

*Working Together To  
Build the Kingdom of God*

**Mass Schedule:**

**St. John the Baptist, Mount Vernon**

Sunday at 8:00 am

Wednesday & Friday - 8:30 am

**St. Isidore the Farmer, Springville:**

Saturday at 5 pm - Tuesday & Thursday 8 am

**St. John's Parish Confession:**

Sunday at 7:30 am or by appointment

Monday 5:30 pm;6:30 pm

During SS. Monica & Anthony Holy Hour

**St. John Office Hours**

Monday to Thursday from:

8 am - 4 pm

Friday:

8 am - 2 pm

**Pastor:**

Rev. Andrew Awotwe-Mensah

Office: 319-895-6246

Email: DBQ137@dbqarch.org

**Deacon & Pastoral Associate:**

Rev. Mr. Mark Sandersfeld

319-743-5008

DBQ137D@dbqarch.org

Office Hours: Wednesday 9:00-12:00 pm

**Main Office: Secretary/Bookkeeper**

Trevor Gretten

Parish Office: 319-895-6246

E-mail: DBQ137SEC@dbqarch.org

**Director of K-12 Faith Formation**

Marcy McElroy: 319-895-6758

E-Mail : DBQ137YM@dbqarch.org

**Coordinator of Music and Liturgy**

Theresa Sundstrom: 563-451-2054

E-mail: t.sundstrom@dbqarch.org

**Prayer Chain Contacts:**

Trevor Gretten: DBQ137SEC@dbqarch.org

*February 1st, 2026  
The Fourth Sunday in Ordinary Time*



**Readings for the week of February 1, 2026**

Sun: Zep 2:3;3:12-13/Ps 146:6-10/1 Cor 1:26-31/Mt 5:1-12

Mon: Mal 3:1-4/Ps 24:7,8,9,10/Heb 2:14-18/Lk 2:22-40

Tues: 2 Sm 18:9-10,14,24-25,30-19:3/Ps 86:1-6/Mk 5:21-43

Wed: 2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6

Thurs: 1 Kgs 2:1-4,10-12/1 Chr 29:10,11-12,/Mk 6:7-13

Fri: Sir 47:2-11/Ps 18:31, 47 and 50, 51/Mk 6:14-29

Sat: 1 Kgs 3:4-13/Ps 119:9,10,11,12,13,14/Mk 6:30-34

Next Sunday:

Is 58:7-10/Ps 112:4-7,8-9/1 Cor 2:1-5/Mt 5:13-16

LISBON - MOUNT VERNON, IA  
AND SURROUNDING COMMUNITIES

Website: <http://www.stjohnmv.org>

**Parish Theme: Pilgrims of Hope: We are Chosen, Faith Filled, Joyful!**

## Pastor Speaks

### Getting to Know Paulina Sarbah

Many of us come to church each Sunday carrying the quiet stories of the people who shaped our faith, and my mother, Paulina Sarbah, whom most of you have been praying for—especially when she became ill two years ago and after she passed this December—is one such woman. My mother truly shaped the lives of the ten children God blessed her with, and her counsel to us continues, to this day, to influence my priesthood. We all have fond memories of her, with the greatest being her sacrifices and caring love toward us and our friends, some of whom came to live with us.

This weekend, I thought I would give a brief portrait and share a little information about my mother as I join my family to celebrate her life.

My mother was born on April 26, 1939, to the late Mr. John F. A. Sarbah and Anastasia Sarbah. Her father was a schoolteacher (principal) and, as such, he accepted the Catholic faith and became a catechist. The whole family became committed members of the Catholic faith. That faith shaped my mother's character, guided her choices, and remained her anchor throughout life. She lived her faith not through many words, but through patience, humility, prayer, and service, and this is what she passed on to us.

As a young girl, she was made to discontinue her formal education to support her mother in caring for siblings who were largely boys, embracing responsibility early in life. Later, she married her husband, Mr. Nicholas Mensah, with whom she had ten children. However, her husband died a few years after their ten children were born, making her a widow for over forty years.

My mother Paulina was known for her gentle strength, love for peace, respect for others, and deep sense of family. She opened her home to many and taught by example the values of discipline, humility, and communal living. Her prayers were simple, sincere, and constant.

Her Catholic faith was central to her life. She loved attending Mass, praying the rosary, and singing the sacred hymns of the Church. Even when old age limited her physical strength, her faith never weakened.

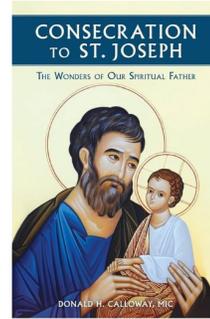
As most of you recall, two years ago she fell ill. But through your prayers, God gave us two more years with her. This past Christmas marked exactly two years since she first became sick, and though I was arranging to go and see her, God called her from us.

My mother left behind a legacy of faith, sacrifice, humility, and unwavering love for family. She is survived by ten children, eighteen grandchildren, four great-grandchildren, and many relatives and friends. Her life reminds us that holiness is often found in quiet faithfulness. I know God gave her the great task of raising ten children, and she did it all—and did it well—to the end.

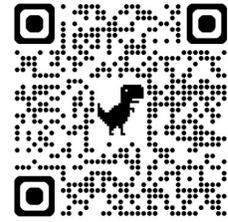
Please keep praying for the repose of her soul and for support for my family.

## Parish Faith Formation

### Lenten Book Study



Meeting on Thursdays  
Begins Feb. 12th



Deacon Mark will be hosting a study focused on "Consecration to St. Joseph" by Fr. Donald Calloway during Lent. Please scan the QR code to sign up, or signups can be found in the Gathering Space!

### Ways to Get Involved

Consider joining the Social Justice Committee. We continue to add and expand projects and welcome new members. Projects range from providing school supplies to local and Haitian children to giving turkeys and hams to those in need at Thanksgiving. We collect donations for area non-profits, provide fruit to local elementary education children who qualify, visit the elderly in local care centers and educate ourselves and others about the seven Catholic Social Teachings. We meet the second Tuesday of the month at 6 PM in the education wing. Feel free to stop by anytime. For more information contact the parish office.

**ICYC**  
**2026**

High School – March 21, 2026  
Middle School – March 22, 2026  
St. Ludmila, Cedar Rapids

FEATURING THE SCALLY BROTHERS BAND

**5TH ANNUAL IOWA CATHOLIC YOUTH CONFERENCE**

JOIN US FOR  
**Ash Wednesday Mass**  
**February 18th**

Begin the Lenten season with prayer and reflection as we receive ashes, a symbol of repentance and renewal.

**8:30 a.m. - St. John's**  
**5:30 p.m. - St. Isidore**  
**7:00 p.m. - St. John's**



**Wednesday February 4th, 2025:**

**8:30 AM:** Intention moved due to Father’s travel

**Friday February 6th, 2025:**

**8:30 AM:** Todd Conner & Edmond Ludwig

**Sunday February 8th, 2025:**

**8:00 AM:** Larry Haight

**Liturgical Ministers February 8th, 2025**

**Sacristan:** Ellen Bentley

**Lectors:** Tom Wieseler - Charlene Vig

**EM:** Janet Huebner-Larry Collins-Mark Kraus

**EM (Cup):** Pam Kraus - Joe Lynott - Chuck Murray  
Marylynn Murray - Teresa Patterson

**Hospitality:** Tim & Abby Keegan

Jim & Cindy Kendall

Mike & Ruth Clark

**Servers:** Mitchell Covington - Faith Covington

Tommy Rhomberg - Andrew Dix

**Meetings and Activities of the Week**

**Monday, February 2nd -**

**5:30 - 7:00 PM:** Ss. Monica & Anthony Holy Hour

**Wednesday, February 4th -**

**9:00 - 11:00 AM:** St. Anne’s

**6:00 - 7:00 PM:** Stewardship Committee Meeting

**7:00 - 9:00 PM:** Adoration

**7:00 - 8:15 PM:** 7th - 12th Grade Faith Formation

**Friday, February 6th -**

**8:30 - 9:00 AM:** Mass (Fellowship to follow)

**9:00 - 9:30 AM:** Adoration after Mass

**Saturday, February 7th -**

**6:30 - 8:00 AM:** That Man is You Men’s Group

**Sunday, February 8th -**

**8:00 - 9:00 AM:** Mass (Baptism)

**9:00 - 10:30 AM:** She Women’s Group

**9:00 - 10:15 AM:** K-6th Grade Faith Formation

**Go to our website [stjohnmv.org](http://stjohnmv.org)  
to access FORMED!**

**STEWARDSHIP OF TREASURE**

**Weekly contributions needed..... \$7115.38**

**Contributions Received Through January 27th, 2025**

|                               |              |
|-------------------------------|--------------|
| Budget, Adult .....           | \$ 10380.00  |
| Loose.....                    | \$ 871.35    |
| Upkeep.....                   | \$ 20.00     |
| Total Collected.....          | \$ 11356.35  |
| YTD collection needed.....    | \$ 220616.78 |
| YTD collections received..... | \$ 222213.18 |
| YTD .....                     | \$ 1596.40   |

**New Musicians Needed!**

If you love to sing and wish to serve God with your voice, we would love to have you in our choir! We are also always looking for more kids to sing in our Youth Choir on the last weekend of each month! (For all kids in 2nd grade on up).

Please email, text or call our Music Coordinator Theresa Sundstrom: dbq190s@dbqarch.org or call (563)-451-2054  
Saints Who Were Also Musicians Part 1:

1. Did you know that Saint Carlo Acutis (1991-2006) is not only known for his skill as a computer programmer and web designer, but he also taught himself to play the saxophone?!

2. Blessed Miguel Pro (1891-1927) was a Mexican Jesuit priest who served his people while in hiding during the Cristero War. He was famous for his practical jokes and often played guitar or mandolin to keep people’s spirits up.

Before being executed, Miguel raised his arms in the shape of a cross and shouted “¡Viva Cristo Rey!” (Long live Christ the King). He also declared, “May God have mercy on you! May God bless you! Lord, Thou knowest that I am innocent! With all my heart I forgive my enemies!” These final words reflect his faith and courage in the face of death.

**News & Events**

**Adoration:**

- After 8:30 AM Mass on First Friday of the Month
- Every Monday Night 5:30 - 7:00 PM SS. Monica & Anthony Holy Hour
- Every 1st & 3rd Wednesday 7:00 - 9:00 PM

**Reconciliation:**

- Confessions held 30 minutes before Sunday Mass - 7:30 AM.
- Monday 5:30 - 6:30 PM During SS. Monica & Anthony Holy Hour
- They can also be made by appointment by contacting Father Andrew either call the office at 319-895-6246 or email dbq137@dbqarch.org to schedule.

**Baptism:** Baptismal Catechesis is done by our Baptismal Catechesis Team. Please contact the office at 319-895-6246 or email dbq137sec@dbqarch.org with any questions and to sign up for a session

**Marriage Prep:** Please contact the office at 319-895-6246 or email dbq137sec@dbqarch.org with any marriage related issues or questions and to schedule an appointment to start preparation.