



MASS APPEAL

NEWS FROM THE PEWS

November 2020 - January 2021



A MESSAGE FROM FATHER ANDREW



At a recent small group meeting of priests, we seemed to agree that the physical toll of COVID-19 is devastating (of course, one death is too many). Surely this sentiment was not new to any of us. What garnered most of our focus, however, was that as the pandemic continues, we were discovering the additional or other effects it has on people, mentally, emotionally, and spiritually. Those who attend daily Mass recognize that most, if not every time, I include people in the petitions who struggle in those ways, not just physically. For whatever reason, God created us this way. Even if we do not know why, that is the reality of the human person. Thankfully, Jesus Christ gave us the great prayer of the Holy Mass as a means by which we can receive healing, however we are afflicted. Granted, the healing is primarily spiritual in nature, but consider how a solemn celebration of the Mass affects us. There is physical component of posture: standing, sitting, and kneeling. There is the mental component of pondering the sacred mysteries. There is the emotional component of feeling God's love for us. Last but not least, there is the spiritual component of union with Him and others, which is only a foretaste of what awaits us, regardless of what COVID-19 and anything else throws at us.

Good advice from Casey on navigating through the pandemic (page 2)

Congratulate Mary Bishop on her retirement (page 2)

Latest updates on new members, (page 4), a parish wedding and baptism (page 2)

Love music? Find out how to get involved creating the sounds of the Christmas season (page 4)

Check out what some of our parishioners told us about how their lifestyles have changed due to Covid (page 3)

In time for the holidays — an overnight breakfast casserole is featured (page 3)



CELEBRATE CHRISTMAS



Mass times for Christmas are not set at this time. Please check the bulletin and your email closer to Christmas for updates.

THANKS!

These amazing groups of confirmation kids helped with yardwork for fellow parishioners...



... and assisted the Knights of Columbus with projects at our parish.



CALM THE BOAT!

I recently did a 30-day meditation challenge and it gave me a goal that I'd like to share with you. During the first day, the leader explained that we're all living in tumultuous times. I've heard that phrase so many times by now that it's lost all meaning and I was thinking "yeah I get it". Then she started explaining the best way to help not only ourselves, but those around us, is to be the calm person in the boat. This intrigued me.

Imagine you're in a small boat packed with people, crossing a large river. In the middle of the river, the boat starts to sink. One person in front starts panicking. Then the people next to them panic, you panic, and then people are scrambling over each other, rocking the boat, making it sink faster and everyone ends up being swept down river. Now imagine the scenario again, but this time, everyone panics except you. You remain calm and the two people next to you stay calm. The people up front freak out, but your little corner of the boat remains steady. The boat rocks a little, people are uneasy, but the boat makes it to the other side of the river before it sinks.

My new life goal is to be the person to help calm the boat. Does that mean I can't be afraid or worried? Not at all. I'm still human, so I'm going to still feel those feelings of fear. My goal now is instead of taking that fear and freaking out, I will take a deep breath and say "God, take my fear" and let God handle it.

I had an opportunity to practice this the other day. My fiancé was worrying about paying bills, affording school, getting a job, etc. Instead of offering advice or worrying with him, I acknowledged his experience ("wow, that's a lot on your plate"), offered some calm words ("you're strong, you'll get through it"), and asked how I could be supportive ("what can I do to support you through this?"). When he said there was nothing I could do, I said "Okay, I love you." and went about my day doing things. By evening, all was well with him. I didn't rock the boat, I calmed the boat.

Now, to be clear, there are plenty of days I rock the boat. I had a freak out because I'm struggling to make friends and felt very lonely. But God helped calm my boat: I took a few minutes to meditate and pray, and I felt a little better. Not a lot, but enough to take the edge off. So, through all these tumultuous times, my goal is to remain as calm as I can. God put me here to be of service to those around me, and sometimes the best way I can do that is to not panic. During the last two months of this year, I encourage you to take a deep breath when you feel panic or anxiety and ask God "How can I calm the boat today?" - Casey Baumberger

CONGRATULATIONS MARY BISHOP!



I have recently retired after 30 years in the Special Education field. I worked 15 years in Marshalltown and Des Moines before I decided to stay home with my children when they were young. In 2005, I returned to work at North Polk Community Schools. I worked there for 15 years as a Para Educator (teacher associate) at the middle school and high school. I assisted many different students over the years. Much of the time I helped them with academic learning. Towards the end, I was assisting with living skills and job skills. During that time, I had the job title of Job Coach. I assisted students one on one to learn job tasks. I enjoyed all the different areas I worked in and all the variety of students. I also decided to step down as a Religious Education teacher here at St. Mary's-Holy Cross. Over the 18 years of teaching 3rd grade, I have taught many, many children.

My retirement has just started so I am still figuring it out. I am happy to have time to work on projects at home that I haven't had time to do over the working years. I am also helping my husband, Larry with his many projects of selling his accumulated treasures. We hope to be able to travel some when things settle down in the world. We would love to go visit our daughter and son-in-law, Nicole and Mason in Columbus, Ohio. I also might do some substituting at North Polk. The one thing I am really enjoying over the last several months is getting back to jigsaw puzzles.

CELEBRATE!



Abigail Kahler and Noah Rhoades were married September 12 at St. Mary. Abbey's maids of honor were Aubrey and Vivian Kahler; Noah's best man was Jacob Rhoades. The bride's parents are Joel and Melissa Kahler and the groom's parents are Ric and Susie Rhoades, all of Maxwell. Abbey is a court reporter in Polk County and Noah is a custodian at Collins-Maxwell HS-MS. The couple lives in Maxwell.



Knox Jeffery, son of Zachary and Kaitlyn Osborn, was baptized September 13 at St. Mary. Godparents are Dylan Baker and Alexia Baker. Grandparents are Jeff and Lynda Baker of Bondurant and Steve and Jeannie Osborn of Adel.



NAVIGATING COVID

What lifestyle changes have you made this year ?

1. We've been walking our legs off for exercise. We have come up with so many paths and routes in Polk County that equate to 10,000 steps if anyone is interested. 2. We take roadies (mini road trips) just for a change in scenery visiting places like the Bridges of Madison County, Lowes Hills, Mississippi River and towns, and recently Niagara Falls (US side) and fall foliage in Vermont and New Hampshire on our way to DC. 3. We've enjoyed weekend "wine downs" outside at Uncle Mike's or Laurie's place--so happy to have Aunt Sue with us as she brought up the idea! 4. I (Franci) have dusted off an old guitar I was given and have been taking lessons for the last few months--I'm as good as this sounds (not very!) but it provides a fun distraction and is something I always wanted to try. My "concert series" includes Pat & Janet's (Mom & Dad) home, Uncle Mike and Aunt Sue's (Sr. Anne Martin Phelan) and Laurie's home. 5. We are also taking every opportunity to cull out closets, cupboards, and parent's houses. It feels good to donate items that may be of use to others. :) *Franci Phelan*

We live a pretty low key life and haven't had to make many adjustments. We just get way more daddy time due to Tim working at home, which will be very much missed when he has to go back to the office.

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Masking — EVERYWHERE & decreased social life. Also frequent Mass online. When we do attend Mass it's not the same as so many from our church family are absent due to the Covid risks and difficult when no end is yet in sight. *Kris and Bill Sexton*

Taking Covid-19 very seriously. My husband is at high risk, limited my outings to grocery store and doctor's appointments. *Debi Stokka*

Not a voluntary change, but not attending Mass and receiving Communion. *Jo Ann West*

One lifestyle change we've made is trying to help others by being safe ourselves since we are in the high risk group. Toward this end we have received many kindnesses for which we are very grateful. In early March our thoughtful neighbors asked if they could bring us anything from the grocery. So, for 3 weeks they brought food to our front doorstep. Their smiles, especially of their 3 year old daughter, as we waved to one another through our glass door meant more than the food they brought. When we realized that COVID -19 wasn't going away we switched to Hy-Vee's Aisles on Line curbside program -- a weekly practice we've continued to this day. *Marion and Steve Panyan*

OVERNIGHT BREAKFAST CASSEROLE

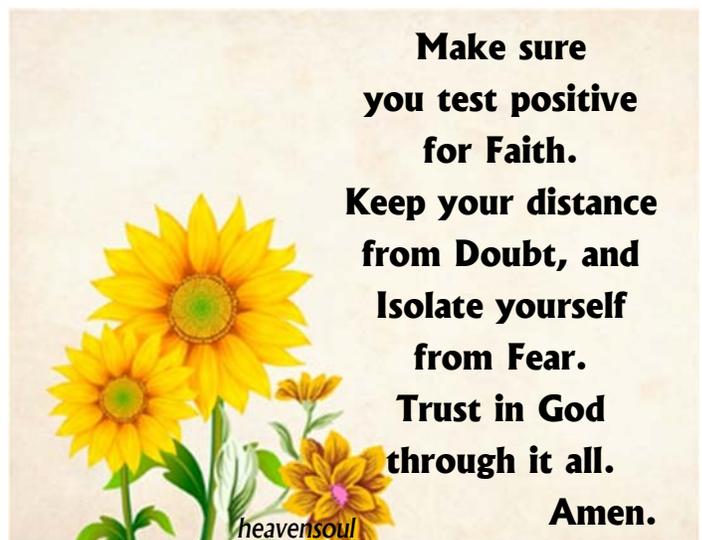
1 lb sage or breakfast sausage
8-10 pieces bacon - cooked and crumbled
8 large eggs
2 2/3 cups whole milk
1 1/2 tsp kosher salt
1 1/2 tsp ground dry mustard
1 tsp dried parsley
1/4 tsp black pepper
1/4 tsp paprika
12 oz Italian bread - cubed into 1/2" pieces
1 cup shredded cheddar cheese
1/2 cup shredded gruyere cheese
minced fresh parsley - for garnish
chopped fresh chives - for garnish
dollop sour cream - for garnish



In a large skillet, brown and crumble sausage until cooked. Drain and set aside. Use a bread knife to cube Italian bread into 1/2" pieces, then set aside. Combine shredded cheddar and gruyere cheeses, then set aside. To a large mixing bowl add eggs, milk, salt, dry mustard, dried parsley, black pepper and paprika. Whisk until combined. Add cubed bread pieces to bottom of 3 quart oven safe pot, or 9x13" baking pan. Top with crumbled sausage, bacon, and 3/4 of the cheeses. Pour egg custard over the top, using a spoon to gently push any un-soaked bread down into the custard. Sprinkle with remaining shredded cheeses. Cover pan with foil and refrigerate overnight. Remove from refrigerator, uncover, and let sit at room temperature while oven preheats to 350 degrees.

Bake, uncovered, for 40-45 minutes, until a toothpick inserted into the center comes out clean. Serve hot, topped with garnish. *- Tammi McClain*

**Make sure
you test positive
for Faith.
Keep your distance
from Doubt, and
Isolate yourself
from Fear.
Trust in God
through it all.
Amen.**



WELCOME NEW MEMBERS!



David and Crysta Green live in Ankeny with their three daughters. David's job as a civil engineer brought them back to central Iowa from Kansas City. Crysta is a stay at home Mom who home schools their daughters Noelle (8), Elsa (6), and Lucy (3). They all love family time together. In addition, David enjoys the outdoors and Crysta is an artist and amateur photographer. All the girls like games and puzzles. Noelle and Elsa also like crafts and Lucy loves books. They came to SMHC because of the RE program but also like the feel of a smaller community parish.



Joe and Sandy Ortiz grew up in Iowa but moved to northern Texas for work. Their three children are grown and scattered across the United States. Joe's work as a network specialist for Parson's Global Network has enabled him to work from home even before the pandemic. So, when Sandy recently retired as an

office worker, they decided to move back to Iowa and are living in Bondurant. Joe and Sandy are "homebodies" who enjoy their time together. They always liked a smaller church, so they were pleased to find SMHC parish.

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



Eric and Rachel Manley moved their family of twelve from Ankeny to Colfax about a year ago. Eric is a professor at Drake University and Rachel home schools their 10 children.

In their leisure time, Eric enjoys board games and Rachel likes to garden. Besides loving board games like their Dad and playing outside, the kids each have different interests. Abraham "Abe" (12) likes reading science fiction and fantasy. Rose (11) and Grace (9) both enjoy audio books and drawing. Clara (10) also likes to draw but loves to write stories. Esther (8) reads and plays with her dollies. Leo (6) "likes lots of stuff". Mary Margaret "Marmot" (4) colors and plays games. Fulton (3) says "I don't like anything". The youngest are Samuel "Sam" (1) and Pauline "Polly" (8mo). Our RE program was a draw for the Manley's and since they already knew Fr. Andrew, St. Mary was a good fit for their family. - Sue White

JOIN IN ON THE SOUNDS OF THE SEASON

Each year the area churches get together for singing the Sounds of the Season; this year it is scheduled to be held at the Elkhart Christian Church. To protect from the Covid virus, however, it will not be held in the traditional sense. They hope you will be excited about how they are doing it this year and that you will join in on the fun.

All talented members from SMHC are asked to make a recording, as individuals or as a group, singing, playing an instrument, reading a poem, or whatever else you enjoy during the Advent and Christmas seasons. After you have recorded your performance (if on a jump drive), please mail it to Tim Butler at P.O. Box 97, Elkhart, IA 50073, (will be returned to you) or email it to him at tjbutler317@gmail.com if it isn't too big. Members of the Elkhart Christian Church will collaborate and turn all the recordings into a performance, which will be broadcast over Facebook, via a live watch party. The deadline to submit your performance is Tuesday, December 1, with the live showing on Sunday, December 13.

If you need help with the recording you may reach out to Tim Butler. If you have any questions or concerns you may contact Mary Jo Ward at eccsecretary@windstream.net or reach out to Tim Butler at above email.

