

## THE PARISH PICNIC — FILLED WITH FOOD AND FUN



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## MAXWELL OLD SETTLERS DAY PARADE



## RELAXING AFTER THE SMHC BIKE RIDE



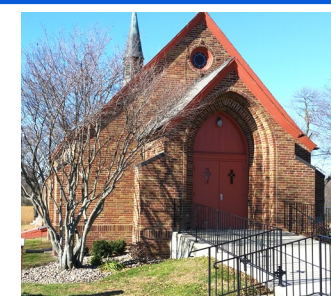
## FUTURE KC MEMBER



# MASS APPEAL

## NEWS FROM THE PEWS

November 2018 - January 2019



## A MESSAGE FROM FATHER ANDREW



Your ideas are wanted! While thankful for the opportunity to participate in this newsletter, I am not sure how to do so. What I write could well be another homily, but if it just repeats what you hear on Sunday and/or does not interest anybody, then it does not do any

good. So please let me know what you think would prove beneficial for the readership. If there are a lot of requests, I probably will not be able to fulfill every one, plus the space is limited and the newsletter is published quarterly. Nonetheless, please send your ideas because it is better to have more than not enough.

On this day that I prepare this article, it is the Solemnity of All Saints. The daily rosary was offered for our renewed devotion to our Lord through the saints. I leave you with the opening prayer of today's Mass:

*Almighty ever-living God,  
by whose gift we venerate in one celebration  
the merits of all the Saints,  
bestow on us, we pray,  
through the prayers of so many intercessors,  
an abundance of the reconciliation with you  
for which we earnestly long.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the  
Holy Spirit, one God, for ever and ever.  
All holy men and women, pray for us!*



## CELEBRATE CHRISTMAS

*Christmas Eve Masses are  
5:00PM at Saint Mary and  
7:00PM at Holy Cross.  
Christmas Day Mass is  
9:00AM at Saint Mary.*

Meet Dhoal Larjin, one of the lost boys of Sudan, and read about his amazing personal journey to Iowa. (page 6)

Ever feel anxious, or sad? Try a different perspective on these emotions. Maybe they aren't all bad. (page 5)

Welcome the new families who recently joined our parish. (page 7)

Hear what members of our parish had to say about the Christ Our Life Conference. (page 4)

Find out what the Knights of Columbus have been up to, including their work with the Confirmation Class on their community service project. (page 5)



A fun filled Trunk or Treat night!!

See more photos on page 2.



Pope Francis seemed to enjoy the parish's Italian picnic.

More photos on the back page.

## WE NEED YOU!



We would like every family to sign up for our photo directory!

Photo sessions for the directory are Nov.19, 20, 23, 24, 29, 30 & Dec.1 in the Ed Center.

You can set up your appointment by going to our website for a link or contact the parish office.

**Get a free 8x10 portrait and a directory!**

## TRUNK OR TREAT NIGHT



## S.T.O.R.M. REPORT

On Saturday, October 20 and Sunday, October 21, the Diocese of Des Moines held their first ever *Boldly Sent* Weekend Youth Rally. Formally known as DCYC (Des Moines Catholic Youth Conference), the weekend was full of fun for the 300 teens and adults who attended. After a Diocesan dodge ball tournament and pizza on Saturday evening, Sunday opened with the keynote speaker Katie Prejean McGrady. There were great breakout sessions throughout the day and the rally wrapped up with Mass celebrated by Bishop Pates. Youth Ministers Andrea Fisher and Nicole Cory attended the rally with 2 teens of our Parish, Julia and Grace Fisher. Each year the Diocese of Des Moines strives to make this an unforgettable experience and this year exceeded expectations by far! We hope to take a much larger group next year!!



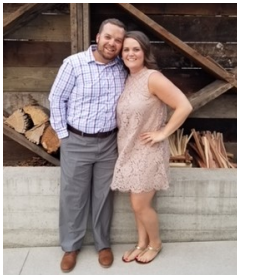
October 6 we had our first annual SMHC HALO. The Homeless Awareness Lock Out turned into a Lock In with the rainy cold weather happening outside, but we still spent the evening learning about homeless youth around the world as well as right here in central Iowa. We raised \$125 to send to the Iowa Homeless Youth Centers - Des Moines. It was a fun and eye opening experience for everyone. HALO will be an annual event for the teens of our Parish.

- Nicole Cory

## WELCOME OUR NEW MEMBERS



Bob and Susan Selby live in Ankeny with their two sons, Jack and Tommy. Bob is a retired Ames police officer and Susan is a consultant with the Iowa Department of Education. Jack (12) and Tommy (9) are in the Ballard School District. In their spare time, both Bob and Susan work with the non-profit they began seven years ago after their two boys were born premature: *Holding Tiny Hands*. Jack is in Boy Scouts, is on a swim team, and plays in band. Tommy is learning the ukulele and both boys enjoy playing video games. Bob and Susan found St. Mary's after attending some larger parishes.



Brett and Lindsey Haefner now live in Elkhart but Lindsey is originally from Cascade, Iowa and Brett from Ankeny. Lindsey is a massage therapist in Ames and Brett is a service partner at Fiserv. Their first child is due in January. Leisure time is spent cheering for the Cyclones, enjoying family and friends, and being outside. They enjoy having St. Mary's Church so close to their home.



Larry and Cindy Davis, who live near Collins, were married last December and will soon celebrate their first anniversary. Larry, originally from Paullina, IA, is in ag finance. Cindy is involved with the family foundry in Marshalltown. Between them they have six children and Cindy has eight grandchildren. When they are not spending time with family, Larry hunts, Cindy rides horses, and they both enjoy camping. Both like coming to St. Mary's Church which reminds them of the churches they grew up in.

John and Erika Kiley have lived in Bondurant for ten years with their two daughters, Brooke (14) and Courtney (12). After attending Mass in a large Church for many years, the family recently found SMHC through several friends who are members of our parish. John is a scientist working with renewable energy resources. Erika is a pre-school teacher for the Christian Church. The girls are in the Bondurant-Farrar School District. In their spare time, John is a Hawks fan and Erika likes to read. Both cheer for their daughters' sports teams. Brooke runs cross country and plays soccer in high school and Courtney plays soccer in middle school. The girls love to read in their leisure time.



Darren and Melinda Manthei recently relocated their family from Bremond, Texas to Altoona for Darren's work. He is an assistant state conservationist for compilation with the USDA. In his spare time, he likes to play the guitar and sing. Melinda is a stay at home Mom who home schools their eight children. She enjoys cooking, family time, and "date night". Ryan (19) is enrolled at DMACC, likes music: singing and playing around with the guitar and other instruments. Abigail (13) enjoys choir and art: she has a painting that has been hanging in the George Bush Library in Texas for the past year. Karlie (11) has fun playing with friends and animals and wants to be a veterinarian. Gemma (9) likes being with friends, horses, and singing with Dad at home. John (7) likes movies, video games, and reading. Gianna (5) is into horses, playing games, and art. Hope (3) and Felicity (1) love to eat. The Manthei's found our parish when looking for a home in Altoona. Their realtor was SMHC member, Lisa Schoening.

- Sue White

As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?" The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"



## MEET ONE OF THE LOST BOYS OF SUDAN



Members of St. Mary-Holy Cross and other churches in the area had the great honor of meeting a family who were reunited in Iowa last February. The family is from South Sudan. Dhoal Larjin, the father, Nyaleith, the mother, and their three daughters, Nyamuch, Nyakor, and Nyamane, came to “An Evening with One of the Lost Boys of Sudan” along with 150 guests listening to Dhoal’s riveting story of his life as one of the Lost Boys.

Born in 1977, Dhoal lived in South Sudan in a traditional agricultural setting with his family. At age 9 he was abducted and coerced to become a child soldier by the South Sudanese Army. He witnessed the killing of his father and sister and the destruction of his village by enemy forces. Dhoal escaped the army and crossed the border to a UN Refugee Camp in Kenya. A YouTube video of his arduous trek (more than 2,000 miles) as well as the camp’s living conditions was shared. Here he received a scholarship from the Jesuit Refugee Services to attend a school in Nairobi.

In 2005, 25 of the Lost Boys were chosen to resettle to a new home in Iowa. Once here, Dhoal earned an associate degree from DMACC, his BS degree from Iowa State University, and a master’s degree in Leadership from Bellevue University in Omaha, NE. Dhoal earned his U.S. citizenship in 2011.

A peace agreement had been signed to end the war between the Northern Army in Khartoum and South Sudan won its independence. Dhoal returned to South Sudan where he worked for the University of Juba and the Catholic University of South Sudan. During this time, he married Nyaleith and began his family. In 2011, civil war broke out between the Dinka and Nuer tribes. Thus, Dhoal and his family left for safety to the UN Refugee camp in Kenya.



In 2014 Dhoal returned to the U.S. to earn money for air transportation for his family. He became an interpreter for the Hospital and Medical Community in Des Moines as well as part-time work at Hy-Vee.

With the help of his sponsors, Reverend Bob and Deb Kem, the Ankeny Ministerial Association and immigration lawyers, his family was able to join Dhoal in the U.S. in February 2018. Nyamuch attends first grade and Nyakor and Nyamane attend Head Start. The family



are active members of St. Anne’s Episcopal Church in Ankeny.

*The Friends of St. Francis hope to bring more of these types of opportunities to our parish as we continue to learn about our neighbors close to home and worlds away.*

- Marion Panyan

**Thanksgiving dinner takes eighteen hours to prepare.  
They are consumed in twelve minutes.  
Half-time takes twelve minutes.  
This is not coincidence.**



## WHOOOPS!

The wrong Confirmation Class photo was included in the August Mass Appeal newsletter. Apologies to the class and their families for the error. Here is the correct picture.



These students received  
the Sacrament of Confirmation on June 10

Andrew Ausman	Ella Kahler	Jennie Moore
Karley Mae Bartleson	Emma Kahler	Haleigh Penton
Abigail Bruce	Jared Laffey	Jacob Reid
Emma De Costa	Elizabeth Leu	Sophie Schaffer
Carla Edleman	Jackson McClain	Ethan Smith
Olivia Gehrke	Emily Miller	Hunter Soyer
Isabell Hobbs	James Miller	Nolan Sullivan
Lydia Johnson	Riley Miller	Jonathan Wong

Our congratulations also to Anthony Nehring  
of our Parish who was Confirmed May 19  
at Christ The King Church.



To celebrate the  
Feast Day of Saint  
Francis of Assisi,  
Patron Saint of  
ecology and  
animals, a blessing  
of pets was held at  
Holy Cross.

## CELEBRATE!

**Eleanor Grace**, daughter of Ben and Britnie Nerem, was baptized at St. Mary’s Church on August 5. Godparents are Johnny Nerem and Madison Nerem. Grandparents are Charles and Jackie Shoning of Des Moines, Brad Nerem of Madrid, IA and Karen Nerem of Ankeny. She joins sister Averee and brother Jameson.

**Bennett Rose**, daughter of Austin and Jordyn Wiser, was baptized September 2, during 10AM Mass at St. Mary’s Church.

- Sue White

## HELPING OUR NEIGHBORS

Ever wonder what we do with leftovers from our parish gatherings? Some we use for upcoming events, some are delivered to our home-bound parishioners, some goes to food pantry's like *The Blessing Box*, or we deliver some to Catholic Charities Emergency Family Shelter, to the Des Moines Catholic Worker House or to other homeless shelters.

- Arlene Anderson

## SHOP LOCAL



Please stop in the Social Hall for our **Work of Our Hands Festival** on Saturday, Dec. 1 from 1:00 to 4:45PM & 6-7PM or on Sunday, Dec. 2 from 11AM-12:30PM, to view the goods and services displayed by members of our parish. It’s a great time to purchase Christmas gifts, decorations and more. A directory will be available which lists parishioners who provide services or goods.

For more information, please contact Lisa Kautza,  
kautza@netins.net / 515-964-7687.



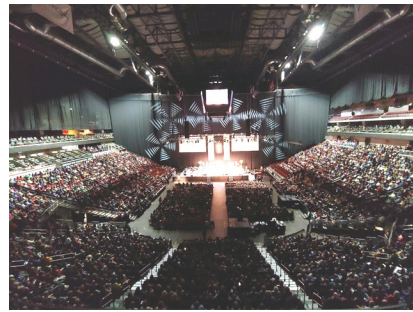
I was thinking about how people seem to read the Bible a whole lot more as they get older; then it dawned on me... they're cramming for their final exam.

## MARK THESE DATES ON YOUR CALENDAR

*“Keep Christ in Christmas”*, Knights of Columbus poster contest Nov. 25 thru Dec. 6  
*Ladies Christmas Party*, Wednesday, Dec. 5, following 6PM Mass, Social Hall  
*Senior Citizen Breakfast*, Friday, Dec. 7 following 9AM Mass, Social Hall  
*Feast of the Immaculate Conception of Mary, Holy Day*, Saturday, Dec. 8, 9AM Mass, St. Mary  
*Blessing of Mothers-to-Be*, at Masses Dec. 8 & 9  
*Advent Reconciliation Service*, Sunday, Dec. 9, 2PM, St. Mary



## CHRIST OUR LIFE CONFERENCE - 2018



From personal experience as well as feedback from parishioners and friends, it's fair to say that attending this year's Christ our Life Conference

raised the awareness of God's presence in our lives for many, through varied means including world-class speakers, celebrating Mass among 7,000 participants, attending reconciliation and visiting Jesus in Adoration. Here are comments from some of those who attended the conference:

"The movement of the Holy Spirit through His Love poured out through our presenters, our Priests, and the physical partaking of our Lord Jesus Christ of Nazareth in our Mass times together, was impressive."

"The presentations were as entertaining, enlightening and spiritually uplifting as they were varied and informative. One presenter/musician, Jimmy Belabre, from Haiti, gave a memorable testament to God and His grace through Mary's Meals which literally changed Jimmy's life, from the dangerous slums of Cite Soleil."

"I received such a gift through the Priest who prayed my confession this year. My penance was a tool I'll practice daily."

"The honesty, sorrow and hope shared through these amazing gatherings of 'Christ for Life' ripple on boldly through our lives into our communities."



"A powerful, powerful retreat and most enjoyable event -- one of the largest of its kind in the US, and highly recommended for September 26 & 27, 2020!" - Beth Hart

## CLEAN YOUR CLOSETS



Support the Clothing Drive in November, sponsored by our Religious Ed students and Knights of Columbus. Please bring your donations of good used clothing to the Ed Center.

## SALTED CARAMEL CHOCOLATE CHIP COOKIES

- 1 C (2 sticks) butter, unsalted, at room temperature
- 1 C granulated sugar
- 1 ½ C brown sugar
- 1 TBSP vanilla extract
- 2 eggs
- ½ C caramel sauce
- 4 C all-purpose flour
- ½ tsp baking powder
- 1 ½ tsp baking soda
- ½ tsp salt
- 2 C semi-sweet chocolate chips
- 2 TBSP sea salt for sprinkling



1. In a large bowl, cream together butter and sugars with mixer until combined and fluffy. Add vanilla extract and eggs. Beat until combined. Pour in caramel sauce and beat until mixed well.
2. Slowly add in flour, baking powder, baking soda and salt and beat slowly until combined.
3. Stir in chocolate chips. Place dough in refrigerator for 1 hour.
4. Preheat oven to 350 degrees and line 2 baking sheets with parchment paper. Use a 1 TBSP size cookie scoop to place dough onto prepared cookie sheets, placing 2 inches apart.
5. Bake for 11-12 minutes (centers will be soft). Remove from oven and sprinkle lightly with sea salt.
6. Cool on baking sheet 3 minutes, then transfer to wire cooling rack.

- Kelly Hoffmeier

## HAVE YOU SEEN OR HEARD?

### Check out these movies:

Palau: The Movie  
Indivisible  
Staines



### Check out this contemporary Christian music:

No Matter What (Ryan Stevenson)  
Reckless Love (Cory Asbury)  
Fear is a Liar (Zach Williams)  
He Knows (Jeremy Camp)  
Only Jesus (Casting Crowns)  
Everything (Toby Mac)



If you have suggestions for movies and/or songs to share in the newsletter, feel free to contact Beth Hart.

## YOU ARE INVITED!

Installation of Fr. Andrew as our Pastor by Bishop Pates will be during our Masses on February 2 & 3.

## THE GOOD BAD



The media is filled with advertisements for pills, places, and products to make us feel better about our lives and circumstances. We're constantly inundated with different versions of the same message: "Be happy! If you're not happy, something is wrong with you." We are taught that feeling emotions like anger, sadness, hurt, envy, etc. are bad.

I'm here to tell you that bad emotions are not bad. It's a bit of an oxymoron, isn't it? But it makes sense if you take the time to think about it.

If we start at the basics, fear is what has kept us alive as a species. If our ancestors weren't afraid of those saber tooth tigers, we probably wouldn't have made it this far. Today in the modern era, fear can seem like it's worthless. But it's not. Fear prevents us from doing deadly things, from making important decisions too quickly, and it helps us push our limits, encouraging self-growth.

40 million adults in the US struggle with anxiety, myself included. I have a theory: a lot of our anxiety stems from a subconscious fear of not being happy all the time. Because the media and society inundates us with the idea that we must constantly be happy, we are all anxious about feeling any emotion other than happy. We have a subconscious anxiety of feeling negative emotions, which in turn makes us feel on edge, tired, and burnt-out without really knowing why. It's a vicious cycle.

Thinking about it from a religious perspective: Jesus had to suffer on the cross, that is the cornerstone of our faith. Nearly all of Jesus' followers had to suffer through pain, fear, and persecution. But from the start, Jesus' message was to not run from those experiences, but to instead embrace them with open arms, which is much easier said than done. We were never promised that embracing the bad emotions would be easy, but we were promised it would bring us fulfillment and out of our suffering.

So next time you're feeling fearful, take a step back and ask yourself why, find the source, make it familiar. Make that fear yours. Address that stress! Try to emulate what Jesus did: take the good bad emotions/experiences/feelings and embrace them, own them, make them feel like old friends. If you practice this enough, you might just notice your anxiety start to disappear.

- Casey Baumberger



## KNIGHTS KORNER

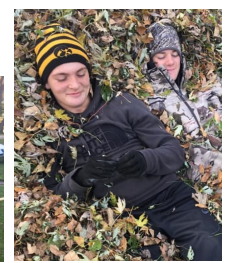
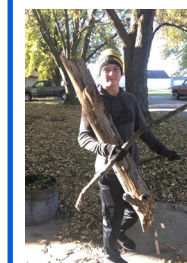
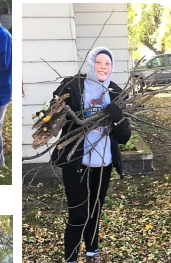
You may have seen a number of the Knights out and about recently. We were out collecting funds in Bondurant, Huxley and Elkhart for *Campaign for People with Intellectual Disabilities* in September and October. A big Thank You to all who donated.

We also helped the Confirmation Class in their community service projects to members of our parish and community. They are a great group of students with big hearts that got up early on a Saturday morning to help others.

That same evening a number of students also helped serve a pasta dinner that the Knights cooked, to raise funds for materials to build a divider in the Ed Center. This divider will allow for better utilization of the space by multiple groups using it at the same time. Thank you to all who ate and donated money for our Religious Education groups.

The next scheduled opportunity to join our council is 6:30PM on Sunday, November 18 in the Social Hall. Please join us and learn about our organization.

### Community Service work day was pretty fun, too.



A beautiful day for a pancake breakfast at Holy Cross.