



NATIONAL EUCHARISTIC RENEWAL

The Year of the Eucharistic Renewal

We are in the mist of the Year of the Eucharistic Renewal. Have you ever thought about making a New Year's resolution that is centered on the real presence of Jesus in the Eucharist? Below are six resolutions that you might consider to help you incorporate the Eucharist more intentionally in your life and allow Jesus to begin renewal in your own heart by committing to being transformed in His presence.

1. Go to Daily Mass once/week or month.
2. Make a weekly or monthly Holy Hour in Adoration at St. John's.
3. Spend time before the Blessed Sacrament before/after Mass.
4. Invite a friend/someone to Adoration with you.
5. Pray for a specific intention every time you are before the Eucharist.
6. Share your testimony.

-Taken from the article *EUCHARISTIC RESOLUTIONS TO "REVIVE YOUR HEART" IN THE NEW YEAR* from Unleash the Gospel (Archdiocese of Detroit) website.

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The members of the St. John's Parish Council invite you to Coffee and Donuts next Sunday after the 8:30 Mass. Council Members include:

-Front- Jean West, Grace Pettit, Jodi Benetti.

-Back-Michael Wright, Patrick Finnegan, Fr. Remi, Andy Schreck



The St. John's Pastoral Council, together with the Pastor, directs Parish life and Pastoral activity and expands and improves the decision-making process through planning and goal setting, developing and implementing Pastoral programs, and evaluating Pastoral effectiveness.

In 2020, St. John's completed a Strategic planning process to develop our Parish Mission Statement, Vision and Goals. This can be found on the council's page on our website, or look to next week's bulletin to read more about it.

(PRACTICING) CATHOLIC -
RECOGNIZE GOD IN YOUR
ORDINARY MOMENTS

By Colleen Jurkiewicz Dorman

The Sword and the Family

In the first few weeks of parenthood, the tears flowed fast and freely, and with very little provocation.

Sometimes I wept because it was getting dark out, and sometimes because the sun was coming up. Sometimes I wept because the days were so unbearably long. Sometimes I wept because they were so cruelly short and slipped past so quickly, bearing away with them forever these inaugural moments of my daughter's life — moments I knew I would long for on my deathbed.

So, the inclusion of the Presentation of Christ in the Joyful Mysteries of the Rosary has always struck me. The Blessed Mother, just a few weeks after giving birth, standing at the holy temple: Is she tired? Is she emotional? Is she frightened? Is she happy? We cannot know for sure, but if she is anything like most of the postpartum women I know, she is all four. But she stands there dutifully, offering her baby to the Lord, and this is what she is told, "A sword shall pierce your heart."

Joyful? I would have snatched the baby back, called the police and sobbed for a week.

But Mary knows that Simeon speaks the truth, and she cannot receive God's will with anything less than joy, even if it means a pierced heart.

Family means love, but love means — what, exactly? Pleasure, fulfillment, contentment? Yes, but so much more, too. Love means you have much to lose.

How full is family life with these beautiful moments which, on the surface, look and feel painful — but hold within them the opportunity to be like Mary, to bow our heads and once again say "Yes, Lord."

"Put on, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another..."

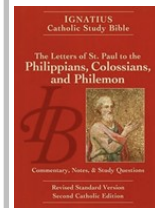
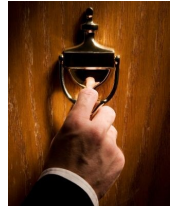
— Colossians 3:12 ©LPi



**Save the Date –
Saturday, March 2nd**
Guess Who's Coming to Dinner?
Brought to you by the St. John's
Fellowship Committee.

A new fun way for adults 21 and
older to meet fellow parishioners
and enjoy a meal.

More Information coming soon!



Bible Study - Philippians

Join us in reading The Letter of Paul to the Philippians. This beautiful letter, written while Paul was in prison, is rich in insights into Paul's theology and his apostolic love and concern for the gospel and his converts. Come find out why this letter has been termed "the letter of joy".

When: Fridays, January 12 (read ch. 1), 19, 26, Feb. 2

Time: After 8:30 am Mass, approx. 9:15-10:15 am

Where: St. John's parent lounge

Material: A Bible & optional material (Ignatius Catholic Bible Study - The Letters of St. Paul to the Philippians, Colossians & Philemon)

Please sign up by emailing Dana Meier at dmeier4golf@yahoo.com or sign up in the gathering space. If you would like a copy of the Ignatius Catholic Bible Study for \$13, please indicate that or you can purchase on your own.



January 10th: 7:00 - 9:00 PM Special 3D EVENT! You don't want to miss it! Special guest speakers!!! Make sure to note the start time 7:00 PM (not 7:15 PM)

January 14th: 5:00 pm Sunday Mass and pizza! Call-

ing all High School youth—Come and gather for a Eucharistic Celebration followed by food and fellowship.

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.

Stuebenville 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.

St Ambrose Cathedral to Host Monthly Healing Service on 2nd Saturday.

On January 13, all are invited to attend a Healing Service at St. Ambrose Cathedral beginning with Mass at 4:00 PM followed by the Healing Service at 5:30 PM

"Come to me, all you who are weary and burdened, and I will give you rest."



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*Join us for the Solemnity Mary,
Mother of God...January 1, 2024*

Mass at 8:30 am



Man-Up West-Catholic Fellowship for Men.

January 12th, 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 from Chick-fil-A for a free will offering /Program: High Noon, Friday, January 12th, 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