

SACRED HEART CATHOLIC CHURCH

WEST DES MOINES

LOVE in the Heart of Christ *Sacred Heart Parish Service Day!*

Saturday, November 13th
10 am - 4 pm

*To register as a volunteer or to request help
with a project, check out the inside pages or visit:*

WWW.SACREDHEARTWDM.ORG/LOVE

WEEK OF OCTOBER 24, 2021

DAILY MASS

8 am (Monday - Friday)

WEEKEND MASS SCHEDULE (MISAS)

Saturday

4 pm

Sunday

9 am

11 am

1 pm (en español)

5 pm

RECONCILIATION (RECONCILIACIÓN)

Saturday

2:30 pm—3:30 pm

Reconciliation Room in the Gathering Space

ADORATION (HORA SANTA)

First Tuesday of Every Month

primer martes de cada mes

Following 8 am Mass

Healing Service and Benediction

Servicio de Sanación y Bendición

6 pm

OFFICE HOURS (HORAS DE OFICINA)

Monday — Friday (*de lunes a viernes*)

8 am — 3:30 pm

1627 Grand Avenue

West Des Moines, Iowa 50265

Parish Office (*oficina*) (515) 225-6414

Sacred Heart School (*escuela*) (515) 223-1284

www.facebook.com/SacredHeartWDM/

www.sacredheartwdm.org



SATURDAY NOVEMBER 13

**LOVE IN THE HEART OF CHRIST
SERVICE DAY**

chili cookoff

JUDGES: FR. CHRIS AND FR. LITTO
PRIZE: APPLE AIR PODS
ALL CHILI MUST BE MADE WITH LOVE

**ONLY 10 ENTRIES WILL BE ACCEPTED!
DON'T DELAY SIGNING UP
WWW.SACREDHEARTWDM.ORG/CHILI**

SACRED HEART PARISH CENTER
FOLLOWING THE 4PM MASS

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 RCIA 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



**FR. LITTO THOMAS,
ASSOCIATE PASTOR**
litto.thomas@sacredheartwdm.org

Rev. Mr. Ed Garza, Deacon

Rev. Mr. Ron Myers, Deacon

SACRED HEART MINISTRY STAFF

Joan Miller, Becoming Catholic Director
joan.miller@sacredheartwdm.org

Leah Mohlman, Minister of Music and Liturgy
leah.mohlman@sacredheartwdm.org

Sue Reichart, Adult Faith Ministry Director
sue.reichart@sacredheartwdm.org

Sarah Kelly, Youth Ministry Director
sarah.kelly@sacredheartwdm.org

Chris Corrice, Family Formation Director
chris.corrice@sacredheartwdm.org

Kayla Richer, Family Formation Director
kayla.richer@sacredheartwdm.org

Karla Vaquerano Willis, Hispanic Ministry Director
karla.willis@sacredheartwdm.org (515) 225-0546

SACRED HEART SCHOOL STAFF

Scott Ehlinger, Principal
scott.ehlinger@sacredheartwdm.org

Susan Battani, Vice Principal
susan.battani@sacredheartwdm.org

PLEASE PRAY FOR
POR FAVOR ORE POR

Joe Cimino	Cora Newcomb
Andy Crouse	Steph Salana
Joanie DeWitt	Colleen Salazar
Viola Dubay	Gabe Savala
Vicki Ferin	Olivia Steffensmeier
Florence Fligg	Lori Tiffaney
Tony Giorgio	Lyle Veach
Ella Harkin	Anne Marie Wilkinson
Mary Ann Hilderbrand	Abby Woodson
Ali Lasell	Heather and Mary
Tim Murano	

Please let us know of if you would like us to pray for you.

Please call the office at 515-225-6414.

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

THROUGH THE WATERS OF BAPTISM,

Vanessa Lopez

Daughter of Jose Lopez & Genoveva Rios

Abigail Rodriguez

daughter of David & Adriana Rodriguez

WE WELCOME YOU TO SACRED HEART!

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

Joyce Amber

Sister in-law of parishioner Glenn & Elaine Amber

Jack Ochylski

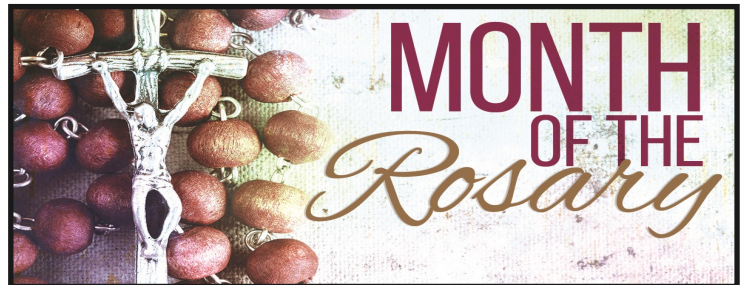
Brother of parishioner Dan Ochylski

...GOD GRANT THEM ETERNAL REST

Divine Renovation at Sacred Heart

**VISION OF OUR CATHOLIC
COMMUNITY OF SACRED HEART:**

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



SACRED HEART MASS INTENTIONS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
9:00 am Mass Mass Intention: Charles Koch	7:30 am Parish Rosary	7:30 am Parish Rosary	7:30 am Parish Rosary	7:30 am Parish Rosary	7:30 am Parish Rosary	
11:00 am Mass Mass Intention: Teresa Kordick	8:00 am Mass Mass Intention: Karen Hesser	8:00 am Mass Mass Intention: Joanne Weis & Lana Gossman	8:00 am Mass Mass Intention: Karen Cavanaugh	8:00 am Mass Mass Intention: Donald Signor	8:00 am Mass Mass Intention: Neil Wright	
1:00 pm Mass (En Español) Mass Intention: SH Parishioners			8:30 am Parish Prayer Group <i>Drop in. All are welcome.</i>			2:30 pm-3:30 pm Reconciliation Gathering Space Reconciliation Room
5:00 pm Mass Mass Intention: Gregory Rocha	6:30 pm Parish Rosary					4:00 pm Mass Mass Intention: SH Parishioners



Come One!

Come All!

To the 2021 Sacred Heart Trunk or Treat!

- Place: SHS parking lot
- Date: Thursday, October 28th
- Time: 5:30-7:00
- Bring your favorite Trick or Treat bag, box, or bucket and WALK THROUGH the parking lot collecting your loot!!
- Parking space will be available at the Mercy Clinic east of the SHS parking lot.

ACTIVE APOSTLE SHOUT OUT!

Carlos Penn and Lillian Tekwe



If you attend 9:00 Mass we know you will recognize this week's Active Apostles as they often usher. Carlos Penn & Lillian Tekwe joined our parish two years ago from Cameroon, Africa. As they entered our country one of their first thoughts was finding a church community. Carlos has recently become a Knight and Lillian is an assistant catechist in our Family Formation Program. Outside of these activities you will always see a joyful smile and notice their joyful hearts when they greet you. Our Lady of Guadalupe has played a significant role in their safe arrival to America. Be sure to introduce yourselves to this special family the next time you see them. If you have more time, ask them to share their story as it is one of great faith.

Apóstol Activo: Carlos Penn y Lillian Tekwe

Si asiste a la Misa de las 9:00, sabemos que reconocerá a los Apóstoles Activos de esta semana, ya que a menudo los acompañan. Carlos Penn y Lillian Tekwe se unieron a nuestra parroquia hace 2 años desde Camerún, África. Cuando entraron a nuestro país, uno de sus primeros pensamientos fue encontrar una comunidad eclesial. Carlos se ha convertido recientemente en Caballero y Lillian es catequista asistente en nuestro Programa de Formación Familiar. Fuera de estas actividades, siempre verás una sonrisa alegre y notarás sus corazones alegres cuando te saludan. Nuestra Señora de Guadalupe ha jugado un papel importante en su llegada segura a América. Asegúrese de presentarse a esta familia especial la próxima vez que los vea. Si tiene más tiempo, pídeles que compartan su historia, ya que es de gran fe.



NEW Church Office Hours

Monday/lunes	7:30am-5:30pm
Tuesday/martes	7:30am-5:30pm
Wednesday/miércoles	7:30am-6:30pm
Thursday/jueves	7:30am-5:30pm
Friday/viernes	7:30am-noon

SIX DATES FOR CATHOLIC COUPLES

Saturday, November 6th at 5 PM

(More Dates Coming 2022)

Enrich your Catholic Marriage:

Join us in the Our Lady of Guadalupe Room after the 4 PM Mass for appetizers, prayer, and a brief DVD Presentation.

Registration:

sue.reichart@sacredheartwdm.org

Babysitting Available!!

St. Vinnie's Corner

Many musical artists have covered the song, "Lean on Me" by Bill Withers. This song has a wonderful message of helping those in their time of need, because everyone needs help from time to time.

"We all have pain

We all have sorrow,

But if we are wise

We know that there's always tomorrow

Lean on me

When you're not strong and I'll be your friend

I'll help you carry on...

For it won't be long

Till I'm gonna need somebody to lean on

Please swallow your pride

If I have things you need to borrow

For no one can fill

Those of your needs that you won't let show

You just call on me brother when you need a hand

We all need somebody to lean on".

St. Vincent de Paul is here for those in need. Please contact and lean on us through the Parish Office so we can give you a hand.

Knights of Columbus Update



After a year off the Knights will again be selling Thanksgiving holiday pies next month! More information will be available in early November.

Mary's Helping Hands

Mary's Helping Hands will be collecting maternity clothing, baby clothing and nursery items on **Wednesday, November 10th at Sacred Heart**. Please drop off items after school dismissal in the front church parking lot. There will be volunteers ready to help unload at **2:30 pm!** If you have questions or know an expecting mother in need of support, please visit, www.maryshelpinghandsiowa.org for more information.

Why is it called Stephen Ministry?

In the book of Acts, chapter 6, Stephen was chosen to provide caring ministry to those in need. Since the time of the Apostles', caring ministry has been considered a hallmark of the Christian faith community. Stephen Ministry is here at Sacred Heart for those in need. Please contact Deacon Ed Garza @ 515-249-7946 or Tamara Garza @ 515-681-5103 if you have any questions about Stephen Ministry.

Holy Land Trip - Only a few spots left!

There are only 5 or 6 spots left for this trip of a lifetime to the Holy Land on September 13 - 22, 2022! Please register soon to save your spot on this trip with Fr. Chris! Please contact Fr. Chris at chris.hartshorn@sacredheartwdm.org for more information.

Women's Guild Updates

Thank You for Casseroles

Thanks to all those who prepared casseroles for the Family Violence Center in October. In all, we were able to donate approximately 80 casseroles last weekend to these families in need.

Catholic Worker House Meal

For those who've signed up to donate items for the Catholic Worker House meal on Saturday, Oct. 30, please drop those off by noon in the labeled box in the parish center kitchen next to the microwave.

Winter Wearables Drive

Please join the Guild in the last weekend of our annual collection to help keep others warm this winter. We are seeking hats, mittens/gloves, scarves and new this year, winter coats and boots. Drop off donations in the bins in the gathering area by Monday morning, October 25. Donations will be dispersed in our parish and through West Des Moines Human Services and Catholic Charities, especially for new refugees and immigrants. All sizes for children and adults are welcomed. Please ensure all donated items are in good, clean condition.

Save the Dates

- **November 9, 2021:** Make Jesse Tree Ornaments & Write Welcome Notes to New Parishioners
- **December 4 & 5:** Annual Bake Sale Fundraiser to Support Parish Ministries/Nonprofits
- **December 13:** Guild & Knights Advent Party
- **January 11, 2022:** Decorate Valentines for Nursing Home Residents & Shut-Ins
- **Feb. 8, 2022:** TBD
- **April 12, 2022:** May Blessing Bags for Sacred Heart Teachers & Staff
- **May 10, 2022:** Spring Salad Supper & Focus on the Blessed Mother

Women's Guild Registration

My Name: _____
Please return this form along with a \$20 payable to Sacred Heart Women's Guild to:
Checks to:
Kathy Hatlie, 1208 57th Place, West Des Moines, IA 50266 or Women's Guild mail slot near parish office.
New this year:
Pay via venmo at SHGUILD with the last four phone digits of 6451.

_____ Please accept my contribution as a member to help serve guild service projects.

_____ Guild members over the age of 80 pay no dues.

_____ (I prefer not to be an active member at this time, but wish to support your good work.)

Name: _____

Address: _____

City/zip: _____

Phone: _____

Email: _____

Celebrate the gift of the Sacrament of Marriage with the Des Moines Diocese



Bishop Joensen will be celebrating three anniversary Masses this fall to pray with, bless and honor couples celebrating milestone anniversaries. Certificates of blessing and reserved seating is available for couples celebrating 1, 10, 25 and 50+ years of marriage. A light reception will follow the Mass.

Times and Locations:

- Saturday, October 30th, 4 PM at St. Ambrose Cathedral, Des Moines, IA
- Sunday, November 7th, 11:30 AM at St. Anne Catholic Church, Logan, IA
- Saturday, November 13th, 5 PM at St. Mary Catholic Church, Red Oak, IA

To register call Catholic Gearhart at 515-237-5004 or email her at cgearhart@dmdioocese.org

¡La Diócesis de Des Moines le invita a celebrar el regalo del Sacramento de Matrimonio!

El Obispo Joensen estará celebrando tres Misas de aniversario esta temporada de otoño para orar, bendecir, y honrar a las parejas que celebran aniversario importante. Se reservarán asientos y habrá certificados de bendición para las parejas que celebran 1, 10, 25, 50 o más años de matrimonio. Habrá una pequeña recepción después de la Misa.

Hora y Lugar:

Sábado 30 de octubre a las 4:00 PM en la Catedral de San Ambrosio en Des Moines, IA

Domingo 7 de noviembre a las 11:30 AM en St. Anne Catholic Church, Logan, IA

Sábado 13 de noviembre a las 5:00 PM en St. Mary Catholic Church, Red Oak, IA

Para registrarse llame a Mayra Moriel de Banuelos al 515-237-5011 o envíe un correo electrónico a mmoriel@dmdioocese.org

SHS Trunk or Treat Night!



The Sacred Heart School Trunk or Treat will be held on Thursday, October 28 from 5:30 pm - 7:00 pm! Bring your favorite Trick or Treat bag and walk through the parking lot to collect your loot! Parking available at the Mercy Clinic east of SHS.

Six Dates for Catholic Couples



Enrich your Catholic marriage! Join us in the Our Lady of Guadalupe Room after 4 pm Mass for appetizers, prayer, and a brief presentation on **Saturday,**

November 6th. To register, please email sue.reichart@sacredheartwdm.org. Babysitting available!

Announcing THE HOLY FAMILY Christmas Gala on November 20th!

Iowans for LIFE will host their 11th annual fundraising banquet on November 20th at the Hy-Vee Ron Pearson Conference Center in West Des Moines. This year's theme is THE HOLY FAMILY, featuring top musical talent, including Gina Gedler and Tony Valdez, backed by a 16 voice choir and orchestra. In addition, you will experience a fabulous meal, exciting auction, and hear a great pro-life talk by Msgr. Frank Chiodo. Tables of ten/\$600; \$65/seat. Order online today: lowansforLIFE.org.

Freestore Looking for Used Furniture

The Freestore helps families start over by supplying gently used furniture and household goods to women who are transitioning from domestic abuse shelters with their children, veterans, young adults establishing themselves from shelter care, victims of sex trafficking and others who have experienced a trauma. They currently need gently used furniture, particularly dressers, small tables and Queen box springs. We have a warehouse and trucks so can pick up your items. If you have anything or want to help, please contact Cindy Steffen Mackey at 515-975-0342 to coordinate pick up or drop off for your items.

Dowling Catholic High School Open House



Dowling Catholic High School is hosting its annual Open House for Prospective Students on **Sunday, November 7th from 11 a.m. - 2 p.m.** Families will tour the school, meet the teachers, moderators, and coaches and learn about tuition assistance. There are prizes to win and games to play! It's a fun day for the whole family! If you have any questions, please call **515-222-1025**.

Job Opening for Administrative Assistant

St. Ambrose Cathedral is seeking to fill the position of Administrative Assistant for the parish offices. This full-time position works 30-35 hours per week during business hours, Monday through Friday, providing multi-department support. If you love to serve, have a cheerful disposition, and are organized and familiar with social media communications, we would like to talk with you. Please email cover letter and resume to Fr. Nipin Scaria at frnipin@saintambrosecathedral.org, or mail to 607 High Street, Des Moines, IA 50309. Download the job description at saintambrosecathedral.org.

Christ Our Life 2022—Save the Date

The Christ Our Life Conference has announced that they will hold a Catholic Conference on September 24 and 25, 2022 at Wells Fargo Arena in Des Moines! Some featured guest speakers will include: Fr. John Riccardo, Matt Fradd, Keith Nester, Susan Tastone, and Patricia Sandoval. A live-streaming option will be available. More details to come!

Remembering Our Loved Ones

November is the month in which we remember all of those who have gone before us. We ask you to consider participating in one or more of the following ways through our liturgical celebrations.

- **The Book of Remembrance** will be set out on a podium next to the baptistery for you to write in the name(s) of anyone you know who has died. It can be a family member, parishioner or friend. It does not have to be someone who passed away this past year.

- **A Shrine of Remembrance** - Parishioners may bring a framed picture (no larger than 5 x 7) of the deceased to the Parish Office, or set it on the shrine area by October 31. Please Label back of picture.

- **On Sunday, November 7th at the 5pm Mass**, a decorated candle representing each member of our parish community who has died this past year, will be processed forward and placed in front of the altar. Following the liturgy, the families of the deceased will be invited to take the candles home.

En Memoria

El mes de noviembre es el mes en que recordamos a todos quienes nos han precedido en muerte. Los invitamos a que nos acompañen en recordar a nuestros seres queridos, participando en una o más de las celebraciones litúrgicas que siguen.

- **Libro de los Difuntos:** *El Libro de los Difuntos estará puesto en un podio a la par de la pila bautismal para que usted escriba los nombres de sus conocidos quienes hayan fallecido. Puede ser un miembro de familia, parroquiano, o amigo. No es necesario que hayan fallecido este año.*

- **Ofrenda:** *Parroquianos pueden traer una foto de su difunto para la ofrenda que se pondrá en frente del altar. Es necesario traer la foto en un cuadro. Pedimos que el cuadro no sea más de 5x7 pulgadas de tamaño para darle chance a todos los quienes quieren participar. Se puede entregar el cuadro en la oficina de la parroquia o lo puedes colocar directamente en la ofrenda antes del 31 de octubre. Favor de poner una etiqueta en la parte de atrás del cuadro con su nombre, número de teléfono y su dirección de casa.*

- **Misa de las 5pm, domingo 7 de noviembre:** *Esta Misa especial será celebrada con las intenciones para los difuntos del último año de nuestra parroquia. Se celebra en inglés.*

- **Misa el 2 de noviembre celebrando el Día de los Muertos, 6:30pm:** *Esta Misa especial será celebrada con las intenciones para los difuntos de nuestras familias parroquianas. Nombramos los difuntos durante las peticiones. Es necesario estar presente en la Misa para tener una intención. Nombres están apuntados 30 minutos antes de la Misa. Se celebra en español.*



Monday, November 1st

Lunes 1 de noviembre

8:00 am Mass

9:30 am Mass (School Mass)

5:30 pm Mass

7:00 pm Mass (en español)



ONLINE WEBINAR



How The Eucharist Can Transform Your Life

HOST: Chris Magruder, Founder of The Veil Removed

SPECIAL GUEST: Monsignor David J. Hoefler, V.G., Diocese of Springfield, IL (Illinois)

Tuesday, October 26th @ 7:30PM Central

SIGN UP TODAY!



SUPPORT THE KNIGHTS

The Knights of Columbus have a surplus of Tootsie Rolls from their Campaign for People with Intellectual Disabilities (CPID) and are making them available for only **\$10** for a box of 50 or 3 boxes for **\$25** while supplies last!!! 100% of the proceeds from the sale of Tootsie Rolls goes to support the following charities:

- ☐ Special Olympics of Iowa
- ☐ ChildServe
- ☐ Bishop Drumm Alzheimer Unit
- ☐ Ruby Van Meter School

Please stop by or contact the Parish Office at 225.6414 if you're interested or contact Steve Miller (sjdcbmiller@gmail.com / 515.229.6820).



LOVE in the Heart of Christ



Sábado, 13 de noviembre de 2021 – 10:00 am – 4:00 pm
REGISTRO DE VOLUNTARIOS

Nombre: _____

Dirección: _____

Ciudad: _____ Teléfono: _____

Puedo Ayudar Con:

- ☐ Trabajos en el jardín ☐ Reparación en Casa
☐ Limpieza de ventanas ☐ Limpieza de canales (gutters)
☐ Otros

¿Estoy dispuesto a ser líder de equipo

☐ Sí! ¡Inscríbeme para liderar un equipo de voluntarios!

Un líder de equipo será nuestro principal punto de contacto y ayudará a contactar a su equipo el jueves 11 de noviembre para asegurarse de que todos sepan dónde reunirse. El líder del equipo también ayudará a garantizar que tengan las herramientas adecuadas para el trabajo o se comunicará conmigo para obtener las herramientas o el apoyo necesarios.

Colocar en Canasta de ofrendas en la iglesia.

Inscribirte en Línea disponible:

www.sacredheartwdm.org/love

¿Preguntas?

Por favor llamar o enviar texto, Dorothy (ingles) al 309-339-2345 o Jessie (español) al 515-783-5752

LOVE In the Heart of Christ



Sábado, 13 de noviembre de 2021 – 10:00 am – 4:00 pm
SOLICITUD DE PROYECTO

Nombre: _____

Dirección: _____

Ciudad: _____ Teléfono: _____

¿Como puedes ayudar afuera?

- ☐ Trabajos en el jardín ☐ Reparación en Casa
☐ Limpieza de ventanas ☐ Limpieza de canales (gutters)
☐ Otros

Favor Describir:

Colocar En Canasta De Ofrendas En La Iglesia.

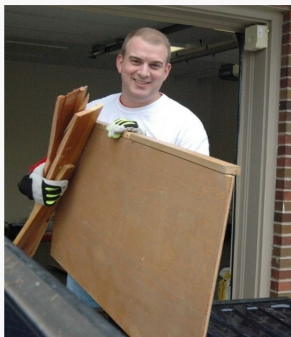
Inscribirte En Línea Disponible:

<https://sacredheartwdm.org/love-en-espanol>

¿Preguntas?

Por Favor Llamar O Enviar Texto, Dorothy (Ingles) Al 309-339-2345

O Jessie (Español) Al 515-783-5752



LOVE in the Heart of Christ



Saturday, November 13 - 10:00 am - 4:00 pm

VOLUNTEER REGISTRATION

Name: _____

Address: _____

City: _____ Phone #: _____

Email: _____

How would you like to help?

- ☐ Yard Work
 ☐ Home Repairs
☐ Window Washing
 ☐ Gutter Cleaning
☐ Other

Family Members/Friends who I would also like to register:

☐ I would like to be a Team Leader*

☐ I have a truck

*A Team Leader will be our main point of contact and will help contact their team Thursday, November 11th to ensure everyone knows where to meet. Team Leaders will also help ensure they have the right tools for the job or will reach to get the tools/support needed.

- Please place your completed volunteer registration in collection basket at church.

- Online sign-up is available at: www.sacredheartwdm.org/love

Questions? Please call or text Dorothy Lange at 309-339-2345
 en español contactar a Jessie 515-783-5752

LOVE in the Heart of Christ



Saturday, November 13 - 10:00 am - 4:00 pm

PROJECT REQUEST

Name: _____

Address: _____

City: _____ Phone #: _____

Email: _____

How can we help you?

- ☐ Yard Work
 ☐ Home Repairs
☐ Window Washing
 ☐ Gutter Cleaning
☐ Other

Please describe: _____

Please place your completed project request in collection basket at church.

Online sign-up is available at:
www.sacredheartwdm.org/love

Questions?

Please call or text Dorothy Lange at 309-339-2345
 en español contactar a Jessie 515-783-5752

PLEASE JOIN US FOR ANOTHER VERY SPECIAL

HAPPY HOUR

**Monday Oct. 25th Sacred Heart Church
& Tuesday Oct. 26th at St Augustin Church**
Limited seating starts at 6:30. Talk begins at 7:00

INCREDIBLE
INSPIRATION OF
PATRIOTISM & LOYALTY
TO BE AN AMERICAN THAT
WE ALL NEED TO HEAR
RIGHT NOW.

THE POWER OF FORGIVENESS

An evening with Captain Guy Gruters
Sharing how God helped him survive his experience as 5 YEAR P.O.W.

Could your faith help you survive 5 years in prison camp with daily torture and extreme adverse conditions?

CAPTAIN GUY GRUTERS shares his personal story of how his faith in God and forgiveness saved his life. He is the recipient of the Purple Heart, Bronze Star medal and the Distinguished Flying Cross Award as a United States Air Force Officer and Pilot. Don't miss this unforgettable opportunity to hear his story of the triumph of faith over extreme adversity that will inspire us all.



For more information contact:

MaryJo Harty at maryjoharty@icloud.com or Heidi Grace at heidigrace@gmail.com

The Catholic Foundation of Southwest Iowa and Sacred Heart Parish have partnered to offer:

Wills & Planned Giving Seminar

This seminar will provide a **FREE** Catholic perspective on estate planning.

**Sacred Heart Parish Hall,
Our Lady of Guadalupe Room**

October 19
After 8 am Mass

Co-presented with Sacred Heart Parishioner & CFSWIA Board Member, Bryan Boesen.

Please RSVP by October 15th.

October 26,
6:30 pm

Co-presented with Sacred Heart Parishioner & CFSWIA Board Member, Nancy Anstoetter.

Please RSVP by October 22nd.



Session overview:

- Planned Giving
- Bequests
- General Estate Planning
- Q & A

To learn more, join us! To RSVP, call the parish office at (515)225-6414.



SOULCORE

BODY MIND SOUL



A PRAYER EXPERIENCE THAT COMBINES THE
ROSARY WITH CORE STRENGTHENING,
STRETCHING AND MOVEMENT

SOULCORE CLASSES

WEDNESDAYS 9 AM - OUR LADY OF GUADALUPE ROOM
OCTOBER 13, 20 & 27
NOVEMBER 3, 10 & 17

THURSDAYS 6:30 PM - OUR LADY OF GUADALUPE ROOM
OCTOBER 14, 21 & 28
NOVEMBER 4 & 18 - (NO CLASS ON NOVEMBER 11)

CONTACT MARY ANNE & MARK CONWAY WITH QUESTIONS.
MCONWAY@COPPER.NET HOME PHONE 515-225-7246

Annual Mass for the Blessing of Musicians

Sunday,
November 21, 2021
at 3:00pm

St. Ambrose Cathedral
611 High Street
Des Moines, IA

Reception to follow
in the Pastoral Center

All are welcome!

Sponsored by the Des Moines Diocese Chapter of
the National Association of Pastoral Musicians



facebook.com/npmdsm
desmoinesia@npm.org