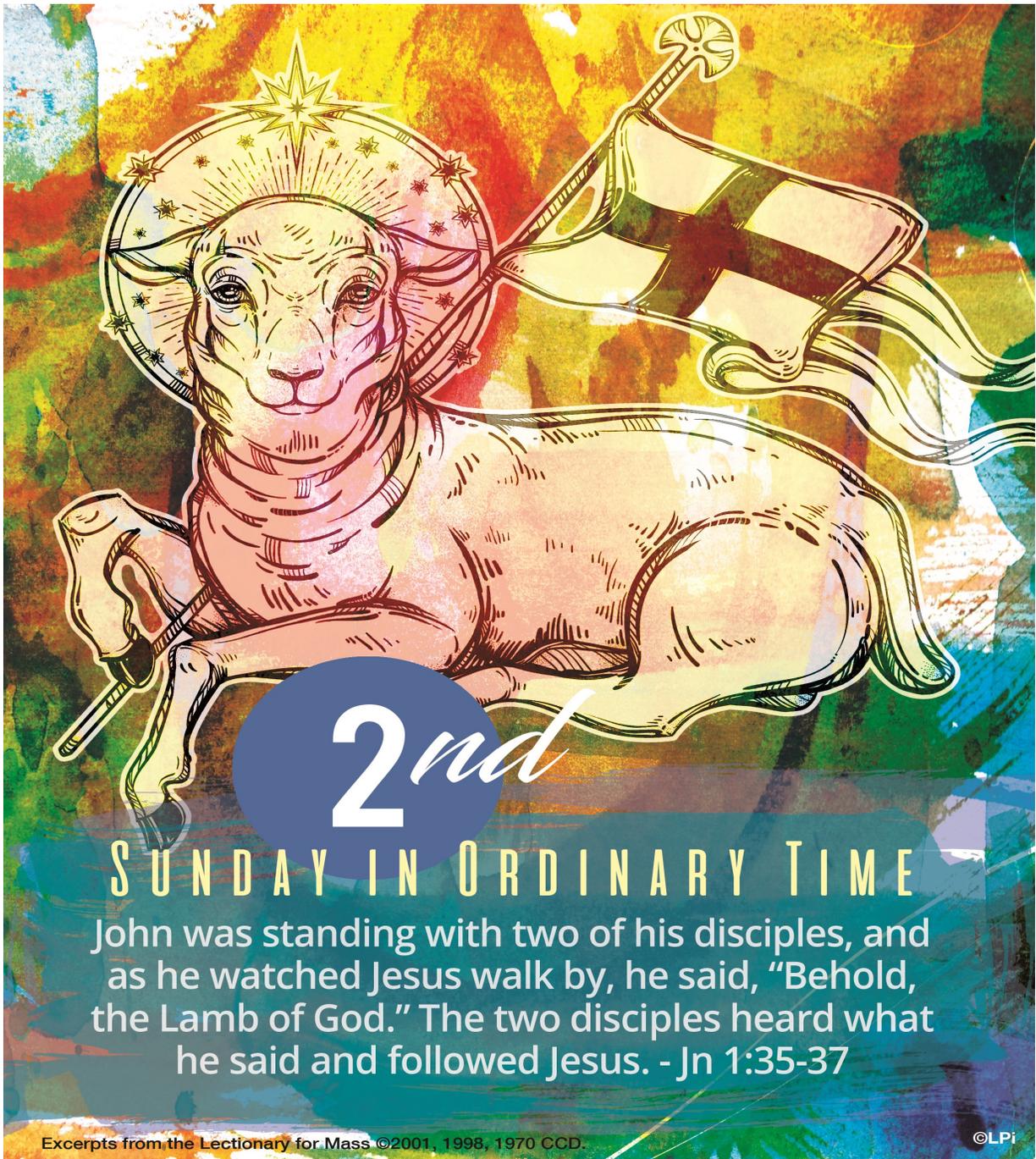


Welcome to the Parish Community of

Sacred Heart

Church illustration
by Sheri George

1627 GRAND AVENUE • WEST DES MOINES, IOWA 50265



2nd
SUNDAY IN ORDINARY TIME
John was standing with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus. - Jn 1:35-37

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. ©LPi

JANUARY 14, 2017 • 2ND SUNDAY IN ORDINARY TIME

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

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, Adult Faith Ministry and Communications

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

Kayla Richer, Children's Faith Formation Director

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

Karla Serio, Hispanic Ministry Director

karla.serio@sacredheartwdm.org 225-6414, Ext. 304

Leah Mohlman, Minister of Music and Liturgy

leah.mohlman@sacredheartwdm.org 225-6414, Ext 318

SACRED HEART SCHOOL STAFF

Jane Kinney, Principal

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

Scott Ehlinger, Vice Principal

scott.ehlinger@sacredheartwdm.org 223-1284, Ext. 140

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

LIKE US ON FACEBOOK & TWITTER: @SacredHeartWDM

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 Ministry225-0546

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

Baptismal prep classes are typically offered the last Monday of each month at the home of a Sacred Heart parishioner. Email Sarah at msschultz@gmail.com and AJ at AmandaJeanKelley@gmail.com for more information.

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.....Amy Friedrich

amyfriedrich@msn.com

Children's Liturgy of the

Word CoordinatorMary Zug, 225-6414

Knights of Columbus Tom Robson, 554-0904

tomrobson.tdr@gmail.com

Prayer Line Wynanda Ferguson, 225-7200

ed.garza@sacredheartwdm.org

St. Vincent de Paul Rolla Hermann, 223-0960

Bill Ehm, 210-5239

Women's Guild Barb Baker, 339-1561

Pastoral Council Kevin MacFerrin, 321-8896

macferrin@gmail.com

Young Adult DirectorJennifer Leon 225-6414

shyoungadults@sacredheartwdm.org

BULLETIN DEADLINES: *log onto our web site for information about 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, Translated by Karla Serio
ed.garza@sacredheartwdm.org



Reappraisal *The more often you practice it, the happier and calmer you'll be*

Anger. Possibly the most confounding emotion there is. Whether it's a fight with a family member or frustration at the state of the world, we all have to deal with anger at some point. As Christians, we might be tempted simply to suppress our anger out of fear of committing a sin by lashing out. However, according to science, this can be dangerous, and there is actually a more effective and guilt-free way to handle it. If suppressing anger keeps it inside well enough, why is it dangerous? Well, one of the key problems with suppressing any emotion is that this ultimately strengthens the emotion. This causes over activity in the amygdala, a part of the brain strongly associated with emotions, and that stress decreases our ability to experience positive emotions ... but not negative ones. While our ability to feel things like anger, stress, and depression remains strong, our ability to feel positive emotions like joy, pleasure, and peace is slowly weakened. Studies also show that suppressing your own anger can actually increase the stress experienced by the person you're angry at. This then leads to relationship problems. "Individuals who typically use suppression report avoiding close relationships and having less positive relations with others; this dovetails with peers' reports that suppressors have relationships with others that are less emotionally close," according to the *Handbook of Emotion Regulation*. So we should vent our emotions then, right? Not quite. Studies show that venting your anger causes increase in the emotion rather than its resolution.

What is the answer? **Reappraisal**. Reappraisal is a method of distraction that re-evaluates the situation by considering that you don't have all the information. "You don't get frustrated because of events; you get frustrated because of your beliefs," Albert Ellis the noted Columbia psychologist once said. When you're in the middle of an argument, it's easy to assume that the situation is about you, but by challenging this belief, you can more easily let go of your anger. For example, if someone snaps at you, you can choose to take it personally or you can choose to consider that the other person is having a bad day, or is dealing with long-term stress. By "reappraising" the situation, our brain is distracted, focusing on a pathway to compassion rather than on the anger itself. When we do this, our amygdala calms down and decreases in activity. Remember the damage that suppression caused the brain? Well, reappraisal does the opposite! This method increases our ability to feel positive emotions and decreases our experience of negative emotions, such as anger and irritability. This means that the more often we practice it, the happier and calmer we will be overall. So, the next time you get angry or overwhelmed, give it a try!

Reevaluación. *Los quienes lo practican más son más calmados y más felices*

El enojo. Posiblemente es la emoción más confusa que hay. No importa si es una pelea con un familiar o un sentido de frustración con el estado del mundo. En una oportunidad u otra tendremos que manejar la emoción de estar enojados. Como cristianos, a veces tenemos la tentación de suprimir el rencor porque tenemos miedo en cometer un pecado si dejamos que salga la emoción. Pero, la ciencia detrás del estudio de emociones nos dice que suprimir nuestras emociones puede ser más peligroso para nuestra salud que anteriormente pensamos. Actualmente hay formas más efectivas y sin ese sentido de culpa, en manejar esta emoción fuerte. ¿Por qué es peligroso suprimir la emoción de rencor? Bueno, uno de los problemas principales con suprimir una emoción es que al final, la emoción fortalece adentro de nosotros. Esto causa más actividad en la amígdala, la parte de nuestro cerebro que es asociado con emociones. En turno, más actividad en esa aria causa más estrés y disminuye nuestra habilidad en tener emociones positivas...pero no emociones negativas. En esta situación, nuestra habilidad de sentir las emociones de enojo, estrés y depresión sigue fuerte, pero nuestra habilidad de sentir emociones positivas como alegría, placer, y paz es poco a poco debilitado. Estudios también enseñan que suprimir su enojo con otra persona puede actualmente subir el estrés que la otra persona siente. Después empiezan a tener problemas en la relación entre los dos. "Individuales quienes normalmente suprimen sus emociones reportan que ellos evitan relaciones cercanas y también que tienen menos relaciones positivas con otra gente; esto es comprobado por compañeros que reportan que los supresores no tienen relaciones cercanas con otros," según el *Handbook of Emotion Regulation* (en inglés). ¿A pues debo desahogarme de mis emociones? Exactamente...no. Estudios también nos dicen que, si uno se desahoga de sus frustraciones regularmente, esto solo causa que nuestras emociones negativas crezcan en vez de que se resuelven.

¿Qué es la solución? **Reevaluación**. Reevaluación es una forma de distracción que reevalúa la situación y considera que usted no tiene toda la información. "Usted no se frustra por la situación; usted se frustra por sus creencias," dicho por el célebre psicólogo de la Universidad de Columbia, Albert Ellis. Cuando usted está en medio de un argumento, es fácil asumir que es el centro de la situación. Pero si usted cambia esta creencia, es más fácil dejar tu enojo. Por ejemplo, si alguien te grita, tienes la opción de tomarlo personalmente o puedes considerar que la persona simplemente está teniendo un mal día. O tal vez esta persona está pasando por una etapa de estrés para ellos. En "reevaluar" la situación, nuestro cerebro esta distraído y empieza a enfocar en un camino de compasión en vez de enojo. Cuando hacemos esto, nuestra amígdala se calma y disminuya su actividad. ¿Se acuerda del daño que causa la supresión al cerebro? ¡Bueno, reevaluación hace lo opuesto! Este método de pensamiento aumenta nuestra habilidad de sentir emociones positivas y disminuya nuestra experiencia de emociones negativas come el enojo y irritabilidad. Esto quiere decir que lo más que lo practicamos, lo más calmados y felices vamos a estar. ¡Por eso, la próxima vez que usted se enoja o se siente abrumado, trate de reevaluar!



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.

SMASH on Wednesdays – 6:30-8:30 pm

Focus on your Faith in 2018! With all the stress and pressures teens face, SMASH on Wednesday is a great way to slow down and re-energize for the week. Spend some time with other teens who are also just trying to figure out how to live the life God has planned for them.

SMASH meets on Wednesday nights from 6:30-8:30 pm (closing prayer around 8:00 with optional social time following). All 9th-12th graders welcome! No pre-registration, just show up, and it’s FREE. (Location – follow the wooden stairs behind the school playground to the SMASH House.)

Summer 2018 Service Trip to Appalachia Registration Due Feb. 7

Join us June 23-30, 2018 for a week of serving the people in the Appalachian Mountains of West Virginia. By being the hands of Christ you will grow in your own faith while improving the quality of life for the local residents through home improvement projects. Get all of the details and a registration form at www.sacredheartwdm.org/summer-mission-trip or in the church gathering space. Teens currently in grades 9-12 are eligible to apply

“FIA” (FAITH IN ACTION) Registration Due Feb. 7

Got plans for spring break 2018? If you answered “No” then put your Faith into Action by signing up for FIA, a Spring Break Service Adventure! (March 11-14, 2018) 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 \$90 which covers all meals, accommodations and of course a T-shirt! (Financial assistance is available). Registration is now open. **This event sells out each year, so don’t delay.** Forms available at www.sacredheartwdm.org or in the gathering space.

Ice Skating at Brenton Plaza – Jan. 31

Teens in grades 9-12 are invited to join us for FREE ice skating Wed., Jan. 31 from 7-9 pm. We’ve rented the rink with several other Des Moines area Catholic Churches so it will be closed to the public. Skate rental just \$1. Get the details and pick up a permission form in the gathering space or sign up online by Jan. 24 at www.sacredheartwdm.org/ice-skating-at-brenton-plaza



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



WHAT IS NEW IN CFF

One of the greatest gifts in our Catholic faith is the sacrament of reconciliation. We encourage parents and children to celebrate this sacrament on a regular basis! At Sacred Heart, you can attend reconciliation every Saturday afternoon from 2:30-3:30. During a CFF and during the day at Sacred Heart School, our students who have been preparing for First Reconciliation will celebrate that Sacrament during the month of January. Please pray for our students as they learn about God’s forgiveness..

UPCOMING CFF CALENDAR

Jan. 17	CFF 4:30 OR 6:30
Jan. 24	2nd grade Sacred Heart School Students: First Reconciliation in the a.m.; CFF 4:30 OR 6:30
Jan. 31	2nd grade CFF and TakeOff : First Reconciliation during class; CFF 4:30 OR 6:30

FLOWERS IN THE SANCTUARY DURING CHRISTMAS WERE DONATED IN PART BY THE FOLLOWING FAMILIES IN MEMORY OF LOVED ONES

DONATED BY

IN MEMORY OF

Pat & Jane Rhoades
 Rosemary Ligouri
 Ron & Birdie Dolan
 Ron & Birdie Dolan
 Wayne Burch

Charles & Louise Schneider
 Frank & Elizabeth Ligouri
 Mervin & Doris Groesbeck
 Wilbur & Kathleen Dolan
 Deceased Family Members



GRATEFUL HEART ~ GIVING HEART



“Give to our brothers and sisters throughout the world as if once more Jesus had come into the world cold, hungry, and alone.”

~St. Teresa of Calcutta October 15, 1972

FOOD PANTRY COLLECTION

Sacred Heart has a special collection on the 3rd full weekend of the month to benefit the Des Moines Area Religious Council (DMARC) Food Pantry. This collection will occur next weekend (Jan 20/21). Thank you for your generosity.

THANK YOU CHAD!

All of us at Sacred Heart would like to recognize the hard work and talent that Chad Friesleben has shared with us as Choir Director of the Chancel Choir as well as the Knights Choir. Please join us in thanking Chad and wishing him all the best as he continues using his gifts in other areas. His talented voice and leadership in the choirs will be missed!



DON'T RELY ON JUST THE BULLETIN



The bulletin is just the tip of the iceberg when it comes to being “in the know” at Sacred . So much goes on during the week. Like us on Facebook and follow us on twitter to stay in the loop



@SacredHeartWDM



**STEPHEN
MINISTRY**

Stephen Ministry seeks to be a living presence of the caring Christ to our parish community. Stephen Ministry is a one-to-one ministry provided by trained caregivers who seek to bring Christ's healing love to all who are experiencing life's challenges For more information Contact Deacon Ed at 225-6414 or 249-7946

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



Finn Martin Meyers
Son of Drew & Amy Meyers

Sloan Rosemary Hanson
Daughter of Kyle & Julie Hanson

SATURDAY/SUNDAY, January 20/21

4:00 PM

Servers: Jake Joerger, Eric Nuno, Allison Gonyo
Lectors: Donna Horn, Michael O'Meara, Tom Pflanz

8:00 AM

Servers: Jamie Coggi, Mitchell Cook, Ethan Trettin
Lectors: Mike McColley, Brian Sweeney, Judy Blessington

9:30 AM

Servers: Emelia Pugh, Natalie Reuss, Katherine Kelsay
Lectors: Bette Fetterman, Leon Hofer, Jody Judge

11:15 AM

Servers: Jack Freking, Payton Nichols, Zachary Schwarte
Lectors: Steve Freking, Tom Cunningham, Steve Herzog

MASS INTENTIONS FOR THE WEEK

Sat.	Jan 13	4:00 pm	Kay Shelton
Sun.	Jan 14	8:00 am	Kathy Streck
		9:30 am	Wayne, Ruth Ann & Jim Dayton
		11:15 am	Mary Burns
		1:00 pm	Sacred Heart Parishioners
Mon.	Jan 15	8:00 am	Dale Ferguson
Tues.	Jan 16	8:00 am	Joe Zimmerman
Wed.	Jan 17	8:00 am	Harry Doerfler
Thurs.	Jan 18	8:00 am	Prisca Rocha
Fri.	Jan 19	8:00 am	Thanksgiving Mass
		9:30 am	Kay Shelton
Sat.	Jan 20	4:00 pm	Ronald Grove
Sun.	Jan 21	8:00 am	Lupe Campero
		9:30 am	Vince Ambrosy
		11:15 am	Kathleen Grosland
		1:00 pm	Sacred Heart Parishioners

READINGS FOR THE WEEK

Sunday:	1 Sm 3:3b-10, 19/Ps 40:2, 4, 7-8, 8-9, 10/ 1 Cor 6:13c-15a, 17-20/Jn 1:35-42
Monday:	1 Sm 15:16-23/Ps 50:8-9, 16bc-17, 21 & 23 [23b]/ Mk 2:18-22
Tuesday:	1 Sm 16:1-13/Ps 89:20, 21-22, 27-28/Mk 2:23-28
Wednesday:	1 Sm 17:32-33, 37, 40-51/Ps 144:1b, 2, 9-10 [1]/ Mk 3:1-6
Thursday:	1 Sm 18:6-9; 19:1-7/Ps 56:2-3, 9-10a, 10b-11, 12-13 [5b]/Mk 3:7-12
Friday:	1 Sm 24:3-21/Ps 57:2, 3-4, 6 and 11/Mk 3:13-19
Saturday:	2 Sm 1:1-4, 11-12, 19, 23-27/Ps 80:2-3, 5-7/ Mk 3:20-21
Sunday:	Jon 3:1-5, 10/Ps 25:4-5, 6-7, 8-9 [4a]/ 1 Cor 7:29-31/Mk 1:14-20

WOMEN'S GUILD

Visit the Women's Guild on the website under "organizations"

CAFÉ CONNECTION: NEW YEAR

We are ready for sign-ups for the new year! Please help our Sacred Heart St. Vincent de Paul members as they prepare and deliver a monthly meal to those in need by serving as a volunteer, making or buying three dozen cookies or bars. Be sure to make your package "For SVDP" as often there are other food drop-offs in the parish center kitchen. Deliver your cookies or bars *before* 10 am on the Monday due date. **To sign up for a month in 2018, please use this link: <http://signup.com/go/mfmFziF>**

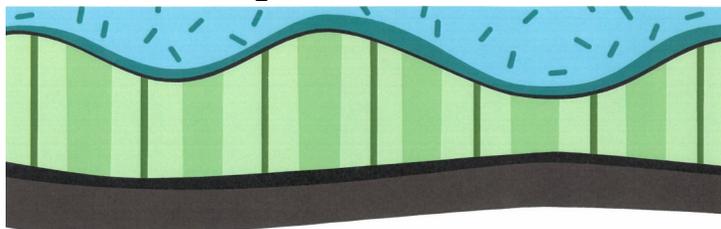
NEXT NIGHT OF SERVICE: JAN. 16

We will gather in the Parish Center once again for our next Night of Service on **6:30 pm, Tuesday, Jan. 16**. We ask members are to bring Hershey Kisses for the Valentines we will make. We will work on YESS care bags and plastic sleeping mats for the homeless. We will also prepare small gifts of treats for our parish altar servers.

OTHER UPCOMING

- **New Parishioners' Breakfast**, hosted by the Guild, will follow the 9:30 Mass on Sunday, **January 28**, 2018. Details to come.

**ALL 2017 NEW Parishioners Invited
please RSVP!**



You're invited to
**New Parishioner
Continental Breakfast!!!**

January 28, 2018 following the 9:30 Mass
Sacred Heart Parish Center

Hosted by the Women's Guild

Please RSVP to Loralee by January 21:
loralee.chase@sacredheartwdm.org

We would like to welcome all new Parishioners and their families to Sacred Heart
in a special way with breakfast.
Ask Questions – Meet other Parishioners – Have Fun!



"KNIGHT'S CORNER"

KNIGHTS OF COLUMBUS COUNCIL #9632

JOIN THE KNIGHTS!

Call (515) 554-0904

Email: grandknightwdm@gmail.com

NEWS

- Join your fellow knights this Monday evening, January 15, for our first business meeting (and meal) of the New Year
- The 2018 annual dues billings are in the mail. Prompt payment of council dues will be appreciated

CALENDAR

January

January 15, Monday evening: Monthly business meeting with Rosary beginning at 6:00

January 20/21: Parish center painting project. See newsletter for more information

Show me your faith with no actions and through my actions I will show you my faith

www.sacredheartwdmkofc.org

BLOOD DRIVE—SAVE THE DATE THURSDAY MARCH 8, 2018

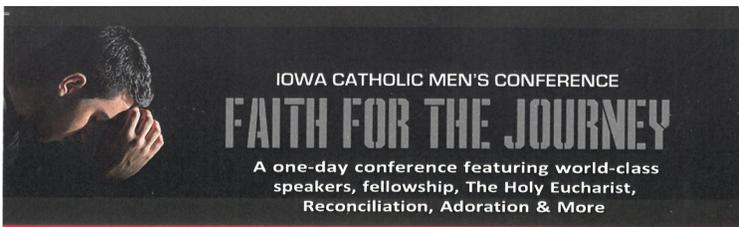


Sacred Heart parish, in conjunction with the Knights of Columbus, are sponsoring a blood drive on Thursday afternoon/evening March 8th, from 2-7PM, at the Sacred Heart parish center. We will be calling to set up appointments in mid-February, so please save the date. Further details soon!!!

PLEASE EXCUSE THE MESS!

On Friday, January 19th and Saturday, January 20th, the Sacred Heart Knights of Columbus members will be painting our Parish Center. Several months ago Father Chris met with KC Grand Knight Tom Robson, to discuss ways in which the KC's could further assist our parish. Since the parish center was in need of a fresh coat of paint, the project was scheduled and will take place next week-end. If you are in church either of those days, please be aware that "detours" may be in place to avoid the Parish Center painting areas. Thank you.





IOWA CATHOLIC MEN'S CONFERENCE
FAITH FOR THE JOURNEY
A one-day conference featuring world-class speakers, fellowship, The Holy Eucharist, Reconciliation, Adoration & More

Building Missionary Disciples

Saturday, March 10, 2018
8am - 3:30pm
St Francis of Assisi Church, West Des Moines

The Brief

Registration	7am - 9:30am
Mass	8am
Conference	9:30am - 3:30pm
*Fee included lunch	Adults \$30
	Students \$15
	Seminarians \$10

Register by January 15 to receive 30% off

Get Registered

Online: www.IowaCatholicRadio.com
By Phone: 515-223-1150

Sponsors Include:





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Bo Bonner
Host of Uncommon Good



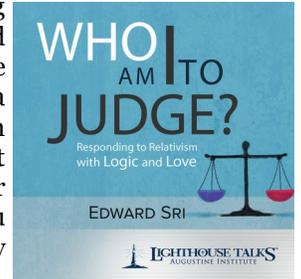
Trent Horn
Catholic Answers



GIFT—GROWING IN FAITH TOGETHER
ADULT FAITH FORMATION

YOUNG ADULT SMALL GROUP STUDY

Young adults this is for YOU! If you are 18-30's you are a young adult and we want you to connect with other young adults at Sacred Heart. Sign up for this 8 week small group today, *WHO AM I TO JUDGE, Responding to Relativism with Logic and Love*, by Dr. Edward Sri. This group will meet at the SMASH house located just behind the school at 7pm on Tuesday's beginning **January 30!** It is **FREE!** And there will be no weekly at-home work. Just come each week for a short video and great discussion with new friends! This is a great opportunity to enrich your experience this Lent. What do you have to lose? Sign up on-line by January 25!



www.sacredheartwdm.org/learn

REVELATION BIBLE STUDY

Study the book of Revelation with us beginning Jan 25! Thursday afternoons 12:30-2:30pm.

- Discover how the Mass is really heaven on earth
- Learn about the antichrist and his destruction
- Learn the meaning of the mysterious figures and events in the book of Revelation....and so much more!

Register by Jan. 18: www.sacredheartwdm.org/learn

NETFLIX FOR CATHOLICS—FORMED.org

We would like to share our parish subscription with you for **FREE!** 100,000's of hours of Catholic content. Movies, Audio, eBooks, Studies, Documentaries, Kids Content and SO MUCH MORE! An individual subscription costs \$99/year but you get it for FREE because you are a Sacred Heart Parishioner. Our Thanks to YOU!

Now with easy one step access. NO CODE to remember!
Visit: www.sacredheartwdm.formed.org and you are ready to "binge watch" your next series. Since it's all Catholic content, it is guilt free!
Recommendation: Bishop Barron's Catholicism 10 part series.



2018 Young Adult Retreat Series

February 24-25 **Repent**
and
July 27-28 **Believe**
in the
November 30-December 1 **Good News**

Diocese of Des Moines Young Adult Ministry

YOUNG ADULT RETREAT OPPORTUNITY

Repent and Believe in the Good News is a three-part series of retreats for young adults. Young Adult is a stage of life, not an age, but is roughly defined as ages 20-35.

Feb 24/25: during Lent and will focus on the human need for God's healing and renewal.
July 27/28: summer retreat and will focus on the impact of belief in God in our daily life.
Nov 30/Dec 1: during Advent and will focus on living our lives in joyful discipleship.

While there will be some connection between the three, it is not necessary to attend all three. Young adults are encouraged to go to as many as they can or even just one. The first two retreats will be held at St. Thomas More Center and the third location is TBD. The cost is \$100. If finances are an issue, please contact Deanna Lane for scholarship money.
Information/Registration can be found at: www.dmdiocese.org/2018-young-adult-retreats.cfm

BECOMING CATHOLIC...WEEK OF PRAYER FOR CHRISTIAN UNITY.

Each year from January 18-25 Christians around the world take part in an octave of prayer for visible Christian unity. By annually observing the WPCU, Christians move toward the fulfillment of Jesus' prayer at the Last Supper "that they all may be one." (cf. John 17:21). This year's theme is "Your Right Hand, O Lord – Glorious in Power." The week of prayer for Christian Unity has a history of over 100 years, and the dates for its observation were chosen because they are the original dates of the Feast of St. Peter's Chair on January 18 and the Feast of the Conversion of St. Paul on January 25.

"Today Caribbean Christians of many different traditions see the hand of God active in the ending of enslavement. It is a uniting experience of the saving action of God which brings freedom. For this reason the choice of the song of Moses and Miriam (Ex 15: 1-21), as the motif of the Week of Prayer for Christian Unity 2018 was considered a most appropriate one. It is a song of triumph over oppression. This theme has been taken up in a hymn, The Right Hand of God, written in a workshop of the Caribbean Conference of Churches in August 1981, which has become an "anthem" of the ecumenical movement in the region, translated into a number of different languages. In witnessing to this common hope the churches are working together to minister to all peoples of the region, but particularly the most vulnerable and neglected. In the words of the hymn, "the right hand of God is planting in our land, planting seeds of freedom, hope and love." For more information, please visit geii.org.

Please continue to pray for unity among all Christians, both during this special week, as well as throughout the year.

Looking for hope? Seeking a spiritual home? Wanting answers to life's big questions? We invite you to explore the Catholic Church and find out how a deeper relationship with Jesus Christ can transform your life. We welcome all inquiries and look forward to accompanying you. Contact Casey Conner, RCIA director, at casey.conner@sacredheartwdm.org or 515-225-6414

SUMMER CAMP AT SACRED HEART REGISTRATION OPEN

Sacred Heart offers 2 programs for summer camp. School age (5+) and Preschool camp (3yr/4yr). We will keep your kids busy all summer with activities, field trips and fun. We are excited to offer swim lessons through Dowling again this year! Camp fills up fast and is on a first come, first serve basis. Registration opened on Wednesday January 10. Call or email Jesse for more information or to register at 515-226-9662 or Jesse.zeimen@sacredheartwdm.org



Welcome.

CRHP 2.0
There is More to Life

A Special Opportunity for YOU

Are you looking for a New Year Resolution? Do you feel like there is something missing in your life? We all want true and lasting happiness, but sometimes we look for it in all the wrong places. A two-day weekend retreat, called Welcome is a life-changing experience and has improved the lives of many men and women in this parish and all across the country. We invite you to take a weekend off from your busy, stressful life to discover what's missing and what to do about it. The retreat is right here at Sacred Heart and welcome to all parishioners, no matter where you are on your spiritual journey. What is holding you back from making 2018 the best year yet?

Come to the next Welcome weekend! It's an incredible experience that will help you discover what's missing in your life and what to do about it.

Men's Weekend: Sat, Feb 10 – Sunday, Feb 11
Women's Weekend: Sat, Feb 24 – Sunday, Feb 25
Retreat Location: Sacred Heart School

For more information and to sign up, call the parish office at 225-6414 or visit www.sacredheartwdm.org/welcome.

PREVIOUS CRHP PARTICIPANTS:

To receive updates about future CRHP weekends send your contact info to welcome@sacredheartwdm.org

For those that have been on a CHRP weekend and would like to help assist the **women's weekend** please go to <http://signup.com/go/vfhffmK> for additional information

MAGNA24—JOIN THE MEN'S GROUP

Our Sacred Heart men's group, MAGNA24, meets the 2nd and 4th Mondays of the month at 7pm in the library. If you have been looking to make connections to men of faith at Sacred Heart, January is a great time to start! We will meet **January 22nd**. New members are welcome! Just show up or contact Bryan for details 515-720-4853



SACRED HEART SCHOOL

OPEN HOUSE
TUES. JANUARY 30
5:00-7:00 PM

C E L E B R A T E
CATHOLIC SCHOOLS
WITH US!

TOUR OUR SCHOOL

WIN A NEW CAR AND SUPPORT DCHS

Tickets will be available the weekend of Jan 13 at Sacred Heart after all Masses. There are a limited amount of tickets and they are \$100 each. Winner does NOT need to be present to win!!!

STRENGTHEN YOUR MARRIAGE

Want to strengthen your marriage? Then join our new marriage enrichment ministry, The Third Option, which meets the first and third Monday of each month from 7-9 PM at Mercy College, **928 6th Ave, Des Moines, IA 50309 (parking available in the north lot)**. The Third Option is an on-going support group for marriages, which is built upon 14 skill based workshops that cover a comprehensive set of tools to help couples develop better understanding, sensitivity and trust. This is a program meant for couples that are hurting and for couples that just want to make a good thing better! Come join a community focused on the skills that help marriages thrive! For more information, and to see a map of Mercy College visit our website at www.dmdiocese.org/the-third-option.cfm



TRIVIA NIGHT—TERRA LIVRE CLUB

Join us for a fun night Trivia sponsored by the Dowling Catholic Terra Livre Club. Over spring break, 30 Dowling students will be travelling to Brazil to help support the Terra Livre. **100% of the proceeds from Trivia Night will go to the children of Goiania, Brazil** and WILL NOT cover student trip or travel expenses.

Where: Holy Trinity, 2926 Beaver Ave
 When: January 27, door open at 6:00 PM
 Food, beverage and on-site babysitting available.
 Cost is \$25 per couple or \$100 for a table of 8.
 Register contact Erik Smith at esmith@dowlingcatholic.org

NATURAL FAMILY PLANNING

The next three-part series of classes on the sympto-thermal method of natural family planning is scheduled to begin Sunday, January 14th, from 6-8:30 p.m. at St. Francis of Assisi Catholic Church, West Des Moines. Cost is a one-time fee of \$135 for all course materials, classes, one year of consultation with certified instructors, a one-year digital subscription to Family Foundations magazine and one-year subscription to CycleProGo app. Financial Assistance is available as needed. Online registration is required. Register at www.register.ccli.org For more information, call 515-278-1623 to talk to Kerry or Renee or send an email to rjlmcguire@gmail.com.

CONCEPTION ABBEY RETREATS

Jan. 26-28—Lectio Retreat Weekend. Enhance your prayer time by learning how to pick up a sacred text and entering into a deeper sense of how God can transform your inner life. There will be input from several monks and staff, with plenty of quiet time to practice lectio.

Feb. 16-18—Lenten Retreat: Praying the Stations of the Cross Walk the way of Calvary with Jesus and learn about the man of faith, hope and unconditional love.

Contact Fr. Peter Ullrich 660-944-2850 for more details.

DEAF MINISTRY

St. Catherine of Siena Catholic Student Center (on the Drake Campus) is the home of the Catholic deaf community. Sign language is available every Sunday at the 10:30am Mass. For more information contact Peggy Chicoine dpchicoine@msn.com

JOB OPENING AT DOWLING

Dowling Catholic High School has an immediate opening for a part-time server. Hours: 10:00 am to 2:30 pm, Monday-Friday. Student tuition and activities discounts available. If interested, please contact Molly Ryan @ mryan@dowlingcatholic.org or 222-1028



BIENVENIDOS

Bienvenidos a todos nuestros visitantes, los recién llegados y feligreses !!

Si usted es nuevo en nuestra Parroquia y desea ser miembro de la Iglesia Católica Sagrado Corazón, por favor pase por la oficina parroquial o llame al 515-225-6414 para facilitarle el Registro de Nuevo Miembro. Tenemos programas y actividades disponibles para todas las edades. Ofrecemos el programa RICA para quienes deseen convertirse en Católicos. La lista con los nombres de los miembros del personal pastoral, miembros del Comité y presidentes de los ministerios y sus números de teléfono se encuentran bajo esta sección.

HORARIOS DE MISA EN FIN DE SEMANA

Sábado.....4:00 pm
Domingo....8:00, 9:30, 11:15 am; 1:00 pm Misa en Español
Misa Diaria.....Lunes a Viernes 8:00 am

SACRAMENTO DE RECONCILIACIÓN

Sábado.....2:30 pm to 3:30 pm

NÚMEROS TELEFÓNICOS

Teléfono de la Parroquia: 225-6414 Fax: 225-0286
Formación en la Fé para niños (CFF).....225-6414
Ministerio de Jóvenes..... 225-0546

www.sacredheartwdm.org

SACRAMENTO DEL BAUTISMO

Miembros registrados y participantes de la Parroquia deben contactar a la oficina parroquial para inscribirse en las clases obligatorias para Padres y padrinos. A los padres se les pide comunicar su solicitud antes del nacimiento de sus hijos.

SACRAMENTO DEL MATRIMONIO

Miembros registrados y participantes de la Parroquia, se les pide contactar a la oficina parroquial con **seis meses, o mas de anticipación** de la fecha prevista para el matrimonio. Clases de preparación matrimonial son requeridas.

RECIEN LLEGADOS

Nuevos parroquianos por favor registrarse por teléfono o en la oficina parroquial entre las 8:00 am y 3:30 pm . Para cambios de domicilio, o si dejan la parroquia por favor comuníquese con la oficina parroquial al teléfono 515-225-6414

COMITES Y PRESIDENTES DE MINISTERIOS

Si Ud. Esta interesado en pertenecer a algunos de los Ministerios de la parroquia, favor comunicarse: 515-225-6414, extension 313.

SACERDOTES SAGRADO CORAZON

**PADRE CHRISTOPHER HARTSHORN,
PARROCO**

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

**PADRE LUIS MEJIA,
VICARIO PARROQUIAL**

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

KARLA SERIO,

DIRECTORA DEL MINISTERIO HISPANO

karla.serio@sacredheartwdm.org 225-6414, ext. 304

“RINCÓN DE LOS CABALLEROS” CABALLEROS DE COLON CONCILIO #9632

NOTICIAS

¡SEA PARTE DEL GRUPO!

Llame al (515) 554-0904

**o mande un correo electrónico al
grandknightwdm@gmail.com para más información**

NOTICIAS

- Tenemos nuestro próxima reunión este lunes, el 15 de enero. Vengan a compartir una cena y para oír información y noticias con sus hermanos caballeros.
- Ya se mandó la cuota de socio anual para el año 2018. Por favor búsquelo por el correo. Les agradecemos el pago puntal de la cuota .

CALENDARIO

ENERO

15 de enero, lunes: Rosario y reunión mensual de los Caballeros, empezando a las 6:00 pm.

20/21 de enero, Proyecto para pintar el Parish Center de la iglesia. Más información disponible en la hoja informativa del concilio.

Ensenyame su fe sin acciones y con mis acciones te ensenyo mi fe

www.sacredheartwdmkofc.org

MEDIOS DE COMUNICACIÓN EN ESPAÑOL DEL SAGRADO CORAZÓN

No pierden información y manténganse al tanto de todo lo que pasa aquí en la iglesia durante la semana. La página electrónica del Sagrado Corazón puede ser leída en español usando el



programa de Google. www.sacredheartwdm.org

Busque el botón en la parte de abajo en la página electrónica principal y seleccione la opción para “español”. ¿Sabes que el Sagrado Corazón tiene una página de Facebook? Síguenos en

@SacredHeartWDM.



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