

CHRIST OUR LIFE

CATHOLIC CONFERENCE



Sept. 28 & 29, 2024 Wells Fargo Arena Des Moines

Weekend Pass: \$30 Adult, Student/Youth: No Charge

Don't miss this transformative weekend!

Bishop William Joensen

Brilliantly leading his flock in the Des Moines Diocese, this esteemed educator and spiritual director welcomes all

Father Robert Spitzer

Host of EWTN TV's "Father Spitzer's Universe," Father explains the complementarity of science, faith and philosophy

Msgr. Stephen Rossetti

Msgr. shares knowledge gained as Chief Exorcist of the Archdiocese of Washington for 13 years, and as a licensed psychologist

Father Craig Vasek

Appointed by the USCCB as Eucharistic preacher, Father Vasek energizes Catholics to increase their connection to the Eucharist

Sister Josephine Garrett

Raised Baptist, this joyful former banker took her final vows in 2020 and is passionate about youth and the sacred importance of family

Jeff Cavins

Masterfully igniting our desire to share the Good News of Jesus, this Biblical scholar teaches and writes on a vast realm of subjects

Jason Evert

Traveling to six continents and speaking to millions, Jason continues to share the message of purity, inspiring all to live as Jesus desires

Magnus and Julie MacFarlane-Barrow

The CEO of Mary's Meals is joined by his wife Julie to share the challenges and joys of feeding more than 2.4 million hungry children daily

Steve Angrisano

Possessing a unique talent to understand his audience, Steve leads worship and praise music and story-weaves to inspire and enrich our faith

Iowa ChristOurLifelowa.com

Get your Tickets: 2024 Shamrocks and Shenanigans

You don't want to miss Catholic Charities annual fundraiser! Join us Sat. Mar. 2, 6 pm at The Shop in Downtown Des Moines (901 Cherry St.) for a unique evening filled with Irish fun. All proceeds support Catholic Charities vital programs which assist those most in need in our communities. Tickets are on sale NOW through Feb. 16th!

Visit Shamrocks24.givesmart.com and get your tickets today!

"Come, let us Adore." As we celebrate our 150th Jubilee, the Benedictine Sisters of Perpetual Adoration invite single women, ages 18 - 40, who are considering religious life, to visit for a weeklong Monastic Experience March 2-7, 2024 at our monastery in Clyde, Missouri. It's a chance to experience the daily rhythm of our life where you can join us in singing the divine office, attend daily Mass, spend time in personal prayer and open your heart to God's call by learning about discernment and prayer. There is no cost to attend, and more details can be found at www.benedictinesisters.org. To register, contact Sr. Maria Victoria at (660) 944-2221 ex. 127 or e-mail vocation@benedictinesisters.org.

Tap into Faith: Deacon Matt & Stacy

Halbach: The Vocation of Marriage- Marriage is a holy and sacred vocation, it's no wonder the institute of marriage is under attack! Come and listen to Matt and Stacy Halbach for suggestions on ways to strengthen your marriage and fall deeper in love with each passing year.

Date/Time: Sunday, February 25, 2024; Doors open at 7:00 PM; Talk begins at 7:30 PM

Location: Fenders Brewing: 212 W Van Dorn Street, Polk City, IA 50226

Website - Fenders Brewing: <https://www.fendersbrewing.com/tapintofaith>



FORGE: An Evening with Ralph Martin: Leading in Troubled Times-Doctor Ralph Martin (Renewal Ministries, CEO)

No matter where a man is in his faith, this event will be a fantastic way to grow & build community with like-minded men who strive to be better fathers & brothers for their families & friends and greater community around them. The evening starts with drinks and conversation leading into an enlightening talk to help fuel our passions to be stronger and more faithful men in the name of Christ.

Date/Time: Monday, February 26, 2024; Doors open at 7:00 PM; Talk begins at 8:00 PM

Location: The Tea Room: 713 Walnut Street, Unit 600, Des Moines, IA 50309

Website - FORGE: <https://myforge.org/event/an-evening-with-ralph-martin/>

Website - Diocese: <https://www.dmdiocese.org/events/forge-presents-an-evening-with-ralph-martin?event=bd9d7298-6166-4b84-9bb3-68b5f2e5318e>



Archdiocese of Dubuque

Men's Conference-MARCH
9, 2024-Cedar Rapids| 9 AM – 3:30 PM

The 2024 Men's Conference will feature John Edwards

from *Just A Guy in the Pew* as the keynote speaker, Archbishop Thomas Zinkula as the celebrant at Mass, Breakout Sessions, and more. Virtual participation available via live-stream. St. Pius X Catholic Church, 4949 Council St. NE Cedar Rapids, IA 52402



An Ash Wednesday Prayer

"Ashes to ashes. Dust to dust."

You remind us today, oh Lord, of our origin and end.
In the beginning, You fashioned us in the Garden.

You dignified dust with the Breath of Life.

You made us in Your image and likeness.

You led Your people through the dust of the Sinai wilderness to the Promised Land.

You overcame temptation in the dry desert.

You healed the blind with dirt and clay.

Three times Your body stirred the dust
as you fell on the road to Calvary.

Hear the cry of Your people!

One day we will return to dust.

This Lenten season, stir our minds to contemplate

You, our hearts to love You, and our bodies to serve
You in our brothers and sisters.

May our prayer, fasting, and almsgiving
be Your breath alive in us.

Amen.

Embodied Prayer: A Lenten Movement Experience During the holy season of Lent we are invited to open our hearts, minds and bodies and breathe new insights into our lives. Embodied Prayer is one way to do this through relaxing of our whole selves, a filling of our minds and hearts with the Scriptures and a listening for the loving guidance of the Spirit. Fridays at noon, Feb. 23 through March 23 at Emmaus House, facilitated by Victoria

Living Lent How are you and your family going to lean into the Lenten season this year? What if we told you we have a planner, some kid-friendly activities, recipes and more! Find family Lenten resources at dmdiocese.org/living-lent.

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. Gatherings focus on issues pertinent to all caregiving, whether you are caring for an aging parent, spouse or disabled child. The next meeting is Wednesday, Feb. 28 from 6-7:30 p.m. at Holy Trinity Parish in the School Media Center. For additional information contact Deacon Dan Maxcy at danm@holyltrinitydm.org or Deacon Jim Houston at pastoralcare@saintpiuschurch.org.

Iowa Wolves Faith and Family Game

Catholic Charities will be at the Iowa Wolves Faith and Family Day game on Sunday, March 17, 3 p.m. at the Iowa Events Center. Every ticket includes a meal and attendance to the post-game concert, Jordan St. Cyr. Cheer on the Iowa Wolves while raising awareness for the vital work Catholic Charities does in our community. Discount ticket information can be found by visiting catholiccharitiesdm.org/about-us/calendar

How to Raise Pro-Life Children

Catholic families are interested on how best to raise their children to honor the first social justice teaching of the Church which focuses on the life and dignity of the human person. Pulse Life Advocates produced a new video series, "How to Raise Pro-Life Children." It features family-tested ideas from Catholics throughout Iowa. Go to PulseForLife.org to watch the series for free.



Sign Language Available

St. Catherine of Siena Catholic Student Center (on the Drake University campus) is the home of the Catholic Deaf Community. Sign language is available every Sunday at the 10:30 a.m. Mass. For more information, contact Patty Origer at poriger@dmdiocese.org regarding St. Catherine Masses. Sign language is offered at St. Francis of Assisi Parish in West Des Moines on Sunday at the 9:30 a.m. Mass. Visitors are welcome and appreciated at each parish to continue building this community and making the Gospel accessible to our sisters and brothers in Christ. Contact Emily Schmid at eschmid@saintfrancischurch.org for St. Francis of Assisi Masses.



Book Sale

Christ the King Parish is having a parish library book sale **March 15-17** in the Parish Hall, 5711 SW 9th St. in Des Moines.

Friday: 4:30- 7 p.m.

Saturday: 9 a.m. – 7p.m. Children's story hour at 10:30 a.m.; face painting at 1 p.m.

Sunday: 8 a.m. – 12:30 p.m.

New, near-new, and gently used books. Inventory includes children's, classics, religious (Catholic and non-Catholic), fiction and non-fiction, history, home and garden, inspirational, sports, some poetry, travel, Spanish, and more. All are welcome. All proceeds to our parish library.

St. Thomas Aquinas in Indianola will be hosting a retreat on March 1-3, for all college students, led by the Fellowship of Catholic University Students. The retreat is entitled "Spiritual Impact Bootcamp." For more information, please visit <https://tinyurl.com/STA-SIB>.

Chrism Mass will be March 22 at 5 p.m. at St. Ambrose Cathedral. All are welcome.