



# MASS APPEAL

## NEWS FROM THE PEWS

February - April 2020



### A MESSAGE FROM FATHER ANDREW



It was suggested that I inform you all about the trip that I am taking in July. There probably is not enough space in the newsletter to cover everything, but I will try to make efficient use of what space is available.

We leave on July 24 for Munich, where it could be quite warm, not unlike here, for that time of year. Last year proved especially warm for parts of Europe, with temperatures breaching 100° F. Munich is in the state of Bavaria, the southern part of Germany that is traditionally Catholic. I have been to the city at least three times already and have always enjoyed it. Despite damage from the war, the region seems to have maintained much of its traditional architecture and where there is newer architecture, the interplay between old and new is interesting. If you have been to some more rural and beautiful churches in the United States, you would probably notice a lot of similarities since they were built by some of our ancestors who emigrated from Germany.

We will also visit the 'usual suspects,' such as Neuschwanstein Castle, inspiration for the famous Disney castle seen in the company's logo and at the beginning of its films, and Hofbräuhaus, possibly the best-known beer hall in the world. Then we proceed to Austria, where we get a better view of the gorgeous Alps, which will look familiar from the "Sound of Music." There is even a eucharistic miracle in the town of Seefeld.

Certainly, there is much more on the agenda that could be mentioned. However, I would be remiss if I did not explain that better than just visiting the churches there, we will have Mass in at least some of them and where we do not, will still have daily Mass somewhere. It will be a wonderful opportunity to integrate the travel experience with our faith.

First Communion preparations have started; and hear about NCYC for our teens on page 2.

Spectacular aerial views of Holy Cross are found on page 2.

Father Dan gives us an update on his retirement activities on page 3.

Also inside - new members, recent weddings and baptisms.

The Knights have been very active - check out page 5. They also share their recipe for Mac and Cheese on page 7.

Kitchen tips for keeping food fresh and a yummy recipe for a party dip are also found on page 7.

PHOTOS! PHOTOS! PHOTOS! - throughout the newsletter.



### THE PASCHAL TRIDUUM

#### Thursday of the Lord's Supper

*April 9*

7PM Mass, St. Mary  
Adoration following Mass until 10PM, Social Hall

#### Friday of the Lord's Passion

*April 10*

3PM Stations & Veneration of the Cross,  
Holy Cross

7PM Service, St. Mary

#### The Easter Vigil in the Holy Night

*April 11*

8PM Mass, St. Mary

#### Easter Sunday of the Resurrection of the Lord

*April 12*

8AM Mass, Holy Cross  
10AM Mass, St. Mary

## FIRST COMMUNION PREPARATION

The Eucharist is a mystery which perhaps none of us will fully comprehend in our lifetime. The Church encourages the faithful to be committed to a life-long catechesis about this great Sacrament. This time of year is when our young ones (usually 2nd graders) who are ready to “answer the call” enroll in First Communion preparation. The children will sign their names in gold pen during their RE sessions on February 18/19 and ask for the prayers of the community. This is a beautiful time for the children and their families to prepare for the greatest gift we can receive here on earth, Jesus in the Eucharist. The Eucharist is both the summit of the child’s whole religious life since baptism, and it is the source of continued growth and development as a child of God. We ask during these next few months that our whole congregation hold these children tight in prayer as they contemplate this great mystery. First Communion Mass is 2PM, April 26 at St. Mary.



*Jonah Miller receiving his First Holy Communion last May at St. Mary.*

*- Tracy Miller*

## NCYC 2019

NCYC 2019 was my second and final year attending as a youth. It was a really moving experience that has brought me closer to God in so many amazing ways. Being together with 25,000 other young people who love God was such a touching experience. All of the breakout sessions I went to really taught me how to praise God in ways I never even imagined! NCYC really changed me and informed me on what being Catholic means. I am looking forward to attending as an adult chaperone in the future!

I want to thank everyone here at the parish for donating and supporting us in our journey with Christ!

*- Sophie Hoffmeier*

## Mark Your Calendar!

8th Grade Retreat is February 22 - 23, beginning with 5PM Mass

Ash Wednesday is February 26, Masses are 8AM and 6:30PM at St. Mary

Stations of the Cross are 6PM every Friday of Lent followed by a Lenten meal or fish fry

Blessing of High School Seniors during Masses on May 2 and 3

Confirmation Liturgy is May 9, 10:30AM at St. Mary



## A DRONE'S VIEW OF HOLY CROSS



## MULE UPDATE - 2020

This update is more than a year late! I had intended to write it at the end of *LAST YEAR'S* hunting season, to tell you how much fun and service I got from your retirement gift of the Kawasaki Mule throughout the season. But better late than never, I hope you agree.

I've been approached by a couple of 'operatives' in the Parish with the request to write a little about what and how I'm doing, now into my second year of semi-retirement, *and* how fun and useful the Mule was again in its second season of use. It's been great, both the Mule and retirement, and still living in Elkhart, rather than in Ankeny or Polk City, where I first looked for a house. The Mule has allowed me to extend my hunting endeavors beyond just hunting, as it enables me to get stands and equipment to locations I couldn't access on foot. I have even used it to put in food plots to fatten up the deer, which will in turn fatten up me. So, again, thank you so much for such a generous, thoughtful, and useful gift.

As to my retirement activities, I still do spiritual direction and related activities at the Emmaus House two full days a week, and now and then on other days. I help out in various parishes both near and far every now and again, when their own pastors want to get away. I also help regularly with Advent and Lenten Penance services as needed. When not covering other parishes like this I attend Sunday Mass at Sts. John and Paul Parish in Altoona, where Fr. Tim Fitzgerald does a great job with his preaching.

I love where I live, in one side of the duplex at 125 NE Maple Street, now the old-new part of Elkhart. It took a few months to dry out, recover, and 'rebuild' after my first-night-flood when I first moved in in 2018. And the big storm in July last summer got me a new roof. But I think I've settled in to being a home owner pretty well. I enjoy tending a garden out back, and even mowing the lawn and moving the snow! Really! Most of my social life is centered at Menards.

Perhaps the most telling thing about how I'm doing in retirement is how, when asked whether I'm bored, I can readily say "Not at all!" Apparently boredom is a common experience for many retirees, but I've never felt that myself.

I think this covers the high points of my life these days, and there really aren't any low points to speak of.

I remember you all with great love and gratitude, and not just because of the Mule! But above all for all your support and friendship, and the warm welcome you share when I do show up among you now and again, and elsewhere in the environs...like at Menards!

- Fr. Dan

## CELEBRATE!

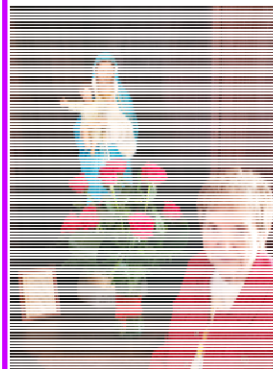
**Evelyn Marie Miller** was baptized in St. Mary's Church on November 23, 2019. Her parents are Luke and Tracy Miller of Prairie City. Godparents are Dane and Brooke Miller. Evelyn's grandparents are Randy and Claudia Ward of Beardsley, MN, and Fred and Suzanne Miller of Bristow, IA. She joins siblings Isaac (10), Lillian (9), Jonah (7), Gabriel (5), and Audrey (4).

**Camryn Joann**, daughter of AJ and Dillon Pitts of Elkhart, was baptized December 14, 2019 in St. Mary's Church. Her Godparents are TeAnna and Luke Huff. Camryn's grandparents are James and Kimberly Comisky of Cedar Rapids, IA; Robert and Brandi Meier of St. Ansgar, IA; and Jeff and Sharon Pitts of Polk City.

**Oliver Lawrence Young** was baptized January 26, 2020 in St. Mary's. He is the son of Michael and Ashley Young of Altoona. Oliver's Godparents are Kris Sturtz and Pat Shelquist. His grandparents are Jeff and Lori Grivna of Maple Grove, MN and Les and Linda Young of Madrid, IA. Oliver has one brother, Hunter (5).

- Sue White

## 60 YEARS OF SERVICE!



Congratulations to Janet Phelan on her recent and well deserved retirement as the organist at Holy Cross Church! During the past 60 years she sang and helped with St. Mary's choir and then played exclusively for Holy Cross, becoming their first organist. Janet also played for countless funerals

and weddings.

On Sunday, February 16 we celebrated Janet's incredible span of musical dedication to St. Mary-Holy Cross Parish with a cake and punch reception in the Social Hall. Janet shared with us her inspiring story of musical service to our parish and many memories were shared. Thank you, Janet!

*(See additional photos on back page of Holy Cross regulars paying tribute to Janet.)*

**You may be the Hope someone finds today!**



## WHAT DEATH TAUGHT ME

Losing a loved one is a pain that I wouldn't wish on anyone, but it is something we all experience in life. But through pain comes growth, and I've learned a lot through the sudden death of my father.

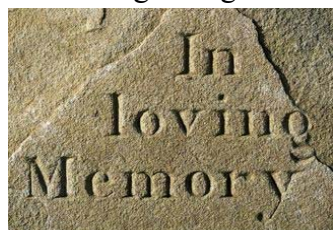
**When people ask to bring you food, let them.** Not only did I not want to eat, I didn't have time or energy to even throw a frozen pizza in the oven. Between the grief, the trips to the hospital, the meeting with the funeral director and the Church, picking out scriptures, sorting through pictures, and making pamphlets, there's no time to cook.

**Grief is different each time.** When my grandma passed away, I was sad. But it was a peaceful sadness: The sadness I felt was that I was going to miss spending time with her and who she was. But the sadness I feel surrounding my Dad's death is full of anxiety and fear: it's a sadness of lost hope for a better tomorrow, guilt for not having been able to prevent it. It doesn't mean I loved my Dad more than my grandma or vice versa, it's just different.

**Conflicting emotions can coexist and it doesn't mean I'm crazy.** My Dad was an organ donor. The two men who received his kidneys both had big families, 3+ kids each. When I read the letter, I was so grateful for them, so happy that these kids get to have their Dads and see them get healthy. But I was also jealous and angry: I don't get to see my Dad get healthy and live a great life.

**God is there through it all.** When I couldn't sleep at 2AM, during heated discussions at the funeral home, when I had to tell my Mom and sister what happened to my father, God was right there with me. Through all the pain, sadness, and even the laughter, God helped me walk through it all.

No matter what happens, God is here for us, as are his children. God couldn't physically hold me as I cried, but my fiancé did. God couldn't explain what happened to my father, but the nurse did. God couldn't write me cards filled with love, but my friends did. To me, that was God working through others. Thank you to everyone who showed me God's love during a tough time. Because of you, I say a new



little prayer every morning, "God, please show me how I can demonstrate your love to others today." And every time, God answers.

- Casey Baumberger

## THANKS TO OUR SNOW REMOVAL CREWS



← Is that Father Andrew?



Who is this guy?

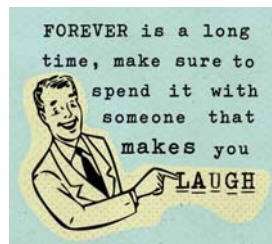


## MAKE THE MOST OF LENT

1. **Slow down** - Set aside 10 minutes a day for silent prayer or meditation. It will revitalize your body and your spirit.
2. **Read a good book** - You could choose the life of a saint, a spiritual how-to, an inspirational book or one of the pope's new books.
3. **Be kind** - Go out of your way every day to do something nice for someone else.
4. **Get involved** - Attend a Lenten lecture or spiritual program.
5. **Volunteer at your parish** - Whether it's the parish fish fry, cleaning the church or helping with the food drive, it will give you a chance to help others.
6. **Pray** - Especially for people you don't like and for people who don't like you.
7. **Tune out** - Turn off social media and spend quality time talking with family members or friends.
8. **Clean out closets** - Donate gently used items to the St. Vincent de Paul Society.

## WISE ADVICE!

I pestered my parents Bill and Sharon Dunbar who were married April 30, 1965, for a piece of advice for a healthy marriage. Their advice: "You must be friends before all else and you gotta have a sense of humor!"



- Kris Sturtz

## WHY I PARTICIPATE

Happy New Year to everyone in our parish. It is hard to believe we are already in the 2nd month of 2020. With the season of Lent quickly approaching the Knights of Columbus are busy planning for the annual fish fry meals scheduled for **February 28th, March 13th and March 27th.**

Having joined the Knights two years ago, I was asked to share my experience in participating in the fish fry meals. Prior to joining the Knights, I regularly attended the meals after Stations of the Cross. The food was excellent and I considered them a great event not only for our parish but also for the communities around our parish. If you have not attended one of the Knights of Columbus fish fry meals you should plan on attending one this year. On top of enjoying a great meal made completely from scratch you will note the camaraderie and fellowship that takes place. It brings together families and friends, parishioners and non-parishioners, young and old. I am sure this occurs at most events of this type but there does seem to be something special with the St. Mary-Holy Cross fish fry meals.

As impressed as I was in attending the fish fry meals I was overwhelmed with the experience in assisting with preparing and serving the meals. You can imagine the amount of work it takes to prepare and serve a meal for 400-500+ people. However for me it didn't seem like work at all. The fellowship I experienced between the individuals planning, preparing and serving the meals is magnified tenfold compared to just attending the meals. It provides a great opportunity to get to know other parishioners from our parish. At the end of each fish fry I believe there is a sense of group triumph felt by everyone involved. Added to this is knowing that the funds generated from the meals will benefit our parish and local charities.

If you are looking for an opportunity to meet and become acquainted with members of our Parish, the Knights of Columbus provides an excellent opportunity. In addition to the Lenten season fish fry meals, there are many other activities associated with being a member of the Knights. I will also add that most of these activities can include involvement of your entire family. God Bless.

- John Roberts



## KNIGHTS KORNER

Thanks to your generosity at our fundraisers in 2019, the Knights distributed \$8,000 at the end of December 2019 in the following ways:

- \$5,600 to our Parish to support: the Capital Campaign, Religious Ed, Youth Ministry, Confirmation & Communion, Music, Retirement gift, Stewardship Committee, Technology, and Buildings and Grounds.
- \$1,800 to the Greater Catholic Church to support: a seminarian, Diocesan Seminarian Christmas Care packages, St. Luke's School, Innervisions Ultrasound fund (Des Moines), and Emmaus House.
- \$600 to our local Community to support: Blessing Box in Elkhart, John Paul II Medical Research, Informed Choices in Ames.

Each Quarter, our Council nominates up to 3 Knights and 3 Families from our Parish as Knights of the Quarter, and Families of the quarter.

In January, we chose to honor the following:  
Knights of the Quarter: Brian Pottebaum for his work on the *Keep Christ in Christmas* Poster Contest, and Tim Loraditch for his efforts to lead the Rosary before our monthly Knights of Columbus meetings the last few months.

Families of the Quarter: Tim and Lisa Kautza for their work on the blood drives. Tom and Jacki Ausman for their work to decorate St. Mary's for Christmas and for snow removal. Brian Pottebaum and his family for their work with the CPID drive.

## KEEP CHRIST IN CHRISTMAS 2019 POSTER CONTEST WINNERS

Preschool - K

Aubrey Conover

1<sup>st</sup> Grade -

Grace Malanaphy

2<sup>nd</sup> Grade -

Evelyn Smith

3<sup>rd</sup> Grade - Lily Miller

4<sup>th</sup> Grade - Faith Huynh

5<sup>th</sup> Grade - Frankie Huether

6<sup>th</sup> Grade - Aidan Segal



## CONGRATULATIONS!!



## WELCOME OUR NEW MEMBERS



**Dillon and AJ Pitts** moved with their daughter, Camryn (8 months), from Johnston, IA to Elkhart last fall. Dillon works as a mold maker at Accumold in Ankeny. AJ is a

CT X-ray tech at Mercy West Lakes in West Des Moines. In her spare time, AJ reads and loves doing house projects. Dillon likes working on cars and with 3-D printers. They wanted a smaller community and Church in which to raise their family. Elkhart and SM-HC Parish fit their needs.



**Katie Novak** is a physical therapist at Luke Carlson Physical Therapy in Ankeny. She came from Welton in eastern Iowa, to Ankeny five years ago. Katie recently settled in Elkhart, which reminds her of her small hometown. She loves to read, run and

is a volunteer running coach with the Ankeny Track Club. Along with her brother, Katie also works with the Titan Project providing support to veterans and their families as well as focusing on suicide prevention. Katie had attended Mass at St. Mary several times while in Ankeny and liked the closeness a small Church can provide.

- Sue White

## ST. MARY CHRISTMAS EVE



## TIPS TO KEEP FOOD FRESH LONGER

Want your vegetables to stay fresh longer in the refrigerator? Wrap your cut vegetables in dry paper towels before putting in plastic bags or containers. The dry paper towels will absorb excess moisture keeping your vegetables fresh. This works especially well for fresh mushrooms.

Your celery will also stay fresh much longer if you wrap it in aluminum foil after rolling it in paper towels. This allows the gas to escape that spoils your celery.

After opening hard cheeses try spreading a very thin layer of soft butter on the cut side to seal in the moisture. Remember to never rewrap your cheeses in the same plastic wrap as this causes faster spoilage each time the cheese and plastic wrap is exposed to the air.

Make your cottage cheese and sour cream last longer by storing them upside down in the refrigerator. This creates a vacuum that inhibits growth of bacteria and spoilage.

Does it seem like your berries, especially strawberries, spoil on the way home from the store? Extend their life by washing them in a mixture of one part vinegar to three parts water. Dry thoroughly before refrigerating. This will kill the mold spores and bacteria that turn them fuzzy.

- Kathy Gass

## MEDICAL SUPPLIES LENDING AND SHARING!

Did you know? Our parish has organized a lending list for medical equipment and supplies.

Do you need or can you lend to those in need, medical supplies such as canes, walkers, crutches, shower chairs, or back/wrist/shoulder braces?

The Stewardship Committee is organizing a medical supply lending inventory and can arrange for pickup and delivery for our church family. If you have an item you would like to lend or are in need of an item, please email Kris Sturtz at [KLSturtz@gmail.com](mailto:KLSturtz@gmail.com) or phone/text her at 515-238-1362 for more information to request or donate items.



## CONGRATULATIONS



**Lindsay Hammes and Daniel Bell** were married on September 28, 2019 in St. Mary's Church. Attending the couple were Brittany Hammes, maid of honor, and Devan Quam, best man. The bride's parents are Lynn and Christine Hammes of Montezuma, IA. Parents of the groom are Curt and Gina Stoecker of Stratford, IA.

Lindsay is a Program Manager at Balance Autism and Daniel drives for UPS. They are making their home in Ankeny.



**Elizabeth Schmeiser and Kyle Muehlenthaler** were married on September 28, 2019 in Holy Cross Church. Maid of honor was Kaitlyn Larson and the best man was Jamison Brus. Parents of the bride are Lincoln and Staci Schmeiser of rural Elkhart. The groom's parents are Keith and Celeste Muehlenthaler of rural Alleman. Elizabeth is

a junior at Iowa State University studying agronomy and genetics while working at Earl May. Kyle is a senior at ISU in computer engineering and works at Intrans. They are making their home in Ames.

## COOKIE DOUGH DIP

Prep time: 10 minutes      Total time: 10 minutes

- 1 8 oz cream cheese, softened
- ½ C butter, softened
- 1 C powdered sugar
- 2 Tbsp brown sugar
- 1 ½ tsp vanilla
- 1 C chocolate chips
- 1 C toffee bits



Cream together cream cheese and butter. Add all remaining ingredients and mix until well combined. Top with a few chocolate chips for presentation.

Serve with graham crackers (chocolate or honey), apple wedges, or anything else that sounds good!

- Kelly Hoffmeier

## KNIGHTS OF COLUMBUS FISH FRY MACARONI AND CHEESE

Serves approx. 60 people  
Prep Time: Approx. 60 minutes  
Bake Time: Approx. 30 minutes

### Ingredients:

- ½ lb butter
- 1 ¼ cups flour
- 1 Tbsp salt
- 1 Tbsp dry mustard
- 1 tsp black pepper (optional, can be reduced)
- 2 lbs elbow macaroni (dry pre-cooked weight)



### Cheese sauce:

- 2 qt 2% milk
- 2 lbs VELVEETA Cheese – cubed
- 16 oz shredded cheddar cheese

Boil macaroni until tender while making the rest.

Roux: Melt butter in a “large” pot or saucepan on low-medium heat. Blend in flour and salt. Cook and stir 5 minutes or until flour begins to turn white and fluffy.

Gradually add milk, prepared cheese products and spices. Stir constantly on low to medium heat until melted and thickened.

Pour cooked macaroni into a 24”x13” aluminum disposable pan (or 2 smaller ones). Pour in melted cheese mixture. Stir thoroughly. Cover with aluminum foil.

Bake at 350° for 30 minutes, or until heated through. Stir one more time and serve.

## LADIES....SAVE THE DATE!!

On Wednesday, April 29, the ladies of our parish will unite together for a special Mass and Tea Party at St. Mary. Come for Mass at 6:15PM and stay for wonderful appetizers, activities, and TEA! **Hats are encouraged!**



**SPRING IS ON ITS WAY!  
DAYLIGHT SAVING TIME  
BEGINS SUNDAY, MARCH 8**



## Work of Our Hands Festival



St. Mary-Holy Cross Parish  
460 NW Washington Ave  
PO Box 110  
Elkhart, IA 50073

NONPROFIT ORG  
US POSTAGE PAID  
ANKENY IA  
PERMIT NO. 11

## Visiting our wise & wonderful parishioners!



## Epiphany Brunch



## Senior Citizen Breakfast



## Janet Phelan's Recognition at Holy Cross

