

Welcome to the Parish Community of

Sacred Heart

Church illustration
by Sheri George

1627 GRAND AVENUE • WEST DES MOINES, IOWA 50265

First Sunday of ADVENT



I hope everyone had a Happy Thanksgiving. This weekend we begin the beautiful season of Advent. Advent is a time of preparation for the coming of the Lord, not just for the birth of our Savior. We sing O Come O Come Emmanuel during this time of waiting and expectation. This song and season express the longing every human heart has for the time of fulfillment of all of God's promises. As we prepare in this season of Advent for the celebration once again of the birth of Christ in the great Feast of Christmas we also prepare for Christ's coming in the fullness of time. May each one of us open our hearts to God's presence in our lives each day and bring our hopes and our deepest longings to the Lord in our prayer this Advent. I pray that this Advent season be a holy one for you and your family as we prepare once again for the great feast of Christmas! Come Lord Jesus Come!

Peace,
Fr. Chris Hartshorn



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NOVEMBER 27, 2016 • FIRST SUNDAY OF ADVENT

WELCOME

Welcome to all our visitors, newcomers and parishioners!!

If you are new to our faith community and are interested in becoming a member of Sacred Heart Catholic Church, please stop by the Parish Office or call 225-6414, for a New Member Packet. We have programs and activities available for everyone. We offer RCIA for adults who wish to become Catholic. The names of the pastoral staff members, committee members and ministry chairperson, and their phone numbers are listed on this page.

SACRED HEART PASTORAL STAFF

Pastoral staff members are available to help parishioners when they are celebrating the good times or hurting during times of crisis. Consider contacting the following pastoral staff members to help you through a difficult time.

FR. CHRIS HARTSHORN, PASTOR

chris.hartshorn@sacredheartwdm.org 225-6414, ext. 310

FR. LUIS MEJIA, PAROCHIAL VICAR

luis.mejia@sacredheartwdm.org 225-6414, ext. 313

SACRED HEART PARISH STAFF

Rev. Mr. Ron Myers, Deacon 226-8466

Rev. Mr. Randy Horn, Deacon 224-1113

Deacon Ed Garza, Pastoral Care

ed.garza@sacredheartwdm.org 225-6414, ext. 315

Sheila Bales, Director of Music/Worship & Wedding Coordinator

sheila.bales@sacredheartwdm.org 225-6414, ext. 318

Casey Conner, RCIA Director

casey.conner@sacredheartwdm.org 225-6414, ext. 309

Deanna Lane, Youth Ministry Director

deanna.lane@sacredheartwdm.org 225-0546

Loralee Chase, Family Ministry

loralee.chase@sacredheartwdm.org 225-6414, ext. 309

Kayla Richer, Children's Faith Formation Director

kayla.richer@sacredheartwdm.org 225-6414, Ext. 319

SACRED HEART SCHOOL STAFF

Jane Kinney, Principal

jane.kinney@sacredheartwdm.org 223-1284, Ext. 142

Mary Jo Kever, Vice Principal

maryjo.kever@sacredheartwdm.org 223-1284, Ext. 140

VISIT US ON THE WEB AT: www.sacredheartwdm.org

WEBMASTER: Debbie.Chalik@sacredheartwdm.org

WEEKEND MASS SCHEDULE

Saturday 4:00 pm

Sunday 8:00, 9:30, 11:15 am; 1pm Spanish Mass

Daily Mass Monday through Friday 8:00 am

SACRAMENT OF RECONCILIATION

Saturday 2:30 pm to 3:30 pm

TELEPHONE NUMBERS

Parish Office..... Phone: 225-6414 Fax: 225-0286

School 223-1284

Children's Faith Formation 225-6414

Youth Ministry 225-0546

Sunday Faith Formation Preschool 225-6414

Parish Center Scheduling 225-6414

Weekday Preschool..... 226-2146

Sacred Heart Plus. 226-9662

www.sacredheartwdm.org

SACRAMENT OF BAPTISM

Registered and participating members of the Parish, contact the Parish Office to register for **required** Baptism Classes. Parents are asked to call **before** the birth of their child.

SACRAMENT OF MARRIAGE

Registered and participating members of the Parish, contact the Parish Office **six months, or more**, in advance. Preparation classes are **required**.

NEWCOMERS

Please register by phone, or in person, at the Parish Office between 8:00 am and 3:30 pm. For address changes, or if leaving the parish, please call the Parish Office at 225-6414.

COMMITTEE & MINISTRY CHAIRPERSONS

Art & Environment Pam Douglas, 224-0032

Board of Religious/Academic

Education Tara Nelson, 991-4432

Children's Liturgy of the

Word Coordinator Mary Zug, 225-6414

Knights of Columbus..... Enrique Cruz-Garcia, 771-6212

Prayer Line..... Wynanda Ferguson, 225-7200

ed.garza@sacredheartwdm.org

St. Vincent de Paul..... Rita Dette, 223-6095

Teresa Kordick, 224-9274

Women's Guild Barb Baker, 339-1561

Pastoral Council..... Carol Smith, 771-3082

CSmith5plus1@msn.com

Young Adult Director Jennifer Leon 225-6414

shyoungadults@sacredheartwdm.org

BULLETIN DEADLINES: *log onto our web site for information about deadlines and submission guidelines.*

MISSION STATEMENT

The mission of Sacred Heart Parish is to be the spiritual focal point for the Catholic Christian community in our portion of the Diocese of Des Moines. This community:

- ✦ Believes and proclaims that Jesus Christ is Lord;
- ✦ Calls its people to experience and put into practice the love of Jesus Christ;
- ✦ Draws its people into the social and spiritual life of the parish so that each has a sense of belonging;
- ✦ Seeks to help its members take on the "mind of Christ" through prayer, study and worship;
- ✦ Uses and returns the gifts and talents God has given; Is itself a sign calling its members to hear and respond in ministry to the spiritual and temporal needs of people within the parish and beyond.



If I can be of assistance to you or a loved one, please contact me. I have many resources to share with you.

Deacon Ed Garza
ed.garza@sacredheartwdm.org



This article is on continuation of last weeks article on food addictions. Once again, feel free to contact me for any help on this topic.

Signs of Food Addiction: Researchers at Yale University's Rudd Center for Food Science & Policy have developed a questionnaire to identify people with food addictions. Here's a sample of questions that can help determine if you have a food addiction. Do these actions apply to you? Do you:

- End up eating more than planned when you start eating certain foods
- Keep eating certain foods even if you're no longer [hungry](#)
- Eat to the point of feeling ill
- Worry about not eating certain types of foods or worry about cutting down on certain types of foods
- When certain foods aren't available, go out of your way to obtain them

The questionnaire also asks about the impact of your [relationship with food](#) on your personal life. Ask yourself if these situations apply to you:

- You eat certain foods so often or in such large amounts that you start eating food instead of working, spending time with the family, or doing recreational activities.
- You avoid professional or social situations where certain foods are available because of fear of overeating.
- You have problems functioning effectively at your job or school because of food and eating.

The questionnaire asks about psychological withdrawal symptoms. For example, when you cut down on certain foods (excluding caffeinated beverages), do you have symptoms such as: [Anxiety](#)— Agitation / Other physical symptoms.

The questionnaire also tries to gauge the impact of food decisions on your emotions. Do these situations apply to you? Eating food causes problems such as [depression](#), [anxiety](#), self-loathing, or guilt.

- You need to eat more and more food to reduce negative emotions or increase pleasure.
- Eating the same amount of food doesn't reduce negative emotions or increase pleasure the way it used to.

Help for Food Addiction: Science is still working to understand and find treatments for food [addiction](#). Some argue that recovery from food addiction may be more complicated than recovery from other kinds of addictions. Alcoholics, for example, can ultimately abstain from drinking alcohol. But people who are addicted to food still need to eat. A nutritionist, [psychologist](#), or doctor who is educated about food addiction may be able to help you break the cycle of compulsive overeating.

THROUGH THE WATERS OF BAPTISM WE WELCOME INTO OUR SACRED HEART FAITH COMMUNITY

Kelsie Salgado
Daughter of Liliana Salgado Ocampo

James Moreno Casillas
Son of Jaime Moreno Castillo & Beatriz Andriana Casillas

Zoe Moreno Mata
Daughter of Jose Julian Moreno Castillo & Eusebia Mata Rodriguez

Makhi Brooks Burns
Son of Jacob & Brianne Burns

Dylan Marie Tebo
Daughter of Ben & Maggie Tebo

Alan Noel Alvarez Balderas
Son of Araiz Joab Alvarez Garcia & Nicolasa Balderas Tonche

Lauren Cabrera Avila
Daughter of Saul Fernando Cabrera Moncada & Lauren D. Avila Ucles

Mauricio David Reyes
Son of Christian Reyes & Oralia Reyes

REFLECTIONS FOR THE WEEK

- *What can you do to be ready for God to come into your heart and your life?*
- *The Gospel tells us we don't know when the Son of Man will return. If he were to arrive today, would you be ready for him? What is one thing you can do during Advent to prepare for his coming?*
- *As you prepare to re-welcome Christ into your heart while you prepare for Christmas, what does Isaiah call you to do? What does Isaiah call us as a people to do?*

**Our deepest sympathy and prayers to
the families of the following ...**

**Jim Gion
Father of parishioner, Dave Gion**

...God grant them eternal rest

YOUTH MINISTRY “SMASH”



Student Ministry at Sacred Heart offers spiritual, service and social opportunities to teens in grades 9-12. Contact Deanna Lane, Director of Youth Ministry, for more information at 225-0546 or Deanna.Lane@sacredheartwdm.org.

“FIA” (FAITH IN ACTION) SPRING BREAK SERVICE ADVENTURE, MARCH 12-15, 2017: Got plans for spring break 2017? If you answered “No” then put your Faith into Action by signing up for FIA, a Spring Break Service Adventure! For three days and three nights we will live, pray, work and play in Christian community. We will volunteer 6-8 hours a day at local agencies who serve the poor and needy in the Des Moines area and enjoy a variety of fun activities and unique prayer experiences in the evenings. We’ll stay overnight at Our Lady’s Immaculate Heart Church in Ankeny. Cost is \$80 which covers all meals, accommodations and of course a T-shirt! (Financial assistance is available). **Registration opens November 30 and will be accepted on a first come, first serve basis. This event sells out each year, so don’t delay. More information and registration forms available at www.sacredheartwdm.org**

UPCOMING EVENTS: Check out the complete calendar at www.sacredheartwdm.org – click on “Faith Formation” then “SMASH/Youth Ministry”

November 27	Teen Choir Rehearsal 6:30-8
November 30	SMASH on Wednesday 6:30
December 4	Teen Choir Rehearsal 6:30-8
December 7	Confirmation 2017 Class 6:30-8:00 (Sponsor names due)
December 7	NO SMASH – Leadership team only
December 10	Christmas Shopping service project
December 11	Teen Choir at 11:15 Mass
December 14	SMASH – Christmas Party
December 21 & 28	NO SMASH – Christmas Break

CHILDREN’S FAITH FORMATION “CFF”



Kayla Richer, Director
kayla.richer@sacredheartwdm.org
Debbie Chalik, Coordinator
debbie.chalik@sacredheartwdm.org
Marcia Schaul, Office Associate
marcia.schaul@sacredheartwdm.org



Nov	27	NO PS
	30	4:30 or 6:30 pm—CFF—SHS
Dec	4	9:30 am—PS—SHS
	7	4:30 or 6:30 pm—CFF—SHS
	7	6:30 pm—First Eucharist Parent Meeting (English)
	7	6:30 pm—2017 Confirmation Class
	11	9:30 am—PS—SHS
	14	4:30 or 6:30 pm—CFF—SHS
	18	9:30 am—PS—SHS
	21-18	NO CFF—NO PS
Jan	1	NO PS
	4	6:30 pm—2017 Confirmation Class
	4	NO CFF
	8	9:30 am—PS—SHS

CFF = Children’s Faith Formation
SHS = Sacred Heart School
PS = Preschool

COME AND PRAY FOR AMERICA

Our country is in need of prayers, healing and understanding. Please join us in the parish for the rosary at 6:15 on Monday evenings. Please extend an invitation to neighbors and friends. Enter through the north doors of the sanctuary.

RCIA—RITE OF CHRISTIAN INITIATION OF ADULTS

BECOMING CATHOLIC...WHAT’S HAPPENING IN RCIA? Did you know that this Sunday marks not only the beginning of the season of Advent, but also the beginning of our entire liturgical year? Since the liturgical year is based on the life of Jesus Christ, it is fitting that we should begin our year in preparation for his birth. Like our regular calendar, the liturgical calendar marks seasons, holy days and special celebrations of the lives of those in our Church family. The seasons that are celebrated in the liturgical year are *Advent*: four weeks of preparation before the celebration of Jesus’ birth; *Christmas*: recalling the Nativity of Jesus Christ and his manifestation to the peoples of the world; *Lent*: a six-week period of penance before Easter; *The Sacred Triduum*: the holiest “Three Days” of the Church’s year, where the Christian people recall the suffering, death, and resurrection of Jesus; *Easter*: 50 days of joyful celebration of the Lord’s resurrection from the dead and his sending forth of the Holy Spirit; and *Ordinary Time*: divided into two sections—one span of 4-8 weeks after Christmas Time and another lasting about six months after Easter Time—wherein the faithful consider the fullness of Jesus’ teaching and works among his people. --USCCB.com

Our lectionary readings are based on a 3-year cycle, labeled A, B, and C. Our current liturgical year is known as “Year A.” Most of the gospel readings for this year will come from the gospel of Matthew. Gospel readings during Easter come from the gospel of John in all three years.

Are you interested in learning more about the Catholic Church? You are invited to join us as we explore the life of the Church. Contact Casey Conner at casey.conner@sacredheartwdm.org or 515-225-6414 ext. 309 for more information.

FOR ALL PARISHIONERS

WINTER CLOTHING COLLECTION

The Sacred Heart Women's Guild is asking all parishioners to donate hats, gloves and mittens for men, women and children in need. West Des Moines Human Services will distribute them. A collection box is in the church vestibule until November 29th. Thank you for your generosity!



GIFT—GROWING IN FAITH TOGETHER ADULT FAITH FORMATION TEAM



Christ Renews His Parish at Sacred Heart is looking for men and women to be part of the first formation team. This team will begin meeting in Spring of 2017. We need 15 men and 15 women to get Christ Renews His Parish resurrected here at Sacred Heart. If you have participated in CRHP at Sacred Heart or at another parish, you are qualified!!! Please contact Kevin MacFerrin at 515-321-8896 or by email at macferrin@gmail.com. The formation team needs to be complete by December 2nd for us to bring CRHP back to Sacred Heart in the Fall of 2017. Don't delay signing up to be part of this team!

Welcome!

Welcome New Families

We are excited to have you as a part of our parish family. If you have questions or would like information on how to get registered or involved, call the parish office at 225-6414, or visit our website at www.sacredheartwdm.org

SACRED HEART SCHOOL NEWS

We are beginning our Early Childhood registration process a little earlier this year and would like to know if you have a child that may be interested in one of the programs we offer here at Sacred Heart for the 2017-2018 school year. Please contact the Sacred Heart School office for more information. Phone number: 515-223-1284

Please don't forget to check out the amazing volunteer opportunities at Sacred Heart School. You do not need to be a SHS Parent, Grandparent, etc. to volunteer! Please visit the Digital Backpack on Sacred Heart School website to sign up!

WEEKEND MINISTRY SCHEDULE

SATURDAY/SUNDAY, December 3/4

4:00 PM

Servers: Rebecca Celsi, Hunter Cruchelow, Nathaniel Zug

Lectors: Brian Anstoetter, Mary Zug, Rob Walker

8:00 AM

Servers: Maddie & Riley McElroy, Jacob Spooner

Lectors: Judy Blessington, Ann Michelson, Mike McColley

9:30 AM

Servers: Aidan Joyce, Emelia Pugh, Neal Stoll

Lectors: Jonathan Tyma, Greg Madden, Joan Miller

11:15 AM

Servers: Gabriel Cook, Catalina & Phillip Samaniego

Lectors: Tom Cunningham, Jessica Watson, Mike Dee

MASS INTENTIONS FOR THE WEEK

Sat.	Nov 26	4:00 pm	Frank Koppold
Sun.	Nov 27	8:00 am	Carlos & Josephine Melendez
		9:30 am	Joe & Ina Jean Kordick
		11:15 am	Mass of Thanksgiving
		1:00 pm	Sacred Heart Parishioners
Mon.	Nov 28	8:00 am	Joe Burch, Jr.
Tues.	Nov 29	8:00 am	Harriet Voit
		10:00 am	Grace Isaacs (Fountain West)
Wed.	Nov 30	8:00 am	Gerry Julich
Thurs.	Dec 1	9:00 am	Dick Lowder
Fri.	Dec 2	8:00 am	Special Int. Bill & Sheila Curoe
Sat.	Dec 3	4:00 pm	Gilbert Rocha
Sun.	Dec 4	8:00 am	Lorraine Meehan
		9:30 am	Janice Schaufenbuel
		11:15 am	Julie Tracy
		1:00 pm	Sacred Heart Parishioners

READINGS FOR THE WEEK—NOV 27

Sunday: Is 2:1-5/Ps 122/Rom 13:11-14/
Mt 24:37-44

Monday: Is 4:2-6/Ps 122/Mt 8:5-11

Tuesday: Is 11:1-10/Ps 72/Lk 10:21-24

Wednesday: Rom 10:9-18/Ps 23/Mt 4:18-22

Thursday: Is 26:1-6/Ps 118/Mt 7:21, 24-27

Friday: Is 29:17-24/Ps 27/Mt 9:27-31

Saturday: Is 30:19-21, 23-26/Ps 147/
Mt 9:35--10:1, 5a, 6-8

Next Sunday: Is 11:1-10/Ps 72/Rom 15:4-9/Mt 3:1-12

Bambinelli Sunday

A Sacred Heart Christmas Tradition

December 10th and 11th, 2016 at all Masses.

Saturday 4pm

Sunday 8am, 9:30 11:15 and 1pm

Special reception following the 9:30 Mass

You are invited to bring the Baby Jesus from your family nativity set. Children will bring Baby Jesus to the altar at the end of Mass for a special blessing!

Join us in the Parish Center after the 9:30a.m. Mass for pancakes and to visit with the Christmas season Saints who will be handing out special treats to the children and reading the story of The Bambinelli tradition in Rome. Hosted by GIFT family ministry and pancakes sponsored by the Knights.

CASSEROLES FOR THE FAMILY VIOLENCE CENTER

"FOR I WAS HUNGRY AND YOU GAVE ME FOOD"

Matthew 25:35

The Sacred Heart Women's Guild is coordinating efforts to provide 20 casseroles each month to the Family Violence Center here in Des Moines. **YOU CAN HELP—PLEASE MAKE A CASSEROLE!** Each casserole should be in an 8 X 8 aluminum container, frozen, and labeled with the recipe, and thawing/cooking instructions taped to the outside. Casseroles may be put in the Parish Center freezer when you come to Mass on December 3/4. Please call Judy Schwartz at 556-7788 if you would like to make one or more casseroles over the course of the year.

Natural Family Planning Classes

The best in family planning

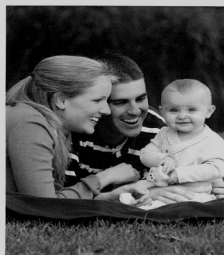
Natural Family Planning
...and it can change your hearts in surprising ways!
www.ccli.org

Dates: Saturdays (once a month for 3 months)
beginning December 3rd
Location: St. Pius X Catholic Church in Urbandale

Time: 2-4:30 p.m.
Cost: \$130 for all materials, classes,
and one-year CCL membership

On-line registration required at register.ccli.org

Questions? Mark & Patty Conway
(515) 276-0313
conirish@gmail.com



"KNIGHT'S CORNER"

KNIGHTS OF COLUMBUS COUNCIL #9632



HAPPY THANKSGIVING

NEWS

The Knights of Columbus is very thankful for our wonderful Sacred Heart community. May God bless our families, parish and community and may we share our blessings and gifts with those in need. We hope all are enjoying a great Thanksgiving holiday.

If you forgot or couldn't pick up your Thanksgiving apple pie last weekend, please call Norton Hatlie (577-3644) or Bill Wieland (376-6707) to arrange for a pick-up time.

Invitations to next month's Women's Guild and Knight of Columbus Advent party on Monday evening, December 19, will be going out shortly by e-mail or regular mail. Look for them and be sure to RSVP to allow time to properly plan and prepare for the fun evening.

CALENDAR

December

December 11, Sunday: Pancake breakfast in the parish center

December 19, Monday: Women's Guild and Knights Advent party

www.sacredheartwdmkofc.org

WOMEN'S GUILD

Find the Women's Guild page on the website under "organizations"

The Sacred Heart Women's Guild is a community of women who contribute to our parish and our surrounding community. The objective of the organization is to provide an opportunity to become better acquainted with women of our parish and to support the parish through various activities and fundraising. Meetings are held each month, with two meetings each year combined with the Knights of Columbus. Watch the bulletin for details.