



SACRED HEART CATHOLIC CHURCH

DAILY MASS

8 am (Monday - Friday)

WEEKEND MASS SCHEDULE (MISAS)

Saturday

4:30 pm

Sunday

7:30 am

9:30 am

11:30 am

1 pm (en español)

RECONCILIATION (RECONCILIACIÓN)

Saturday

3:00 pm—4:00 pm

Gathering Space Reconciliation Room

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)

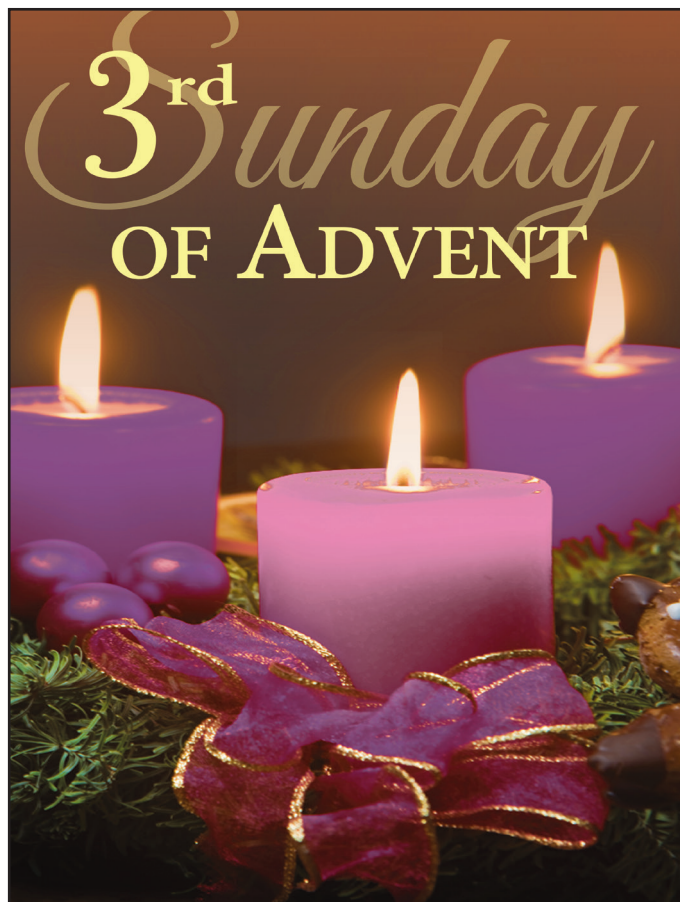
Monday/lunes 7:30 am - 5:30 pm

Tuesday/martes 7:30 am - 5:30 pm

Wednesday/miércoles 7:30 am - 6:30 pm

Thursday/jueves 7:30 am - 5:30 pm

Friday/viernes 7:30 am - noon



3rd SUNDAY OF ADVENT

"This is the one about whom it is written: Behold, I am sending my messenger ahead of you; he will prepare your way before you." - Mt 11:10

3^{er} DOMINGO DE ADVIENTO

"Porque de él está escrito: He aquí que yo envío a mi mensajero para que vaya delante de ti y te prepare el camino". - Mt 11, 10

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. | Leccionario | © 1975 Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano. | LPI

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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 registraci3n. Tambi3n se puede facilitar un paquete por correo si llama al 515-225-6414. Si usted necesita ayuda en espa3ol, por favor llame al 515-225-0546 para comunicarse directamente con la Directora del Ministerio Hispano. Tenemos programas y actividades para todas edades. Tambi3n ofrecemos el programa de RICA para los quienes desean convertirse a la fe cat3lica o los quienes necesitan terminar sus sacramentos de iniciaci3n. ¡Los invitamos a participar como Ap3stoles Activos en la Parroquia de Sacred Heart!

CONTACT US

ADDRESS

1627 Grand Avenue
West Des Moines, Iowa 50265

PARISH OFFICE PHONE (oficina)

(515) 225-6414

SACRED HEART SCHOOL PHONE (escuela)

(515) 223-1284

EMAIL

office@sacredheartwdm.org

WEBSITE

www.sacredheartwdm.org

FACEBOOK

www.facebook.com/SacredHeartWDM/

Bulletin Submissions

The weekly submission deadline is 10 am on the Monday before the weekend bulletin. Submissions must be print-ready and emailed to **bulletin@sacredheartwdm.org**.

For submission guidelines, please visit:

www.sacredheartwdm.org/bulletin-submission-information

MASS INTENTIONS

Sunday, December 11

7:30 a.m. † Special Intention for the
Pineda & Claro Families
9:30 a.m. † Carroll Family
11:30 a.m. † Willie & Avis Bintner
1:00 p.m. † Sacred Heart Parishioners

Monday, December 12

Feast of Our Lady of Guadalupe

8:00 a.m. † Frank Gallardo
6:00 p.m. † Isabel Romero & Sabina
Torres Sandoval

Tuesday, December 13

8:00 a.m. † Juvencio & Rubén Castro

8:30 a.m. Advent Adoration

5:30 p.m. Advent Reconciliation

Wednesday, December 14

8:00 a.m. † Paula Burch
† Special Attention for Wolff
& Halterman Families

Thursday, December 15

8:00 a.m. † Laura & Al Phannenstill

Friday, December 16

8:00 a.m. † Lester Andreoni

Saturday, December 17

4:30 p.m. † Abby Clingan

Through the waters of Baptism,

Isaac Contreras

Son of Hector Contreras and Blanca Aguiniga

Rosa Sandoval

Daughter of Lexter Sandoval and Marlin Portillo

Gug Vonderhaar

Son of Matthew and Danielle Vonderhaar

we welcome you to Sacred Heart!

Our deepest sympathy and prayers for the families of the following.

Jack Pieirck

Brother of Donna White

Viola Ramaekers

Mother of Parishioner Bill Ramaekers

Patricia Schmidt

Mother of Parishioner Pam Schmidt

May God grant them eternal rest.

HOLY HEROES

Holy Heroes Mass worksheets for kids are available every weekend at the North and South entrances and at the Hospitality center. Pick up a new worksheet every Sunday, then check the bulletin for the correct answers!

- | | |
|--|--|
| 1. rose (priests may also still wear violet) | 7. James |
| 2. Three | 8. patient until |
| 3. 2 Purple and 1 Pink (or rose) | 9. Matthew |
| 4. rejoice! | 10. John the Baptist |
| 5. Isaiah | 11. b. The disciples of John the Baptist |
| 6. a. The blind will be able to see | 12. Me |
| b. The deaf will be able to hear | |
| c. The lame will be able to walk | |

PLEASE PRAY FOR

POR FAVOR ORE POR

Mary Barnum
Dennis Bell
Leda Candido
Joe Cimino
Craig Correy
Andy Crouse
Joanie DeWitt
Brian Dubay
Viola Dubay
Florence Fligg
Rhonda Gammell
Jan Glenn
Nancy Harvey
Arlene Herlein
Ali Lasell
Brooks Mack
John McRoberts
Shannon Moses
Cora Newcomb
Linda Rameriz
Ron Rice
Sharon Roenfeld
Paul Roth
Steph Salana
Colleen Salazar
Gabe Savala
Lisa Schwarte
Olivia Steffensmeier
Michael Thompson
Michele Thompson
Lori Tiffaney
Vittorio Tramontin
Lyle Veach
Linda Waechter
Anita Westerhaus
Anne Marie Wilkinson
Abby Woodson
Crystal
Heather and Mary
Rachel

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.

KNIGHTS OF COLUMBUS COUNCIL #9632

December Pancake Breakfast - Sunday, December 11

Join us this weekend, **Sunday**, in the Parish Center for this month's pancake breakfast. Our breakfasts are for sharing fellowship and supporting through a free will gift the ministries of our parish and community. This month's beneficiary of the breakfast's freewill offering is DMARC.

ST. VINNIE'S CORNER

At St. Vincent de Paul we meet many people when they are struggling. The cause of the struggle does not matter. It's all about helping with their needs. During this Advent season of hope and anticipation, let us remember that many in our Parish are struggling to eat, pay their bills, etc. It is so hard to ask for help. Imagine coming to strangers and admitting that you can't afford food or pay your bills. How scary is it to get behind on your rent or utilities?

The amazing part of helping those in need is to witness their bravery, faith, grace and positivity in times of trouble. It is truly an honor to meet those in need and to provide the assistance that we can. At St. Vincent de Paul we are thankful for the support of Sacred Heart Parish. Are you in need of assistance, please contact us through the Parish Center. We look forward to getting you on the road to independence!

YEAR END GIVING OPTIONS

- **ENDOWMENT GIFT:** Give the gift of a lifetime by giving to one of our four Sacred Heart Endowment Funds; Parish, Scholarship, Home & School and Band. Last year, we used interest earnings from previous Endowment gifts to re-cover our aging pews as well as gave out \$21,000 in need based scholarship money.
 - **STOCK GIFT:** Donors of stock gifts receive an income tax charitable deduction for the full market value of the stock gift while avoiding capital gains tax on the appreciated value of securities.
 - **MATCHING GIFT:** Many companies match charitable giving, does yours?
 - **BUILDING MAINTENANCE FUND GIFT:** If you appreciate how professional we keep our buildings and grounds, this fund is for you! It allows for extra buildings and grounds needs above budget. The new railing around the staircase in the gathering space and new LED bulbs throughout campus were possible because of donations to this fund.
 - **WORKS OF MERCY:** Donations to our Works of Mercy could play a role in feeding a child, providing rent for a family, giving a coat to someone in need and so much more!
- For more information: www.sacredheartwdm.org/donate or call Mary Clingan 515-225-6414 ext 303

We need you.....

HOST
DONUTS



Top reasons to host donuts:

1. Meet new people!
2. Service Hours for our students
3. A chance to volunteer at Sacred Heart!
4. We want to keep offering donuts and need you!



WOMEN'S GUILD UPDATES

Join Us in the Jesse Tree Project

Starting this weekend through December 11, our Jesse Tree is now up in the gathering space. Please take an ornament for a gift item or for a gift card for Pine Acres or Manor Care Center resident, for St. Vincent de Paul clients or for items for Mary's Helping Hands along with various Sacred Heart ministries. We also welcome your "filler" gifts of crossword puzzles, adult coloring books and colored pencils, lotion, bodywash, candy, shampoo, conditioner, lap blankets, calendars, and non-slip socks, which are not posted on the ornaments themselves. No need to wrap anything—this makes distribution faster and easier. You can drop off your donations in the blue bins in the gathering space.

Calling All Kids!

On Sunday, December 11, the Women's Guild will provide a cookie decorating table in conjunction with the Knights of Columbus pancake breakfast in the parish center. Everything's free related to the cookie table, including the fun!

Advent Party

Start the winter season right! The Women's Guild and Knights of Columbus will hold their annual Advent Party on Monday, December 19 in the Parish Center. A sign-up form will be sent through email soon.

BAPTISMAL PREPARATION

Are you expecting? Congratulations! Plan now to attend our Belonging sessions. For details, please follow the QR code or visit:

sacredheartwdm.org/baptism



FAMILY FORMATION SPEAKER

Marie Austin - Wednesday, January 4th

All parishioners are welcome to join us on Wednesday, January 4th at 6:30 pm in the Sacred Heart Parish Center. Marie's talk will focus on "The Heart of the Home: Jesus in the Eucharist".

Jesse Tree



Items to donate:

Crossword Puzzles,
Adult Coloring books &
pencils, Lotions,
Bodywash, Candy,
Shampoo/Conditioner,
Lap blankets, Calendars
Non-slip socks,

Giftcards to Walmart,
Target, Michael's & fast
food restaurants will
gladly be accepted for
the office to use for
Parishioners in need &
Sacred Heart ministries.

Return unwrapped
items to the blue
bins in the vestibule
by December 11 to be
donated to residents
at Pine Acres &
Manor Care Centers.

NEW TEEN BIBLE STUDY!

Sundays in January & February 2023

All Sacred Heart teens are encouraged to register for the NEW teen Bible Study starting at Sacred Heart! The Bible Study will follow the Venture Series from Ascension Press. Teens will meet on January 8th, 15th, 22nd, 29th and February 5th, 12th, 19th, and 26th from 2:30 pm - 4 pm in the Sacred Heart Parish Center. Cost is \$20. Please register by Wednesday, December 21st!

sacredheartwdm.org/teen-bible-study



THANK YOU FOR THE BEAUTIFUL CHRISTMAS PLANTERS!

We'd like to extend a special thank you to Sacred Heart parishioner TJ Boetger from Boetger Lawnsapes who donated his time, energy and materials to beautifully decorate the planters outside the church for the Christmas season! We appreciate you sharing your gifts and talents with Sacred Heart!



Journey with the Holy Family

AT SACRED HEART



As you prepare for the birth of Jesus and share in the Journey with the Holy Family, we encourage you to visit the 2022 Advent Resource information on our website, sacredheartwdm.org/advent2022 and visit the Advent resource table in the Gathering Space after weekend Masses. We hope you take these opportunities to share the Christmas story with your family and friends.

- **Celebrate Bambinelli Sunday THIS WEEKEND!** Bring your infant Jesus from your home Nativity set to Masses on **Saturday, December 10th and Sunday, December 11th** for a special blessing! An annual Sacred Heart tradition!
- Celebrate the **Feast of Our Lady of Guadalupe on Monday, December 12th** at a 6:15 pm Bilingual Mass. Celebration following in the school gym.
- Enjoy some quiet time with the Lord during our weekly **Eucharistic Adoration each Tuesday** during Advent from 8:30 am - 7 pm.
- Each week during Advent, Sacred Heart will offer **Reconciliation on Tuesday evenings beginning at 5:30 pm.**
- Challenge your family and friends by completing the activities on the **Advent Bingo** sheet! See how many ways you can make this Advent a special Journey with the Holy Family.
- Each week, find Sacred Heart's **'Moving Nativity'** in the church to follow the journey of Mary, Joseph, the angels, and all the people of Bethlehem as they learned about Jesus' arrival.

Christmas Mass Times:

Saturday, December 24th 4 pm (Church)

4:00 pm (Parish Center)

6:00 pm

10:00 pm

Sunday, December 25th

9:00 am

1:00 pm (en español)

Feast of Mary, Our Mother of God:

Saturday, December 31st

4:30 pm

Sunday, January 1st

7:30 am

9:30 am

11:30 am

1:00 pm (en español)

- Advent Play List: Youtube and Spotify



Youtube: Scan



Spotify: Open, Search, Scan

More Advent Events: sacredheartwdm.org

Christmas Mass Schedule:

Saturday, December 24th
4 PM English (Church & Parish Center)
6 PM English
10 PM English

Sunday, December 25th
9 AM English
1 PM Español

Mary Mother of God:

Saturday, December 31st
4:30 PM

Sunday, January 1st
7:30 AM
9:30 AM
11:30 AM
1 PM Español

Sacred Heart Catholic
1627 Grand Ave, WDM



CELEBRATE OUR LADY OF GUADALUPE

at Sacred Heart

Sunday, Dec 11: 11:30 PM Rosary

Monday, Dec 12: 5:30 PM Rosary
5:50 PM Procession
6:15 PM Bilingual Mass
Celebration to follow

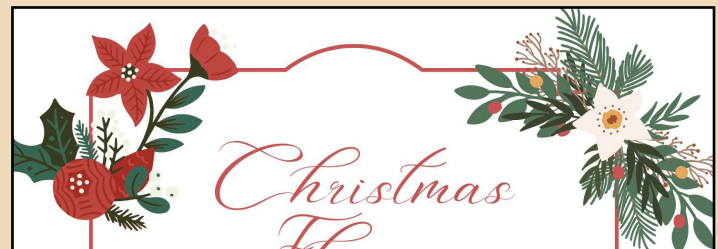



BAMBINELLI SUNDAY
DECEMBER 10th and 11th

A SACRED HEART
TRADITION



You are encouraged to
bring the Christ Child
from your Nativity set to
All Masses on Bambinelli
Sunday for a special
blessing!



Christmas Flowers

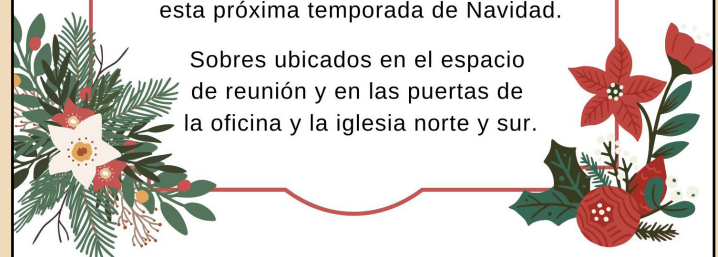
A donation towards Christmas Flowers will
go towards making the church beautiful this
upcoming Christmas Season.

Envelopes located in the gathering space
and north & south church and office doors.

Flores de navidad

Una donación para las Flores de Navidad se
destinará a hacer que la iglesia sea hermosa
esta próxima temporada de Navidad.

Sobres ubicados en el espacio
de reunión y en las puertas de
la oficina y la iglesia norte y sur.





MUNDO HISPANO SAGRADO CORAZÓN

WWW.SACREDHEARTWDM.ORG

PADRE LITTO THOMAS, PASTOR ASOCIADO

litto.thomas@sacredheartwdm.org

PERSONAL DEL MINISTERIO

Mónica Meredith, Director del Ministerio Hispano
monica.meredith@sacredheartwdm.org

MISAS

Domingo 1:00 pm (en español)

RECONCILIACIÓN

Sábado 3:00 pm—4:00 pm

HORA SANTA

Primer martes de cada mes

Después de la misa de las 8 de la mañana

6:00 pm Servicio de Sanación y Bendición

6:30 pm Tercer sábado de cada mes

HORAS DE OFICINA

lunes 7:30 am - 5:30 pm

martes 7:30 am - 5:30 pm

miércoles 7:30 am - 6:30 pm

jueves 7:30 am - 5:30 pm

viernes 7:30 am - noon

CLASE DE BAUTISMO

5:00 pm El segundo lunes de cada mes

CELEBRA A NUESTRA SEÑORA DE GUADALUPE *en Sacred Heart*

Domingo, 11 de diciembre: 11:30 PM Mañanitas

Lunes, 12 de diciembre: 5:30 PM Rosario
5:50 PM Procesión
6:15 PM Santa Misa
Celebración a continuación



ESTE ADVIENTO Y NAVIDAD

Viaje con la Sagrada Familia

EN SACRED HEART

Acompáñenos en este Adviento:

- Adoración cada martes de 8:30 AM-7 PM.
Música a las 5:30 PM.
- Fiesta de la Inmaculada Concepción
8 de diciembre Misas: 8 AM, 9:30 AM,
5:30 PM y 7 PM Español
- Bendición de Bambinelli en todas las misas
del fin de semana 10 y 11 de diciembre
- Misa bilingüe de Nuestra Señora de
Guadalupe 12 de diciembre Rosario a las
5:30 PM, Procesión y Misa a continuación.
Celebración después de la misa en el
gimnasio de la escuela
- Novena a la Virgen de Guadalupe 
- Las Posadas 

Horario de las Santas Misas de Navidad:

Sábado 24 de Diciembre
4 PM Inglés (En la iglesia y En el Centro Parroquial)
6 PM Inglés
10 PM Inglés

Domingo 25 de Diciembre
9 AM Inglés
1 PM Español

Horario de fin de semana:

Sábado 31 de Diciembre
4:30 PM

Domingo, 1 de Enero
7:30 AM Inglés
9:30 AM Inglés
11:30 AM Inglés
1 PM Español

Stories from the Heart



Everyone has a story. In a new monthly feature, we share inspiring, true stories from Sacred Heart parishioners: the real-life experiences that have deepened their faith, filled them with grace, and led them to a closer relationship with Jesus Christ and His Church.

Lilian Tekwe

In early 2018, Lilian Tekwe and her husband attended a prayer session in their native Cameroon. Nearly a thousand people had come together for a full day of intense prayer and worship. That evening, as Lilian knelt in prayer, something strange happened. Her body became rigid. She couldn't speak. Her hands locked tightly together, fingers interlaced. She began to shake. In a trance-like state, Lilian was led forward to the foot of the altar. There she stayed, on her knees with her head on the floor, for over two hours. People sang and prayed over her, but it was only when they asked Mary to intercede that her body relaxed. Finally, Lilian fell asleep.

When she awoke, a priest spoke to her. "Do you know what happened?" he asked. No, she answered, confused. "Do you know Our Lady of Guadalupe?" Again, no. "She was the one," he announced. "I don't know why she came. Maybe she is preparing you for something. You should start calling her in your prayers." Lilian was baffled. She had never even heard of Our Lady of Guadalupe. But she believed the priest and began a devotion to her.

Months later, the political situation in Cameroon worsened. Lilian's family was in danger and had to flee immediately. They planned to go to Italy, but when Lilian couldn't get visas for her two boys, they changed their plan. Ecuador was visa-free, so they would fly there and travel to the US through Central America.

Upon arrival in Ecuador, the frightened family found a hotel. Lilian dreaded the trip through Central America. She knew it would be dangerous and prayed for strength. An answer came when she entered the hotel lobby and her eyes landed on a familiar image: a beautiful picture of Our Lady of Guadalupe. Amazed, she heard a voice say to her, "I have prepared you for this journey. Be strong."

The trip north was worse than imagined. "I don't even want to think about it," Lilian says. "We saw all kinds of things." But one thing that Lilian saw kept her going. As Patroness of the Americas, Our Lady of Guadalupe's image was everywhere—statues, pictures, shrines by the roadside—and Lilian finally understood why Our Lady had come to her at the prayer session. "She knew we would have to suffer," Lilian says, "and she told me, 'I will be there for you.'"

After Lilian's family settled in West Des Moines, Our Lady had yet another blessing in store. A neighbor told Lilian about Sacred Heart Church, and she came to check it out. When she entered the Parish Center, the first thing she saw was Our Lady of Guadalupe. She continued into the Gathering Space and there was Our Lady again. Lilian knew instantly that she had found her new parish home, all because of Our Lady of Guadalupe. "She is doing so much for me, and she keeps doing it every day," Lilian says with gratitude. "She brought me here."



Lilian Tekwe with Our Lady of Guadalupe in the Gathering Space.

Please send comments/questions about Stories from the Heart to Andrea Vij at realfaithstories@gmail.com.

10 AROUND THE DIOCESE

WWW.SACREDHEARTWDM.ORG

COMMUNAL PENANCE OFFERED AROUND THE DIOCESE

Take the opportunity this Advent to celebrate the Sacrament of Reconciliation and renew your relationship with God. Sacred Heart Church offers **Reconciliation every Saturday from 3 - 4 pm**. During Advent, **Reconciliation is also offered at 5:30 pm on Tuesday evenings** at Sacred Heart Church,

- **St Theresa's** – Monday, December 12 at 7 pm
- **St. Pius** – Tuesday, December 13 at 7 pm
- **Ss John and Paul**–Thursday, December 15 at 7 pm
- **Our Lady Immaculate Heart** – Saturday, December 17 at 10 am

CELEBRATE ADVENT

Christmas is a busy time! It can also be a meaningful, joyful and even a peaceful time if we live Advent as a season of preparing our hearts and homes for Jesus' coming. Go to **dmdiocese.org/advent2022** to find simple ideas to provide meaning for family traditions, prayers and acts of kindness. We have discussion topics to spark family conversations, and more. Questions? Email **jgaffney@dmdiocese.org**

THINKING ABOUT THE PRIESTHOOD?

Men who are high school seniors or older and who are thinking about priesthood are invited to **Bishop's Discernment Retreat Dec. 16-18**. Join Bishop William Joensen, Vocations Director Father Ross Parker and current seminarians to learn more about discernment and life as a diocesan priest. Email **vocations@dmdiocese.org** or call 515-237-5050.

THE LONGEST NIGHT: ANTICIPATING A BLUE CHRISTMAS

Grieving a loved one, retiring or losing employment, or a change in health or relationships can make the holidays feel like anything but "the most wonderful time of the year." Join us for a contemplative evening, reflecting on whatever is weighing on your heart this season. **Wednesday, Dec. 21 from 5:30 to 7:30 p.m.** at Emmaus House. The cost is \$20 (scholarships available). April Young will facilitate the evening of prayer and reflection. For more information visit our website: **theemmaushouse.org/the-longest-night**.



Did you know Dowling has a newspaper?

THE DOWLING
CATHOLIC
POST

READ IT ONLINE AT OR SCAN OUR QR
CODE

thedowlingcatholicpost.com



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polls, mini stories, and more!

