



# St. Catherine of Siena

## Catholic Church and Student Center

The Transfiguration of the Lord • August 6, 2023

### Upon Reflection...

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

## Shining Like the Sun

*"In Louisville, at the corner of Fourth and Walnut, in the center of the shopping district, I was suddenly overwhelmed with the realization that I loved all these people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking from a dream of separateness, of spurious self-isolation in a special world. ...*

*This sense of liberation from an illusory difference was such a relief and such a joy to me that I almost laughed out loud. ...I have the immense joy of being human being, a member of [species] in which God Himself became incarnate. As if the sorrows and stupidities of the human condition could overwhelm me, now that I realize what we all are. And if only everybody could realize this! But it cannot be explained. There is no way of telling people that they are all walking around shining like the sun.*

*Then it was as if I suddenly saw the secret beauty of their hearts, the depths of their hearts where neither sin nor desire nor self-knowledge can reach, the core of their reality, the person that each one is in God's eyes. If only they could all see themselves as they really are. If only we could see each other that way all the time. There would be no more war, no more hatred, no more cruelty, no more greed."*

– Thomas Merton, *Conjectures of a Guilty Bystander*  
Lightly edited for inclusive language

### PARISH STAFF

**Rev. Protas Okwalo**  
Pastor

**Fr. Emmanuel Offiong**  
Weekend Pastoral Associate

**Rev. Mr. Rick Condon**  
Deacon

**Lyrio Cloma-Read**  
Office Manager

**Jan Blessum**  
Business Manager

**Megan Schultz**  
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**

**Catherine Lucas**

**Robert Ebow McEwan**

**Mark Schmidt**

**Alex Sperry**

**Rosemarie Waskel**

### FINANCE COUNCIL

**Brendan Comito**  
Chair

**Matthew Bell**

**Patrick Carruthers-Green**

**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

ST. CATHERINE OF SIENA Catholic Parish and Student Center

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office@stcatherinedrake.org • 515.650.8646

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

New parishioners and students are invited to register online at [stcatherinedrake.org](http://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

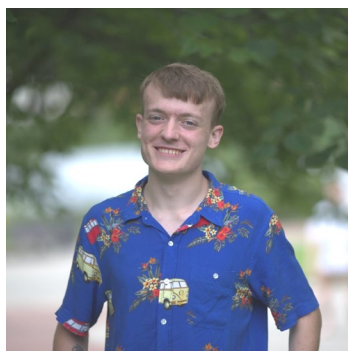
#### Welcome DU Bulldog Catholics Formation Pillar Chairs —

##### Maria Sherman and Elijah Hilaker



I am Maria Sherman. I'm 21 years old (or a senior) but not going to school currently. I work at Musco! When I'm not hanging out at St. Catherine's, I'm hanging out with my family, doing music, or taking pictures! I gave a talk last semester through the Formation Pillar, and I loved it. I thought it would be really

neat to be a part of more stuff like that, and to help our community grow in this awesome Faith that we share and form our lives around! I'm super excited to see what everyone is interested in learning more about and am hoping to bring in some guest speakers! I love the community. I love that I am able to walk this journey alongside friends who are in the same season of life as I am. I learn SO MUCH from & am so humbled by all of these striving souls. It's also just so good for me to be around such uplifting people!



My name is Elijah Hillaker. I am 20 years old. I was homeschooled all the way from preschool to graduation. I am not attending any college at the moment but am working full-time at Musco. I like to play board games and paint/build miniatures.

I was introduced by my sister to St. Catherine's and we started going to candlelight mass on Thursdays. Now, I go to the 5 PM mass several times a week, and am involved in plenty of student activities. My favorite part of DU Bulldog Catholic is 1000% the student community. It's amazing what being around friends who are also invested and trying to grow in their faith will do for you. I honestly didn't know if I could be nominated for a position but was always interested in formation. There is a lot of room to try different events and invite different speakers. I'm excited at all the options we have, there is so much we can do with formation. All the students here have been great, and I can't wait to see what we do for the coming school year!

Catholic Worker House is in need of the following:

**VOLUNTEERS:** -Individuals and work crews for hospitality (serving food, cleanup), cleaning and general inside and outside maintenance

**MEAL PROVIDERS:** Provide a meal for 100 for current people once a month. Call 515-214-1030 or email [dmcatholic-worker@gmail.com](mailto:dmcatholic-worker@gmail.com).

**FOOD:** Fruit, Vegetables, Meat and Fish, Milk, Cheese, Salted Butter, Olive Oil, Sugar, Coffee, Creamer, Juice (sugar-free), Salt, Black Pepper, Fresh Garlic, Salad dressing, Soups and stews (both canned and fresh). Leftovers from weddings, funerals, and other social gatherings.

**HEALTH AND HYGIENE:** Menstrual Hygiene Items, Diapers, Baby Formula, Tylenol, Ibuprofen, Multivitamins, Antibiotic Ointment, Band-Aids, Lip balm

**TOILETRIES:** Disposable Razors, Shaving Cream, Shampoo, Conditioner, Lotion, Deodorant, Soap, Toothpaste (Small sizes preferred), Toothbrushes and Toilet Paper.

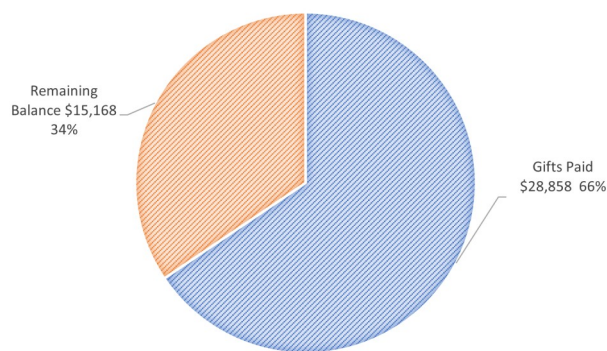
**NEEDED CLOTHING:** Underwear, Socks, T-shirts, Sweatshirts, Hoodies, Coats, Work Pants (All Sizes especially Large), Sleeping Bags, Blankets

**HOUSEHOLD SUPPLIES:** Bleach, Laundry Detergent, Environmentally Friendly Dish Soap, Murphy's Oil Soap, Pinesol, Trash Bags, Brooms, Rugs, Candles, Energy-Efficient Light Bulbs, Aluminum Foil, Plastic Wrap, Sandwich and Freezer Bags, Bath Towels, Playing Cards, Candles, Phone Chargers

**HOUSE REPAIRS:** We invite individuals or groups with skills in carpentry, plumbing, painting, electrical, etc. to come in, look over their needs, and choose a project. Bring your own tools, if possible.

**CASH MONEY:** Cash donations are essential to pay for property taxes, utilities, etc. Find them on Facebook at [www.facebook.com/DesMoinesCatholicWorker/](http://www.facebook.com/DesMoinesCatholicWorker/).

## Parish Life & More



### ADA 2023

As of July 28, 2023, our donations total is \$28,858. We have \$15,168 left to reach our goal.

### Weekend Zoom Masses

The Parish is moving away from Zoom masses. We will offer it only in the event that we have a remote ASL interpreter.

### Cookie Collection in August

The next Cookie Collection for the Central Iowa Shelter will be the weekends of August 20th and 27th for the dinner on Thursday the 31st. Please bring your freshly baked or store-bought cookies to the cookie storage bin on those weekends. St. Catherine's assists St. Mark Episcopal Church with this project by supplying the dessert for the meal they prepare. Over 180 homeless enjoyed every cookies you donated last month. Thank you!

### Volunteers Needed at St. Catherine's

We are still in need of volunteers to handle coffee and donuts, and to serve as Eucharistic Ministers at the 10:30 a.m. mass. Please sign up at the table in front of the office in the Gathering Space.



### Did you bring a can in each hand today?



Your help is needed to fill the food pantry every day. Hunger knows no season!

## Around the Diocese

### Eucharistic Procession

Join Bishop Joensen at the second annual Diocesan Eucharistic Procession on Saturday, Aug. 19. Mass begins at 9 a.m. at St. Anthony Church. Following Mass at about 10 a.m., the procession will begin a 1.6 - mile route to St. Ambrose Cathedral. This is a wonderful opportunity for us to gather as a community of Catholics and bear witness to our faith in the incarnation of the Lord. A map can be found at [11491e7c-1015-41b6-9f88-49cc805c4767.pdf](https://www.stcatherinedrake.org/files/11491e7c-1015-41b6-9f88-49cc805c4767.pdf)



Lunch will be served at the Pastoral Center. Transportation back to St. Anthony's will be provided. Please RSVP for lunch orders using this QR code:



### Summer Concert featuring Josh Blakesley to benefit Mary's Meals

St. Theresa Catholic Church is hosting a concert to benefit Mary's Meals on Sunday, August 13. The concert begins at 6:15 p.m. on the lawn. Bring a lawn chair or blanket, snacks, and a drink. Free will offering for Mary's Meals will be accepted at [marysmealsusa.org](https://www.marysmealsusa.org).



### Mary's Helping Hands Fundraiser

Mary's Helping Hands, a local non-profit supporting families and babies with basic necessities, is holding a Pack and Play Fundraiser to promote safe sleep. They provide 50 pack and plays on average each month and serve over 300+ clients! This is where they are asking for help. They have created an Amazon registry to help fund these important items. To find their registry, search "Mary's Helping Hands" in the Amazon registry list. Or drop a check off at our office if you prefer. The first 100 people to buy one will receive a token of our appreciation. Thanks and God Bless!

Bulletin announcements are due by noon of Wednesday each week. Submit to: [office@stcatherinedrake.org](mailto:office@stcatherinedrake.org)

## Upon Further Review

From Oblates of St. Francis de Sales

St. Francis de Sales challenges us to be transfigured in Christ through our daily activities:

At the Transfiguration, Jesus showed us a spark of eternal glory. While the Prophet said, "I will never forget you...I have carved you on the palm of my hand," Jesus went further and said, "I will never forget you, since I bear your name engraved in My Heart." At the Transfiguration, Jesus shows His flaming Heart of love for us.

Like the apostles who wanted to remain in Jesus' presence, we too must do likewise. So little by little, let us leave behind all our affections for lowly things and aspire to the happiness that Our Lord has prepared for us. Where could we give better witness to our fidelity to God than in the midst of things going wrong?

There is a real temptation to become dissatisfied with the world and depressed about it when we have of necessity to be in it. Yet we will always encounter difficulties in the "busyness" of the world. To think that we can be holy without suffering is a delusion. Where there is more difficulty, there is more virtue. However, if we stumble, with trust and confidence in God's mercy, let us put ourselves back on the path of virtue.

Be like the honeybee. While you are carefully making the honey of holiness, at the same time make the wax of your worldly affairs. If our Lord finds honey sweet, so does the wax honor Him, since it is used to make the candles that give light to those around us.

Let us focus on always being transfigured in Christ. What we will do and become as we experience the lovable Heart of our Master aflame with love for us!

### Donations

*Please assist St. Catherine'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.***

Around the Diocese continued

### Sponsor Couple Training

#### Interested in Helping Young Couples Prepare for Marriage?

*Register to attend the Diocesan Sponsor Couple Training*

*Saturday, **August 26**, 9:00-11:30 am at OLIH*

This training equips sponsor couples to use a tool called



FOCCUS (*Facilitate Open, Caring Communication, Understanding and Study*). In a series of three to five meetings with the engaged couple, FOCCUS prompts discussions on a myriad of important issues couples face throughout their lives together: communication, family of origin, commitment, sacramentality, finances, raising children, and more. It fosters a deeper understanding of marriage and a deeper appreciation of each other. It helps engaged couples identify and navigate the kind of challenges that every couple faces.

If this appeals to you and your spouse, sign up for the training class online at [www.olih.org](http://www.olih.org) under 'Parish Events'. This training requires the attendance of both husband and wife and that they must have been married for at least 5 years.

## 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.