



St. Catherine of Siena

Catholic Church and Student Center

The Most Holy Body and Blood of Christ • June 11, 2023

Upon Reflection...

a semi-regular series from some of the world's finest spiritual writers

Compassionate Listening

Fortunately, there will always be people who have the grace and the ability to engage in reflective listening, to ask, "Did I understand what you were saying?" and repeat back to me their perception of what I said. Normally then I can clarify, or perhaps admit that I have communicated poorly or am, in fact, incorrect. When we can listen and respond in that way, each person is treated with the respect and dignity they deserve as children of God.

Unfortunately, that is not the way the ego likes to work. Opposition gives us a sense of standing for something, a false sense of independence, power, and control. Compassion and humility don't give us a sense of control or psychic comfort. We have to be willing to let go of our moral high ground and hear the truth that the other person may be speaking, even if it is only ten percent of what they are saying. Compassion and dialogue are essentially vulnerable positions. If we are into control and predictability, we will seldom descend into the vulnerability of undefended listening or the scariness of dialogue.

If we are incapable of hearing others, we will also be incapable of hearing God. If we spend all day controlling and blocking others, why would we change when we kneel to pray?

Richard Rohr, OFM, *Daily Meditation*, July 25, 2022, cac.org.

ST. CATHERINE OF SIENA Catholic Parish and Student Center
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PARISH STAFF

Rev. Protas Okwalo
Pastor

Fr. Emmanuel Offiong
Weekend Pastoral Associate

Fr. George Komo
On leave

Rev. Mr. Rick Condon
Deacon

Lyrio Cloma-Read
Office Manager

Jan Blessum
Business Manager

Erin Smith
Coordinator of Campus Ministry

Dennis & Melinda Hendrickson
Music Coordinators

Gus and Dee Cordero
Deaf Ministry Coordinators

Dave & Sheila Lingwall
Liturgical Coordinators

Laura Catherine Carruthers-Green
Faith Formation Coordinator

PARISH COUNCIL

Aimee Beckmann-Collier
Chair

John Chesser

Gus Cordero

Rosemarie Kroner

Catherine Lucas

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Alexia Simonton

FINANCE COUNCIL

Brendan Comito
Chair

Patrick Carruthers-Green

Abby Crupi

Larry James

Annette Roth

Kristi Ryan

MASS TIMES

WEEKDAYS

Monday: 5:15 PM
(Communion Service)

Tuesday-Thursday: 5:15 PM

Friday: 12 NOON

WEEKENDS

Saturday: 5 PM

Sunday: 10:30 AM

African Mass: 2 PM
3rd Sunday in English;
other Sundays in Kiswahili

Last chance Mass: 8 PM

Welcome to St. Catherine of Siena Catholic Church and Student Center

New parishioners and students are invited to register online at stcatherinedrake.org or by contacting the parish office. Please notify the parish office when moving or with change in phone number, address or email.

Campus Ministry

Office and Communications Intern Leaving

By Kayla Hartman



For the past two years, I have had the blessing to be an intern for St. Catherine of Siena. Two years ago, Erin approached me and asked me to apply to be an intern and to use my skills at St. Catherine's to serve the students and the parish. What I didn't know then was all the titles that I would carry (Communications Intern, Campus Ministry Intern, Office Intern and the person who filled in when help was needed). I also didn't know about the responsibilities that I would be trusted with. Since I graduated in December, I had time to dedicate to helping Father, Lyrio, Jan and Erin in ways that would not have been possible if I were still in school. Through helping them, I learned more about myself, the Church, and God than I could have anticipated.

The work that I have done for St. Cate's has revealed to me my love for creating a home for students to come to during their college years. I have been blessed to be a part of many aspects of Campus Ministry and the parish life of St. Catherine's. Some of my favorite things that I've done were planning the Koinonia retreat this spring, planning lots of events for students, taking photos and documenting the fun things that students were doing and learning more about the work that goes into making a parish run smoothly. God has used this role to challenge me to use my talents in a different way than I have before. I have grown tremendously through this opportunity and will be forever grateful for my time at St. Catherine of Siena and all the people I've met along the way. I am excited to hear about the ways the new leadership team and Maddi Cave as the intern will continue to make St. Catherine of Siena a home away from home for students around Des Moines.

This revelation has led me to answer the call to serve as a FOCUS missionary for the next two years.

Farewell and Good Luck Kayla!

Jordan Feliz and Spoken in Concert

Tickets are available for acclaimed Christian music artist Jordan Feliz with Special Guest Spoken, June 24, 2023, Horizon Events Center, Clive.

Pre-Concert outdoor fun begins at 3:30 p.m. Horizon Doors open 5:00 p.m. Concert Begins at 6:00 p.m. Tickets are required for admission. Donation per ticket suggested. For tickets or information visit <http://www.nightfireconcerts.org>

Come early for pre-concert outdoor fun at Night FIRE Fest, 3:30 p.m. to 5:00 p.m., Horizon Events Center parking lot. Pack a picnic lunch or get food from one of the four (4) onsite food trucks. ONLY non-alcoholic beverages permitted outside. Bring bags, ladders or other outdoor games. It's fun for all!! Questions? nightfireconcerts@gmail.com



Parish Life & More

Volunteers Needed at St. Cate's

We are in need of volunteers

- to handle coffee and donuts,
- to wash church linens
- to serve as Eucharistic Ministers.

Please contact office@stcatherinedrake.org or sign up at the table in front of the office.



Plastic Bags and Containers Needed

The Catholic Worker House is in need of plastic bags and plastic containers for food to go for their guests. Any containers larger than yogurt containers would work. Please put them in the bin under the coat closet by the north wall. Thank you.



Catholic Mirror Subscription Appeal

The Catholic Mirror newspaper is a voluntary subscription program. Your gift of \$25 or more reduces expenses associated with the monthly subscription delivered to more than 35,000 Catholic households in southwest Iowa.

World Youth Day with Pope Francis

We have three Pilgrims from our African Mass who will be attending the World Youth Day in Lisbon, Portugal, this July. Your support in helping these pilgrims to travel will ignite their faith and that of others for years to come. If you would like to help finance this trip for these three members of our community, please make out a check to St. Catherine's with "World Youth Day" in the memo and send it to the office. For further information go to: <https://www.dmdiocese.org/filesimages/Young%20Adult%20Ministry/WYD/WYD23%20flyer%20full.pdf> or contact Margaret Cavanagh at cavanaghmargaret1@gmail.com.

Bulletin announcements are due by noon of Wednesday each week. Submit to: office@stcatherinedrake.org

Around the Diocese

Emmaus House Eighth Annual Ignatian Retreat Early Bird Rate \$50 through June 11

Date: Saturday, July 22, 2023

Time: 9:00 A.M. to 3:30 P.M.

Location: St. Pius X Catholic Church (3663 66th Street, Urbandale, IA)

Cost: \$60.00

Presenter: Amy Hoover

Retreat will also be accessible virtually through Zoom.

For more information, go to <https://www.theemmaushouse.org/ignatian-retreat>

Biking for Babies

Join St. Luke's in Ankeny for the Biking for Babies Des Moines Local Ride on Saturday, June 24th! Join Bishop William Joensen and fellow cycling enthusiasts for a fun day with family and friends. With three options of a 22-mile, 48-mile (to the High Trestle Trail Bridge) or a free 5-mile children & family fun ride, there's sure to be a route for everyone! Riders and volunteers needed to support this great cause - so join Biking for Babies today! Proceeds from the Local Ride will go to support three local pro-life organizations: Agape Pregnancy Resource Center, In-nervisions Healthcare, and Martha's House of Hope. To register, visit: <https://bit.ly/4145sod>

A Can in each Hand

Our free little pantry is often empty. Can you help?



If each of us put a can in each hand every time we come to church, we could make sure there would be something in the pantry when someone is hungry and looking for something to eat. This is an ongoing need. If we could all just make it a habit, we could keep the pantry stocked. So, if you can, please put a can in each hand whenever you leave your house to come to St. Catherine's.

Together, we can help feed the hungry in our neighborhood.

Thank you.

Upon Further Review

From Word Among Us

We, though many, are one body, for we all partake of the one loaf.
(1 Corinthians 10:17)

If you buy an airline ticket, you'll have to decide between first class, with all of its fine amenities, and the more basic economy class. If you go to a play, you can choose between orchestra seating, which is right in front of the action, and balcony seating, where you may not see the actors too clearly. Similar options exist in many other places where people gather. Except, of course, for Mass. There are no different "classes of service" at the liturgy: just the whole people of God gathered as one to receive "the one loaf," which is Jesus himself (1 Corinthians 10:17).

On this feast of the Body and Blood of Christ, St. Paul reminds us that we are "one body" in the Lord (1 Corinthians 10:17). Jesus has called us into one community as his brothers and sisters. He has gifted all of us with the "one baptism for the forgiveness of sins" (Apostles Creed). And he has filled each of us with the same Holy Spirit that filled Mary Peter, John, and all the saints. *Everyone* has a first-class seat! *Everyone* has the same high privilege of being named a child of God!

This truth is at the heart of the mystery we celebrate today: in the gift of the Eucharist, Jesus offers his whole self-Body, Blood, Soul, and Divinity-to each and every one of us. He invites each of us to become treasured vessels of his presence: living, breathing tabernacles of his glory. He makes no distinctions, and he asks us to do the same: we are one in Christ!

Today during Holy Communion, look at the brothers and sisters gathered with you. Lift them up in prayer. Honor them as the beloved of Christ that they are. And welcome them into your heart, just as Jesus has welcomed you!

"Jesus, thank you for giving yourself to me so freely and generously!"

Donations

Please assist St. Cate's by mailing a check to the office or giving online by clicking on the DONATE button on our website or by completing an ACH form for automatic withdrawals.

Thank you for your generosity.

Parish Life & More continued

Steve Angrisano & Mary's Meals Summer Concerts

Steve Angrisano will be performing at the following area Churches this summer to benefit Mary's Meals:

Monday, Aug 7th @ St. John's, Norwalk 6:15 PM Food & 7 PM Concert/Adoration

Tuesday, Aug 8th @ Holy Trinity, Des Moines 5:45 PM Food & 6:30 PM Concert

Sunday, Aug 13th @ St. Theresa's, Des Moines 4:30 PM Mass/5:30 PM Food & 6:15 PM Concert/Adoration

Tuesday, Aug 15th, Assumption of the Blessed Virgin Mary, Granger 6 PM Mass, 7 PM Food, & 7:30 PM Concert/Adoration

Called to Silence: 3 Day Directed Ignatian Retreat

Meet with an Ignatian-trained spiritual director daily to reflect on what's stirring in your heart. The retreat cost including room and meals is \$375. Choose one of the 2 opportunities to attend: July 16-19, 2023, or October 26-28, 2023. Register at www.creighton.edu/retreatcenter/scheduleofretreats.

Or scan the code:



OUR MISSION

St. Catherine of Siena Catholic Student Center is a spiritual "home away from home" for resident parishioners and Drake students alike. We strive, through worship, prayer, fellowship, study, and service, to be disciples of Jesus today, so that we will be the leaders of the Catholic Church and Community tomorrow.