



Holy Trinity

Catholic Church and School

MARCH 8TH | THIRD 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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 [HTTPS://HOLYTRINITY
DM.ORG/](https://holytrinitydm.org/)

GET TO KNOW US

INTENTIONS

*Eternal rest grant unto Him O Lord
and let Perpetual Light shine upon Him.
May His Soul and the Souls of all the Faithful,
through the Mercy of God,*

rest in Peace.

Amen.

STATIONS OF THE CROSS

Fridays During Lent

In a world that often avoids suffering, the Stations of the Cross remind us that love forms the foundation of suffering and that our burdens can be united with His for our redemption.

Join us at Holy Trinity for Stations of the Cross every Friday during Lent at 5:00 p.m. in the church.

PARISH INFORMATION

Ministries at Holy Trinity

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, April 6th 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 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

March 11th: 6-7pm

March 17th: 1-2 pm

March 25th: 5:30-6:30pm

March 26th: 5:30-6:30pm



Holy Trinity
Catholic Church and School

SCHEDULES

UPCOMING MASS SCHEDULE

March 8th	8:30AM 10:30AM	Inez McGough Dennis Hurley
March 10th	8:30AM	For the Homeless
March 11th	8:30AM	For the Unborn
March 12th	8:30AM	For the Unemployed
March 13th	8:30AM	Peace in Our World
March 14th	3:00-3:45PM 4:30PM	<i>Reconciliation</i> Paul Binder
March 15th	8:30AM 10:30AM	For the Parish For Pope Leo and All Priests and Deacons

UPCOMING LITURGICAL MINISTERS & ALTAR SERVERS

Saturday, March 14th: 4:30pm

Altar Servers | Liam Dumermuth, Gabriel Amador and Austin & Tyler Leo

Lectors | Pat Pithan & Doug Volkmer

EMHC | Team 3

Music Coordinator | Tom Quiner

Sunday, March 15th : 8:30am

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

Lectors | Linda Willems & Scott Flood

EMHC | Team 3/MC: Mark McAndrews

Children's Liturgy | TBD

Music Coordinator | Tom Quiner

Sunday, March 15th : 10:30am

Altar Servers | Wyatt McElroy, Paul Meylor, Jack Mundy and Joshua Zwier

Lectors | Lisa Rea & Margaret Toomey

EMHC | Team 3/MC: Paul Bush

Children's Liturgy | TBD

Music Coordinator | Eric Sharp

CALENDAR | MARCH 8TH, 2026

	Sunday March 8th	Monday March 9th	Tuesday March 10th	Wednesday March 11th	Thursday March 12th	Friday March 13th	Saturday March 14th
School		MS Solo Recital Night 3:30PM		All School Mass hosted by 1st Grade	\$1 Dress Down Day Hosted by Kindergarten	No School Teacher PD	
Faith Formation	3rd Sunday of Lent		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
Adult Faith Formation		Nourish for Caregivers 6:00-7:00PM (St. Pius)	OCIA 6:30PM (CH)	Lenten Confession 6:00-7:00PM (CH)			Nourish for Parents Support Group 9:30AM (MC, 103)
More	Coffee & Donuts following 8:30 & 10:30 Mass Hosted by: Girl Scouts			Children's Choir Practice 5:45PM (CH)		Stations of the Cross 5:00PM (CH)	Setup for Spring Garage Sale 8:00AM (Gym, SR)

LENT 2026

ASH WEDNESDAY MASS

Wednesday, February 18 at 8:30am (All School Mass) & 6:30pm

STATIONS OF THE CROSS

Fridays at 5:00 pm

- Friday, February 20th
- Friday, February 27th
- Friday, March 6th
- Friday, March 13th
- Friday, March 20th
- Friday, March 27th (Stations of the Cross for Life)
- Friday, April 3rd (Living Stations at 2:15pm)

HOLY WEEK

Holy Thursday

- Mass: Thursday, April 2nd at 7:00 pm (Washing of the Feet)

Good Friday

- Service: Friday, April 3rd at 7:00 pm

Easter Vigil

- Saturday, April 4th at 8:00 pm

LENTEN FISH DINNERS AT HOLY TRINITY

Hosted by the Knights of Columbus from 5:15pm-6:30pm

- Friday, February 20th
- Friday, March 6th
- Friday, March 27th

HOLY TRINITY RECONCILIATION

Confession at Holy Trinity

- March 4th from 5-6 pm
- March 11th from 6-7pm
- March 17th from 1-2 pm
- March 25th from 5:30-6:30pm
- March 26th from 5:30-6:30pm

LENTEN RETREATS

Generations of Faith

- Wednesday, March 4th from 6:00 pm-8:00 pm (Social Room)
- Sunday, March 8th from 4:00 pm-6:00 pm (Social Room)

Adult Lenten Retreat

- Saturday, February 28th from 12:00pm-4:30pm (Media Center)



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 Holy Trinity** 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

LADIES' NIGHT PICKLEBALL

Serve, Rally, and Connect!

Come join our new Women's Pickleball Group!

• When: **March 24th & April 21st are the next two dates!**

• Where: Holy Trinity Gym

• Who: All ladies of the parish and school are welcome!

No need to sign up—just show up ready to play! Waivers will be available to sign before play. We can't wait to see you on the court!

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. 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 hmjzimmerman@gmail.com

SCHOOL NEWS

UPCOMING DATES

Mark your calendar!

MARCH 11th All School Mass hosted by 1st Grade

MARCH 12th Dollar Dress Down Day hosted by Kindergarten

MARCH 13th No School- Professional Development

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.](#)



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.

[Check out our Evite and RSVP Here!](#)



WE NEED YOUR HELP

Garden Party Auction Volunteers Needed

Our Garden Party Auction is right around the corner, and we need a few helping hands to make it bloom! Whether you're happy to dig in early with set-up, lend a hand during the event, or help wrap things up the next day, there's a spot for you in the garden.

All volunteers receive a \$10 discount code toward one auction ticket—our little way of saying thanks a bunch! Sign up [here](#) and help make this evening blossom.

With gratitude- The Holy Trinity Gala Committee!

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

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

WOMEN'S EVENING OF RECOLLECTION

Monday, March 9th

6:30-8:30 p.m.

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

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.

Questions: Terry McFarland (630-885-0246). terryannmcfarland@gmail.com



IOWA CATHOLIC RADIO

Be the Light!

During Iowa Catholic Radio's "You Are the Light of the World Spring Fundraiser" March 10-13, tune in for special programming featuring stories from men and women who shine the light of Jesus Christ in our community!

When you make a qualifying gift and designate our parish, you also help us compete to receive a lunch for our priest and staff, provided by Chick-fil-A.

To give or learn more, visit IowaCatholicRadio.com.

OUR FAITH EXPLAINED



SAINT OF THE WEEK

Mark of Arethusa, Bishop, d. c. 365

Mark was the bishop of Arethusa (in present day Syria), and he had gained many converts to Christianity, but he was punished for this and eventually tortured and killed. And even though he himself was an old man at this time, Mark did not yield to his tormentors. His strength was so strong that they feared if they killed him, he would only draw more people to the faith. So they released him and his good work continued. It is never easy to stand up for one's beliefs. Most of us will not have to endure torture to support our values and standards. But we can't turn away from our faith because someone ridicules us.

Having observed the steadfastness of Mark in the face of his tormentors, many pagans of Arethusa came to Mark to learn about this religion that could inspire such resolve. The bishop made many more converts to Christianity. Saint Mark is honored primarily in the eastern and Orthodox churches on March 29.

Saint Mark's message today: It is never easy to stand up for one's beliefs. Most of us will not have to endure torture to support our values and standards. But we can't turn away from our faith because someone ridicules us.

- Are you strong enough to endure scorn and mockery for your faith?

FASTING

Devotions, Explained!

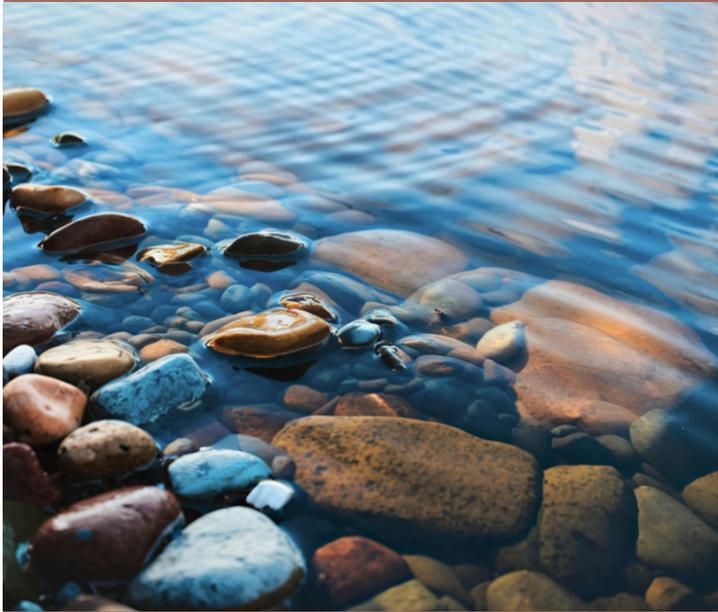
The practice of fasting predates Christianity. The Old Testament is full of examples of righteous men and women mortifying their flesh for the purpose of making atonement or simply to grow closer to God. Jesus himself fasted for forty days and forty nights in preparation for the beginning of his public ministry, and we see his disciples following his example in the Acts of the Apostles.

Fasting continues to be an important part of Christian devotional life today. Many people feel the practice of fasting enhances their prayer and helps them fulfill St. Paul's advice to "put to death the deeds of the body" (Romans 8:13) to grow in the Spirit. Most Catholics will associate fasting with the liturgical season of Lent, which begins and ends with obligatory fasting for all members of the Latin Catholic Church between ages 18 and 59.

©LPi



PRAYER & READINGS



READINGS

THIRD SUNDAY OF LENT

Reading I : Exodus 17:3-7 Is the Lord in our midst or not?

Reading II : Romans 5:1-2, 5-8 We are at peace with God through Christ.

Gospel : John 4:5-42 Whoever drinks the water I give, will never thirst again.

QUESTION OF THE WEEK

Question for Children: How do you experience Jesus helping and loving you?

Question for Youth: Jesus revealed himself to an outcast of society. How can you be “living water” to the outcasts of your school? Society? The world?

Question for Adults: When you are tempted to try to satisfy your “thirst for meaning” through some other means, what keeps you coming back to the living water of intimacy with Christ? Through what means do you experience Christ’s power in your life: Sacraments? Scripture? Prayer? Others?

CHURCH FINANCES

Financial Blessings Ending week of 2/27/2026

Budget July '25 thru June '26	\$1,000,000
YTD Actual Tithing.....	\$695,421
YTD Budget.....	\$665,091
YTD Surplus (Deficit).....	\$30,330
Tithing for the Week.....	\$15,943
Number of Donations Received....	55

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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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