

Holy Trinity

Catholic Church and School

FEBRUARY 1ST | FOURTH SUNDAY OF 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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GET TO KNOW US

INTENTIONS

Please pray for the repose of the soul of Joseph "JP" Golinvaux. "Eternal rest grant unto Him, O Lord, and let Perpetual Light shine upon Him. May His Soul and the Souls of all the Faithful departed through the Mercy of God, Rest in Peace. Amen."

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 or Deacon Jim Houston at 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 in the parish office.

Rosary: Join us as we pray the rosary together. The next date is Monday, February 2nd at 7pm 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.

Baptism: Do you want to celebrate your child's baptism at Holy Trinity? The next Baptism Class is Monday, March 16 at 6pm in the Media Center. Contact Jan Swinton in the Parish Office at jans@holytrinitydm.org with questions.



WELCOME TO OUR NEW YOUTH MINISTER

A Note From Ally Sand

My name is Ally Sand and I am very excited to be joining Holy Trinity Parish as the youth minister! I graduated from the University of Northern Iowa in 2023 with a degree in social work, and then in 2024 I went on mission to Puerto Rico for six months to serve with the youth there. I worked at Catholic Youth Camp on summer staff for the past four summers and I loved spending time with the kids there helping them grow in their relationship with Christ.

I am looking forward to continuing this mission through the youth minister role, bringing with me all that I have learned from CYC and Puerto Rico, as well as from my time volunteering with youth ministry in the diocese. I grew up going to Holy Trinity, and I am excited to be working here and to meet everyone!

BRING OLD PALMS TO CHURCH

By Tuesday, February 10th

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 10. Ash Wednesday is February 18.

SCHEDULES

UPCOMING MASS SCHEDULE

Feb. 1st	8:30AM 10:30AM	Mary Ellen McGough For the Poor
Feb. 3rd	8:30AM	Souls in Purgatory
Feb. 4th	8:30AM	For the Unemployed
Feb. 5th	8:30AM	Kelly Wilson
Feb. 6th	8:30AM	World Peace
Feb. 7th	3:00-3:45PM 4:30PM	Reconciliation Mary Ann Grieb
Feb. 8th	8:30AM 10:30AM	Joseph Golinvaux For the Parish

UPCOMING LITURGICAL
MINISTERS & ALTAR SERVERSSaturday, February 7th: 4:30pm

Altar Servers | Frank & Louie Brett and Jude & Hugh Kajewski
Lectors | Pat Pithan & Dave Bunkers
EMHC | Team 1
Music Coordinator | Tom Quiner

Sunday, February 8th: 8:30am

Altar Servers | Bennett Steinkamp, Hilari Thibodeau, Sullivan Kelley and Elizabeth Bungert
Lectors | Luke Lynch & Jacob Meradith-Eyers
EMHC | Team 1/MC: Karen Quiner
Children's Liturgy | Team A: Janelle & Ian Kerr
Music Coordinator | Tom Quiner

Sunday, February 8th: 10:30am

Altar Servers | E.J. & Peter Flynn, Paul Meylor and Joshua Zwier
Lectors | Mike Glynn & Tammy Altman
EMHC | Team 2/MC: Mary Ellen Winston
Children's Liturgy | Team 1: Paul Bush & Catie Wilwerding
Music Coordinator | Eric Sharp

CALENDAR | FEBRUARY 1ST, 2026

	Sunday Feb. 1st	Monday Feb. 2nd	Tuesday Feb. 3rd	Wednesday Feb. 4th	Thursday Feb. 5th	Friday Feb. 6th	Saturday Feb. 7th
School					Free Super Bowl Spirit Dress Down Day	No School	
Faith Formation			Morning Prayer following 8:30AM Mass (CH)	FF & Edge Class 6:30PM (103, 104) 9 th Grade Confirmation 6:30PM (101, 102)		Morning Prayer following 8:30AM Mass (CH)	Sunday Reading Groups Mens (MC) 7:30AM Womens (CH) 8:30AM
Adult Faith Formation					Knights of Columbus 7:00pm (MC)		
More	Scout Sunday 10:30 Mass	Rosary at the Bigelows 8:00PM	OCIA 6:30PM (CH) Pickleball 7:30PM (Gym)	Children's Choir Practice 5:45PM (CH) Schola 6:30PM (CH)			



Holy Trinity Catholic Parish 2026 Lenten Fish Dinners

Friday 5:15-6:30 pm Holy Trinity gym

Date: Feb. 20, March 6, and 27

Menu: Baked Tilapia, Baked Beer Battered Cod, Fish Tacos

Mac n' Cheese, Cheesy Potatoes, Vegetable, Coleslaw,

Dinner roll/butter **Proceeds benefit charitable causes of**

the HT Knights of Columbus

Adults – \$14 | Age 5-11 – \$8

Desserts provided by Holy Trinity Youth Group.

Free Will Offering to support Youth Group Activities.

GIVE BLOOD, GIVE LIFE

DATE: SATURDAY, FEB 14, 2026

TIME: 8:00AM TO 11:30AM

THIS VALENTINE'S DAY
FEBRUARY 14, 2026
JOIN THE LIFESERVE BLOOD DRIVE
AT
HOLY TRINITY CATHOLIC CHURCH

Be entered into a drawing
when you and Your "Plus One" both give blood!!

Be the lucky winner of a Luncheon for Two & Chocolate Basket

And, donors of Double Red will get entered twice into
this drawing!



Holy Trinity
Catholic Church and School

SIGN UP HERE!!!



PARISH/DIOCESAN NEWS

THE HOLY TRINITY PARISH ART GROUP

Back For Winter/Spring Season

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 any (or all!) of our open studio sessions in the 7th grade rooms in the school on:

- **Sunday, Feb. 15 from 1-3:30**
- **Sunday March 22 from 1-3:30**
- **Sunday, May 3 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



RESPECT LIFE CORNER

Love is creative.
Abortion is destructive



Live Love.

Protect Life!



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

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.

The **next meeting is Feb. 14th at Sacred Heart** Parish from 9:30-11:00.

Child care is provided. [Click here](#) to register your child/children before each meeting. We'd love you to join us!

Please contact Kate McInroy kmcinroy59@gmail.com or Anna Wholey awholey@gmail.com

Future dates are:

- March 14th - Holy Trinity School
- April 11th - Holy Trinity School
- May 9th - Holy Trinity School



Holy Trinity
Catholic Church and School

CTO-GRATITUDE CAMPAIGN

Donate Today!

Donors to CTO have declined in recent years due in part to changes in Iowa tax laws and the creation of Education Savings Accounts – leading to assumptions that the need for tuition support has evaporated, however many CTO donors continue to support families who may need help covering a portion of their student's school tuition expenses.

[Learn more and donate here.](#)

ENROLLMENT 2026-2027

Open to the General Public

Starting January 10th, Catholic Schools in the Des Moines metro opened admission for the general public. 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 to learn more.

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

SPIRIT WEAR SHOP

Get your Holy Trinity Gear!

Another great way to get cold weather gear? Start shopping online today [here!!](#) 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 <https://sascampus.com/collections/holy-trinity>

UPCOMING DATES

Mark your calendar!

FEBRUARY 4th All School Mass Hosted by 6th Gr.

FEBRUARY 6th No School

FEBRUARY 13th \$1 Dollar Dress Down Day

SUPPORT HT'S SCRIP PROGRAM

By Shopping at Your Favorite Places!

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 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. 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. Thank you for supporting Holy Trinity's Scrip Program!

[Online Enrollment Form Here](#)



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the masses on
Feb 7th and 8th**

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DIOCESAN NEWS

WORLDWIDE MARRIAGE ENCOUNTER

NEXT DATE FEBRUARY 13-15

Winter brings crisp fresh air. A Worldwide Marriage Encounter Weekend is like winter because it's a weekend full of fresh air and a time to rejoice in the beauty of our marriage and family. It's a great time to rekindle communication and enjoy a weekend away.

For more information call 563-920-9419 or sign up at www.wwme.org.

Upcoming dates:

- February 13-15 in Dubuque
- April 10-12 in Marshalltown
- October 9-11 in Epworth



CATHOLIC DAUGHTERS OF AMERICA

LENTEN RETREAT

Saturday, February 21, 2026

St Augustin Church

- Rosary at 8:30 am;
- Program 9:00 am-1pm
- Speaker: Deacon Bill Richer from St Francis of Assisi parish
- Light breakfast & lunch will be provided

For reservations email:
cdaavemaria302@yahoo.com
Or call Chris at 515-991-9912

Free will offering will be accepted to support - Kenyan Nazareth Sisters of the Annunciation



Show Your Love for St. Vincent de Paul

The St. Augustin SVdP Conference invites you to join us at our FIRST ANNUAL
ST. VINCENT de PAUL FUNDRAISER DINNER

Monday, February 9, 2026

Maxie's Supper Club, West Des Moines

5:30 pm social, 6:15 pm dinner, 7 pm program

Speaker: Steve Havemann, SVdP Council CEO

\$50 per person includes buffet dinner and non-alcoholic beverages

To reserve your seat: E-mail staugustindmsvdp@gmail.com and include your name, number in your party, and phone number. **Pay via the Venmo link or mail or drop off payment to St. Augustin Church, 545 42nd St., Des Moines, IA 50312.** Make checks payable to SVdP St. Augustin Conference and include "dinner" in the memo line. **WE HOPE YOU CAN JOIN US FOR AN INFORMATIVE AND IMPACTFUL EVENING PLUS WHILE ENJOYING A DELICIOUS MEAL!**

Please RSVP by Friday, January 30.

St. Vincent de Paul Mission Statement: To serve Christ in the poor through person-to-person service, bringing faith alive by helping those in need with love, respect, and justice, and working to build a more just world by addressing poverty's causes.



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OUR FAITH EXPLAINED



SAINT OF THE WEEK

Blaise, Bishop and Martyr

Bishop Blaise was martyred around 316 and we believe that he was a good bishop who encouraged the spiritual and physical health of his people. He cared for animals who were sick and wounded, and is said to have healed a young boy who was choking. Today we look to Sr. Blaise as the protector of the sick, especially those with illnesses of the throat.

All of God's creatures, great and small, are entitled to our care and compassion. There are many people, young and old, who may not be able to look after their own needs.

It is up to us to help them in whatever way we can. Are you aware of the needs in your own community? What can you do to alleviate the suffering of others? Many Catholics in this country still have their throats blessed on St. Blaise's feast day, February 3.

Blaise's message today: All of God's creatures, great and small, are entitled to our care and compassion. There are many people, young and old, who may not be able to look after their own needs. It is up to us to help them in whatever way we can.

- Are you aware of the needs in your own community? What can you do to alleviate the suffering of others?

COURAGE, EXPLAINED!

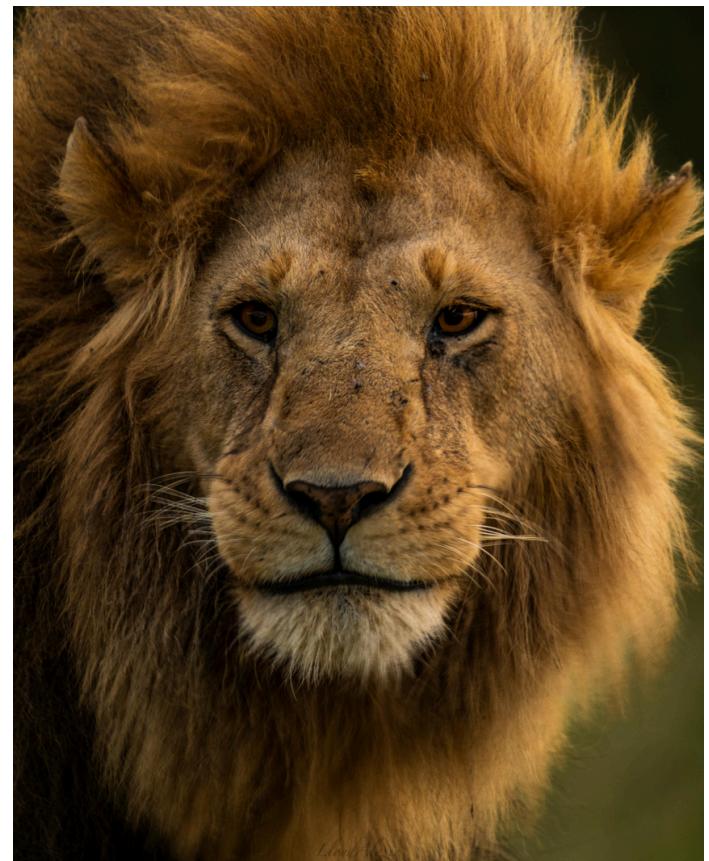
Virtues, Explained

In the Roman Rite, bishops extend their hands over confirmandi, praying that they will be given "a spirit of right judgment and courage."

This invocation echoes countless passages of sacred Scripture extolling the virtue of courage. "Be strong and courageous in your hearts, all you who place your hope in the Lord," says Psalm 31:25. "I have given you a command. Be strong and brave, do not be afraid nor dismayed. I, the Lord, your God, will be with you wherever you go," the Lord says in Joshua 1:9. Courage is also a frequent watchword of Christ: "Take courage! I have overcome the world." (John 16:33)

The virtue of courage is intimately linked with that of fortitude — roughly understood as courage in action — and is shown by the person who makes a choice to place his trust in God, not in circumstance.

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PRAYER & READINGS



READINGS

FOURTH SUNDAY OF ORDINARY TIME

Reading I : Zephaniah 2:3, 3:12-13

Seek justice. Seek humility.

Reading II : 1 Corinthians 1:26-31

God chose those whom the world considers absurd.

Gospel : Matthew 5:1-12a

The Beatitudes

QUESTION OF THE WEEK

Question for Children: Choose one of the Beatitudes and share how you will make it part of your life.

Question for Youth: Jesus gives us a plan for our happiness in the beatitudes. Do the things that make you happiest also lead you towards God? Do they follow God's plan?

Question for Adults: How do you describe what it means to be "blest" in your own life?

CHURCH FINANCES

Financial Blessings Ending week of 1/23/2026

Budget July '25 thru June '26	\$1,000,000
YTD Actual Tithing.....	\$567,352
YTD Budget.....	\$565,220
YTD Surplus (Deficit).....	\$2,132
Tithing for the Week.....	\$39,654
Number of Donations Received....	292

For pledging & payment:

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

or scan the QR Code --->



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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