



Holy Trinity

Catholic Church and School

FEBRUARY 8TH | FIFTH 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*

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 [HTTPS://HOLYTRINITY
DM.ORG/](https://holytrinitydm.org/)

GET TO KNOW US

INTENTIONS

Please pray for the repose of the soul of Robert Pratt. "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, March 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.

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.

ALTAR LINENS

Have you ever wondered who prepares the linens for the Eucharist?

Altar Linen Behind the scenes, our Altar Linen Ministry ensures that the purificators, corporals, and towels used during Mass are clean, pressed, and ready. This quiet, prayerful ministry is a vital part of our liturgy.

Volunteers are scheduled for one month at a time. You will take home the soiled linens, soak them to remove stains, wash, iron, and return them to the sacristy before the weekend Masses.

No experience is necessary—full instructions are provided! If you have a desire to serve the Lord in this reverent, at-home way, please contact Jan in the Parish office 515-255-3162 ext. 128 or jans@holytrinitydm.org



SCHEDULES

UPCOMING MASS SCHEDULE

Feb. 8th	8:30AM 10:30AM	Joseph Golinvaux For the Parish
Feb. 10th	8:30AM	Mary McAuliffe
Feb. 11th	8:30AM	Paul Binder
Feb. 12th	8:30AM	Paul Arthur
Feb. 13th	8:30AM	World Peace
Feb. 14th	3:00-3:45PM 4:30PM	<i>Reconciliation</i> Souls in Purgatory
Feb. 15th	8:30AM 10:30AM	For the Parish John B & Mildred McClavy

UPCOMING LITURGICAL MINISTERS & ALTAR SERVERS

Saturday, February 14th: 4:30pm

Altar Servers | Anna & Paul Heilman and Austin & Tyler Leo

Lectors | Doug Volkmer & Lorraine Riseley

EMHC | Team 2

Music Coordinator | Tom Quiner

Sunday, February 15th: 8:30am

Altar Servers | Mary Cate & Ronan Bergman, Penelope Blaser and Kaley Maloney

Lectors | Jennifer Blaser & Jeff Nielsen

EMHC | Team 2/MC: Katy Polich

Children's Liturgy | Team B: Katy Polich

Music Coordinator | Tom Quiner

Sunday, February 15th: 10:30am

Altar Servers | Mia & Madelyn Daskalakes, Ruth George and Colton Barney

Lectors | Mark Amadeo & Teresa Baustian

EMHC | Team 3/MC: Paul Bush

Children's Liturgy | Team 2: Kate McInroy & Jane Kinney

Music Coordinator | Eric Sharp

CALENDAR | FEBRUARY 1ST, 2026

	Sunday Feb. 8th	Monday Feb. 9th	Tuesday Feb. 10th	Wednesday Feb. 11th	Thursday Feb. 12th	Friday Feb. 13th	Saturday Feb. 14th
School			SFO Meeting 6:00PM	All School Mass hosted by 2 nd Grade (Burning of Palms following Mass)		\$1 Dress Down Day hosted by 1 st Grade	
Faith Formation	KOC selling chili following 8:30 & 10:30 Mass		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		Nourish for Caregivers 6:00PM (St. Pius)					Nourish for Parents 9:30AM-11AM (Sacred Heart)
More	Coffee & Donuts following 8:30 & 10:30 Mass Hosted by: Respect Life Committee		OCIA 6:30PM (CH)	Children's Choir Practice 5:45PM (CH) Schola 6:30PM (CH)			HT Blood Drive 8AM-11:30AM (Gym)

PARISH NEWS



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!



SIGN UP HERE!!!

PARISH NEWS



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

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 hmzimmerman@gmail.com



RESPECT LIFE CORNER

"God's mercy calls us to protect every life, especially those society overlooks—the child yet to be born and the elderly nearing their journey's end—because each bears Christ's face."

~POPE LEO XIV



Holy Trinity
Catholic Church and School

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.](#)

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 11th All School Mass- Hosted by 2nd Grade

FEBRUARY 13th \$1 Dollar Dress Down Day

FEBRUARY 19th-23rd No School

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 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

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 rekindle communication and enjoy a weekend away.

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

Upcoming dates:

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



THE DOROTHEA PROJECT

MARCH 1ST AT ST. FRANCIS OF ASSISI

Interested in exploring how Catholic Social Teaching can empower women of faith to speak truth and act in defense of vulnerable people whenever human rights and human dignity are violated?

The Dorothea Project (TDP) is a national growing movement of Catholic women called to live our faith out loud. Formed by the wisdom of the Church and fueled by a deep desire for justice, TDP exists to empower communities to defend human dignity, and respond to injustice with courage and love.

Information meeting for college-age women and women in their 20s, 30s, and 40s:
Saturday, February 28th, 9-11 am
St. Catherine of Siena, Des Moines
email:dorotheaprojectdsm@gmail.com

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

YOU'RE INVITED TO A SPECIAL MOVIE VIEWING OF "LOVE GOD'S WILL"!

MARCH 1, 2026 AT ST. FRANCIS OF ASSISI

You're Invited to a Special Movie Viewing of "Love God's Will"! Join us for a showing of Love God's Will, the true story of Fr. Ryan Stawaisz. After graduating from Texas A&M as a petroleum engineer, Fr. Ryan felt God calling him to the priesthood. Weeks before his ordination, Ryan was re-diagnosed with cancer, and his desire became not only to DO God's will, but to LOVE God's will.

This movie is appropriate for all ages and offers special encouragement for those discerning or called to a religious vocation. Come be encouraged, challenged, and reminded of God's steadfast love. All are welcome! Join us at St. Francis of Assisi Catholic Church Parish Hall from 1:00-2:30p!

OUR FAITH EXPLAINED



SAINT OF THE WEEK

Scholastica, Religious, 480-543

Scholastica was the twin sister of St. Benedict and founded the Benedictine monasteries for men. Like her brother, Scholastica was drawn to religious life and joined a convent in a town located a few miles away from her brother's monastery. Scholastica became abbess of the convent and is considered to be the first Benedictine nun. She lived a holy life and is honored today for her faith.

Faith can move mountains, but only if it is strong. Do you pray with faith that God will answer your prayer? Do you really believe it? Like Scholastica, we are all called to such faith!

Saint Scholastica is often called upon to intercede with God when children suffer convulsions. A memorial for this saint is celebrated on February 10.

Scholastica's message today: The story of Scholastica's last meeting with her brother provides an excellent example of how God listens to all of our prayers and, if we pray with enough faith, grants even our smallest requests. Yet often, we do not put our trust in God, but try to get along without God's help.

- Faith can move mountains, but only if it is strong. Do you pray with faith that God will answer your prayer? Do you really believe it?

MERCY, EXPLAINED!

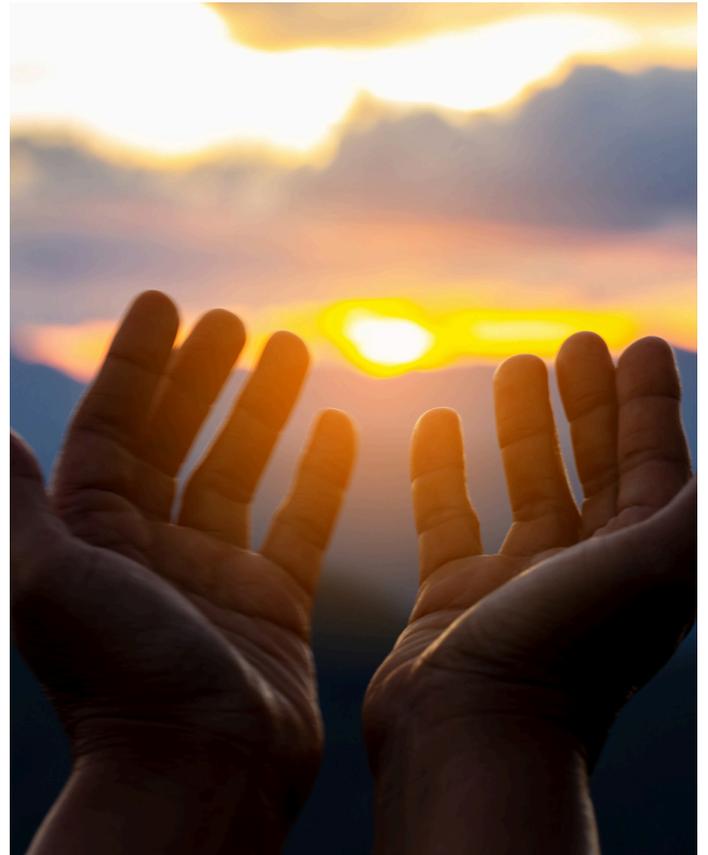
Virtues, Explained

"And what does the Lord require of you? Only this: to do what is right, to show mercy, and to walk humbly with your God." (Micah 6:8)

But what does it mean to show true mercy?

God's mercy to us knows no bounds, but that mercy does not compel Him to grant us everything our appetitive passions desire. God's perfect mercy could never allow for something that would harm His children. A father whose child has a toothache cannot, out of mercy, give the child the candy he wants, no matter how the tears of the child grieve the father's heart. The father can, and should, surround the child with love and sympathy, and help him to remedy the problem that lies at the heart of his grief. This is true virtuous mercy — a choice governed by reason, not merely an emotion.

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PRAYER & READINGS



CHURCH FINANCES

Financial Blessings Ending week of 1/30/2026

Budget July '25 thru June '26	\$1,000,000
YTD Actual Tithing.....	\$592,581
YTD Budget.....	\$585,779
YTD Surplus (Deficit).....	\$6,802
Tithing for the Week.....	\$25,229
Number of Donations Received....	60

For pledging & payment:
<https://holytrinitydm.org/donate/>

or scan the QR Code ---->



READINGS

FIFTH SUNDAY OF ORDINARY TIME

Reading I : Isaiah 58:7-10 True holiness is found in right relationships with one another.

Reading II : 1 Corinthians 2:1-5 Paul's second illustration of holiness: become transparent to let God's light shine through.

Gospel : Matthew 5:13-16 Salt is another image of holiness, and saltiness is given by God.

QUESTION OF THE WEEK

Question for Children: *What can you do to bring the light of Jesus into the lives of your family, friends, and people you meet?*

Question for Youth: *How do you feel when Jesus says that YOU are the salt of the earth and that YOU are called to be the light for others?*

Question for Adults: *What specific efforts do you take to maintain your light? Do you let your light dim? Why?*



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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