano

to support Mary's Meals

**Tuesday, August 13, 2024**

5:45 PM – Dinner hosted by our Knights of Columbus

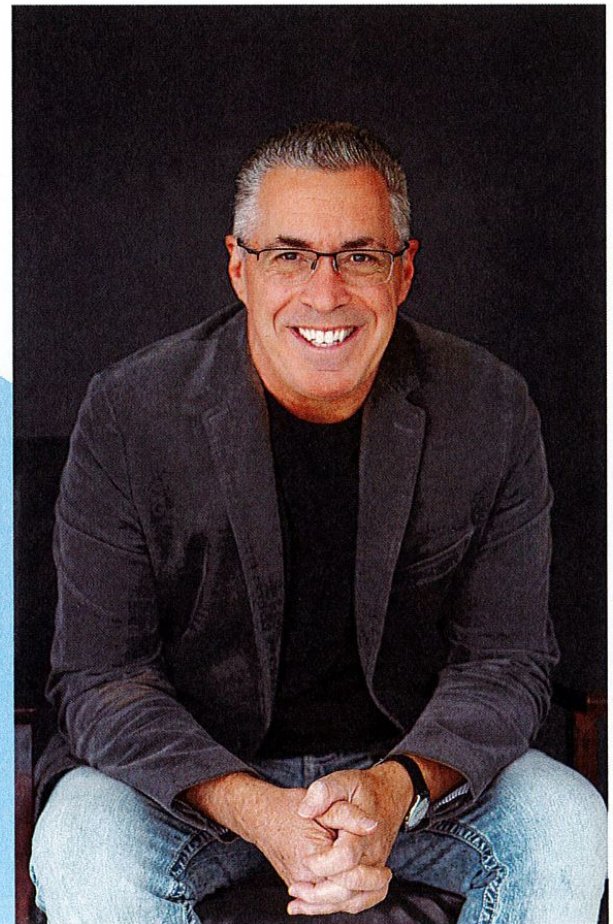
6:30 PM – Inspiring concert by Steve Angrisano

**Mark your calendar for a  
family evening of song, food &  
fellowship at Holy Trinity!**

**mary's  
meals**



**Holy Trinity**  
Catholic Church and School







Nourish is an on-going ministry that gathers once a month to support the practical, emotional and spiritual needs of family caregivers. Nourish gives you the tools and resources to help you connect with your faith and encounter Christ, so you can see the grace and blessings in your caregiving journey.

**New Topics in 2024/25 include:**

Entering into Caregiving Roles  
Managing Family Dynamics  
Advocating For Your Loved One  
How Stress & Faith Co-Exist  
Staying Engaged  
End of Life Issues

All caregivers are invited to attend.

**Save the Date - September Nourish**  
When: Monday, September 9, 2024  
**6:00 pm- 7:30 pm**  
Holy Trinity  
2926 Beaver Ave.  
Des Moines, Iowa

***Nourish for Caregivers gatherings focus on issues pertinent to all caregiving, whether you are caring for an aging parent, spouse, disabled child or are a professional that cares for all.***

**Please mark your calendars - All Nourish for Caregivers evenings will be the 2<sup>nd</sup> Monday of the month for the 2024-2025 season**

Contacts:

Deacon Troy Thompson [troyt@holytrinitydm.org](mailto:troyt@holytrinitydm.org)  
Deacon Jim Houston [pastoralcare@saintpiuschurch.org](mailto:pastoralcare@saintpiuschurch.org)

**CAREGIVERS NEED CARE TOO!**

*Join Nourish for Caregivers and find the strength and serenity you need*

From the School | August 11th, 2024



## CATHOLIC SCHOOLS

DIOCESE of DES MOINES

**You are cordially invited...** In honor of Bishop Joensen's passion for education, we invite you to the Bishop's Celebration of Catholic Schools on August 24, 2024, at St. Francis of Assisi Catholic Church in West Des Moines. This event unites the entire Diocese of Des Moines community in celebration of the life-changing impact our faith-centered education has provided for more than 150 years.

During the event, the diocese will recognize special honorees, educators, administrators, and volunteers for their impact on our Catholic schools.

This year's event will feature a keynote address from the Schweizer family, a name synonymous with excellence in athletics and a proud product of the Diocese of Des Moines Catholic Schools. The family, represented by three generations including Olympian Karissa Schweizer, will share their unique experiences and insights, highlighting how Catholic education has been instrumental in their success both academically and beyond.



To reserve your tickets or to get involved in this year's event, call (515) 237-5079, email [lholms@dmdioocese.org](mailto:lholms@dmdioocese.org), or scan the QR code. We look forward to celebrating with you!

### Early Childhood Foam Party!

Who: Preschool 3 & 4, Transitional Kindergarten, and Kindergarteners

What: It's a Foam Party! Wear your swimsuit, enjoy bubbles and outdoor fun in the foam!

Where: Holy Trinity Catholic School

When: August 15th from 5:30pm

**Can Collection.** Boy Scout Troop 77 collects cans the 2nd Saturday of each month from 10am-12pm by the Preschool. Thank you for your generous donations! The cans help fund Summer Camp and go on High Adventures.

### IMPORTANT UPCOMING DATES

#### August 15th

Preschool Foam Fun Party  
(5:30pm-7pm)

#### August 16th

All Staff Retreat  
School & Parish Office CLOSED

#### August 21st

Back to School Night  
(5pm-7pm)  
Chipotle Fundraiser  
(5pm-9pm)

#### August 23rd

First Day of School for TK-8th Grade  
Tears and Cheers in the Media Center

#### August 29th

First Day of School for PS3 & PK4  
Tears and Cheers in the Media Center

Taking the Journey TOGETHER



Call the School Office at 515.255.3162 ext. 115 for more information!



# DO GOOD WITH CHIPOTLE



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OR SHOW THIS FLYER IN RESTAURANT

# From the Diocese & Community | August 11th, 2024

**Christ Our Life Catholic Conference.** Please mark your calendars for September 28 and 29 for the Christ Our Life Conference at Wells Fargo Arena in downtown Des Moines. World Class Catholic Speakers, uplifting music, and Mass are just some of the highlights.

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## 2024 A Child is Born Christmas Gala

YOU'RE INVITED TO A PRO-LIFE CHRISTMAS GALA ON  
NOVEMBER 23rd!

Pulse Life Advocates will host a pro-life Christmas Gala, A Child is Born! on November 23rd at the Iowa Events Center in Downtown Des Moines. The evening consists of a cash bar, a delicious dinner, Christmas auction items, and great pro-life speakers.

The Saints & Sinners will provide Christmas entertainment.  
Tables of ten/\$900; \$100/seat.

Order online  
today: [PulseForLife.org](https://PulseForLife.org).



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**Marriage is a journey!** A Worldwide Marriage Encounter Experience can help you enrich your marriage and add some pizzazz to your journey. Whether you've been married 1 year or 50, a Marriage Encounter Experience may be just the thing you need to put a breath of fresh air into your relationship. The next weekends in our area are September 27-29 in Dubuque and Nov. 8-10 in Holstein. Call (563)920-9419 for more information or sign up at [wwme.org](https://wwme.org).

## Women's Evening of Recollection

Monday, August 12, 2024

6:30-8:30 p.m.

St. Augustin Church (enter the north door on the east side of the Church)

545 42nd Street, Des Moines

Spend a brief time away from the world to be with Our Lord. The Evening is designed to help you spend time alone with God, to look at your life from His perspective, and find practical ways to serve God amid your ordinary work and family life. A priest will present two meditations based upon the spirituality of St. Josemaria Escrivá, the founder of Opus Dei. There will be time for personal prayer, reflection, and confession. The evening will conclude with Benediction. Women of all ages are invited, including high school and college students.

The Women's Evenings of Recollection will take place on the 2nd Monday of each month. No Women's Evening of Recollection in July and December.

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**Bump. Set. Spike.** Join YCS for volleyball at Valley View Park on Saturday August 24th from 10am to noon. The park shelter is reserved and water bottles will be provided!

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**Now Hiring.** The Diocese of Des Moines is looking for an experienced HR Coordinator.

Please see our website: [Careers | Diocese of Des Moines \(dmdiocese.org\)](https://Careers|DioceseofDesMoines(dmdiocese.org)) for more information on this position including how to apply.

Contact:

Eileen Cull Valdez, SPHR, SHRM-SCP

Diocese of Des Moines

[evaldez@dmdiocese.org](mailto:evaldez@dmdiocese.org)

515-237-5085



DIOCESE OF DES MOINES



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



## *Nineteenth Sunday of Ordinary Times*

### 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 : 1 Kings 19:4-8

The angel of the Lord came back to him.

- Elijah, discouraged and fearing for his life, flees into the desert and prays for death.
- God's answer to his prayer echoes the Exodus and desert experience of Israel.
- Though he is discouraged and desperate when he flees into the desert, Elijah is transformed by the bread and water sent from God.

Reading II : Ephesians 4:30-5:2

Live in love.

- Today's passage describes the undeniable love that Christ has shown.
- Paul reminds the Ephesians that they share in new life with God.
- Christ gave his life for love of us; we must in turn show love to our neighbor.

Gospel : John 6:41-51

No one can come to me unless my Father draws him or her.

- Those who hear Jesus describe himself as "bread from heaven", murmur about Jesus being the Bread of Life.
- This echoes Israel murmuring in the desert about food and water and leadership.
- The difference between manna and Jesus is that those who ate the manna died, but those who eat the Bread of Life will live forever.



# Bring Home the Gospel | August 11th, 2024

Reading I 1 Kings 19:4-8 | Psalm | Reading II Ephesians 4:30-5:2 | Gospel John 6:41-51

**Question For The Children** Name one way that your faith nourishes you? How does it help your life?

**Question For The Youth** Bread nourishes us physically, and Jesus as the living bread nourishes spiritually. How can you be more open to Jesus and the ways that he can feed you?

**Question For The Adults** What nourishes your life? What does the phrase “living bread” mean for you?

**Activity Of The Week** Go on a family picnic. Bring food and a Bible for nourishment. Read from the Gospel of John, 6:41-51. Talk about what nourishes your life.

**Saint Of The Week Saint Apollinaris, Bishop and martyr, d. c. 79AD** Early writings about this saint are, in some cases, based on myth and, in others, confused with either a later saint or a heretic of the same name. As an early writer pointed out, however, Apollinaris’ reputation for holiness and miracles authenticated him as a bona fide saint.

Apollinaris is said to be a native of Antioch and a follower of Saint Peter. While no firm evidence exists to support it, some early writers have suggested that he was among the seventy-two sent out by Jesus (Lk10:1). In any case, he is said to have traveled with Saint Peter from Antioch where, sometime later, Peter ordained him as bishop and sent him to Ravenna.

Soon after his arrival, Apollinaris performed his first miracle when a Centurion asked him to cure his son who was blind. When Apollinaris made the sign of the cross on the boy’s eyes, his sight was instantly restored. Word of this miracle spread quickly through the city and, a day or so later, another senior Roman officer sought him out and asked him to cure his wife’s long standing illness. This he did.

Word of his miracles brought many people to Apollinaris for instruction and, soon, a Christian community was flourishing in the city. To serve this growing community, the bishop ordained priests and deacons.

Pagan priests, seeing the success that Apollinaris was having, aroused the people against him and caused him to be beaten to near death and left on the seashore. Christians in his community cared for him and nursed him back to health.

Sometime later, during the reign of the emperor Vespasian, Apollinaris was again arrested. This time he was stretched on a rack and plunged into boiling oil. When he survived this treatment, he was exiled to Illyria (present day Croatia) across the Adriatic Sea.

In his exile, Apollinaris evangelized many of the people of Illyria until, when an oracle ceased speaking, the pagans again beat him and put him on a ship returning to Italy. Soon he was seized and beaten again. He is said to have died from this treatment in the year 79AD.

Saint Apollinaris is the patron of those suffering from gout and epilepsy. An optional memorial honors him on July 20 in the United States (July 23 elsewhere).



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



# Parish Calendar | August 11th, 2024

	Sunday [8/11]	Monday [8/12]	Tuesday [8/13]	Wednesday [8/14]	Thursday [8/15]	Friday [8/16]	Saturday [8/17]
School							
Faith Formation	Baptisms during 10:30 Mass		Steve Angrisano Concert 5:45pm-Dinner 6:30pm Concert (Gym, SR, CH)			All Day Staff Retreat	Women's Sunday Reading Group (CH) 8:30AM  Baptisms following 4:30 Mass
Adult Faith Formation	Mass 8:30AM & 10:30AM	No Communion Service	Mass 8:30AM	Mass 8:30AM	Mass 8AM Adoration 2-5PM Rosary 4:05PM  Mass (Feast of the Assumption) 6:30PM	Mass 8:30AM  The Morning Prayer following 8:30 Mass	Reconciliation 3-3:45PM Mass 4:30PM
More	Coffee & Donuts (SR) following 8:30 & 10:30 Mass		Youth Preparing Lunches for Refugees (K) 10:00AM				

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			
[8/11]	8:30AM	Mass	Delos Swanson
	10:30AM	Mass	Elizabeth Green
[8/13]	8:30AM	Mass	For the Sick & Suffering
[8/14]	8:30AM	Mass	Dale McCormick
[8/15]	8AM	Mass	For the Upcoming School Year
	2-9PM	Adoration	
	4:05PM	Rosary	
[8/16]	8:30AM	Mass	Rachel Dubec
[8/17]	3-3:45PM	Reconciliation	
	4:30PM	Mass	Georgette Droessler
[8/18]	8:30AM	Mass	Jeanette Sperling
	10:30AM	Mass	For the Parish

Upcoming Liturgical Ministers and Altar Servers		
Saturday	Altar Servers	Liam Dumermuth, Tyler Leo and Mary Cate Bergman
[8/17]	Lectors	Todd Treese & Mary Sanders
	4:30PM	EMHC
	Music Coordinator	Team 2 Tom Quiner
Sunday	Altar Servers	Jack Ernst, Cameron Goode, Jacob Heikes and Jamison Lynch
[8/18]	Lectors	Doug Gross & Mark McAndrews
	8:30AM	EMHC
	Children's Liturgy	Team 2/MC: Mark McAndrews
	Music Coordinator	SUMMER RECESS Tom Quiner
Sunday	Altar Servers	Claire & Joshua Zwier and Lydia & Bridget Caswell
[8/18]	Lectors	Teresa Baustian & Peggy Jones
	10:30AM	EMHC
	Children's Liturgy	Team 3/MC: Jim Wilwerding
	Music Coordinator	SUMMER RECESS Frances Paterik

Taking the Journey TOGETHER



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

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