

# Holy Trinity

Catholic Church and School

MAY 31ST & JUNE 7 | SOLEMNITY OF THE MOST HOLY TRINITY & SOLEMNITY OF THE MOST HOLY BODY & BLOOD OF CHRIST

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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DM.ORG/](https://holytrinitydm.org/)

**FOUNDER'S DAY**  
**31ST MAY 2026**  
**JOIN US!**

Enjoy an outdoor picnic with a special kid's menu, old fashioned games for the young at heart, and inflatables. Don't miss out on this parish event!



**Holy Trinity**  
Catholic Church and School

Don't miss this wonderful parish event!

**On the menu...**

Burgers, brats, and hotdogs.

Chips, potato salad, baked beans, watermelon, and icecream sandwiches.

Lemonade, iced tea and water are provided.



**Knights of Columbus**



**JOIN US**

**After 10:30 Mass**



# Grieving with Great **HOPE**

## Grief Support Workshop

***Grieving with Great HOPE*** is a five week grief support workshop series that offers a **prayerful, practical and personal** approach for anyone who is mourning the loss of a Loved One. If you have lost a Spouse, a Child (including pregnancy loss), a Grandchild, a Parent, another Family Member or a Friend, YOU are encouraged to attend.

Weekly Sessions will be held on  
Thursdays from 2pm to 4pm

Dates will be June 4, 11, 18, 25 and July 2, 2026  
at Holy Trinity Catholic Church

**Registration is required but there is no charge for this program.**

For more information and to register please contact:  
Deacon Troy Thompson, Pastoral Care Minister at  
[troyt@holytrinitydm.org](mailto:troyt@holytrinitydm.org), 515-447-5707 or 515-255-3162 ext 124.



### **Holy Trinity Catholic Church**

2926 Beaver Avenue, Des Moines, Iowa 50310

[www.holytrinitydm.org](http://www.holytrinitydm.org) - 515-255-3162

## SCHEDULES

### UPCOMING MASS SCHEDULE

<b>May 31st</b>	8:30AM	For the Parish
	10:30AM	Tim Simmons
<b>June 2nd</b>	8:30AM	Barbara Esser
<b>June 3rd</b>	8:30AM	James Bergman
<b>June 4th</b>	8:30AM	For the Unborn
<b>June 5th</b>	8:30AM	Ben Zenti
<b>June 6th</b>	3:00-3:45PM	<i>Reconciliation</i>
	4:30PM	Father Ostodiek & All Holy Trinity Pastors
<b>June 7th</b>	8:30AM	For the Parish
	10:30AM	Tim Simmons

### UPCOMING LITURGICAL MINISTERS & ALTAR SERVERS

**Saturday, June 6th: 4:30pm**

**Altar Servers** | Austin & Tyler Leo and Joan and Nora Niday

**Lectors** | Todd Treese & Gary Thull

**EMHC** | Team 3

**Music Coordinator** | Tom Quiner

**Sunday, June 7th : 8:30am**

**Altar Servers** | Elizabeth Bungert, Jonah & Gwennie Johnson and Bennett Steinkamp

**Lectors** | Mark McAndrews & Jeff Nielsen

**EMHC** | Team 1/MC: Karen Quiner

**Children's Liturgy** | TBD

**Music Coordinator** | Tom Quiner

**Sunday, 7th : 10:30am**

**Altar Servers** | Mia & Madelyn Daskalakes and Isaac & Lukas Perry

**Lectors** | Tom Green & Rob Hoover

**EMHC** | Team 1/MC: Jim Wilwerding

**Children's Liturgy** | TBD

**Music Coordinator** | Eric Sharp

## CALENDAR | MAY 31ST, 2026

	Sunday May 31st	Monday June 1st	Tuesday June 2nd	Wednesday June 3rd	Thursday June 4th	Friday June 5th	Saturday June 6th
<b>School</b>							
<b>Faith Formation</b>			Morning Prayer following 8:30AM Mass (CH)				Sunday Reading Groups Mens (MC) (7:30AM) Womens (MC) 8:30AM
<b>Adult Faith Formation</b>					Knights of Columbus 7:00-8:30PM (MC)		
<b>More</b>	HT Parish Picnic following 10:30 Mass (Cym, SR if inclement weather)						NO Confessions

## SCHEDULES

### UPCOMING MASS SCHEDULE

<b>June 7th</b>	8:30AM 10:30AM	For the Parish John Erickson
<b>June 9th</b>	8:30AM	Paul Binder
<b>June 10th</b>	8:30AM	William Judkins
<b>June 11th</b>	8:30AM	Dan & Jean Severson
<b>June 12th</b>	8:30AM	Inez McGough
<b>June 13th</b>	3:00-3:45PM 4:30PM	<i>Reconciliation</i> For the Parish
<b>June 14th</b>	8:30AM 10:30AM	Mary Ann Bitner Dennis Hurley

### UPCOMING LITURGICAL MINISTERS & ALTAR SERVERS

**Saturday, June 13th: 4:30pm**

**Altar Servers** | Frank & Louie Brett and Lola & Penelope Carroll

**Lectors** | Pat Pithan & Doug Volkmer

**EMHC** | Team 1

**Music Coordinator** | Tom Quiner

**Sunday, June 14th : 8:30am**

**Altar Servers** | Sullivan Kelley, Geneva Knapp, Kaylee Maloney and Hilari Thibodeau

**Lectors** | Karen Quiner & Jean Severson

**EMHC** | Team 2/MC: Katy Polich

**Children's Liturgy** | TBD

**Music Coordinator** | Tom Quiner

**Sunday, 14th : 10:30am**

**Altar Servers** | Andreo & Luciano Castro and Noah & Piper Dragoo

**Lectors** | Billy Howe & Lisa Rea

**EMHC** | Team 2/MC: Mary Ellen Winston

**Children's Liturgy** | TBD

**Music Coordinator** | Eric Sharp

## CALENDAR | JUNE 7TH, 2026

	Sunday June 7th	Monday June 8th	Tuesday June 9th	Wednesday June 10th	Thursday June 11th	Friday June 12th	Saturday June 13th
<b>School</b>							
<b>Faith Formation</b>			Morning Prayer following 8:30AM Mass (CH)				Sunday Reading Groups Mens (MC) (7:30AM) Womens (MC) 8:30AM
<b>Adult Faith Formation</b>					NO Adoration		
<b>More</b>	Art Group 1:00-3:30PM (103, 104)						NO Confessions

## PARISH NEWS



# Holy Trinity

Catholic Church and School

## SUMMER OFFICE HOURS

### Starting June 1st

Beginning June 1st, Holy Trinity Parish office hours will be 8:00 a.m. to 2:00 p.m. Monday through Friday.

Regular office hours will resume Monday, August 24. Have a great summer!

## 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](mailto:jans@holytrinitydm.org) in the parish office.

**Baptism:** Do you want to celebrate your child's baptism at Holy Trinity? The next Baptism Class is Monday, June 29<sup>th</sup>. Contact Jan Swinton in the Parish Office at [jans@holytrinitydm.org](mailto:jans@holytrinitydm.org) with questions.

**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 will recess for the summer months and will begin again in the Fall.

## GRIEF SUPPORT WORKSHOP

### Grieving with Great HOPE

Holy Trinity will host a five-week grief support series for those mourning the loss of a loved one. This prayerful and practical program is open to anyone who has experienced loss, including family members or friends.

Sessions will be held on Thursdays from 2:00–4:00 PM, June 4 through July 2, at Holy Trinity Catholic Church.

Registration is required, but there is no cost.

For more information or to register, contact Deacon Troy Thompson, Pastoral Care Minister at [troyt@holytrinitydm.org](mailto:troyt@holytrinitydm.org), 515-447-5707 or 515-255-3162 ext 124.

## PARISH DOOR SECURITY

### Parish Entrance

As part of our ongoing security on the school campus and parish offices, there is an additional doorbell/buzzer located inside the parish office entryway that you will need to engage in order to gain access to the building.

We appreciate your patience as we navigate this new level of security to ensure the safest environment possible for school and parish staff and for our precious children. If you have questions, please feel free to contact the parish office.

## INTENTIONS

*Loving Creator, we come before you with hearts filled with both grief and hope. We entrust all of our departed loves ones, and all who have left this world, into your loving and merciful hands. Thank you for the gift of their lives, the love they shared, and the legacies they left behind.*

*Grant them eternal rest, and let perpetual light shine upon them. Amen.*

## PARISH NEWS

### 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:

- **Final Date-** July 14 "Imagine Heaven" by John Burke



### VACATION BIBLE SCHOOL

#### Rainforest Falls: Exploring the Nature of God

**Dates:** Monday, July 20-Friday, July 24

**Time:** 9:00 am - 11:30 am each day

**Participants:** Those entering Kindergarten through grade 5 in the fall of 2026

**Leaders:** Middle School & High School students entering grades 6-12 in the fall of 2026, College Students, Parents, Grandmas & Grandpas, any adult of the parish.

**Cost:** Participants are \$60 per child with a \$150 family maximum. Leaders are \$10 to help cover T-shirt costs.

VIRTUS & Background Checks are a requirement for all adults 18 years of age and older. Contact: John Mertes, Director of Faith Formation at [johnm@holyltrinitydm.org](mailto:johnm@holyltrinitydm.org), or via telephone at (515) 255-3162 extension 224 Applications will be available starting April 15th. Application Deadline is June 30th.

### THE HOLY TRINITY PARISH ART GROUP

#### Show Off Your Creative Side!

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, June 7th from 1-3:30
- Sunday, July 12th from 1-3:30
- Sunday, August 16th 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)



"Each child is sent into this world by God with a unique message to deliver, a new personal act of love to bestow."  
- Fr. John Powell

## SCHOOL NEWS

### UPCOMING DATES

#### Mark your calendar!

**May 25th**- No School (Memorial Day)

**May 27th**- All School Mass- Hosted by the 7<sup>th</sup> Grade

**May 28th**- Field Day for TK-7<sup>th</sup> Grade

**May 29th**- Last Day TK-7<sup>th</sup> Grade | Free Dress Down Day

### GET A HEAD START ON NEXT SCHOOL YEAR WITH EDUKIT! SKIP

#### Orders Due by June 22nd

Skip the back-to-school shopping chaos and get everything your child needs delivered straight to the school! EduKit offers a fast, easy, and affordable way to order teacher-approved school supplies for the 2026–27 school year. Just a few clicks and you're done! But don't wait—orders must be placed by June 22nd. Order now and check one big thing off your summer to-do list!

[Buy your edukit supplies here!](#)

### ESA APPLICATION

#### Now Open thru June 30th!

The [Students First ESA Application](#) is available in English and Spanish. The application window for the 2026-27 school year is open from 8:00 a.m. on April 16, 2026 through 11:59 p.m. on June 30, 2026. [Apply Now](#)

#### [ESA Funding](#)

- ESA funding for the 2026-27 school year is \$8,148.
- 

Application Help: [help.ia@withodyssey.com](mailto:help.ia@withodyssey.com) or 515-368-9564

[Apply Now!](#)



### ROSARY GARDEN

#### Beautiful Campus Addition!

With grateful hearts, we thank SFO and Sarah Sullivan Bigelow for the beautiful gift of our Rosary Garden. This sacred space is a wonderful addition to our campus and a peaceful reminder of the Blessed Mother's presence among us. We are especially thankful for the dedication and blessing led by Father Mark and our 8th graders following May Crowning last week.

May this garden be a place of prayer, peace, and reflection for all who visit. We warmly invite everyone to come and spend time in prayer in the Rosary Garden, located on the west side of campus.

### NOW HIRING AT HT

#### Positions Open At Holy Trinity!

We are now hiring for the following positions:

- Music Teacher
- Physical Education
- Middle School Associate

If you are interested in applying, email Monica Morrison at [mmorrison@htschool.org](mailto:mmorrison@htschool.org).



**Holy Trinity**  
Catholic Church and School

## DIOCESAN NEWS

### SUMMER MONTHS

#### Additional Prayer Opportunities

During the Summer Months of June, July, and August, Morning Prayer will follow daily Mass at Holy Trinity Catholic Church only on Tuesdays. In September, we will resume Morning Prayer on Tuesdays and Fridays. If you are able, please join us as we praise our Heavenly Father with people from all over the world. Prayer books will be provided.

### WOMEN'S EVENING OF RECOLLECTION

**June 8, 2026**

St. Augustin Church  
545 42nd Street, Des Moines

Spend a brief time away from the world to be with Our Lord. The Evening is designed to help you spend time alone with God, to look at your life from His perspective, and find practical ways to serve God amid your ordinary work and family life.

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

6:30 Confession.  
6:40 Practical Talk.  
7:00 First meditation. Confession. Meditation.  
8:00 Benediction  
8:00-8:30 Social Time

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](mailto:terryannmcfarland@gmail.com)

### NOW HIRING IN DSM

#### Featured Job Opportunities: St. Anthony

St. Anthony Catholic School is hiring several faculty and staff members to join their team. St. Anthony is the only Catholic school in the diocese with Spanish-immersion and dual-language programs, creating a vibrant, diverse place to work in the heart of Des Moines.

#### Positions include:

Administrator/Assistant Administrator  
Music Teacher  
Middle School Language Arts Teacher  
Middle School Science Teacher  
3rd Grade Teacher  
Interventionist  
School Nurse

If you or someone you know is interested, please contact Denise Mulcahy ([dmulcahy@dmdioocese.org](mailto:dmulcahy@dmdioocese.org)). To view all open positions across all 16 schools in our diocese, please visit <http://www.dmdioocese.org/careers>

### VOLUNTEERS NEEDED

#### Attention willing photographers!

NPM, our local Catholic music ministry chapter, is seeking volunteers (i.e. anyone with a camera) to take photos at local ministry events (4-5 per year). It's a great way to do intermittent service. Contact Julie Curry at [desmoinesia@npm.org](mailto:desmoinesia@npm.org).



## OUR FAITH EXPLAINED

### SAINT OF THE WEEK

#### Anthony of Padua, Priest and Doctor, 1195-1231

Saint Anthony lived in Portugal, and studied at the cathedral schools there. He was ordained and became a Franciscan friar. He became a great preacher and attracted large crowds wherever he spoke. He lived much of his life in Padua, Italy, where he taught theology and worked for social justice, especially for prisoners and the poor. He died very young, at age 36.

Anthony has been a favorite saint for hundreds of years because of the belief that he intercedes with God on behalf of many who have lost articles. Any Catholic who has, say, misplaced the car keys and said a short prayer to Saint Anthony can tell you how they “miraculously” found their keys virtually “under their noses.” We can count on the saints to help us, knowing that they, too, experienced many of the difficulties we encounter in our own lives.

Saint Anthony is the patron of many things and places besides lost articles. Among them are American Indians, expectant mothers, and sailors. His memorial is celebrated on June 13.

**Anthony's message today:** Anthony has been a favorite saint for hundreds of years because of the belief that he intercedes with God on behalf of many who have lost articles. Any Catholic who has, say, misplaced the car keys and said a short prayer to Saint Anthony can tell you how they “miraculously” found their keys virtually “under their noses.”

We can count on the saints to help us, knowing that they, too, experienced many of the difficulties we encounter in our own lives.



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PILGRIMAGE FOR THE UNBORN

*“Where two or three are gathered in my name, there am I in the midst of them.” - Matthew 18:20*

What to Expect:

- 67 mile pilgrimage
- 33 hours
- 20 Rosaries
- Join for pray, walk miles or support financially

Saturday May 30<sup>th</sup>  
 5 AM Mass - 6 AM Walk Starts  
 St Boniface Catholic Church Waukee Iowa  
 More Info: [www.IVHcare.org/pilgrimage](http://www.IVHcare.org/pilgrimage)  
 Sign up today and join us on the walk

## VIRTUES, EXPLAINED!

### Self Control, Explained!

Love. Joy. Anger. Desire. Fear.

These are just a few of what are called the “passions” of humankind, and in order to understand self-control, we must first understand the passions. Our passions are neither good nor bad — it’s all in how we interact with them.

Enter the virtue of self-control.

Self-control flows from the cardinal virtue of temperance, and it’s really all about boundaries. Passions only become problematic when we allow them to control us. Through self-control, a gift of the Holy Spirit, we avoid surrendering too much of ourselves to our passions.

“When regulated by reason, and subjected to the control of the will, the passions may be considered good and used as means of acquiring and exercising virtue,” we read in The Catholic Encyclopedia. “The sensitive is given to man by God, and therefore its acts have to be employed in His service.”

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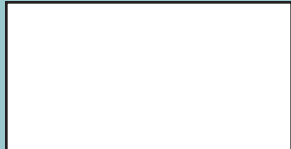




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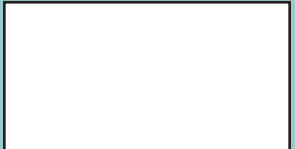
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