



St. Catherine of Siena

Catholic Church and Student Center

23rd Sunday in Ordinary Time • September 10 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

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
Campus Minister

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

Alexia Simonton

Alex Sperry

Rosemarie Waskel

FINANCE COUNCIL

Brendan Comito
Chair

Josh Beck

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

Student Mass: 5 PM

Last chance Mass: 8 PM

ST. CATHERINE OF SIENA Catholic Church and Student Center

1150 28th St., Des Moines, IA 50311

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 or by contacting the parish office. Please notify the parish office when moving or with change in phone number, address or email.

Campus Ministry

Coffee Shop Hours & Finding Joy

The school year has started at Drake, and it has been such a joy to have students back on campus and present at St. Catherine's! After starting as Campus Minister in July, I have been waiting not-so-patiently for students to finally come home to Drake, and the zeal and life they bring has been a true blessing these past two weeks. DU Bulldog Catholic threw a super successful Welcome Week, where we had activities every night to welcome new students to our organization. I had so much fun meeting students, and especially inviting first-years into our group.

As the excitement wears off and students enter into the hustle and bustle of academic life, the FOCUS team and I are beginning a new activity at St. Catherine's, where every Monday our church will be open to Drake students of all faiths and backgrounds for the simple invitation of free coffee and fellowship. Coffeeshop Hours will be starting this Monday the 11th, from 9 am to 12 pm, during which I will be retiring the title of 'campus minister' and instead wearing the hat of 'Barista' instead. We will be offering cereal, hot coffees of multiple flavors, and iced coffee, with all the fixings to make a fun drink for anyone who enters our doors. This event will be completely free, every week, with the primary goal of meeting new students, and showing them the community that we know and love in this place. If you want to support this new event, either financially or in-person, please reach out to me at campusminister@stcatherinedrake.org.

I am so excited to see what this academic year has in store for us, and as we all settle in, please feel free to join us at daily mass, adoration, or even our late-night candlelight mass. St. Catherine's is in for an amazing year!

-Megan Schultz, Campus Minister



The Link Between Health and Happiness Part 2

from Assured Partners

Mental Health and Happiness

When you nurture your mind, happiness can flourish. Consider these tips for building your emotional resilience and a positive mindset:

Practice self-care and stress management. It's critical to engage in activities that bring you joy and relaxation.

Mindfulness practices can also reduce anxiety and improve focus.

Prioritize healthy relationships.

Positive social interactions, supportive friendships and a sense of belonging contribute significantly to happiness.

Seek help if needed. Mental health professionals can provide guidance, therapy and tools to help you manage and overcome life's challenges.

The Path to Happiness

A healthy mind and body are critical components in your quest for happiness. By embracing a holistic approach to health, you can unlock the potential for a life filled with happiness, purpose and fulfillment. Contact a health care professional if you have any questions about your well-being.

Parish Life & More

ADA 2023 August

The gifts paid as of the end of August amount to \$29,258. The remaining balance is \$14,768. Thank you for your generosity.

Thank You to Generous Parishioners

We're grateful to the 15 parishioners who have donated to the Haven Project Wish List Fund in support of physical improvements to St. Catherine's. To date, \$7,200 has been received, allowing us to purchase new furniture for the gathering space, remove and replace the south wall between the gathering space and classroom, and create two closets to house tables and supplies used for coffee and doughnuts, Encounter meals, student suppers, and campus ministry's Thursday after Mass (THAM) gatherings. We're still seeking funds to purchase the three screens we'll install in the gathering space and the room formerly known as the library. Those items will make it possible for us to use videos, movies, and Powerpoint presentations for faith formation programs as well as community-building activities for both students and resident parishioners. Our Wish List goal is \$13,000. You can make contributions by contacting the office (office@stcatherinedrake.org; 515-650-8646).

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)

The Gift to Give Your Spouse

Join the free marriage enrichment program, **The Third Option**, which meets the second and fourth Mondays of the month from 7:00-9:00 pm at Mercy College, 928 6th Ave, Des Moines, IA 50309. Participants should use the north parking lot. A new session begins **October 9, 2023**. This program is for all couples whether they are facing obstacles in their marriage or just trying to make a good thing better! Couples will walk through 14 skills-based workshops, listen to a couple who has overcome comparable frustrations, and provides support group discussions on suggested exercises / tools. If you have questions, or would like to register contact Julie Burdt at 515-201-4766 or julie.burdt@gmail.com. You can also contact Adam Storey at astorey@dmdiocese.org

Did you bring a can in each hand?

If each of us put a can in each hand every time we come to church, we could fill the pantry with food.

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

Upon Further Review

From Loyola Press

Today's Gospel reading is taken from a chapter of Matthew's Gospel, which is sometimes called the "discourse on the Church" or the "church order" discourse. In this part of Matthew's Gospel, Jesus speaks more directly about matters of Church discipline and order. In today's reading we find one of only three instances in which Jesus uses the word *church* in Matthew's Gospel. In Matthew's record of Jesus' teaching, we can hear echoes of the kinds of issues faced by the early Christian community.

In the first part of the "discourse on the Church" (Matthew 18:1-14), Matthew addresses the Christian community's concerns about rank. Jesus responds to the disciples' question about who is greatest in the kingdom of heaven. Jesus indicates that those who wish to enter the kingdom of heaven must be like children, and he cautions those leaders who might lead these "little ones" astray. He also responds with the parable of the lost sheep, indicating how God will seek out and bring back those "little ones" who have strayed.

In today's Gospel reading, Matthew 18:15-20, Jesus addresses a common occurrence in the Christian community: a dispute between two members of the Church. Jesus outlines a procedure for settling such matters fairly. The victim should privately address the offender and attempt to resolve the dispute without outside involvement. If that fails, then the victim should bring two or three witnesses and confront the offender again. If the dispute is still unresolved, the matter should be brought to the attention of the entire community. If the offender refuses to adhere to the reparations prescribed by the community, then Jesus suggests that the offender may be expelled from the Church.

Jesus does not discourage disagreement within the community of the Church; he acknowledges the reality of conflict and error and offers his disciples a means for addressing such matters. It is in the conclusion to this teaching that the message of hope is found: Jesus is present with the community and will guide the community in its relations. If decisions are taken in prayer, then the community can be assured of God's assistance.

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.*

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 1st. 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.

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."