

**Man-Up West Power Lunch-** Catholic Fellowship for Men. March 8th, 2024: *Ryland Jones, Dowling Catholic, Ut Fidem Male Coordinator joins Man-Up West Power Lunch. Ryland, an Army veteran will discuss his role with the young men at DCHS as well as his personal journey to the Catholic Church. We'll discover how Ryland, and the Ut Fidem program are helping young men "Keep and grow their Faith" in high school and beyond. Ut Fidem is spreading beyond Des Moines. Come and find out how and where, as well as how you can get involved.*

Lunch (veggie or cheese pizza) will be available for a free will offering /Program: High Noon, Friday, March 8th, St. Francis of Assisi Catholic Church- 7075 Ashworth Rd, West Des Moines, IA 50266 We encourage you to register for this event at: [www.iowacatholicradio.com](http://www.iowacatholicradio.com)

Weather Cancellation Policy: If St. Francis of Assisi Parish is closed due to inclement weather, there will not be a Man-Up event that day.

**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/forg-presents-an-evening-with-ralph-martin?event=bd9d7298-6166-4b84-9bb3-68b5f2e5318e>

**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 Gloe. <https://www.theemmaushouse.org/embodied-prayer>

**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](http://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](mailto:danm@holyltrinitydm.org) or Deacon Jim Houston at [pastoralcare@saintpiuschurch.org](mailto: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](http://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](http://PulseForLife.org) to watch the series for free.



**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>



## 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.