



# Holy Trinity

Catholic Church and School

FEBRUARY 22ND | FIRST SUNDAY OF LENT

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

"MAKE ME TO KNOW YOUR WAYS,  
O LORD".  
-PSALM 25

### 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.

**Rosary:** Join us as we pray the rosary together. The next date is Monday, March 2<sup>nd</sup> at 8pm 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](mailto:jans@holytrinitydm.org) with questions.

### HELP PROVIDE LUNCH AT THE CONNECTION CAFE

#### Last Thursday of the Month

On the last Thursday of the month, Holy Trinity Parish has agreed to assist with lunch preparation and service at the Connection Cafe. On Thursday, March 26, we will serve around 200 people sloppy joe sandwiches or shredded BBQ chicken along with fruit, chips, and cookies. St. John's Lutheran Church, located at 600 6th Ave. in Des Moines, will provide lunch.

Please use this link <https://signup.com/go/Qbkvmy> to sign up to help. We really appreciate your support of the The Connection Cafe!

### LENTEN ADORATION



#### Join us Friday mornings!

Join us for a period of Lenten Adoration following Morning Prayer on Fridays during Lent. This is a time for quiet, reflection, and spiritual renewal designed to "unplug" from daily life and focus on God's presence.

### LENTEN CONFESSION TIMES

**February 24<sup>th</sup>:** 1-2 pm

**March 3<sup>rd</sup> :** 1-2 pm

**March 4<sup>th</sup>:** 5-6 pm

**March 11<sup>th</sup>:** 6-7pm

**March 17<sup>th</sup>:** 1-2 pm

**March 25<sup>th</sup>:** 5:30-6:30pm

**March 26<sup>th</sup>:** 5:30-6:30pm

## SCHEDULES

### UPCOMING MASS SCHEDULE

<b>Feb. 22nd</b>	8:30AM	Merlene Whisenand Albert & Mary Negrete
	10:30AM	
<b>Feb. 24th</b>	8:30AM	Virgil Hefner
<b>Feb. 25th</b>	8:30AM	Dennis Hurley
<b>Feb. 26th</b>	8:30AM	Robert Pratt
<b>Feb. 27th</b>	8:30AM	For the Unborn
<b>Feb. 28th</b>	3:00-3:45PM	<i>Reconciliation</i> For the Parish
	4:30PM	
<b>March 1st</b>	8:30AM	Carl & Elizabeth Neal Mildred McClavy
	10:30AM	

### UPCOMING LITURGICAL MINISTERS & ALTAR SERVERS

**Saturday, February 28th: 4:30pm**

**Altar Servers** | Maggie Fiddelke, Olivia Thorne, Liam Dumermuth and Gabriel Amador  
**Lectors** | Todd Treese & Gary Thull  
**EMHC** | Team 1  
**Music Coordinator** | Tom Quiner

**Sunday, March 1st: 8:30am**

**Altar Servers** | Cartier Bryant, Jackson Hoodjer, Jacob Heikes and Bennett Steinkamp  
**Lectors** | Steve Stimmel & Sherill Whisenand  
**EMHC** | Team 1/MC: Karen Quiner  
**Children's Liturgy** | TBD  
**Music Coordinator** | Tom Quiner

**Sunday, March 1st: 10:30am**

**Altar Servers** | Luciano & Andreo Castro and Noah & Piper Dragoo  
**Lectors** | Tom Green & Rob Hoover  
**EMHC** | Team 1/MC: Jim Wilwerding  
**Children's Liturgy** | TBD  
**Music Coordinator** | Meggan Fox

## CALENDAR | FEBRUARY 22ND, 2026

	Sunday Feb. 22nd	Monday Feb. 23rd	Tuesday Feb. 24th	Wednesday Feb. 25th	Thursday Feb. 26th	Friday Feb. 27th	Saturday Feb. 28th
<b>School</b>		No School Teacher PD		All School Mass hosted by 4th Grade		Free Spirit Dress Down Day	
<b>Faith Formation</b>			Morning Prayer following 8:30AM Mass (CH)	FF & Edge Class 6:30PM (103, 104)  Schola 6:30PM (CH)		Morning Prayer following 8:30AM Mass (CH)  Lenten Adoration following Morning Prayer	Sunday Reading Groups Mens (MC) 7:30AM Womens (CH) 8:30AM
<b>Adult Faith Formation</b>			OCIA 6:30PM (CH)				
<b>More</b>	1st Sunday of Lent		SVdP Meeting 4:00PM (Room 104)	Children's Choir Practice 5:45PM (CH)		Stations of the Cross 5:00PM (CH)	

# ADULT LENT RETREAT

SATURDAY, FEBRUARY 28TH FROM  
NOON - 4:30 PM  
IN THE MEDIA CENTER  
LUNCH IS INCLUDED &  
A FREE WILL OFFERING WILL BE TAKEN

## THE REVOLUTION OF TENDERNESS: A LENTEN JOURNEY INTO THE HEART OF CHRIST.

You're invited to enter deeply into Pope Francis's vision of the "Revolution of Tenderness." Our afternoon will be a call to allow God's mercy to soften our hearts, shape our discipleship, and transform the way we encounter others.

## OUR PRESENTER: DEACON MATTHEW HALBACH, PHD



Dr. Matthew Halbach was ordained in 2018 for the Diocese of Des Moines, IA. He is Senior National Catechetical Consultant for William H. Sadlier, Inc. Deacon Halbach is also a national author and speaker on the topics of mercy, accompaniment, evangelization, and catechesis. He earned his PhD in Catechetics from The Catholic University of America in 2014 and is a reviewer for The International Journal of Evangelization and Catechesis. Deacon Halbach recently accepted a position as the VP of Mission and Campus Culture at Mercy College of Health Sciences here in Des Moines. Deacon Halbach is a father of six children and a husband.

Sign up  
*here!*



EMAIL  
JOHNM@HOLYTRINITYDM.ORG OR  
CALL THE PARISH OFFICE WITH  
QUESTIONS!

## PARISH NEWS

### 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 March 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](mailto:kmcinroy59@gmail.com) or Anna Wholey [awholey@gmail.com](mailto:awholey@gmail.com)

Future dates are:

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

### GENERATIONS OF FAITH

#### March 4<sup>th</sup> & 8<sup>th</sup>

As Lent begins, join us to learn about our new Pope, Robert Prevost, the first U.S.-born Pope, and reflect on his vision for the Church during this holy season. Through an interactive presentation featuring activities, videos, prayer, and more, these evenings are designed to make Lent meaningful and transformative for everyone. The event is free, dinner is provided, and questions can be directed to John Mertes, Director of Faith Formation.

[See more information here!](#)

### HOLY TRINITY BOOK CLUB

#### Join us at the Franklin Library!

Are you interested in seeing fiction through our catholic faith? Consider joining our book club. We'll be meeting at the Franklin Library -- in a small conference room from 6:30-8 pm.

If you have questions, email Sarah Sullivan Bigelow at [ssullivanbigelow@gmail.com](mailto:ssullivanbigelow@gmail.com). The next three meetings and titles are as follows:

March 24 "Theo of Golden" by Allen Levi  
May 5 "This is Happiness" by Niall Williams  
July 14 "Imagine Heaven" by John Burke

### 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 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 [hmzimmerman@gmail.com](mailto:hmzimmerman@gmail.com)

## SCHOOL NEWS

### 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.](#)



# Holy Trinity

Catholic Church and School

### 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 23<sup>rd</sup>** No School

**FEBRUARY 25<sup>th</sup>** All School Mass hosted by 4<sup>th</sup> Grade

**FEBRUARY 27<sup>th</sup>** Free Spirit Dress Down Day

### DADDY DAUGHTER DANCE

#### Join us April 11th, 2026!

Save the date for the Daddy Daughter Dance on April 11 from 6 to 8 PM. Be sure to check future bulletins for more information.

### CTO & ESA

#### Deadlines this Spring!

Please note that the Catholic Tuition Organization (CTO) financial assistance application, which normally opens on February 1, will not be available until sometime in March this year.

CTO is transitioning from the FAIR application to the FACTS application, which will make the financial assistance process much simpler for families.

We want to reassure you that CTO financial assistance will still be available.

Please plan accordingly:

- March – Apply for CTO Financial Assistance
- April – Apply for the ESA (Education Savings Account)

Thank you for your patience as this improvement is put in place. More details will be shared as soon as the application opens.



# **GARAGE SALE**

## **Holy Trinity Spring Garage Sale 2026**

March 19 , 9am-5pm | March 20, 9am-5pm | March 21, 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 15, 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.**

## DIOCESAN NEWS

### NOW HIRING

#### Part-Time Opening at St. Francis of Assisi

St. Francis of Assisi Catholic Church is seeking caring and responsible Nursery Staff to provide a safe, nurturing environment for the youngest members of our parish. Your role helps parents and caregivers grow in their faith by allowing them to attend Mass, Bible studies, Faith Formation classes, and other parish events.

Visit our website, <https://saintfrancischurch.org/our-parish/job-openings/>, for full details.

### ITALIAN PILGRIMAGE INVITATION

#### November 2nd-12th

Italy Pilgrimage Invitation to Iowa Knights of Columbus, Spouses and Widows of Former Knights: Note that there is still room to come along November 2-12, 2026, to some of the most sacred and beautiful sites in all of Europe! We'll visit great places like Venice, Padua, Florence, Assisi, Rome and so much more! Our time in Rome will include a Papal Audience with Pope Leo XIV! We'll have Mass daily in great Churches and Cathedrals along the way. This pilgrimage is for Knights of Columbus from around the State of Iowa, spouses and widows of former members, and is being organized by Fr. Dan Guenther, the State of Iowa Chaplain for the Knights of Columbus. Cost for the trip is \$4,599 with departure from either Des Moines or Omaha, while seats are available.

For a brochure and more information, contact Fr. Dan Guenther, 276 Country Club Drive, Lake Park, Iowa 51347 or call 712-899-6870 or email [frdanguenther@gmail.com](mailto:frdanguenther@gmail.com)

### NOW HIRING

#### Assumption Church is Hiring!

Assumption Catholic Church in Granger, IA seeks a part-time Business Manager. An individual in this position is responsible for the overall coordination and management of the Finance Office and the parish facilities. This is to be provided either directly or through the supervision of staff (both paid and volunteer) assigned to these duties. Individual must maintain a spirit of cooperation and collaboration with all parish staff.

Candidate must be a practicing Catholic with Strong Catholic values. Individuals interested must send their resume to Anita Stahowick at [ameiners@assumptiongranger.org](mailto:ameiners@assumptiongranger.org).



### IOWA CATHOLIC RADIO

#### Take our Survey

Help shape the future of Iowa Catholic Radio! Take our quick, confidential listener survey at [iowacatholicradio.com](http://iowacatholicradio.com) and be entered for a chance to win one of ten \$25 Visa gift cards.

Your feedback helps us better serve our Catholic community—thank you for being part of our mission!

## OUR FAITH EXPLAINED



## SAINT OF THE WEEK

**Patrick, Bishop, c. 389-c. 461**

Much of what we think we know about Saint Patrick is actually only legend. We do know that he was born in Great Britain and at some time during his life, experienced deep conversion to Christ. He felt called to preach the faith in Ireland, despite strong opposition from local religions, even though he had been enslaved by them earlier in his life. Many miracles were attributed to him over the years, and today, the Irish faith is said to have Patrick as its father. The Irish have been strong defenders of the faith since accepting Christianity through Saint Patrick. Soon after Patrick's time, Irish missionaries began to spread out over northern Europe, bringing the whole of that region into Christianity. To this day, Irish missionaries continue to spread the Good News throughout the world.

It is not easy to “forgive and forget” one’s enemies. When we have a problem forgiving others, it is well to recall the words which Jesus taught us in the Lord’s Prayer, “...Forgive us our trespasses as we forgive those who trespass against us...” Patrick well heeded these words when he returned to Ireland to serve the people who had previously enslaved him.

**Patrick's message today:** It is not easy to “forgive and forget” one’s enemies. When we have a problem forgiving others, it is well to recall the words which Jesus taught us in the Lord’s Prayer, “...Forgive us our trespasses as we forgive those who trespass against us...” Patrick well heeded these words when he returned to Ireland to serve the people who had previously enslaved him.

- How easily do you forgive your enemies? Would you give of yourself, as Patrick did, to help an enemy?

## FISH ON FRIDAY

**Question: Why do Catholics eat fish on Friday?**

**Answer:** For centuries, meatless Fridays were the norm for Catholics throughout the world. Friday was chosen because that was the day on which Jesus died, and Christians wanted to find a way to honor that day with special prayers and acts of penance and self-denial. The practice of abstaining from meat on Fridays — under pain of sin — grew out of that desire, and it became an official part of Church teaching until the time of the Second Vatican Council.

In the 1960s, there was a shift in the Church's thinking, in large part because there was a recognition that differences in cultures and economic realities meant that eating or not eating meat had different meanings for different peoples. For example, in cultures that were largely dependent on seafood or a vegetarian diet, abstaining from meat was no sacrifice at all. While in other places, eating fish and other kinds of seafood was actually something rare and special and not a sacrifice. This was all part of a basic reflection on “why we do what we do” among the Church's pastors.

Today, Catholics throughout the world are still instructed to abstain from meat on the Fridays of Lent. The bishops of some countries, such as in England and Wales, ask Catholics to abstain from meat every Friday, continuing the older tradition. The Bishops of the United States have taken a slightly different approach, encouraging Catholics to honor Friday as a special day by abstaining from meat every Friday or by taking on some other work of penance or charity for the sake of others.

Regardless of what we choose to do, the real value in all of this is to see a reflection of Good Friday in each Friday, to remember the self-giving love of Jesus, and to honor that love through some sort of sacrifice or act of mercy.

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## PRAYER & READINGS



### READINGS

#### FIRST SUNDAY OF LENT

**Reading I :** Genesis 2:7-9, 3:1-7 God formed us from the clay.

**Reading II :** Romans 5:12-19 A single righteous act has saved us!

**Gospel :** Matthew 4:1-11 Jesus was led into the desert by the Spirit.

### QUESTION OF THE WEEK

**Question for Children:** What do you plan to do during Lent this year as a way of showing you want to grow closer to Jesus?

**Question for Youth:** Jesus was tempted by the devil. How are you tempted? What helps you resist these temptations?

**Question for Adults:** When you yourself pause to be alone with God, what distracts and prevents you from dwelling in that? Busyness? The demands of life? TV? The internet?

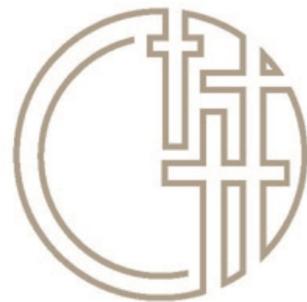
## CHURCH FINANCES

### Financial Blessings Ending week of 2/13/2026

Budget July '25 thru June '26 .....	\$1,000,000
YTD Actual Tithing.....	\$650,432
YTD Budget.....	\$625,435
YTD Surplus (Deficit).....	\$24,997
Tithing for the Week.....	\$12,534
Number of Donations Received....	72

For pledging & payment:  
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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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