



St. Catherine of Siena

Catholic Church and Student Center

22nd Sunday in Ordinary Time • September 3, 2023

Upon Reflection...

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

Faith After Doubt

Some people tell me they never have doubts. Faith comes easy for them, they say, at least it has so far. But many, many, many of us do have doubts, and sometimes our doubts seem far more powerful than our beliefs. It's hard enough having doubts; it's impossibly hard to have them and feel you must pretend that you don't.

Right now, let's grant one another permission to doubt. And let's see the doubt in ourselves and each other not as a fault or failure to be ashamed of, but as an inescapable dimension of having faith and being human, and more: as an opportunity for honesty, courage, virtue, and growth, including growth in faith itself.

I promise you: there is faith after doubt, and life after doubt, and life with doubt. If you thought life before doubt was good, wait until you see where doubt can lead you and what doubt can teach you.

You don't have to feel ashamed or be afraid.

Brian McLaren, Faith After Doubt:

Why Your Beliefs Stopped Working and What to Do About It, p xi.

PARISH STAFF

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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

Student Mass: 5 PM

Last chance Mass: 8 PM

ST. CATHERINE OF SIENA Catholic Church and Student Center

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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

Welcome DU Bulldog Catholics from Alex Sperry, President

Hello everyone! My name is Alex Sperry, and I am the President of DU Bulldog Catholic for the 2023-2024 school year! I want you all to get to know me and what I've been up to recently. To start, I am a senior double majoring in Marketing and Management and Organizational Leadership at Drake University, and I'm from Rochester, MN. Other clubs I am involved in at Drake are the Entrepreneurship Club, helping with AMA, volunteering opportunities on and off Drake's campus, and being involved with multiple intramurals. I am also continuing my summer internship with Baton Global this semester. I love participating in activities where competition is involved, so you'll always see me playing sports, board games, video games, or anything I could possibly win! I also love being outside, spending time with family and friends, watching movies/TV shows, volunteering, and just generally being as busy as possible! I also had an amazing opportunity to study abroad both in Australia and Italy this past semester. One highlight I'd like to share was being able to attend the Easter Mass at the Vatican in April! But I am glad to be back at Drake and finishing my senior year strong!

The title of President for DU Bulldog Catholic is still settling in for me, but I am super excited about what we have accomplished so far this early in the semester! One big victory has been welcome week! With the help of the leadership team and ministry chairs for DU Bulldog Catholic, we have created a very interactive welcome week for students at Drake. With activities ranging from adoration, to a sports day, to volunteering, we wanted to provide different activities where any student could interact with at least one of our events during the week. It also gets our ministry chairs involved, creating these events to be as interesting as possible. The hardest part is getting students through the door, and we believe these different activities are working to get students through the doors. We have also started to plan our bigger events throughout the semester. We try to host 3-4 bigger events each semester aside from our Thursday Night Masses (THAM) and Student Masses. So, like I said before, we have made great strides, and we all are super excited about this school year for DU Bulldog Catholic! If any of you want more information or have any suggestions, don't hesitate to reach out to me! We can find a time for us to talk. Here is my Drake email: alex.sperry@drake.edu.

The Link Between Health and Happiness Part 1

from Assured Partners

In the pursuit of a fulfilling life, happiness is a goal for many. However, happiness is not an isolated concept; it's complex and connected to your overall physical and mental health. By understanding and nurturing the links between your health and happiness, you can be on your way to an enriched and balanced life.

Physical Health and Happiness

Physical health forms the foundation upon which happiness thrives. When your body functions optimally, so can your overall sense of well-being. Consider the following strategies to optimize your physical health:

Exercise regularly. Engaging in physical activity releases endorphins, the body's natural feel-good chemicals, which elevate mood and reduce stress and anxiety. Exercise also boosts energy levels.

Focus on nutrition. A balanced diet fuels the body and mind. Fruits, vegetables, whole grains, lean proteins and healthy fats provide nourishment to support cognitive function and emotional stability.

Get quality sleep. Adequate and regular sleep positively influences mood, cognitive performance and emotional resilience.

Parish Life & More

Seminarian Appeal Next Weekend

The diocesan-wide Special Collection for Seminarians will be conducted next weekend, September 9 and 10. As a priest, they will be oriented toward accompanying, guiding, and supporting you as they find and fulfill their own vocations.

Registered households will be receiving a brochure and return envelope in the mail from Bishop Joensen. Gifts to this collection are used to cover tuition, room and board, and provide a small monthly stipend for pre-theologians and theologians. This year, more than \$600,000 is needed to enable the academic formation of our thirteen seminarians. Heartfelt thanks for your prayers and charitable donation to support the seminarians.

Fall Clothing Drive

The Fall Clothing Drive will be held after Masses on Sept. 10. Please bring fall and winter clothing to Mass on Sat. Sept. 9 or Sun. Sept. 10. We need school clothes, shoes and boots, and winter coats, hats and gloves. Clothing will first be offered to our parishioners and any left will be taken to St. Vincent de Paul. If you would like to help organize the clothes after mass on Sept. 10, please contact Margaret at cavanaghmargaret1@gmail.com.



St. Catherine's Mass and Picnic in the Park

Join us Sunday morning, September 17th at Colby Park Pavilion in Windsor Heights for 10:30 am Mass, followed by our annual parish picnic. The beautiful, air-conditioned pavilion will allow us to celebrate rain or shine! Colby Park is located at 6900 School St. in Windsor Heights.

Fried chicken, lemonade, and desserts will be provided. We ask that you bring your favorite potluck dish to share, along with your own table service.

We will organize ride sharing for those in need of a ride, and for those who are willing to take a few extra passengers! There are signup sheets in the gathering space for both.

Please join us for Mass, fellowship, food, and fun as we celebrate our wonderful faith community. All are welcome!

Around the Diocese

Alive in Christ with Eucharistic Amazement

All are welcome to our Parish Mission *Alive in Christ with Eucharistic Amazement* at St. Francis of Assisi Church, 7075 Ashworth, West Des Moines. Come and join us for three spiritual talks from Sr. Joseph Andrew Bogdanowicz, OP from the Dominican Sisters of Mary Mother of the Eucharist. Holy Hour starting at 6 p.m. with Adoration. Presentation will begin at 7 p.m.

Sunday, September 17—In Memoriam

The Wolf And The Lamb Will Lie Down Together (Is. 11:6)

Monday, September 18—Agnus Dei

Like a Gentle Lamb Led To The Slaughter (Jer. 11:19)

Tuesday, September 19—Mary

I Watched As The Lamb Opened The First of Seven Seals (Rev. 6:1)

Our World Needs Prayer

Join fellow Iowans on the 3rd Sunday of every month to pray a monthly rosary for our country at the West Steps of the Iowa State Capitol at 1:30 P.M. Next date is October 15. For questions, call Jeff Pierick at 515-778-6087.

Dowling Club

Does your family plan on attending Dowling Catholic sporting events this year? Joining the Dowling Club will get you admission into ALL home DCHS athletic events for 2023-24. Dowling Club is the booster organization that has been supporting Dowling Catholic student-athletes since 1941. You can be a part of this tradition that has been raising awareness, enthusiasm and funding for our beloved Maroons for over 80 years. To view the packages visit: <https://www.dowlingcatholic.org/athletics/dowling-club>



In observance of Labor Day, the office will be closed on Monday, September 4.

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

Upon Further Review

From Loyola Press

Today's Gospel continues the story that began in [last week's Gospel](#). Simon Peter was called the "rock" upon which Jesus would build his Church, and yet Peter continues to show the limitations of his understanding of Jesus' identity. Now that the disciples have acknowledged that Jesus is the Messiah, Jesus confides in them the outcome of his ministry: he must suffer and die in Jerusalem to be raised on the third day. Peter rejects this prediction, and Jesus rebukes him severely, calling him "Satan." In opposing this aspect of Jesus' mission, Peter shows that he is no longer speaking based on the revelation from God but as a human being. Jesus then teaches all of the disciples about the difficult path of discipleship: to be Christ's disciple is to follow in his way of the cross.

Peter could not yet understand what it meant to call Jesus the Messiah. It is unlikely that the other disciples understood any better. Messianic expectations were a common aspect of first-century Judaism. Under Roman occupation, many in Israel hoped and prayed that God would send a Messiah to free the Jews from Roman oppression. The common view was that the Messiah would be a political figure, a king that would free Israel from Roman rule. This is perhaps what Peter envisioned when he was led to recognize Jesus as the Messiah. In this passage, however, Jesus is beginning to teach his disciples that he would be the Messiah in a different way.

Jesus would be more like the suffering servant described by the prophet Isaiah than the political liberator. Those who would be Jesus' disciples would be called to a similar life of service. Perhaps this is what Peter feared most in Jesus' prediction of his Passion. He whom Jesus had called "rock" would also be called upon to offer himself in sacrifice and service to others. Christian leaders today are still called to sacrifice and serve others as Jesus did.

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.

OUR MISSION

St. Catherine of Siena Catholic Church and Student Center at Drake University is an inclusive and supportive community of resident parishioners and students striving through liturgy, community, service, and faith formation to grow as servant leaders for the Catholic church and broader community.

OUR VISION

St. Catherine of Siena, a Newman community, is an inclusive "home away from home."

Faith Formation

Everyone is invited to join the St. Catherine's community for Encounter, our monthly parish-wide intergenerational faith formation program. Encounter is not just for families with school-age children; it's for everyone! Encounter begins with a shared meal followed by a variety of faith formation activities designed for all ages and stages of life and faith journeys.

Encounter will be held after 10:30 a.m. Mass on the first Sunday of each month with our first session taking place on Sunday, October 2nd. No registration is required this year. Our theme for the 2023-2024 academic year is Mass. Come learn more about the "why" and origins behind the familiar prayers and rituals at Mass.

Please bring a side dish (not a dessert) to share at lunch.

Contact Laura Carruthers-Green lauracatherine.green@gmail.com with any questions.

Family Ministries

Households with children are invited to join St. Catherine's Family Ministry on Saturday, Sept. 9th to Sunday, Sept. 10th Camping trip to Walnut Woods State Park (you can camp for whatever portion works for your family or just come for playing and food without the overnight). Contact Laura Carruthers-Green lauracatherine.green@gmail.com for more information.