



## Lenten Fish Fry

Lent is early this year but that is good news for us! The Knights of Columbus will host their traditional Lenten Fish Fry for four Fridays in Lent. Be sure to mark your calendar and save the dates:

**February 16 and 23 & March 1 and 8**

**Join us from 5-7**

**\* Fried Alaskan Pollock \* French Fries \***

**\* Baked Potato \* Cole Slaw \***

**\* Grilled Cheese Sandwich \***



*Thank you to the new **YOUTH CHOIR**, for leading us in song during the 11:00 am Mass this week. If you are a student in 7th-12th grade, and would like to be a part of this ministry, scan the QR code, call the church office or contact Tracey Amano.*



Buddies Needed:

To volunteer go to the following link and select buddy:  
<https://sacredheartwdm.org/night-to-shine-volunteer>

For information on Night to Shine go to:  
<https://timtebowfoundation.org/night-to-shine/>

Sacred Heart Parish in West Des Moines will host 120 special needs guests at our **Night to Shine** event on February 9th. We are excited for this amazing event. We are in need of volunteer buddies of all ages, 16 and over, to accompany each guest at the dinner and dance. The Tim Tebow Foundation asks that we pair each guest with a buddy of the same gender and approximate age as the guest. Our guests range in age from 15 to 79! We need more people to be buddies! Please consider volunteering to be a buddy to one of our guests and you will enjoy a wonderful evening of dinner and dancing with a very special person.



Reminder: We follow the ADM School District for closing/canceling Mass during the week due to dangerous driving conditions. Weekend Mass is rarely, if ever, canceled. Also, if ADM has a 2 hour delay on a weekday with morning Mass, Mass will be canceled.

\*\*\*ADM reports on WHO TV 13 and KCCI channel 8\*\*\*

### STEWARDSHIP: Year End TAX

#### Contribution Statements Now Available

Please pick yours up in the gathering space after Mass today. Statements which are not picked up will be mailed this week. Thank you to everyone who shares their time, talent and treasure with St. John's.

### Nourish for Caregivers

Nourish for Caregivers is an on-going ministry that gathers once a month to support the practical, emotional and spiritual needs of family caregivers. Nourish gives you the tools and resources to help you connect with your faith and encounter Christ, so you can see the grace and blessings in your caregiving journey. Nourish for Caregivers gatherings focus on issues pertinent to all caregiving, whether you are caring for an aging parent, spouse or disabled child. The next meeting is Thursday, Jan. 25 from 6-7 p.m. at St. Pius X Parish in the Archangels room. For additional information contact Deacon Dan Maxcy at danm@holyltrinitydm.org or Deacon Jim Houston at pastoralcare@saintpiuschurch.org.

### 2024 Shamrocks and Shenanigans

Join Catholic Charities for their annual fundraiser, Shamrocks & Shenanigans on Saturday, March 2 at The Shop in Downtown Des Moines (901 Cherry St, Des Moines, IA 50309). Prepare yourself for a unique evening of Irish fun in support of our vital programs which assist those most in need in our communities. More details are coming soon. Visit catholiccharitiesdm.org or follow us on social media at @CCDesMoines.

### Ash Wednesday Soup Supper!



Wednesday February 14th marks the beginning of Lent. All are invited to our Traditional Soup Supper, a service event for our youth preparing for confirmation next Fall. Come and share a simple meal with your fellow parishioners as we begin our Lenten Journey.

**Ash Wednesday Mass Times are 8:30 am and 6 pm.**



**January 31st:** Ice Skating Event at Brenton Plaza downtown. Meet at Church at 5:00 PM.

*This event is FREE!*

**March 2nd-3rd Ski Trip to Afton Alps and Mall of America.** Permission

form can be found on the St. John's website. Deadline to register January 10th, 2024.

**Steubenville Conference July 12-14th Springfield, Missouri.** You can register on the website. Deadline to register January 31st, 2024. This is open to all current 8th graders through current HS Seniors.



Please pray for our 22 second grade students who will be making their First Reconciliation this Wednesday.

*Heavenly Father, please be ready always to forgive us when we have fallen down. May your love for us always be stronger than our sins and may your abundant mercy forgive us and bring us to everlasting life. We pray this through Jesus Christ our Lord. Amen.*

**Confession**—If God knows everything we do, why do we need to go to Confession?

Another term for the Sacrament of Confession is the Sacrament of Reconciliation. We go to this sacrament not only to confess our sins, but to be reconciled with God. Of course, this begs the question, “If I can pray to God on my own, why can’t I be reconciled to God on my own?” In the seven sacraments, we recognize the importance of community. Sacraments like baptism or matrimony happen in the context of the wider church to remind us of the communal impact of our lives. We are not alone in our walk of faith!

We don’t need to confess our sins in front of the whole community - thank God! But going to the Sacrament of Reconciliation is a tangible reminder that our sins affect not only ourselves and our relationship with God, but others as well. Jesus gave his Apostles authority to forgive sins in his name. Through this sacrament, we are really, truly forgiven by God Himself. We receive an outpouring of grace and strength to sin no more and our relationship with Christ and his Body, the Church, are restored.

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## Solidarity Fund Appeal

Next week our parish asks for your support of the Solidarity Fund for the Church in Africa. Although the Church in Africa is growing, many still lack access to basic resources and pastoral care. The Solidarity Fund supports pastoral projects to build the capacity of the Church and foster lasting peace and reconciliation across a continent often marked by division and tension. You may pick up an envelope in the gathering space for your contribution to be shared during the general offertory collection next week. To learn more, visit [www.usccb.org/africa](http://www.usccb.org/africa).



MERCIFUL JESUS,

You came into the world  
to bring glad tidings to the poor  
and to set captives free.

Through the witness of African saints and martyrs,  
you have shown your love to the whole world.

St. Monica, trusting in your **providence**,  
prayed unceasingly for the conversion of her son,  
St. Augustine,  
whose bold teaching enlightened the whole world.

Sts. Felicity, Perpetua, and Cyprian, witnesses to  
your **fidelity**,  
suffered persecution and martyrdom for their faith.

The Ugandan martyrs Charles Lwanga and his  
companions, faithful to your **law**,  
laid down their lives in imitation of your love.

St. Josephine Bakhita, imitating you in your **mercy**,  
endured slavery and torture before encountering the  
freedom of living for you.

Through the intercession of these saints, grant us  
faith to follow you more closely,  
hope in your Resurrection to strengthen our pursuit  
of justice,  
and charity to give selflessly of our time, talent,  
and treasure  
to the vibrant and growing African church.

Fill us with their zeal and faithfulness,  
that with them we might praise you for all eternity.

Amen.



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