



# ST. THOMAS AQUINAS CATHOLIC CHURCH

210 S Wesley Street- Indianola, IA 50125  
515-961-3026

Weekend Mass: Saturday 4:30 pm - Sunday 8:00 am & 10:15 am  
Daily Mass: Wednesday-Friday 8:00 am and Tuesday 6:00 p.m.  
Mass at Smith Chapel on Simpson Campus: 5:00 pm on Sundays  
while school is in session  
First Tuesday of the month at Good Samaritan Nursing Home 9:30 am

## St. Thomas Aquinas Staff

515-961-3026

Pastor: Fr. Adam Westphal ext. 4  
Business Manager: Leasa Garrett ext. 3  
Administrative Assistant: Michelle Helm ext. 6  
Director of Religious Education: JoAnn Sayre ext. 5  
Youth Minister (STAT): Diane DeWall  
Maintenance: Jack Slinker  
Housekeeping: Andrea Ooms

**Deacon Support:** Rev. Mr. Dave O'Brien and Rev. Mr. Tom Hunkele

**Eucharistic Adoration with Exposition** is available Wednesdays from 9:00 a.m. to 9:00 p.m. in the Adoration chapel and most Friday mornings in the sanctuary.

**Rosary:** Please join us in praying the rosary every Tuesday evening starting at 6:30 in the church as we pray for peace, families, and your special intentions. The rosary is also prayed Wednesday, Thursday and Friday mornings at 7:40 a.m. before Mass.

**Liturgy of Baptism:** Parents must attend Pre-baptism classes. Please call the Parish Office to register.

**Liturgy of Marriage:** Call at least 6 months in advance to make arrangements. Pre-Marriage Program is required.

**Prayer Chain:** To be put on the prayer chain, call Kris Gross 515-210-0169, Jackie Ward 515-250-7385 or Debbie McDaniel 515-240-2029 or follow this link: [pray.mysta.org](http://pray.mysta.org)

**Care of the Sick & Homebound:** Call the office to request the Sacrament of the Sick or the Eucharist, or follow this link: [care.mysta.org](http://care.mysta.org)


**Newcomers/Change of Addresses:** [new.mysta.org](http://new.mysta.org) Please update your address in a timely manner if you move.

**Bulletin Announcements:** Information must be in by 4PM on Tuesday to Michelle Helm - [mhelm@stthomasindianola.com](mailto:mhelm@stthomasindianola.com)

**Office Hours:** Monday-Friday 9:00a.m.-4:00p.m.

**Parish Office:** 515-961-3026

**Website:** [stthomasindianola.com](http://stthomasindianola.com)

 Saint Thomas Church Indianola IA

**For Sacramental Emergencies:** call 515-961-3026 when prompted push #7

### Saturday, May 3

#### SAINTS PHILIP AND JAMES, APOSTLES

561: 1 Cor 15:1-8/Jn 14:6-14

3:30pm — 4:15pm Sacrament of Reconciliation

4:30 pm Mass at St. Thomas—Ann & Evon Puetz and Naomi & Mark Gross

### Sunday, May 4

#### THIRD SUNDAY OF EASTER

48: Acts 5:27-32, 40b-41/Rv 5:11-14/Jn 21:1-19

8:00 am Mass at St. Thomas—For the People

10:15 am Mass at St. Thomas—**Mike Metz**

5:00 pm—**Simpson Mass**

### Monday, May 5

273: Acts 6:8-15/Jn 6:22-29

**NO MASS AT ST. THOMAS**

### Tuesday, May 6

274: Acts 7:51—8:1a/Jn 6:30-35

6:00pm Mass at St. Thomas—Richard & Violet Alexander

### Wednesday, May 7

275: Acts 8:1b-8/Jn 6:35-40

8:00 am Mass at St. Thomas—Wilma Hill and Loretta Petersen

### Thursday, May 8

276: Acts 8:26-40/Jn 6:44-51

8:00 am Mass at St. Thomas—Marvin Duffy Metz

### Friday, May 9

#### ST. ATHANASIUS, BISHOP

271: Acts 5:34-42/Jn 6:1-15

8:00 am Mass at St. Thomas—Keith & Mary Joslyn

### Saturday, May 10

#### SAINTS PHILIP AND JAMES, APOSTLES

278: Acts 9:31-42/Jn 6:60-69

3:30pm — 4:15pm Sacrament of Reconciliation

4:30 pm Mass at St. Thomas—Frank Collela

### Sunday, May 11

#### FOURTH SUNDAY OF EASTER

51: Acts 13:14, 43-52/Rv 7:9, 14b-17/  
Jn 10:27-30

8:00 am Mass at St. Thomas—For the People

10:15 am Mass at St. Thomas—Carol Bailey

5:00 pm—**Simpson Mass**



## Father Adam's Five for May 1—May 7

1) Thank you to everyone who made First Communion last week a resounding success! My sincerest gratitude to the catechists and families who prepared our young ones to receive our Lord in the Blessed Sacrament. May God Bless you all!

2) We continue to pray for the repose of the soul of Pope Francis, and we begin prayers for the upcoming conclave. Now that we are outside the Easter Octave, I'd encourage everyone to embrace some small fast until the election of the next pope. It could be something as simple as giving up sweets or spending an extra 15 minutes per day in the chapel, or praying an extra rosary. Something doable to join in solidarity with prayers throughout the world.

3) Our stained glass committee has a meeting with a third company we are considering (when I come back from vacation). In the meantime, if you'd be willing to offer input, please click the picture of the stained glass on the homepage at [mysta.org](http://mysta.org) and fill out the form.

4) We welcome Emma DeVries back to St. Thomas Aquinas for the month of May.

5) I will be out of the office through May 10, enjoying some post-Easter vacation.

### Catechesis of the Good Shepherd (CGS)

Our parish is blessed to have CGS as the cornerstone of our faith formation— it is a relationship-based experience for the child as young as infancy which fosters the growth of the relationship between the child and God. We currently offer sessions for children from walking age to 9 and hope to grow. Check back weekly for more information regarding this approach to catechesis.

The Catechesis of the Good Shepherd was born from the joy of the children in their encounter with God and lives in being nourished by this joy. It has also been observed that children of the same developmental stage, even though belonging to different cultural backgrounds, respond to certain elements of the Christian message in the same way. Over time, through being with children in a specially prepared environment called an atrium, observing and listening to their responses, scriptural and liturgical themes developed that most resonated with children's religious needs according to their age levels. Thus the Catechesis of the Good Shepherd divests itself of any strictly scholastic character, so as to become an experience of life, an education in faith, and a celebration of the encounter with the Father, in listening to Jesus, the one Teacher, and in obedience to the Holy Spirit. - The CGS Approach, [cgsusa.org/discover/cgs-approach/](http://cgsusa.org/discover/cgs-approach/)



## ADORATION

We still need adorers for the following spots:

**Tuesday:** 9 am , 2, 3, and 4 pm

**Wednesday:** 1 pm

**Thursday:** 12, 4 and 5 pm

To sign up or if you have questions, contact Anitta at [spennani1976@outlook.com](mailto:spennani1976@outlook.com) or at 515-344-7850

Join us for "Vacation Bible School" with the School Sisters of Christ the King and learn about the Sacraments!



St Thomas Aquinas Parish  
INDIANOLA JUNE 16-20

Open to children who have finished grade 1-8, the program will run from 9am to 2pm every day from June 16-20. A separate program will be offered for pre-k and kindergarten children.

Cost is \$25, registration opens on April 1. Go to [mysta.org](http://mysta.org) and click on signups or use this link: <https://stthomasindianola.churchcenter.com/registrations/events/2850500>

**EARLY BIRD DISCOUNT UNTIL MAY 14— only \$10 a child!**

### Prayer List

For all those in need, Alex Lynch, Clara Hill, Axel Hammer, Leasa Garrett, Bryan Bradley, Kailey Peters, Kerri O'Meara, Carol Proctor, Helen Kollasch, Deanna Bahr, Doug Andreasen, Patrick Shandley, Martin Wernimont, Joan McE Iroy, John Schletzbaum & all the Souls in Purgatory

Please contact Jackie Ward at [jjward71@gmail.com](mailto:jjward71@gmail.com) or 515-250-7385, Kris Gross at 515-210-0169 or Debbie McDaniel at 515-240-2029 to put someone on the Prayer Chain. They will notify the rest of the group to start immediate prayers.

We would like to offer a prayer shawl to parishioners who are ill or in need of comfort. The shawls were prayed over when created. Please make your request through one of the prayer chain leaders.

Please contact Michelle Helm at 515-961-3026 to add or remove names from the bulletin.



## Corner

Anyone interested in joining the Creation Care Team can call Rita Bresnan at 515-783-0643 or go to the Church App here: <https://stthomasindianola.churchcenter.com/groups/cause-oriented-groups/creation-care> and request to join.

**S.T.A.R.S**

**Please join us for Wine and Cheese after mass on Saturday, May 17th, hosted by St. Thomas Altar and Rosary Society. Learn about opportunities to get involved and meet new friends.**

To honor the Blessed Virgin Mary, the St. Thomas Altar and Rosary Society will be praying the Rosary before all weekend masses in May. Please join us! We'll begin in approximately twenty minutes before mass.

\*If anyone would like to help lead the Rosary, please reach out to Kim Delay ([delayedacres@gmail.com](mailto:delayedacres@gmail.com)) or Patty Alexander ([pseregalexander@gmail.com](mailto:pseregalexander@gmail.com)).

*In the event of inclement weather, if St. Francis of Assisi School is closed on the date of the monthly ManUp West Power Lunch, the lunch will be canceled that day.*



The May meeting will be on Thursday, May 8. A social time at 6:30, meeting at 7:00 PM. All male parishioners 18 and over are always invited to attend our monthly meetings.



The Social Concerns Committee will be holding its annual chocolate chip cookie sale this weekend after Masses to help raise money for child abuse prevention efforts in Warren County. Get a half dozen cookies for just \$5 and support an important cause!

## LIFE AND DIGNITY OF THE HUMAN PERSON

Loving God--We believe that every person is created in your image and that all life is sacred. May we work to end poverty and injustice so all people can live life in dignity.



- Produces the “Catholic Mirror” newspaper, “In the Diocesan Loop” e-newsletter, “Making it Personal with Bishop Joensen” radio show.
- Maintains the diocesan website, social media accounts
- Assists parishes with website development & social media messaging
- Assists diocesan ministries, parishes, and schools with crisis communication, marketing and other communication

- Creates compelling digital content for parishes and diocesan offices



One of the last Senior Class gatherings of the school year. Have a Wonderful Summer and thanks for a great year! We hope to see you on Mission Trip!

 <p><b>ELLIS</b> LAW OFFICES, P.C. #makingadifference (515) 962-9080 www.ellislawpc.com Family Law • Criminal Defense &amp; Trial • Estate Planning Probate • Personal Injury • Real Estate • Business Law</p>	 <p><b>ALL AMERICAN FOOD™</b> <b>961-3553</b> Hwy 92 West</p>	 <p>400 S. J. Indianola, Ia. 515-961-2781 Tim McConnell</p>	 <p><b>Country</b> Propane • Heating • Cooling P.O. Box 95 Milo, Iowa 50166 <b>(641) 942-6320</b></p>
 <p><b>Iowa Realty</b> Iowa's Largest  Kim Tierney Keller 453-5320</p>	 <p><b>OVERTON</b> FUNERAL HOME 501 W ASHLAND AVENUE - INDIANOLA - (515)961-5121 office@overtonfunerals.com Funeral Directors Jeff Petersen - Alex Petersen - Elizabeth Waller</p>		<p>Jeff Smith Owner jeff@sccon92.com</p> <p><b>Smith's Collision Center</b> Specializing in Auto Body Repair 710 E Second Ave. (515) 961-3688 Indianola, IA 50125 (515) 961-3689</p>
 <p><b>Optometric Associates</b> Dr. Craig Winjum Dr. Michael O'Meara Dr. Jonathan Anderson 225 W. Ashland Ave, Suite 1</p>	<p>St Thomas Pastoral Center Available for your wedding receptions, family reunions, fundraisers. Call the Office 515-961-3026</p> 		 <p>ask. seek. knock.</p> <p>Join us And experience Christ, In a whole new way.</p>
 <p><b>Peoples Bank</b> mybankpsb.com Member FDIC</p>	<p><b>A PERSONALIZED BAR SERVICE</b> for your event Crafted cocktails catered FOR YOU by our mixologists We work together to ensure that your bar is tailored specifically to you and your event. We will work with you every step of the way. <b>TOP IT OFF LIQUID CATERING</b> 515-402-0660 • www.topitoff.com Exclusive liquor license at The Loft DSM. The Temple of Performing Arts &amp; The Northridge Event Center</p>	<p>It's Never Too Late to Sweep Your Chimney! <b>TOP notch</b> chimney sweeps &amp; services • Chimney Sweeping • Air Duct &amp; Dryer Vent Cleaning Call today! • 515-249-6337</p>	 <p><b>ATTORNEYS AT LAW</b></p>
 <p><b>INDIANOLA PHYSICAL THERAPY</b> Work well. Play well. Live well. 21st Century Rehab Matt DeWall, M.P.T., C.S.C.S. 1507 N. 1st Street (515) 961-7435</p>	 <p><b>Edward Jones</b>  Andy Leech Financial Advisor  123 South Howard Indianola, IA 50125 515-961-5367 edwardjones.com</p>	<p><b>KRIER HOMES, INC</b> 1004 S Jefferson Way Indianola, IA 50125 Phone: 515-961-7459 indianola@wausauhomes.com</p> 	<p><b>Stuyvesant, Strong, Krapfl, Carda Law Office</b> Joe Strong &amp; Terry Krapfl 106 E Salem Ave. (515-961-2574)</p>
 <p><b>Skeffington's</b> MARY JO HARTY President 2453 S.W. 9th St. Des Moines, Ia. 50315 Ph:283-0453; 1-800-532-1157 www.skeffingtons.com Tuxes@skeffingtons.com The Best in Formal Wear</p>	 <p><b>MCCOY TRUE VALUE HARDWARE</b> 216 N. HOWARD INDIANOLA, IA 50125 515-961-4755</p>	 <p><b>Indianola PEDIATRIC DENTISTRY</b>  Dr. Sandra Fox 515-808-7000 Dental care for infants, children and teens in a warm, family-friendly environment</p>	<p>Space available  Call 515-961-3026</p>
 <p><b>MEDICAP PHARMACY</b> Tel: 515-961-5303 208 E Euclid Ave Indianola, IA 50125</p>	<p>Portable Welding Trailer Hitches <b>Pierce Bros. Repair</b> 110 E Boston Indianola, IA 50125 (515) 961-4924 KURT E. WELLS Owner</p>	 <p><b>Peterson Funeral Services</b> Founded 1946 Jon Peterson, Kasey Peterson, Lee Snider, Directors 602 E Salem Ave Indianola, IA 515-961-3091</p>	<p><b>Wiegert Disposal Inc.</b> Trash Service for Residential-Commercial- Industrial  Dumpsters-Roll Offs Call for Free Estimates 515-764-2389 800-728-4908</p>



## 10 WAYS TO BOOST YOUR BABY'S DEVELOPMENT.

- 1 Sing songs.
- 2 Play peekaboo or other games.
- 3 Read out loud to your baby.
- 4 Have face-to-face time.
- 5 Supervise tummy time.
- 6 Follow a routine.
- 7 Talk to them.
- 8 Give baby safe places to explore.
- 9 Comfort and snuggle your baby.
- 10 Take care of yourself.



**Prevent Child Abuse**  
Iowa

Visit [pcaiwa.org/imperfectparent](http://pcaiwa.org/imperfectparent) for more tips.



## 10 WAYS TO KEEP SCHOOL KIDS SHARP.

- 1 Read together before bedtime.
- 2 Crack silly jokes.
- 3 Have them help with chores.
- 4 Include them in family decisions.
- 5 Look for opportunities to praise them.
- 6 Play interactive (even imaginary) games.
- 7 Give hugs and affection.
- 8 Tell family stories.
- 9 Talk every day.
- 10 Show you care.



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## 10 TIPS FOR BONDING WITH TEENS.

- 1 Take walks or bike rides.
- 2 Be empathetic.
- 3 Learn a new skill from them.
- 4 Cook and eat meals together.
- 5 Volunteer as a team.
- 6 Show up for their activities.
- 7 Plan a family game night.
- 8 Get to know their peers.
- 9 Remind them you love them. Every day.
- 10 Listen to their words, tone and body language.



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## **THINGS EVERY CHILD NEEDS TO HEAR:**

I love you.

Our family wouldn't be the same without you.

You are important.

I trust you.

You are a great kid.

I'm sorry.

You are so smart.

I'm so glad you are in my life.

You can do it.

You are special to me.

You can always talk to me about anything.

## **THINGS PARENTS & CAREGIVERS NEED TO HEAR:**

You can do it.

I'm listening.

We all need help sometimes.

You're doing your best.

Parenting is hard.

You're doing a great job.

What can I do to help?

There are no perfect parents.

Take care of yourself.

Visit [pcaiowa.org/imperfectparent](http://pcaiowa.org/imperfectparent) for more tips.





**YOU ARE CORDIALLY INVITED**

**TUESDAY, MAY 13**

**7:00 – 8:00 P.M.**

**ST. THOMAS**

**TO AN EVENING WITH**

**JOHN HUYNH**

**DIRECTOR OF SOCIAL JUSTICE FOR THE**

**DES MOINES DIOCESE**

**PRESENTATION ON**

**“CARING FOR GOD’S  
CREATION”**

**SPONSORED BY THE ST. THOMAS**

**CREATION CARE TEAM**

**IN THE MULTI-PURPOSE ROOM**