

The Pope's Prayer Network

November 2023

Monthly Prayer for Mental Health

Pope Francis' Prayer Intention for November:

For the Pope

This month the Pope asks us to pray for him as he accompanies the flock entrusted to him. His openness about his own struggles with anxiety has been a way of accompanying those of us who live with mental health challenges. He has shared that when he was younger, he sought the help of a psychiatrist who taught him how to manage his anxiety. Mental health care and faith go together.

“Along with indispensable psychological counseling, Jesus’ words also help”, Pope Francis has said.

May his example of self-care inspire us to do the same. We pray for his continued good mental health and wellbeing.

The Association of Catholic Mental Health Ministers

(<https://www.catholicmhm.org/click-to-pray>)



Pope's Worldwide Prayer Network



Association of
Catholic Mental
Health Ministers



Saturday retreats

Join us at Emmaus House for one of the new Saturday retreats scheduled. On Saturday, Nov. 18 Kevin O'Donnell will facilitate a Silent Retreat Day. In December we will offer two retreats beginning with Lectio Divina with Father Dan Krettek on Saturday, Dec. 2. On Saturday, Dec. 9 April Young will facilitate a Blue Christmas Retreat, offered for anyone who has experienced loss, difficulty, major life change, or anything else that makes this Christmas "blue." Check out these and more offerings at www.TheEmmausHouse.org.

PLEASE PRAY for our YOUTH at NCYC!

St. John's will be sending 15 high school youth and 4 chaperones to the annual National Catholic Youth Conference in Indianapolis, IN from November 16th through the 19th. We pray for safe travels and that their hearts will be open to the Holy Spirit!

Bulletin deadlines are moved up for Nov. and Dec. Bulletin for Nov. 29 due 11/16, Dec. 10 due 12/4, Dec. 17 due 12/7, Dec. 24 due 12/13, Dec. 31 due 12/20 and Jan. 7 due 12/27. Thank you!



The Annual St. Nicholas Breakfast will be held the First Sunday of Advent! Join us after the 8:30 Mass on Sunday December 3rd in the Parish Hall for a pancake and sausage breakfast hosted by the Knights. Your freewill donation helps to support our faith formation program. **St. Nick will be there too!**

St. Joseph Catholic Church in Winterset is having a holiday craft and bake sale on Sat. Nov. 18, 8:30-2:30. Due to a scheduling conflict at the church, we will be located at the Union State Bank which is on Highway 92 next to Fareway. Lots of holiday items, gifts and yummy treats! Join us!

Know a few good Santas? Make-A-Wish Iowa is gearing up for its winter fundraising season: Jolly Holiday Lights! They're hoping to have a volunteer Santa present in the outdoor Wish Shop each night during the season. Make-A-Wish is looking for a few good Santas who would be interested in volunteering for a few nights of their choice. Please have the Santas contact Kacie Ballard at 515-209-2578.

St. Pius X Parish is seeking a full-time **Director of Music Ministry**. The ideal candidate will work closely with the priests and Liturgical Coordinator to assist parishioners in strengthening their relationship with Christ through the musical element of the liturgy. As a large and diverse Catholic community with a long-standing tradition of beautiful liturgical music, the candidate must be able to sustain and improve the music in the parish. Interested candidates must submit a letter of interest and resume to

spxmusic@saintpiuschurch.org

For a full job description, go to our website.

<https://stpiusxurbandale.org/about-us/parish-employment-opportunities>

Join Catholic Charities Connect Are you interested in helping new refugee families as they make Des Moines their new home? Catholic Charities is happy to announce our new Catholic Charities Connect volunteer program! This unique opportunity pairs American and refugee families together to become family friends. Activities volunteer families can do through the program include: having a refugee family over for dinner, helping a refugee family practice English, assisting with grocery shopping, exploring Des Moines together and more. Catholic Charities Connect volunteer families will participate in an initial training and a routine monthly check-in with a Catholic Charities staff member. If you are interested or would like more information, please contact Shalom Lule at slule@catholiccharitiesdm.org.

Sign Language Available

St. Catherine of Siena Catholic Student Center (on the Drake Campus) is the home of the Catholic Deaf community. Sign language is available every Sunday at the 10:30 a.m. Mass. Sign language is offered at St. Francis of Assisi Parish 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. For more information, contact Patty Origer at poriger@dm-diocese.org regarding St. Catherine Masses or Emily Schmid at eschmid@saintfrancischurch.org for St. Francis of Assisi Masses.



Saturday Social Special Announcement:

The Fellowship Committee is hosting a brief Saturday Social after Mass on Saturday, November, 18th. Please join us in the fellowship hall following Mass for snacks, drinks, and socialization. **We hope to see you there!**

3 Day Silent Directed Retreat

Come away to the quiet and be present to what God wants to offer you. Creighton University Retreat Center, located one hour east of Omaha in Griswold, IA is offering 3 Day Silent Directed Retreats at the times listed below. Retreats begin 6 p.m. supper the first day and end at 3 p.m. the last day. The cost is \$375 for room, meals and one-on-one spiritual direction sessions. Register at creighton.edu/retreatcenter/scheduleofretreats or scan code: Choose one from these available dates:

- Thurs-Sun Jan 18-21, 2024
- Thurs-Sun Mar 21-24, 2024
- Thurs-Sun May 2-5, 2024
- Sun-Wed July 14-17, 2024



Catholic Youth Camp \$175.00 credits available through St. John's. Each week our Children's Collection at Mass is dedicated a special fund to help our families send their children to Catholic Youth Camp at the St. Thomas More Center in Panora. CYC is an opportunity for students entering 3rd-12th grade to be immersed in the beauty of the Catholic faith and grow in faith, build friendships and create memories. IF your family is registered at our parish and would like to receive a \$175.00 credit toward your child's CYC fee, Call Angela in the office BEFORE you register. She will give you a special code to be used at the time of registration. Registration begins Saturday, November 11th at noon. You must have the code to get the credit.

