

# Holy Trinity

Catholic Church and School

DECEMBER 21ST, 2025 | FOURTH SUNDAY OF ADVENT

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*

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## GET TO KNOW US

### CHRISTMAS MASSES

**December 24th** at 4pm, 6pm, & 10pm

**December 25th** at 9am

### PARISH INFORMATION

#### Ministries at Holy Trinity

**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.

In the chaotic hustle of the day-to-day juggling of work and home life, caregivers often forget that they don't have to do it all. Asking for help is not easy. We tend to want to go it all alone, taking burdens on our shoulders, or maybe expecting others to read our mind, knowing we desperately need help. There is help, and hope, available.

Nourish for Caregivers meets monthly on the 2nd Monday of the month. Locations for Nourish for Caregivers sessions are Holy Trinity in Des Moines (using the parish main entrance) and St. Pius X (using east entrance).

Questions? Contact Deacon Troy Thompson at [troyt@holytrinitydm.org](mailto:troyt@holytrinitydm.org) or Deacon Jim Houston at [pastoralcare@saintpiuschurch.org](mailto:pastoralcare@saintpiuschurch.org).

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

**Baptism:** Do you want to celebrate your child's baptism at Holy Trinity? Our next Baptism class will be January 5th.

**Rosary:** Join us as we pray the rosary together. The next date is Thursday, December 11<sup>th</sup> at 8 pm at Sarah Sullivan Bigelow's house: 403 42nd street. The Rosary is a form of contemplative prayer that draws people into deeper relationship with Jesus Christ by meditating on key events in His life. Contact Jan Swinton in the Parish Office at [jans@holytrinitydm.org](mailto:jans@holytrinitydm.org) with questions.

### LOVE

#### Fourth Week of Advent

Each family attending Masses has been gifted a copy of a book entitled Slowing Down to the Speed of Joy by Matthew Kelly, to help us have a more meaningful Advent Season. The theme for the fourth week of Advent is LOVE. The book encourages us to pause and be present. Pick up your book at the church entrance, church vestibule or the Parish Office.

Question to ponder: How does this book's lesson on intentional living challenges you to be more fully **present and loving** to the people in your life, even for just **five slowed-down minutes a day?**

We hope you are finding this book helpful in your Advent journey and that you will join us in January for the discussion groups.

### PASTORAL CARE

#### Nourish for Parents Support Group for Children with Disabilities and Mental Health Challenges.

This support group encourages and empowers parents in their caregiver roles offering practical, emotional and spiritual support through faith. The location is moving to Sacred Heart Parish, 1627 Grand Avenue, West Des Moines. Meeting dates & time are **Jan 10<sup>th</sup>, Feb 14<sup>th</sup> from 9:30-11:00.**

Child care is provided. Go [here](#) to register your child/children before each meeting. We'd love you to join us! Please contact Kate McInroy [kmcinroy59@gmail.com](mailto:kmcinroy59@gmail.com) or Anna Wholey [awholey@gmail.com](mailto:awholey@gmail.com)



Our Mission is to Support & Empower Caregivers Through the Gift of Faith

## SCHEDULES

## UPCOMING MASS SCHEDULE

<b>Dec. 21st</b>	8:30AM 10:30AM	For the Parish Connie Hellman
<b>Dec. 23rd</b>	8:30AM	Rachel Dubec
<b>Dec. 24th</b>	4:00PM 6:00PM 10:00 PM	CHRISTMAS EVE CHRISTMAS EVE CHRISTMAS EVE
<b>Dec. 25th</b>	9:00AM	CHRISTMAS DAY
<b>Dec. 26th</b>	NO MASS	
<b>Dec. 27th</b>	3:00-3:45PM 4:30PM	Reconciliation Mike Duff
<b>Dec. 28th</b>	8:30AM 10:30AM	For the Parish Larry Olsasky

UPCOMING LITURGICAL  
MINISTERS & ALTAR SERVERS**Saturday, December 27th: 4:30pm****Altar Servers** | Joan & Nora Niday and Lola & Penelope Carroll**Lectors** | Kathie Obradovich & Vonnie Salem**EMHC** | Team 1**Music Coordinator** | Tom Quiner**Sunday, December 28th: 8:30am****Altar Servers** | Cartier Bryant, Jackson Hoodjer and Jamison & Quinton Lynch**Lectors** | Jeff Nielsen & Ian Kerr**EMHC** | Team 1/MC: Karen Quiner**Children's Liturgy** | NO CHILDREN'S LITURGY**Music Coordinator** | Tom Quiner**Sunday, December 28th: 10:30am****Altar Servers** | E.J. & Peter Flynn, Wyatt McElroy and Paul Meylor**Lectors** | Teresa Baustian & Chris Coleman**EMHC** | Team 4/MC: Mark Amadeo**Children's Liturgy** | NO CHILDREN'S LITURGY**Music Coordinator** | Eric Sharp

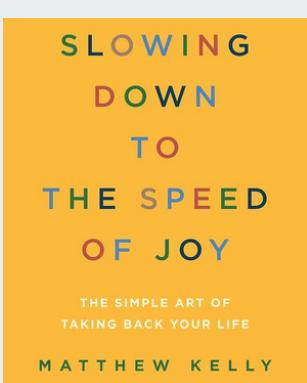
## CALENDAR | DECEMBER 21ST, 2025

	Sunday Dec. 21st	Monday Dec. 22nd	Tuesday Dec. 23rd	Wednesday Dec. 24th	Thursday Dec. 25th	Friday Dec. 26th	Saturday Dec. 27th
<b>School</b>			No School - Christmas Break		Dec. 22 - Jan. 2		
<b>Faith Formation</b>			Short Advent Adoration & Morning Prayer following 8:30AM Mass (CH)	Christmas Eve Mass: 4:00PM 6:00PM 10:00PM	Christmas Day Mass 9:00AM	No Mass or Morning Prayer	Sunday Reading Group Mens (MC) 7:30AM
<b>Adult Faith Formation</b>							
<b>More</b>	No Coffee & Donuts		Confession 6-7PM (CH)	Children's Choir 4:00PM Mass  Parish Office Closes at Noon	<b>Merry Christmas</b> 	Parish Office Closed	

## COME DECORATE

### We appreciate your help on the 21st

Come one come all! We will be decorating the church for Christmas following the 10:30 mass on 12/21/25.



## ADVENT BOOK STUDY

### Slowing Down to the Speed of Joy

As we enter into the Advent season, we want to share an opportunity for our parish community. Thanks to the generosity of the Knights of Columbus and the Holy Trinity Church Foundation, every HT family is receiving a free copy of Matthew Kelly's newest book, Slowing Down to the Speed of Joy.

You may pick up your copy at the church entrance, the vestibule, or the Parish Office. This is a wonderful chance for each of us to pause and rediscover the true joy of the Advent and Christmas seasons.

If you have any questions, please contact John Mertes, Director of Faith Formation, at [johnm@holytrinitydm.org](mailto:johnm@holytrinitydm.org) or (515) 255-3162, ext. 224.

## ADVENT GIVING

### Thank you for your support

As we begin the Advent season, we once again ask for your support for our annual Advent Giving Tree. This year we will be supporting CFUM (Children & Family Urban Movement), Connection Cafe, Mary's Helping Hands, and St. Vincent de Paul. Please stop by the tree and grab an ornament or two to help a family in need during this Advent & Christmas season. Donations will be collected during our Advent and Christmas masses. Donations can also be dropped in the parish office. If you have any questions, please contact John Mertes, Director of Faith Formation in the parish office. Thank you for your continued generosity year after year.

## THE HOLY TRINITY FOUNDATION UPDATE

### Invest In Our Parish

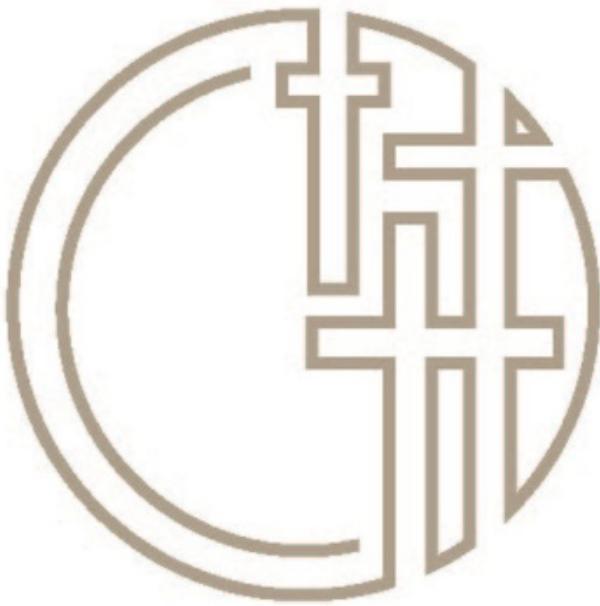
Established in 1974, the Holy Trinity Foundation exists to support parish programs, emerging needs, and parish improvements beyond what the annual budget provides. The Foundation gives parishioners a meaningful way to continue long-term support of the parish through estate planning, memorials, and other lasting gifts. All contributions to the Foundation are carefully preserved and invested. As special needs arise, the Foundation responds through direct financial support or by offering low-interest loans to the parish. If you are interested in making a donation or would like more information, please contact Mary Gisler at 515-255-3162 ext. 123 or [maryg@holytrinitydm.org](mailto:maryg@holytrinitydm.org).

## ADORATION

### Pray with us on Tuesdays

Adoration during Advent is a practice of spending quiet time before the Eucharist to prepare for Christmas, focusing on an attitude of prayer and expectation. Following 8:30 a.m. Mass on Tuesdays during this beautiful season of Advent, please join us for a short Adoration followed by the Morning Prayer.

## SCHOOL NEWS



## ENROLLMENT 2026-2027

## NOW OPEN!

Starting November 29th, Catholic Schools in the Des Moines metro opened priority enrollment for our parishioners. Hundreds of families have already applied, so if you're considering Catholic education, don't wait. Contact the Catholic Schools Office to see which classes still have open seats. Visit [dmdiocese.org/schools](http://dmdiocese.org/schools) to learn more.

**Enroll at Holy Trinity for the 2026-27 school year** [here.](#)

## HT SPIRIT STORE

## Get your Holy Trinity gear!

Another great way to get cold weather gear? Start shopping online today at [shopholyletrinitydm.com](http://shopholyletrinitydm.com)! **Filter and see what items are uniform approved.**

-BONUS! Ship to School: Email will be sent when order is ready; Purchase(s) will be sent home with student. **Every purchase from the Spirit Store helps raise funds for our school community.**  
Shop today at [shopholyletrinitydm.com](http://shopholyletrinitydm.com)

## UPCOMING DATES

**Mark your calendar!**

**DECEMBER 22nd-JANUARY 2<sup>nd</sup>** No School

**JANUARY 5th** Classes Resume

## SUPPORT HT'S SCRIP PROGRAM

**By Shopping at Your Favorite Places, You Can Make a Difference!**

**What Is Scrip?** Scrip is a nationwide program that allows Holy Trinity to purchase both electronic and physical gift cards from national and local retailers at a discounted rate. Holy Trinity then sells these gift cards to you at their full face value. The profit generated from this transaction is shared equally: 50% goes to you, and the remaining 50% supports Holy Trinity's School & Family Organization (SFO). The SFO uses its portion to fund a variety of incredible initiatives and activities for our school community. You will receive an annual check for your share to use however you wish!

**How Can I Participate?** Participating in the program is easy and convenient. The simplest way to get involved is by using the RaiseRight app or by visiting [www.raiseright.com](http://www.raiseright.com) to create your account. When you sign up, please make sure to enter our school code: B6E193E11415.

We also have a selection of physical gift cards available in the Parish Office. If you are interested or need assistance, please email [holytrinitysfo@gmail.com](mailto:holytrinitysfo@gmail.com). We are happy to help you with your purchase!

**Questions?** If you have any questions or need further information, please contact Sarah Brett at 515-897-9781 or send an email to [holytrinitysfo@gmail.com](mailto:holytrinitysfo@gmail.com). Thank you for supporting Holy Trinity's Scrip Program!

**Online Enrollment Form Here**

# Advent

## ADVENT AND CHRISTMAS LITURGY

### CHRISTMAS EVE MASSES

Wednesday, December 24th at 4pm, 6pm, and 10pm

### CHRISTMAS DAY MASS

Thursday, December 25th at 9am

### RETREATS AND GATHERINGS

#### GENERATIONS OF FAITH

Wednesday, December 3rd from 6-8pm

Sunday, December 7th from 4-6pm

#### ADULT ADVENT RETREAT

Saturday, December 13th from 12pm-4:30pm

### SPECIAL PRAYER SERVICES

#### TAIZE at HOLY TRINITY

Sunday, December 14th 5-5:45pm

### RECONCILIATION

#### CONFESSiON at HOLY TRINITY

- December 6<sup>th</sup> : 3-3:45pm
- December 13<sup>th</sup>: 3-3:45pm
- December 18<sup>th</sup>: 1-2pm
- December 9<sup>th</sup> : 1:15pm-2pm
- December 16<sup>th</sup>: 1-2pm
- December 20<sup>th</sup> : 3-3:45pm
- December 10<sup>th</sup>: 6-7pm
- December 17<sup>th</sup>: 5:30-6:15pm
- December 23<sup>rd</sup>: 6-6:45pm

### DIOCESAN ADVENT RECONCILIATION SERVICES 2025

- Tuesday, December 2 6:00 pm (St. Catherine of Siena, Des Moines)
- Tuesday, December 2 7:00 pm (St. Francis of Assisi, West Des Moines)
- Wednesday, December 3 6:30pm (St. Augustin, Des Moines)
- Thursday, December 4 6:30 pm (Our Lady's Immaculate Heart, Ankeny)
- Wednesday, December 10 6:30 pm (St. Theresa, Des Moines)
- Wednesday, December 10 6:15 pm (St. Joseph, Des Moines)
- Sunday, December 14 2:00 pm (St. Mary of Nazareth, Des Moines)
- Sunday, December 14 3:00 pm (St. John, Adel)
- Thursday, December 18 7:00 pm (Ss. John and Paul, Altoona)
- Sunday, December 21 4:00 pm (St. Pius X, Urbandale)



**Holy Trinity**  
Catholic Church and School

# CHILI COOK OFF

**Holy Trinity First Annual Chili Cook-Off**  
**Saturday, January 3rd, 5:30pm**

HolyTrinity CatholicChurch  
2926 BeaverAve, DesMoines, IA50310

**Think your recipe is the best? Prove it!**

Entry fee is \$25, limited to just fifteen entrants.

## WINNER RECEIVES:

- \$100 certificate to Christophers
- \$50 certificate to Beaverdale Fareway
- \$25 certificate to Grounds for Celebration



**SCAN CODE  
TO ENTER  
YOUR CHILI**

The winner to be determined by an all-star panel of celebrity judges.

Join us for dinner and fun. Chili / Hot dogs/beverages/dessert included! **FREE-WILL OFFERING**.

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Questions? Contact Courtney Robey: [bcrobey19@gmail.com](mailto:bcrobey19@gmail.com)  
Sponsored by Holy Trinity Catholic Church Respect Life Group

## PARISH/DIOCESAN NEWS

## HOLY TRINITY'S FIRST ANNUAL CHILI COOK-OFF

**JANUARY 3<sup>RD</sup> | 5:30PM**

**Proud of your chili recipe?** Enter Holy Trinity's chili cook-off taking place on January 3rd, sponsored by HT's Respect Life Committee. Entry fee is \$25, limited to just fifteen entrants. Winning entrant receives a \$100 gift certificate to Christophers, \$50 gift card to Fareway Meat Market and \$25 gift card to Grounds for Celebration! The winner will be determined by Holy Trinity's own all-star panel of celebrity judges. Parishioners are invited to sample these delectable offerings by making a free-will offering. Chili, hot dogs, chips, wine, beer, lemonade and cookies included! The event will take place in the school gym/cafeteria immediately following the 4:30pm mass.

**Questions?** Contact Courtney Robey: bcrobey19@gmail.com. Use the QR code below to sign up to be a contestant!



**SCAN CODE  
TO ENTER  
YOUR CHILI**

## WORLDWIDE MARRIAGE ENCOUNTER

### Check Out Upcoming Dates

Fall is a beautiful season full of color and crisp fresh air. A Worldwide Marriage Encounter Experience is like autumn because it's a weekend full of fresh air, new beginnings and a time to rejoice in the beauty of your marriage. It's a great time to rekindle communication and enjoy a weekend away. Dates of upcoming experiences are a non-residential weekend November 7-9 in Ankeny and a residential weekend February 13-15 in Dubuque.

For more information call Greg and Denise: 563-920-9419



## DIRECTOR OF HIGH SCHOOL YOUTH MINISTRY

**NOW HIRING**

The Director of HS Youth Ministry position will be 25-30 hours per week year-round, and is responsible for implementing the Parish's pastoral plan for youth in a framework that promotes lifelong formation in faith. Candidates must be Catholics in good standing and be able to pass a background check.

For a full job description [click HERE](#). Resume and cover letter should be sent to the attention of Father Neal, fmneal@holytrinitydm.org.

### Position Specific Requirements:

- Skills, Knowledge and ability for Pastoral Planning.
- Must complete Diocesan Required VIRTUS training and background check;
- Basic Theology – Degree preferred
- 2-3 Years' Experience preferred
- Program Development
- Basic knowledge of Microsoft platforms (excel, Word) and Google environment. Ability to navigate and use electronic media for communications and other essential job functions.

## OUR FAITH EXPLAINED

## LOVE, EXPLAINED!

## Virtues, Explained

The virtue of love seeks the good of the other, a reflection of the love of God who created us for this very purpose. In practicing this virtue, we express the fullness of our identities as sons and daughters of God. In true Christian love, we find freedom.

## Love, Explained!

If you've ever been a guest at a Christian wedding, chances are you have heard 1 Corinthians 13:4-8: "Love is patient, love is kind ... love never fails."

But what and who we love is just as important as how we love. Loving God, we know, is the greatest commandment of Jesus Christ, followed by loving others (Matthew 22:37-40). We are called to exhibit this love even — and, perhaps, especially — when it is difficult, when it demands we sacrifice our own preferences, our own desires and our own prejudices (Matthew 5:46).

In doing this, we "no longer stand before God as a slave, in servile fear, or as a mercenary looking for wages, but as a son responding to the love of him who 'first loved us.'" (CCC 1828)

So yes, love is patient, and love is kind — and, when practiced correctly, love is also freedom.

©LPI



## SAINT OF THE WEEK

## Lucy, Virgin and Martyr, Fourth Century

Lucy lived in Sicily in the early fourth century. Her parents were quite wealthy, but she chose to remain a virgin and wanted to give her inheritance to the poor. She was denounced as a Christian by a boyfriend whom she did not love, and she was killed as a martyr by being stabbed through the throat. Her name, "Lucy" means light and her feast day is during the dark period of winter in the northern hemisphere, December 13.

Each of us, no matter what our talents may be, can bring light to others through the way we live our lives. How can you bring some light into the lives of your friends or family?

**Lucy's message today:** Each of us, no matter what our talents may be, can bring light to others through the way we live our lives. As Christians, we have a directive from Jesus, who said: "You are the light of the world. No one after lighting lamp puts it under a bushel basket, but on the lamp stand and it gives light to all in the house" (Mt 5:14-15).

- Think of a few ways that you can bring some light into the lives of those around you.

## PRAYER & READINGS



## READINGS

### FOURTH SUNDAY OF ADVENT

#### **Reading I : Isaiah 7:10-14**

She shall name him Immanuel.

#### **Reading II : Romans 1:1-7**

In him we have been given the gift of being apostles.

#### **Gospel : Matthew 1:18-24**

God is with us.

## QUESTION OF THE WEEK

**Question for Children:** When you pray, how do you hear God's voice in response?

**Question for Youth:** God speaks to us in our intuitions and imagination, as he did to Joseph in this dream. What is your experience of hearing God speak in this way? What is God asking of you?

**Question for Adults:** What experiences do you have of God "speaking to you" and directing your life and work? How does God speak to you in prayer?

**December's Financials will be available in the January bulletin.**

For pledging & payment:

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

or scan the QR Code --->



**Thank you for your generous giving!**



## HOLY TRINITY PRAYER

Gracious God, the perfect love and communion of the Father, Son and Holy Spirit together makes the Most Holy Trinity; one God. God the Father, who created us; Jesus God the Son who gave His life to save ours; God the Holy Spirit who guides us each day.

Help us follow the example of the Most Holy Trinity as we seek to faithfully walk the path that you lay before us; to love and serve others; build a more caring and respectful world and answer your call in our lives as we take this journey together as one people of God.

**AMEN**



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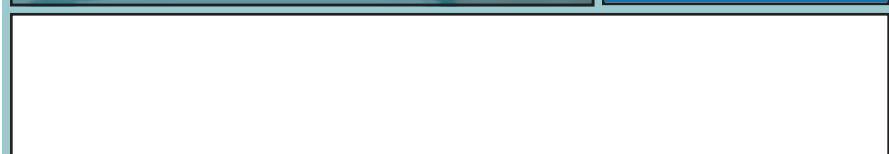
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