



5G



## Fr. Adam's Five for January 22 - January 28

11) An update on the directory: please send any group pictures to Brenna at [bblong@mysta.org](mailto:bblong@mysta.org).

We need these pictures by the end of January.

We hope to finalize the directory in February.

2) We are working on finalizing the year-end giving letters. They are not ready yet, but will be soon. We will let you know when they are available for pickup.

3) Ash Wednesday is February 18, 2025. Masses will be 7am and 7pm at St. Thomas Aquinas, and noon at Simpson. Beginning Monday, please bring in your Palm Sunday palms to be burned and used for Ash Wednesday.

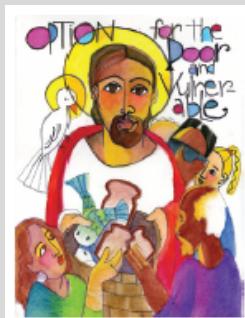
4) The Diocese of Des Moines is forming another cohort of men interested in the permanent diaconate. If you are interested, please go to [dmdiocese.org/diaconate](http://dmdiocese.org/diaconate) for more information.

5) If you'd like to see (and hear) Emma Lynch playing music, please go to <https://www.facebook.com/reel/1341878597249758>. She will be joining us in June as our Director of Music Ministry.

## OPTION FOR THE POOR AND VULNERABLE

"Within the community of believers there can never be room for a poverty that denies anyone what is needed for a dignified life."

Pope Benedict XVI



## Eucharistic Adoration



Happy New Year! Was one of your New Year Resolutions to grow closer to Jesus? Adoration can help you to keep that resolution. By spending just one hour each week in adoration you will grow closer to Jesus while at the same time gaining peace in your heart.

We currently have adoration with exposition on Wednesdays and Thursdays from 9am to 9pm. We need a few more adorers on Wednesday and Thursday and are in need of just 3 adorers on Tuesdays in order to consider adoration with exposition on that day also.

Below are the hours that we still are in need of adorers.

Tuesday: 1, 3, and 4 pm

Wednesday: 6, 7 and 8 pm

Thursday: 7 pm

We are also in need for substitute adorers to fill in while some of our snow birds fly south for the winter. If you are willing to fill in an hour for a few months or just as needed, please reach out to me and I'll add you to the substitute adorer list.

Please prayerfully consider signing up for one of these hours or as a substitute adorer.

Call or text, 515-344-7850 or email [spennani1976@outlook.com](mailto:spennani1976@outlook.com)

For those unable to commit to an hour each week, please come and visit Jesus anytime your schedule allows. He is present in the tabernacle at all times and exposed on Wednesday and Thursdays.

You may visit any time the church doors are open.

## Holy Hour on Tuesdays

Join us at St. Francis of Assisi for a special Holy Hour on Tuesdays. Spend time before the Blessed Sacrament praying for special intentions on Tuesdays, starting at 7 pm in the church. First Tuesday: Prayer for Vocations; Second Tuesday: Prayer for Life; Third Tuesday: Prayer for Fallen Away Catholics; Fourth Tuesday: Prayer for the Community of St. Francis; Fifth Tuesday: Prayer for Peace

## Care Center Masses

First Tuesday of the month : Good Samaritan Nursing Home - 9:30 AM

Third Thursday of the month : Westview Care Center - 10:30 AM



## Creation Care



"As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew, his brother, casting a net into the sea—for they were fishermen. And he said to them, 'Follow me, and I will make you fish for people.' Immediately they left their nets and followed him." —Matthew 4:18-20

Corner

Jesus spent a lot of time in boats, on beaches, and along shorelines, and he spent a lot of time with people who made their livelihoods from fishing. If you've ever been to shores in the Holy Land where Jesus once walked or imagined them in your own prayer, you probably don't envision them littered with all the trash that is so common on our beaches now. Imagine how distressed Jesus would be to walk along a shoreline cluttered with plastic straws, bottles, cans, pieces of styrofoam, old tires, etc. If you vacation at a beach or shoreline, pick up trash. If that isn't an option, do the same in your neighborhood. Better yet, go with a friend or family member, or take some kids with you to multiply the effect.

Anyone interested in joining the Creation Care Team can call Rita Bresnan at 515-783-0643 or go to the Church App and request to join.



## Knights News



**Sunday February 1**

**KC Breakfast**

**Thursday February 12**

**Monthly Meeting**

**Friday February 20**

**1st Lenten Fish Fry**

### Prayer List

For all those in need, Genie Hansen, Michael Deming, Linda Mullen, Aleisha Fox, Alex Lynch, Clara Hill, Bryan Bradley, Kailey Peters, Kerri O'Meara, Carol Proctor, Deanna Bahr, Doug Andreasen, Patrick Shandley, Martin Wernimont, Joan McElroy, 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 Brenna Blong at 515-961-3026 or [bblong@mysta.org](mailto:bblong@mysta.org) to add or remove names from the bulletin.



## LEARN ABOUT LIFE-CHANGING Mary's Meals!

Mary's Meals is an international charity founded by Magnus MacFarlane-Barrow in 2002. Today, Mary's Meals provides daily meals to more than 3 million children in some of the world's poorest countries—helping them come to school, stay focused, and grow with hope.

**You're invited!**  
**Saturday, February 7th at 6:15 p.m.**  
**(following the 5:00 p.m. Mass)**  
**St Augustin Parish Hall**

# CHRIST OUR LIFE

CATHOLIC CONFERENCE  
**Bishop Joseph Espaillat**



As the second youngest bishop in the U.S., Bishop Joseph Espaillat brings a contagious energy to his vocation. As the first Dominican priest in America, he is also known as the rapper priest. Bishop Espaillat's dynamic presence draws people to him from his home base in the Bronx to recently, the 2025 NCYC.

**September 26 & 27, 2026**





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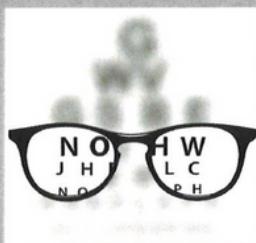
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