

# SACRED HEART CATHOLIC CHURCH

WEST DES MOINES



## ONLINE MASS SCHEDULE

**Sunday**  
**(Live Streamed)**  
**9:00 am**  
**10:30 am en Español**

**Daily Mass**  
**(Live Streamed)**  
**9:00 am**

**[www.facebook.com/  
SacredHeartWDM/](https://www.facebook.com/SacredHeartWDM/)**

**[www.youtube.com channel  
Sacred Heart Church WDM](https://www.youtube.com/channel/SacredHeartChurchWDM)**

**[www.sacredheartwdm.org](http://www.sacredheartwdm.org)**

**Parish Office (515) 225-6414**  
**Sacred Heart School (515) 223-1284**

**1627 Grand Avenue**  
**West Des Moines, Iowa 50265**

## PREPARING THE CHURCH — WE ARE ON IT!

One thing is for certain, at some point Sacred Heart will open back up for live Mass. We don't yet know when this will happen and we await direction from the Diocese. We have started a committee to begin thinking through each and every aspect of reopening. This group is centered around prayer and grounded in the Holy Spirit. We will make sure that we are following all guidelines to keep you safe AND bring us back together in the Eucharist. Please stay tuned to your email and social media to receive all updates. And be patient with us as we move through this ever changing time period. We look forward to seeing you soon!

## ***¡ESTAMOS EN PREPARACIONES!***

*Aunque no sabemos cuándo, pero si sabemos que la iglesia Sacred Heart abrirá otra vez para celebrar misas públicas. Esperamos más información de la diócesis para cómo y cuándo empezar a celebrar misas publicas y hemos empezado a hablar en comité de los detalles requeridos para abrir en la iglesia en la forma correcta. El comité está centrado en oración y guiado por el Espíritu Santo. Vamos a seguir todas las directrices para mantenerlos seguros Y regresar como una comunidad a la Eucaristía. Se manda toda información por correo electrónico y actualizamos nuestras redes sociales cuando hay mas información. Pedimos que tengan paciencia con nosotros durante este tiempo fluido. ¡Estamos ansiosamente esperando verlos!*

# WELCOME

If you are new to our Sacred Heart Parish and wish to be a member of the Sacred Heart Catholic Church, please stop by the parish office or call 515-225-6414 to facilitate the New Member Registration. We have programs and activities available for all ages. We offer the RICA program for those who wish to become Catholics. [We invite you to become involved as an Active Apostle at Sacred Heart Parish!](#)

# BIENVENIDOS

Si usted es nuevo al Sacred Heart (Sagrado Corazón) y quiere ser se miembro, por favor pase por la oficina de la iglesia para obtener el paquete de registración. También se puede facilitar un paquete por correo si llama al 515-225-6414. Si usted necesita ayuda en español, por favor llame al 515-225-0546 para comunicarse directamente con la Directora del Ministerio Hispano. Tenemos programas y actividades para todas edades. También ofrecemos el programa de RICA para los quienes desean convertirse a la fe católica o los quienes necesitan terminar sus sacramentos de iniciación. [¡Los invitamos a participar como Apóstoles Activos en la Parroquia de Sacred Heart!](#)

## SACRED HEART PARISH CONTACTS



**FR. CHRIS HARTSHORN, PASTOR**  
[chris.hartshorn@sacredheartwdm.org](mailto:chris.hartshorn@sacredheartwdm.org)



**FR. NIPIN SCARIA THAKIDIPURATHU,  
PAROCHIAL VICAR**  
[FrNipin@sacredheartwdm.org](mailto:FrNipin@sacredheartwdm.org)

**Rev. Mr. Ed Garza**, Pastoral Care, Deacon  
[ed.garza@sacredheartwdm.org](mailto:ed.garza@sacredheartwdm.org)

**Rev. Mr. Randy Horn**, Deacon

**Rev. Mr. Ron Myers**, Deacon

### SACRED HEART MINISTRY STAFF

**Joan Miller**, RCIA Director  
[joan.miller@sacredheartwdm.org](mailto:joan.miller@sacredheartwdm.org)

**Leah Mohlman**, Minister of Music and Liturgy  
[leah.mohlman@sacredheartwdm.org](mailto:leah.mohlman@sacredheartwdm.org)

**Sue Reichart**, Adult Faith Ministry Director  
[sue.reichart@sacredheartwdm.org](mailto:sue.reichart@sacredheartwdm.org)

**Sarah Sheerin**, Youth Ministry Director  
[sarah.sheerin@sacredheartwdm.org](mailto:sarah.sheerin@sacredheartwdm.org)

**Kayla Richer**, Children's Faith Formation Director  
[kayla.richer@sacredheartwdm.org](mailto:kayla.richer@sacredheartwdm.org)

**Karla Vaquerano Willis**, Hispanic Ministry Director  
[karla.willis@sacredheartwdm.org](mailto:karla.willis@sacredheartwdm.org) (515) 225-0546

### SACRED HEART SCHOOL STAFF

**Jane Kinney**, Principal  
[jane.kinney@sacredheartwdm.org](mailto:jane.kinney@sacredheartwdm.org)

**Scott Ehlinger**, Vice Principal  
[scott.ehlinger@sacredheartwdm.org](mailto:scott.ehlinger@sacredheartwdm.org)

# Divine Renovation at Sacred Heart

## VISION OF OUR CATHOLIC COMMUNITY OF SACRED HEART:

Sharing the Good News of God's Love  
through Active Apostleship

## OUR DEEPEST SYMPATHY AND PRAYERS TO THE FAMILIES OF THE FOLLOWING...

*Dick Heck  
Parishioner*

...GOD GRANT THEM ETERNAL REST

## 6TH SUNDAY OF EASTER

### *Message of the Week*

*Jesus is the reason for our hope.*

## PLEASE PRAY FOR POR FAVOR ORE POR

Irene Casteline  
Amy Jo & Jon Finnegan  
Florence Fligg  
Tony Giorgio  
Amy Hanrahan  
Connie McGinn  
Dale Mason  
Casey Conner

Gavin McCoy  
Viola Dubay  
Linda Ashby-McFarlane  
Teresa Kordick  
Gene McLaughlin  
Lisa Budde  
Gary Julius  
Gabe Savala

All those who have been impacted  
by the coronavirus.

*Please let us know of if you would like us to pray for  
you. Call the office or Deacon Ed at 515-225-6414.*

*Por favor déjenos saber si usted conoce una persona  
quien necesita oraciones de la comunidad.  
Comuníquese con Karla.*

## SACRED HEART MASS AND INTENTIONS: THE WEEK OF MAY 17, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
9:00 am Online Sunday Mass Mass Intentions: Tina Cannon, Rita Krois, Kathleen Grosland	9:00 am Online Daily Mass  Mass Intention: Mildred Keller	9:00 am Online Daily Mass  Mass Intention: Bill Miksich	9:00 am Online Daily Mass  Mass Intention: RJ Bud Zender	9:00 am Online Daily Mass  Mass Intention: Kathy Streck	9:00 am Online Daily Mass  Mass Intention: Cleo Scheidel	9:00 am Online Daily Mass  Mass Intention: Sharon Blubaugh
10:30 am Online Sunday Mass (En Español)  Mass Intention: SH Parishioners						

## ST. VINCENT DE PAUL SOCIETY

The Sacred Heart St. Vincent de Paul Society is able to help qualified Sacred Heart parishioners who find themselves in need of food, gas, rent or utilities assistance, on a limited basis. We also partner with other agencies for needs that we cannot provide. We thank all of our generous donors for the ability to provide these services. Any Sacred Heart parishioner needing help in these areas can email Rolla Hermann at [rollaman63@gmail.com](mailto:rollaman63@gmail.com).

*La Sociedad de St. Vincent de Paul de la Iglesia Sacred Heart tiene ayuda para parroquianos de Sacred Heart. Es necesario calificar. Después de calificar es posible recibir ayuda de comida, gasolina, renta o utilidades. Ayuda es limitada, pero St. Vincent de Paul coopera con otras agencias para ayudar en necesidades no cubiertas por la sociedad. Muchas gracias a los donantes generoso por su apoyo del fundo. Cualquier parroquiano registrado en la iglesia quien necesita ayuda puede mandar un correo electrónico a Rolla Hermann, [rollaman63@gmail.com](mailto:rollaman63@gmail.com).*

## Secure Online Giving Options



Thank you for doing what you can to keep Sacred Heart Parish strong during this unprecedented time. While we understand that there are some among us who are facing financial challenges, if you are in a position of financial blessing, please prayerfully consider supporting the mission at Sacred Heart. Our website offers opportunities for giving to support the Sacred Heart community. For secure on-line giving options, please visit [www.sacredheartwdm.org/on-line-giving](http://www.sacredheartwdm.org/on-line-giving). Maximize your on-line giving by choosing debit! The fees Sacred Heart incurs associated with debit transactions are minimal! Your continued financial support of Sacred Heart Parish is greatly appreciated.

## Dando Donativos en Línea Seguramente

Muchas gracias por su apoyo de la Iglesia Sacred Heart durante este tiempo sin precedentes. Sabemos que muchos de ustedes han entrado en situaciones difíciles por la pandemia, especialmente financieramente. Pero, pedimos que los quienes están en una posición de bendiciones financieras, que consideren seguir apoyando la misión del Sacred Heart con una donación en línea. La página de la iglesia ofrece varias formas de ayudar a la comunidad de Sacred Heart. Por favor haga clic en el enlace [www.sacredheartwdm.org/on-line-giving](http://www.sacredheartwdm.org/on-line-giving) para ver las opciones. Muchas gracias por su apoyo continuado.

## CHILDREN'S FAITH FORMATION (CFF)

### My Vivid Dream — By Debbie Chalik

Last weekend I had a dream. I was in church and the church was full with all of you! Everyone was happy and greeting each other. Father Chris and Father Nipin were both on the altar and the music was incredible. The sun was coming in through the stained glass windows and flowers were everywhere. But the most vivid part of the entire dream was the altar servers – we had eight. Now that was unexpected!

When I woke up, I remembered it all: what I saw and how I felt. Deep in my heart, I yearn for Mass even in my dreams. Deep inside I need to be fed.

What I didn't feel was sadness or a sense of loss. I have been going to Mass virtually all along. I see you, my fellow parishioners, as you are announced by Facebook or when you leave a comment. My dream left me with a strong feeling that we will have our Mass back when it is time, we just need to hang on tight and keep praying. After all, this was a dream of hope. The church will be full and there will be song in the air. We will definitely have plenty of altar servers. I received my spiritual communion and it felt like I was home.

But here is the question that I have not been able to answer: how is it that I can remember this dream of Mass so vividly and I can't remember why I went to the basement! That is a mystery for another day.

The only answer I can come up with is this: some things are just a little more important than others. *I'll be seeing you soon!*

## PRAY THE ROSARY EVERY MONDAY EVENING ON ZOOM

Please join Sacred Heart Church on Monday nights at 6:30 pm to pray the Rosary through Zoom.

Joan Miller is inviting you to a scheduled Zoom meeting.

Topic: Sacred Heart Rosary

Time: This is a recurring meeting every Monday at 6:30 pm

<https://us04web.zoom.us/j/74771965295>

pwd=R05JZDc2SG5tV3lVazNCaDVwMi9Ddz09

Meeting ID: 747 7196 5295

Password: rosary



*If you are homebound or hospitalized, or will be hospitalized, and would like a visit from the Pastoral Staff or need Anointing of the Sick, please contact the Parish Office. Our priests and pastoral care minister will be happy to make a pastoral visit if you wish. [ed.garza@sacredheartwdm.org](mailto:ed.garza@sacredheartwdm.org)*

## MANAGING ANXIETY AND ISOLATION DURING QUARANTINE

Since the World Health Organization declared the COVID-19 outbreak a global pandemic, many of us, even those who have not been infected by the virus, will choose to quarantine in our homes for the upcoming weeks. Capsized travel plans, indefinite isolation, panic over scarce re-sources and information overload could be a recipe for unchecked anxiety and feelings of isolation. Here are a few pointers that could help you survive spiraling negative thoughts about this uncertain time.

### 1.) Reframe “I am stuck inside” to “I can finally focus on my home and myself”

As dismal as the world may feel right now, think of the mandated work-from-home policy as an opportunity to refocus your attention from the external to the internal. Doing one productive thing per day can lead to a more positive attitude. Set your sights on long-avoided tasks, reorganize, or create something you’ve always wanted to. Approaching this time with a mindset of feeling trapped or stuck will only stress you out more. This is your chance to slow down and focus on yourself.

### 2.) Stay close to your normal routine

Try and maintain some semblance of structure from the pre-quarantine days. For those individuals with children, sticking to a routine might be easier; however as you work from home, it could be tempting to fall into a more lethargic lifestyle, which could lead to negative thinking. Wake up and go to bed around the same time, eat meals, shower, adapt your exercise regimen, and get out of your PJ’s. Do laundry on Sundays as usual. Not only will sticking to your normal routine keep you active and less likely to spiral, it will be easier to readjust to the outside world when it’s time to get back to work.

### 3.) Avoid obsessing over endless Coronavirus coverage

Freeing up your day from work or social obligations gives you plenty of time to obsess, and if you have a tendency to consult Google for every itch and sneeze, you may be over-researching the pandemic as well. Choosing only certain credible websites (who.int or cdc.gov is a good start) for a limited amount of time each day (perhaps two chunks of 30 minutes each) will be in your best interest during this time.

### 4.) A chaotic home can lead to a chaotic mind

With all the uncertainly happening outside your home, keep the inside organized, predictable and clean. Setting up mental zones for daily activities can be helpful to organize your day. For example, try not to eat in bed or work on the sofa- just as before, eat at the kitchen table and work at your desk. Loosening these boundaries just muddles your routine and can make the day feel very long. Additionally, a cluttered home can cause you to become uneasy and claustrophobic of your environment- so keep it tidy.

### 5.) Start a new quarantine ritual

With this newfound time, why not do something special during these quarantined days? For ex-ample, perhaps you can start a daily journal to jot down thoughts and feelings to reflect on later. Or take a walk every day at 4 pm, connect with your sister over FaceTime every morning, or start a watercolor painting which you can add to everyday. Having something special during this time will help you look forward to each new day.

### 6.) Use telehealth as an option to talk to a professional if your anxiety becomes unmanageable

Many licensed psychologists are offering telehealth options over HIPAA-compliant video chat platforms. Remember to reach out for help if your anxiety is reaching proportions that is unmanageable without professional help.

Letting go of illusions of control and finding peace in the fact that you are doing your part to “flatten the curve” will certainly build mental strength to combat the stressful situation the whole globe is experiencing.



## Mass Worship Guide Available

Sacred Heart Church now offers a weekly Sunday Mass Worship Guide on the website! Follow along with the readings and prayers during Mass by checking out the new online Sacred Heart Worship Guide.

This page also offers wonderful resources for reading reflections for adults and children. Please feel free to print the Sunday Worship Guide and the Children's Celebration pages. We hope this information enhances your participation with the Mass from home.

Please note that due to copyright restrictions, we are not able to post music. Thank you for understanding.

[www.sacredheartwdm.org/worship-guide](http://www.sacredheartwdm.org/worship-guide)

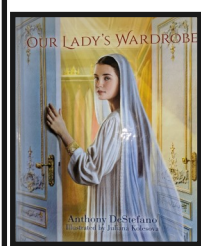
## Have the Bulletin Emailed to You

Check out the latest Sacred Heart Church bulletin online! And, sign up to have an online bulletin delivered to your email! <https://www.parishesonline.com/find/sacred-heart-church-50265#subscribe>

## ¡El boletín de Sacred Heart está disponible por la página de Web!

*Usted puede ver el boletín de la iglesia en línea. ¡Y también puede apuntarse para recibirlo por correo electrónico!*

<https://www.parishesonline.com/find/sacred-heart-church-50265#subscribe>



## Librarian's Corner

Honor our Blessed Mother this May by introducing your children to her various apparitions with this stunning book "Our Lady's Wardrobe" by Anthony De Stefano.

## ACTIVE APOSTLE SHOUT OUT!

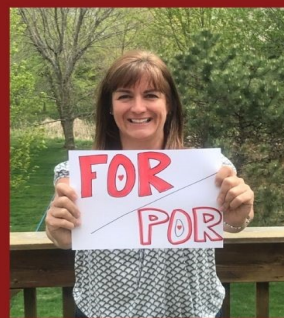


### Pam Douglas

Even though we have not been able to join together in our physical church, many of us are watching daily live streamed Mass. Many parishioners have noticed and commented on the lovely decorations and colorful flowers that have made Sacred Heart Church look so beautiful! Sacred Heart Arts and Environment Committee volunteer, Pam Douglas, has worked tirelessly to keep our church looking wonderful and seasonally appropriate. Thank you, Pam, for all your hard work bringing the beauty of our church through our screens and into our homes.

### Apostole Activo - Pam Douglas

*Aunque no nos podemos reunir físicamente en la iglesia, muchos de nosotros estamos viendo la transmisión de las misas diarias por internet. Muchos de los parroquianos han notado y comentado en las decoraciones y flores que han adornado el santuario. Pam Douglas, voluntaria con el Comité de Decoraciones de Sacred Heart ha trabajado incansablemente para mantener el santuario lindo y litúrgicamente apropiado durante este tiempo. Muchas gracias, Pam, por todo lo que haces para mantener la belleza de nuestra iglesia para que la disfrutemos de nuestras casas.*



Sacred Heart  
Parish Staff

El Personal de la  
Iglesia Sacred Heart

