CULTIVATING CONNECTIONS IN CHRIST: REFLECTIONS OF FAITH IN THE DIOCESE OF DES MOINES

The Catholic Mirror

MARCH/APRIL 2026
DMDIOCESE.ORG

INSIDE

Supporting the Annual Diocesan Appeal

Young adults living their faith

Parishes welcoming new Catholics at Easter

Plus: All your favorite features!



Cultivating Connections in Christ

Together, we made it possible to send 450 teens to the National Catholic Youth Conference through our gifts to the Annual Diocesan Appeal. We invite you to be a part of our mission to sow God's Spirit throughout our Diocese.

Bishop William Joensen joins youth from St. Joseph Parish in Des Moines at the National Catholic Youth Conference last fall.

Protect your family's future

KOFC.ORG/JOINU



kofc.org/join
Promo Code:
BLESSEDMCGIVNEY

kofc.org/unete
Código:
BLESSEDMCGIVNEY

Protecting Catholic Families Since 1882.

Trust a Catholic company to protect your Catholic family.



LIFE INSURANCE • DISABILITY INCOME INSURANCE • LONG-TERM CARE INSURANCE • RETIREMENT ANNUITIE



563-689-6801
michael.bormann@kofc.or



402-379-0180
neil.pfeifer@kofc.or



walker.bormann@kofc.or



402-750-4775
jeremy.borchers@kofc.or



712-579-9066
donald.kenkel@kofc.or



robert.ryan@kofc.or



712-880-0044
peter.seuntjens@kofc.or



515-218-3550
gregory.waddle@kofc.or



justin.wadle@kofc.

Knights of Columbus®

© Knights of Columbus, 1 Columbus Plaza, New Haven, CT 0651

The magazine of the Catholic Diocese of Des Moines

March/April 2026
Volume 1: Issue 2

dmdiocese.org/catholic-mirror
Bishop William Joensen
bishopdsm@dmdiocese.org
PUBLISHER

Anne Marie Cox
acox@dmdiocese.org
EDITOR

Anne Marie Cox
Jason Feeney
John Huynh, D.Min.
Ryan Johnson
Deacon Randy Kiel
Bob Larson
Ann Pierson
Monica Pugh
Father Ron Rolheiser
CONTRIBUTING WRITERS

Chelsea Dellaca
Pete Soby
CONTRIBUTING PHOTOGRAPHERS

Facebook.com/dmdiocese
Instagram.com/dmdiocese
Youtube.com/dmdiocese

For advertising information:
Contact Sandy Riesberg at
515-237-5046 or
communications@dmdiocese.org

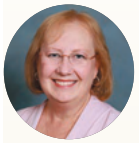
For subscription information:
Contact Sandy Riesberg at
515–237-5046 or
communications@dmdiocese.org

The Catholic Mirror (USPS 94200) is a publication of the Diocese of Des Moines, 601 Grand Avenue, Des Moines, IA 50309 and is published bimonthly. Periodicals postage paid at Des Moines, IA, and additional mailing offices.

POSTMASTER: Send address changes to: *The Catholic Mirror*, 601 Grand Avenue, Des Moines, IA 50309.

FaithCatholic.com

NOTE FROM THE EDITOR



Thank you for sharing your thoughts on how we can make *The Catholic Mirror* magazine the best it can be! So far, you've told us you like the look and feel, the colorful photos, and the many stories. Keep the feedback coming by sending us a note to communications@dmdiocese.org.

It is an honor and privilege to share real stories of the Holy Spirit at work right here in central and southwest Iowa. In this issue, we'll show you how we all play a role in carrying out the mission of the Catholic Church in the Diocese of Des Moines through our support of the Annual Diocesan Appeal. We also highlight young adults who are putting their faith into action. Lastly, we share stories of parishes welcoming newcomers to the faith this Easter Vigil.

While you enjoy these feature stories, keep up to date with the latest news and events by subscribing to *The Catholic Mirror* digital newsletter by going to dmdiocese.org/newsletter. It's a free, biweekly publication that focuses on news in our Catholic communities.

Thank you for your support! I pray that you and your family enjoy a blessed and joyful Easter season.

Anne Marie Cox



INSIDE

Father Daniel Adjei led a Eucharistic procession at St. Pius X Parish in Urbandale last summer.

4–5
Addressing the deeper truth of our humanity

7
Official Pastoral Appointments

8–9
Diocesan audit results

10–15
Cover Story: Come share in the mission of evangelization through the Annual Diocesan Appeal

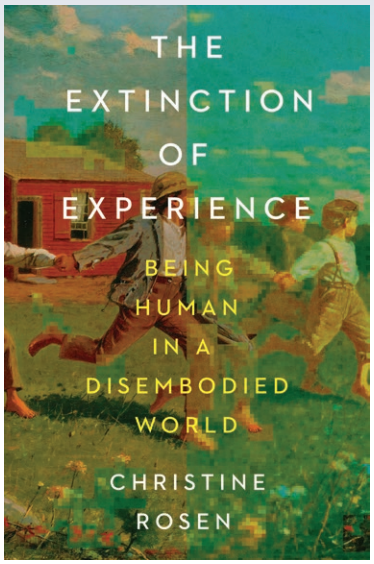
16–21
Young adults are finding encounters, friendship, and community through fun and faith

22–23
Parish Life

30
Crossword puzzle

31
Calendar

What is Man, that Google (or Meta, Gemini, Claude, or ChatGPT) is Mindful of Him?



It is increasingly difficult to find folks who have a holistic regard for the human condition. In fact, social trending is toward a much more reductive view of human identity, dissociating body and soul, the physical and intellectual aspects of our personhood. Big Tech giants like Google, Meta, and the wave of new AI kids on the block break us down into a bundle of subjective desires and data that are gauged and goaded by algorithmic prompts.

They trace our "allergic" reactions to certain political views and beliefs and steer us in polar opposite directions, fueling our appetites for experiences that have at best a remote purchase on reality. They export their own skewed sense of human nature and reduce us to a collection of parts that never quite hang together, since there is no regard for an original author or goal of our striving that might integrate our hearts and hopes, our thoughts, and our yearnings.

The perennial question of the Psalmist, "What is man that you are mindful of him, and a son of man that you care for him?" (Psalm 8:5), turns us outward to the God who alone can reveal us to ourselves. In contrast, Big Tech would leave us literally to our own devices. We become accomplices who drain life of mystery, doom-scroll ourselves into a stupor, and introduce a more acute host of existential problems: isolation, loneliness, depression, addiction, anomie, disgust at ourselves and at life in general.

We risk remaining stuck as mere apprentices of our own happiness, technicians of misery, rather than becoming collaborative artists who ponder patiently, who labor diligently, and then bring the beauty of the human condition to light. We can abdicate our own Olympian potentials to become agents who make a difference in the world, who do not deny or falsify reality but shape it in such a way that it can be shared with others for our mutual flourishing. A healthier regard for human nature is able to take delight in contemplative moments where we discover meanings that draw us closer to one another in natural respect, friendship, and Spirit-led solidarity.

These observations are hardly original; they follow on the heels of modernity and have elicited stacks of commentary. But the claims I relate here represent a personal distillation and summary of Christine Rosen's astute analysis in her book, *The Extinction of Experience: Being Human in a Disembodied World*. Rosen is a senior editor at *The New Atlantis*, a fellow at the American Enterprise Institute and at the University of Virginia's Institute for Advanced Studies in Culture.

I won't supply a serial analysis of Rosen's claims, but we may be inclined to sustain our Lenten disciplines through Easter and beyond (which might well include periodic fasting from technology, more moments lingering in prayer, and sustained acts of charity where the only ignorance of self is when our left hand does not keep track of what our right hand is doing). In complementary fashion, Rosen affirms forms of experience that might cut across the grain of our sensibilities. She suggests we try to lean into rather than flee the experience of boredom and its prospective outcomes: greater patience and the ability to daydream.

The cranky 19th-century writer Ambrose Bierce "once described patience as 'a minor form of despair, disguised as a virtue.'" (*Extinction*, p. 90) But in contrast to the coping mechanism at the onset of boredom to reach for our phones, Rosen asks, "Might boredom have a purpose?" She cites the clinical psychologist and boredom researcher Dr. John Eastwood of York University, who notes our propensity

Story continues on page 28



MOST REV. WILLIAM M. JOENSEN, PH.D
is the 10th bishop of the Diocese of Des Moines.

¿Qué es el Hombre para que Google (o Meta, Gemini, Claude, o ChatGPT) estén Conscientes de Él?



Photo by Beowulf Sheehan

Author Christine Rosen

Es cada vez más difícil encontrar personas que tengan una preocupación holística por la condición humana. De hecho, la tendencia social es hacia una visión más reducida de la identidad humana, desasociando el cuerpo y el alma, los aspectos físico e intelectuales de nuestra personalidad. Los gigantes tecnológicos como Google, Meta y la ola de nuevos jugadores de la Inteligencia Artificial nos segmentan como un bulto de deseos y datos subjetivos medidos y motivados por funciones algorítmicas.

Éstos registran nuestras reacciones "alérgicas" a ciertos puntos de vista y creencias políticas y nos dirigen hacia un sentido completamente opuesto, motivando nuestro apetito de experiencias que puedan motivar a una compra remota en la realidad. Ellos exportan su propio sentido tendencioso de la naturaleza humana y nos reducen a un conjunto de partes que nunca pueden permanecer juntas, ya que no consideran ni un autor original o una meta fundamental que integre nuestras esperanzas y nuestros corazones, nuestros pensamientos y nuestros deseos.

La pregunta perene del Salmista, "¿Qué es el hombre para que pienses en él, el hijo del hombre para que lo cuides?" (Salmos 8:5), nos hace voltear hacia Dios quien es el único que puede hacer esta revelación. En contraste, las Compañías Tecnológicas nos dejan a la merced de nuestros propios dispositivos. Nos convertimos en cómplices que vacían el misterio de la vida, condenándonos a desplazarnos al estupor e introduciendo una serie más aguda de problemas existenciales: aislamiento, soledad, depresión, adicción, anomía, repugnancia contra nosotros mismos y contra la vida en general.

Nos arriesgamos a terminar como meros aprendices de nuestra propia felicidad, técnicos de miseria, en vez de convertirnos en artistas colaborativos que piensan con paciencia, que trabajan con esmero y que logran traer a la luz la belleza de la condición humana. Podemos entonces renunciar a nuestro propio potencial olímpico para convertirnos en agentes que hacen una diferencia en el mundo, que no niegan ni falsean la realidad pero que la forman de tal manera que se puede compartir con otros para nuestra prosperidad mutua. Una preocupación más saludable sobre la naturaleza puede agraciarse en momentos contemplativos en donde descubrimos significados que nos acercan más los unos a los otros en un respeto natural, en amistas y en solidaridad guiada por el Espíritu.

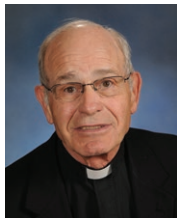
Estas observaciones no son originales; éstas siguen los talones de la modernidad y han provocado pilas de comentarios. Pero lo que les relato aquí representa un resumen y análisis personal del astuto análisis de Christin Rosen en su libro, *La Extinción de la Experiencia: Siendo Humano en un Mundo Desencarnado (The Extinction of Experience: Being Human in a Disembodied World)*. Rosen es una editora principal en *New Atlantis*, además miembro del Instituto Empresarial Americano y del Instituto para Estudios Avanzados en la Cultura de la Universidad de Virginia.

No presentaré un análisis en serie de los que dice Rosen, pero podemos inclinarnos a sostener nuestras disciplinas Cuaresmales hasta la Pascua y más allá (que pueden incluir ayunos periódicos de tecnología, más momentos persistentes en oración, y constantes actos de caridad en donde la única renuncia a sí mismo es cuando la mano izquierda no sabe lo que está haciendo la derecha).

Esta historia continúa en la página 29.



EL RVDMO. WILLIAM M. JOENSEN, PHD
es el 10mo obispo de la Diócesis de Des Moines.



Father Leonard Kenkel dies

Father Leonard Kenkel died on Feb. 7 at age 91.

Father Kenkel was born in 1934 and, after graduating from St. Mary School in his hometown of Panama, he attended college at St. Benedict in Atchison, Kansas, and then Mount St. Bernard in Dubuque for theology prior to his ordination in 1960 by Bishop Edward Daly.

During his years in active ministry, Father Kenkel served the following Des Moines parishes: Christ the King, Holy Trinity, and St. Peter. He also served St. Boniface Parish in Westphalia, Holy Spirit Parish in Creston, and St. Edward parish in Afton. Father Kenkel taught at Dowling Catholic High School for 27 years, from 1962–1989. He retired in 2008.

In 2019, following an investigation into an allegation of sexual abuse of a minor, Father Kenkel's priestly faculties were suspended, and he was unable to engage in priestly ministry for the remainder of his life.



Father James Livingston dies

Father James Livingston died Feb. 7.

Born in 1939 in Canada, he was a monk, high school teacher, worked in a halfway house, and ordained into the priesthood of the Anglican Church of Canada, and later the Roman Catholic Church in San Francisco.

In 2011, he and his wife, Ginny, moved to Des Moines. He served at St. Augustin Parish for nearly a decade and as temporary administrator at St. Joseph Parish in Winterset and St. Patrick Parish in Irish Settlement. A funeral Mass was Feb. 14 at St. Augustin Church.



Father Aquinas Nichols dies

Father Aquinas Mark Nichols, pastor emeritus of the Basilica of St. John Parish in Des Moines where he served for 26 years, died Feb. 28 after a private battle with cancer.

Born in Duluth, Minnesota in 1952, he entered the Benedictine novitiate at Conception, Missouri in 1972, helped establish Prince of Peace Abbey in Oceanside, California, and was ordained a priest in 1980. He studied in Rome, served as secretary to the Abbot Primate, then came to Des Moines in 2000 to form St. Gabriel Benedictine Priory until its closure in 2008. He continued on as pastor of the basilica parish until his retirement in December, 2025. His Mass of Christian Burial was March 6 at the Basilica of St. John.

15TH ANNIVERSARY
Join us for the
2026 InnerVisions Gala
REBEKAH HAGAN
Join us to hear Rebekah Hagan's compelling testimony of hope. As a college freshman facing a second unplanned pregnancy, she encountered deep shame and uncertainty. After starting the abortion process, she chose life—and today her son is living proof of that courageous decision. Her story is a powerful way to honor 15 years of InnerVisions' mission serving women throughout Central Iowa.
Thursday, June 4, 2026
Iowa Events Center, Des Moines
More details available at ivhcare.org/2026gala
InnerVisions HealthCare
UNPLANNED PREGNANCY AND STD MEDICAL CLINICS

CALDWELL PARRISH
FUNERAL HOME & CREMATORY
Des Moines' *Only* Catholic Owned & Operated Funeral Home
Our Catholic Family Serving Your Catholic Family.
John Parrish Owner
Mark Parrish Owner
Call us for your FREE Catholic Planning Guide
ADEL · WINTERSET · URBANDALE · PERRY
caldwellparrish.com
515-526-5103

OFFICIAL PASTORAL APPOINTMENTS

BISHOP WILLIAM JOENSEN HAS MADE THE FOLLOWING APPOINTMENTS:



VERY REV. PHILIP YAW BEMPONG in addition to serving as pastor of St. John, Greenfield, and St. Patrick, Massena, to Dean of the Atlantic Deanery effective immediately.



REV. ENRIQUE GARCIA-ELIZALDE to Des Moines Metropolitan Hospital Chaplaincy and Diocesan Hispanic Ministry Assistance effective Jan. 1.



VERY REV. NICHOLAS STARK while continuing to serve as Pastor of St. Elizabeth Ann Seton, Carlisle, and Dean of the Des Moines Southeast Deanery, will provide sacramental and pastoral assistance at Christ the King, Des Moines, and Hispanic Ministry assistance in the Des Moines metro area as needed.



REV. EZE VENANTIUS UMUNNAKWE, C.S.SP. from Des Moines Metro Hospital Chaplaincy to Special Diocesan Sacramental and Pastoral Ministry Assistance effective Jan. 1 to July 15.

In other news:



DEACON MATTHEW HALBACH, PH.D.
Mercy College of Health Sciences appointed Deacon Halbach as vice president for mission and campus culture. He will provide executive leadership for campus ministry, mission integration and student affairs.

MIKE MURTAGH
St. Albert Catholic School in St. Albert welcomed its first chief advancement officer, Mike Murtagh. He brings decades of experience in providing innovative leadership and strategic growth for educational institutions including Western Illinois University, Eureka College and Loras College.

TODD BARNETT
Todd Barnett will be the St. Albert Catholic Middle School-High School administrator for the 2026–27 year. He will oversee the educational programming for grades 6–12 focusing on academic excellence, professional learning communities and multi-tiered systems of support.



Thank you for supporting the mission of the Church of Southwest Iowa



BOB LARSON
is the Chief Administrative & Financial Officer
of the Diocese of Des Moines.

The financial statements of the Diocese dated June 30, 2025, were audited by the independent certified accounting firm of CliftonLarsonAllen. They issued an unqualified (clean) opinion that the financial statements present fairly the financial position of the Diocese of Des Moines in accordance with generally accepted accounting principles. The Diocesan Finance Council chaired by Tom Mahoney oversaw the audit process and approved the audited financial statements.

The Diocese ended Fiscal Year 2025 with an operating surplus of $183,430. The main factors that impacted the results were the following:

- **Strong Investment Returns:** The financial market conditions were favorable.
- **Clergy Care Costs:** A large portion of the Diocese expenses are related to healthcare the Diocese provides for all of our active and retired clergy.
- **Inflation:** The Diocese's expenses were negatively impacted by inflation.

Thanks to the many generous donors to the Ignite! capital campaign, the Statement of Financial Position reflects the outstanding pledges. At the end of June 2025, the balance was $2.6 million. The total amount collected and pledged for Ignite! campaign is closing in on $37 million. When the funds are received by the Diocese, they will be distributed according to the guidelines provided by the campaign and/or the donor's intent net of the costs to execute the campaign.

We continue to look for opportunities to be more efficient and to manage spending to offset the impact of inflation. We are also investigating how we can utilize technology to enhance our processes and the services we provide to parishes and schools. We continue to visit the parishes and schools on site and review internal controls.

Diocese of Des Moines
Statement of Financial Position

Assets	6/30/2025
Cash	713,933
Investments - ADA collected for Next Year	3,339,742
Unrestricted Investments	3,183,937
Restricted Investments	8,029,867
Accounts Receivable - ADA	1,753,580
Accounts Receivable	222,237
Ignite! Capital Campaign Receivable	2,579,799
Fixed Assets	152,666
Pre-Paid Expenses and Other Assets	646,007
Total Assets	**$20,621,768**
Liabilities	
Accounts Payable	1,266,069
Ignite! Capital Campaign Due to Other Orgs	5,135,325
Priest Medical/Pension Liability	2,220,492
Total Liabilities	**$8,621,886**
Net Assets	**11,999,882**
Total Liabilities and Net Assets	**$20,621,768**

This financial overview is a summary of the audit by CliftonLarsenAllen (CLA). CLA issued a clean (unmodified) opinion on the financial statements for the year ending June 30, 2025. To view the audit report, please go to our website at: https://www.dmdiocese.org/resources/finance/financial-audit-report

Diocese of Des Moines
Statement of Activities
Year Ended June 30, 2025

Revenues	
Annual Diocesan Appeal	4,944,977
Endowment Funds	1,557,492
Program Fees & Reimbursements	297,152
Contributions	448,419
Investment Income	550,841
Total Revenues	**$7,798,881**
Expenses	
Worship, Tribunal, & Mirror	724,529
Catholic Education	507,100
Faith Formation and Ministries	944,902
Clergy Care, Vocations, and Diaconate	2,345,938
Parish Services	887,994
Diocesan Administration & Building	1,268,822
Contributions to Catholic Charities & Others	936,165
Total Expenses	**$7,615,451**
Operational Surplus/(Deficit)	**183,430**
Non-Operational Changes	
Restricted Funds Activity	510,853
Priest Pension/Medical Liability Adjustment	977,500
Total Non-Operational Changes	**1,488,353**
Change in Net Assets	**1,671,783**

With the help of the pastor, staff and finance council members, we continuously work to ensure financial transparency and accountability.



Bishop William Joensen with college students at St. Catherine of Siena Catholic Student Center in Des Moines.



Photo Credit: Canva

Connected to the Mission – Annual Diocesan Appeal brings the Diocese together

The Diocese of Des Moines invites you to be a part of something bigger through the Annual Diocesan Appeal. Join us in a mission that connects all of us. The ADA sustains vital ministries and services that no single parish could do alone. It supports the programs, the people, and the resources that allow our local Church – from rural missions to bustling city parishes – to thrive.

Worship, Tribunal, & Communications:

The diocesan Office of Divine Worship provides guidance and support to clergy and parishes related to liturgies and sharing why we do what we do with worship sites and the sacraments. The Tribunal team offers both canon law support to the Diocese and a healing ministry to those who want to know if their marriage was valid. The Communications team provides tools, messaging, and support to parishes for evangelization. It also assists with strategic planning and crisis communication.

Catholic Education:

Our Schools team serves 16 Catholic schools and their faith communities by educating children in a faith-filled environment to contribute to the common good. The diocesan Schools Office advises on matters affecting Catholic identity; policies and regulations; and the continuity of quality, academics, faith, and accountability across all our schools.

Faith Formation & Ministries:

Our Evangelization & Mission team focuses on lifelong faith formation by providing guidance and resources to parishes for religious education of youth and ministries to young adults, engaged couples, and families. Through our Hispanic Ministry Office, we are training a new group of faith leaders who will assist their pastors in ministering to the Hispanic community.

Clergy Care & Vocations:

With your support, we are taking applications for a new group of men and their wives who feel called to serve as deacons. We also provide for the education and formation of our future priests who are in seminary or discerning their call to priesthood and religious life. Your generosity helps us fund priest medical insurance and retirement, along with priest care and continuing education.

Parish Services:

Bishop William Joensen teaches, sanctifies, and shepherds the Diocese of Des Moines through his leadership, administration, and advocacy for unity within the Diocese and the broader Church. Parish financial reviews provide confidence to donors that their gifts to their parishes are managed appropriately. And, the Diocese provides professional human resource support and guidance to parishes.

Diocesan Administration:

To be good stewards of our resources, the Diocese offers help to parishes with risk management, facilities, IT, and accounting needs. In the last two years, a HR/payroll program was implemented, automating many of the regular payroll requirements, which increased accuracy and freed up time for parish accounting staff.

Dear Friends in Christ,

God endows us with all we need to sow his Spirit among the people where we live, work, study, play, and pray. Every day, I am energized by an individual or organization in the Diocese of Des Moines intently striving to spread the seeds of God's word, nurtured by the ample forms of his grace and presence that produce spiritual fruit.

These inspiring folks are not alone. As one Body of Christ in Central and Southwest Iowa, we love to help individuals experience a personal encounter with Jesus.

You can ensure that these encounters occur ever more frequently when you support the Annual Diocesan Appeal. You help spread God's love while strengthening the foundation underlying the Diocese's mission of growing disciples and cultivating connections in Christ. We offer care for our aging priests; integral formation for seminarians, deacon candidates, and young people in religious education; support for Catholic Charities; accompaniment of persons with special needs and those with mental illness and their families; and administrative assistance to parishes and Catholic schools and student centers.

None of us is called to meet every human and spiritual need. Yet by your participation, your gift to the Annual Diocesan Appeal diversely spreads to benefit not only your parish but *every* ministry and *every* person in the Diocese of Des Moines.

We affirm the gospel beatitude of poverty of spirit in our dependence on God and one another. Pope Leo XIV, in his recent exhortation "Dilexi Te" (I Have Loved You), encourages us as Church to advance God's Kingdom on earth:

"By its very nature, Christian love is prophetic: it works miracles and knows no limits. It makes what was apparently impossible happen. Love is above all a way of looking at life and a way of living it. A Church that sets no limits to love, that knows no enemies to fight but only men and women to love, is the Church that the world needs today."

Please join me in prayerful and material support of the Annual Diocesan Appeal. Jesus longs to find our faith actively at work when he encounters us as neighbor, brother, Savior, friend.

Faithfully in Christ,

+ William M. Joensen

Most Reverend William M. Joensen
Bishop of Des Moines









The Annual Diocesan Appeal supports seminarians (above is seminarian Connor Lynch), events that draw people together for faith and fun like the Concert for Life (middle photo), and (bottom photos) Campus Ministry and our priests like Msgr. Larry Beeson and Father Guthrie Dolan.

Queridos Amigos en Cristo,

Dios nos concede con todos lo que necesitamos para sembrar su Espíritu entre la gente con quien vivimos, trabajamos, estudiamos, jugamos y oramos. Cada día me energiza llena de energía algún individuo u organización en la Diócesis de Des Moines que se esfuerzan intencionalmente para esparcir las semillas de la palabra de Dios, nutridos por las diversas formas de su gracia y presencia que producen frutos espirituales.

Estas personas que nos inspiran no están solas. Como miembros del Cuerpo de Cristo en el centro y suroeste de Iowa, nos encanta ayudar a los individuos para que tengan un encuentro personal con Jesús.

Ustedes pueden estar seguros de que estos encuentros suceden más frecuentemente cuando apoyan la Colecta Anual Diocesana Ustedes ayuda a esparcir el amor de Dios mientras fortalecemos los cimientos fundamentales de la misión de la Diócesis de formar discípulos y cultivar conexiones en Cristo. Ofrecemos cuidados a nuestros sacerdotes jubilados; formación integral a seminaristas, diáconos, candidatos y jóvenes en educación religiosa; apoyo a Caridades Católicas; acompañamiento a personas con necesidades especiales y a aquellos con problemas de salud mental al igual que a sus familias; y asistencia administrativa a parroquias, escuelas católicas y centros estudiantiles.

Ninguno de nosotros estamos llamados a cumplir todas las necesidades humanas y espirituales. Pero con su participación, su donativo a la Colecta Anual Diocesana esparce ampliamente para beneficiar no solamente a su parroquia sino a todos los ministerios y a todas las personas en la Diócesis de Des Moines.

Reafirmamos la bienaventuranza evangélica de pobreza de espíritu al depender en Dios y en los demás. El Papa León XIV, en su reciente exhortación “Dilexi Te” (Te He Amado), nos motiva a que como Iglesia hagamos crecer el Reino de Dios en la tierra:

“Por su naturaleza, el amor cristiano es profético, hace milagros, no tiene límites: es para lo imposible. El amor es ante todo un modo de concebir la vida, un modo de vivirla. Pues bien, una Iglesia que no pone límites al amor, que no conoce enemigos a los que combatir, sino sólo hombres y mujeres a los que amar, es la Iglesia que el mundo necesita hoy.”

Por favor únanse a mí en apoyo material y en oración para apoyar la Colecta Anual Diocesana. Jesús desea encontrar nuestra fe activa cuando nos encuentra como prójimo, hermano, Salvador, amigo.

Fielmente en Cristo,

+ William M. Joensen

Reverendísimo William M. Joensen
Obispo de Des Moines





Top photo, Father Max Carson leads a pilgrimage in Council Bluffs. Middle photo parish faith formation leaders gather for professional development. Middle photo: Tom Fickbohm, of St. Patrick Parish in Perry, and other faith leaders participate in professional development. Bottom photo: The Banaag family, pictured with their pastor Father Luis Mejia of Corpus Christi Parish in Council Bluffs, completed the Jubilee Year of Hope pilgrimage.



Our Diocese by the Numbers

The Diocese is blessed with staff and volunteers who dedicate their unique gifts and talents to our diocesan mission and vision of sowing God's Spirit through encounter, friendship, and communion.

Together, we are putting Jesus in the hearts and minds of people.

13
Seminarians studying in minor and major seminaries for the priesthood right now.

16
Catholic schools educating 6,967 students from age 0 to grade 12.

7,764
Students in pre-kindergarten through high school participating in a religious education program at their parish.

45
Staff members who assist the Bishop in serving the Diocese of Des Moines.

91
Active and retired priests who live and worship in the Diocese.

102
Active and retired permanent deacons who are serving and worshipping in our parishes.

125
Volunteers from across the Diocese who give their time and talent by serving on advisory boards and committees.



Diocesan accountant Lisa Triplett assists a parish staff member.

Living the faith in our parishes

1,575
Baptisms across the Diocese, including 1,316 infant baptisms, 145 children baptisms, and 114 adult baptisms.

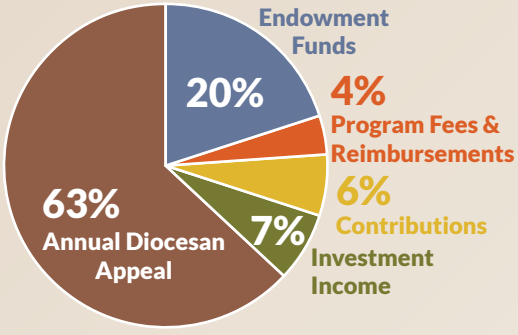
1,606
First Communion recipients.

275
Catholic marriages, including 66 interfaith marriages (between a Catholic and non-Catholic).

672
Funerals celebrated in our parishes.

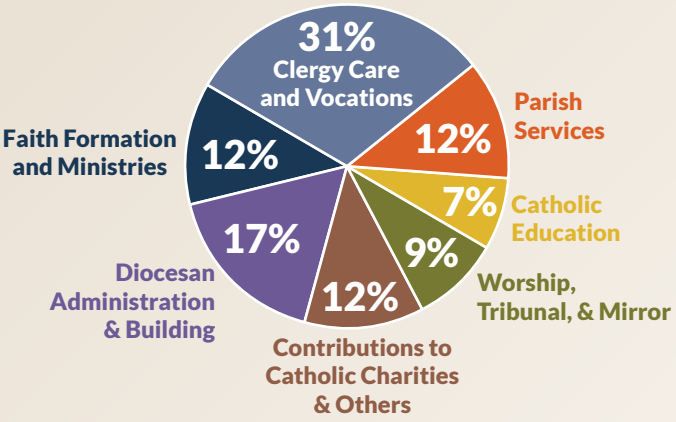
Diocesan Income

Year Ended June 30, 2025



Diocesan Expenses

Year Ended June 30, 2025



Answering Jesus' invitation: Evangelization in the Diocese





With your support through the Annual Diocesan Appeal, the Diocese helps parishes invite people to an encounter with Jesus. Jesus invites all of us to have a personal encounter with him. The work of evangelization is an invitation into an encounter with Jesus which transforms us.

Here's what the Diocese has accomplished at a glance:

- Hosted clergy and lay ministers to an all-day workshop to prepare them for the new transition on becoming Catholic through the Order of Christian Initiation of Adults
- Developed two groups for the Hispanic Lay Ministry Formation program with 38 people in Council Bluffs and the Des Moines area who want to actively serve the Hispanic community in their parishes
- Fostered a growing retreat culture for youth
- Focused on engaging young adults through Campus Ministry
- Increased support for engaged couples by increasing the number of sponsor couples to help them prepare for marriage



Our gifts to the Annual Diocesan Appeal support (top photo) professional development for parish staff, (middle photo) faith opportunities in parishes, and (bottom photo) encounters with Christ for youth through the National Catholic Youth Conference.

ANNUAL DIOCESAN APPEAL 2026

Empowering families: ADA gifts help parishes strengthen family faith leaders

The Des Moines Diocese is one of 20 dioceses developing plans to engage and equip parents to be more confident in their roles as faith leaders within their families.

The Parents and Families at the Center of Faith Formation project is being piloted by the National Community of Catechetical Leaders and funded by a Lilly Endowment grant. The Des Moines Diocese is facilitating this grassroots effort to create plans that are customized for each of the 10 parishes participating.



Deacon Michael Carney, of St. Patrick Parish in Missouri Valley.



Father Tomson Thomas, pastor of St. Bernard in Osceola, St. Patrick in Grand River, and St. Joseph in Mt. Ayr.



Father Dan Kirby celebrates morning Mass at St. John the Apostle Parish in Norwalk.

Passing on the faith is more than sharing knowledge. It's about accompaniment, says John Gaffney, diocesan director of the Evangelization & Mission team.

"How are we walking with our moms and dads? In some of our families, it's the grandparents who are doing all of this. In some of them, it's foster families. All sorts of families, all sorts of shapes," he explained. "How are we walking with them and then helping them really be the domestic church?"

Our 16 Catholic schools offer a faith-centered and collaborative education for more than 6,600 students. We partner with parents, students, and parishes to offer communities of spiritual formation and academic excellence where students grow in faith and wisdom and emerge as responsible citizens dedicated to the practice of lifelong discipleship.

The Annual Diocesan Appeal supports all of these families through the Schools Office, which provides professional development for teachers and administrators, guidance on the latest technology and ways of measuring success, and support in ensuring that each of our schools is compliant with the many state rules and guidelines.

Firm Foundations: The Diocese supports parishes in many ways

With your help, the Diocese is able to provide support to parishes that they would not be able to obtain individually.

Some of this work is done quietly in the background. For instance, all parishes are now using Paylocity, a cloud-based payroll and human resources system. In addition, the Diocese maintains ParishSOFT Resources, a web-based database where parishes keep parishioner information, sacramental records, and more.

Using technology helps parishes become more efficient. The Diocese has digitized its safe environment program. This is important because it provides additional security and speed. Parishes and schools rely on quick responses as to whether volunteers or staff have successfully passed background checks and completed safe environment training.

Creating new resources takes time and effort. The Diocese provides family-friendly faith resources for parents and parishes for the Advent and Lenten seasons. The family faith resources provide craft projects, conversation starters, hands-on activity ideas for families with young children, and more. See what's available at dmdiocese.org/living-lent.

The Diocese is always looking at how it can make a good thing better. An example is *The Catholic Mirror* magazine, which was introduced at the start of this year. With the help of a nationally known group called FAITH Catholic, we've redesigned our magazine to be more relevant and more attractive while still focusing on the pastoral priorities parishioners said were important to them. It continues to be mailed to registered Catholic households in the 23 counties of the Diocese of Des Moines. Our magazine is an important tool in our evangelization toolbox because it invites all of us to have a personal encounter with Jesus.

And, in an effort to keep you in the loop with what's happening, *The Catholic Mirror* digital newsletter was launched recently. The every-other-week newsletter brings to your inbox faith stories, calendar events, word on what's happening during the legislative session and more. You can subscribe at dmdiocese.org/newsletter.



Father Livinus Anweting celebrates Mass with those receiving their First Communion at St. Patrick Church in Corning.

We are one Diocese composed of many parishes united in the vision of cultivating connections in Christ through encounter, friendship, and communion. Join us in supporting faith formation, youth ministry, evangelization, stewardship, vocations, pastoral services, and administrative guidance with your 2026 gift to the Annual Diocesan Appeal.

To contribute to the Annual Diocesan Appeal, use this QR code to make a donation online, or visit dmdiocese.org/giving/annual-diocesan-appeal.

ON FIRE FOR CHRIST:
Inspiring faith in our young adults

One of the top priorities of the Diocese, based on feedback from parishioners, is to focus on young adults. The following stories focus on a regional young adult Catholic group in the Des Moines metro area, one in Council Bluffs, plus parish-based young adult groups. Then learn how several young adult Catholics are putting their faith into action. Learn more about our priorities and parish resources at dmdiocese.org/about-us/toolkits.



Photo by Amelia Chipman



Grace Garrigan

Grace Garrigan has always been in a faith community of peers, from St. Albert Catholic School to Catholic Youth Camp to a Newman Center at college.

"They showed me you can be cool and love your faith and Christ and pursue holiness," she said.

So when she returned home to Council Bluffs last summer to begin her career, she looked for a faith community of her peers. She tried a young adult group in Omaha.

"I love Omaha, but Council Bluffs is home. Where is that community here?" she wondered.

Coincidentally, her pastor, Father Jake Epstein, was leading a Bible study for young adults last summer. It was the seed that grew into a new community for young adults.

Garrigan went to one Bible study session at the end of summer. There were four young adults there.

"I thought this is great," she said. "Then he asked, what do we want this to be?"

The group got together for a dinner in September at the St. Peter Parish rectory.

In November, six gathered for fun at an arcade.

After Christmas, they held a potluck at the St. Peter social hall and there were 12 young adults.

"Our numbers started to go up a little bit," she said.

A February Lent-themed Theology on Tap was planned.

"It's very new and it's pretty small but there's some real excitement around it," Garrigan said. "I'm excited for it to get bigger. I'm excited to see what we could do about getting turnout from all of the parishes in Council Bluffs."

The new young adult community fills a need with energy that's emerging from the grassroots up.

"I want Catholic friends my age who want the same things I do," Garrigan said. "You have to cultivate those relationships."

Any young adults in the Council Bluffs area who want to learn about upcoming gatherings can either message St. Peter Parish on Facebook or Instagram or call the parish.

Young Catholics of Des Moines

Young adult Catholics are doing everything from hiking, crafting, playing trivia and board games, and enjoying a good beer together to doing service projects, praying, and supporting each other.

Young Catholics of the Diocese of Des Moines, also known as YCDM, has evolved over the years, having formerly been known as YCAF and Novos. The group is growing again post pandemic.

"I know so many people who met their wives and found Bible study groups and ancillary clubs of through people they met at YCAF and Novos and we're starting to see that again with YCDM," said James Sevenich, who splits time between St. Augustin and St. Luke's parishes in Des Moines and Ankeny, respectively.

Though working a third shift at his job until summer, Sevenich made time to dress up for an Epiphany Ball at the Basilica of St. John recently.

Background: Getty Image/zpaglstock

"It's something to do, something to get dressed up for that's wholesome and fun," he said.

YCDM stays grounded in faith, with many members going to a First Friday Mass at Christ the King Parish in Des Moines and dinner afterwards. There are also Bible studies, Book Clubs, and a dedicated group of folks that just love to make rosaries. They check online posts through GroupMe to find activities that suit their likes.

The group is open to Catholics and non-Catholics, Sevenich said.

YCDM has also been working with the campus minister at St. Catherine of Siena Student Center to arrange a few events that include college students.

He had a dream that YCDM would be a hub for regional young adults and each parish would have its own group. While there are some parish-based groups, ancillary groups seem to form based on shared activities.

Sevenich has grown in his own faith, from humble beginnings going to Mass with his family and being involved in the St. Francis Youth group, to participating in Christ Renews His Parish with St. Francis. But it was leaving Des Moines for a work opportunity in Houston, TX, that showed him just how young adults can pull together and create something really affirming and special..

"There's a hunger for it, there really is. Young folks in the Diocese: get involved in your parish," he said. If there's an activity young adults think might draw other young adults, Sevenich will help get it started through GroupMe. Recalling a line from the movie *Field of Dreams*, he said, "Build it and they will come."

Young adult ministry active in parishes

BY ANN PIERSON

In a society where people are leaving the faith, young adult ministries are springing up around the Diocese. These various kinds of groups give young adults a place to foster relationships rooted in faith, especially amid a growing loneliness amongst Millennials and Gen Z.

Emily Arndt and her friend Katera Nowasell started a young adult group at their parish, St. John the Apostle in Norwalk, in 2021. After Arndt's family moved to Norwalk, she and Nowasell created a group to build community among the young adult couples in their parish.

They took their idea to their pastor, Father Dan Kirby, who agreed and invited couples to join. The group meets monthly – one month for discussion and one month for fellowship with their families. Arndt says the group supports each other – and the parish in turn.

"It is so helpful to have community at the church," Arndt said.

The group expanded into a second one. Chelsea Burns runs St. John the Apostle's second group. Through her time as a member and leader, she has noticed the impact of having a community to inspire and support one another.

Burns said, "It helps when you know other people are going through the same things."

Shannon and Alex Brand of St. Mary of Nazareth Parish in Des Moines began their parish's "Nazareth Nights" last September. The couple, who moved to Des Moines last year, wanted to provide a place for fellow young adults to connect.

"It's typical for young folks to move around a lot, so it's hard to move to a new place and struggle to look for a community," Shannon said.

"This is a time of a lot of firsts for young adults … it's also one of the first times there's not an abundance of church programming," Alex said. "If we can help to fill that need, I think that would be really helpful."



Shelby Lane runs Sacred Heart Parish's young adult group in West Des Moines. They meet weekly to discuss a video series and go out to a local establishment afterwards for fellowship.

"[This group] affirms that sense of community," Lane said.

Katie Robey, children's faith formation coordinator at St. Francis of Assisi Parish in West Des Moines, joined her parish's young adult book study last year to meet fellow young Catholics. They discuss Catholic books from C.S. Lewis to Archbishop Fulton Sheen. The book study has deepened their community through thoughtful discussions.

"It's been a very positive experience," Robey said. "I've enjoyed how deep our conversation has gone."

Ben Lockwood, youth ministry coordinator at St. Pius X Parish in Urbandale, started his parish's young adult ministry last year. They host potlucks and excursions around the Des Moines metro. Some events had over 30 people, showing the need for a place for fellowship.

"People are looking for an opportunity to feel supported to do what God is calling them to do: to pursue their faith wholeheartedly," Lockwood said.

Young adults are encouraged to seek out faith and fellowship through this ministry.

"Don't be afraid to try new things," Robey said. "Get to know these communities."

Tips + Tricks for Beginning Young Adult Ministry

Want to start young adult ministry at your parish? Take advice from those who have been in your shoes!

GATHER PEOPLE

Place an advertisement on social media or in the bulletin and personally invite young adults who may want to join. Invite your pastor – both to help start the ministry and come to meetings as he is able.

"Try to get a few people together to get it started initially. Work with your parish priest," said Emily Arndt, of St. John the Apostle Parish in Norwalk.

"You read something in the bulletin it may not be as enticing. But when the priest or another couple asks you, it hits differently," said Chelsea Burns, also of St. John the Apostle Parish.

GAME PLAN

Choose the format of your meetings: book studies, video studies, topic discussions, or fellowship.

Katie Robey, of St. Francis of Assisi Parish in West Des Moines, said book studies are a simple choice. They can naturally lead to good discussions.

Video series also foster conversation and don't require preparatory work, said Shelby Lane, of Sacred Heart Parish in West Des Moines.

Consider planning an excursion at a local establishment. These casual settings can be great for newcomers.

"[Community events] don't require that much except planning," Lane said.

HAVE PATIENCE

A successful young adult ministry is not born overnight. Forming the ministry takes time.

Ben Lockwood, of St. Pius X Parish in Urbandale, advised against a ministry growing too fast or without sufficient leadership. "The ministry can't get too big without people stepping up as leaders," he said.

No matter what approach your parish may take, specifically ministering to young adults' needs is the most important.

"The best thing [a parish] can do is just start," said Alex Brand, of St. Mary of Nazareth Parish in Des Moines. "A good plan executed is better than a perfect plan in your head."



Young adults discuss a video series at Sacred Heart Parish in West Des Moines.



Young adults gather for faith and fun at Sacred Heart Parish in West Des Moines.





Dylan Smidt

Finding the new Viking Catholics organization at Grand View University has been a gift to Dylan Smidt.

A graduate student who wants to help others by being a mental health counselor, Smidt combined his artistic skills and desire to share his faith together as a student at Dowling Catholic High School when he formed a company called Radical Love. One-by-one, he puts faith images on shoes, t-shirts, jackets, etc.

"It's about sharing Jesus' full presence – Body, Blood, Soul, and Divinity – in the Eucharist. He is Love. Love himself is present in the Eucharist. I show that through creating this artwork," he said.

He expanded with the help of Ali Coppola by making candles that inspire.

"The mission, for me as an artist, is to create art that I feel people will enjoy that also shares a message of God's Word," he said. One candle has a label that says "Hope does not disappoint." He also hand draws religious images on bags as he gifts his items to others. He authored and illustrated a children's book called "God's Little Kiddo."

Smidt doesn't want to hide his faith, because in acknowledging that he's a faithful Catholic, doors open to encounters with others who have questions, which may lead to friendships, which may lead to others falling in love with Jesus.

"Often young adults, when we ask a question, it's because Jesus has already been knocking on the door of our hearts. I feel like conversion is already taking place. A lot of young adults have so many questions or apprehensions about the Church ," he said. "By sharing your faith, you create space for people to open up to you about their experience with God because you opened up about your experience with God. It creates beautiful friendships."



Caroline Schultz

While she was a student at Dowling Catholic High School, Caroline Schultz had a life-changing faith experience that influenced the trajectory of her career.

Although she graduated from Missouri School of Journalism, she was pulled toward a new position taking that high school experience that influenced her greatly and expanding it into parishes. In retrospect, she says God put the job as coordinator of the pilot Serva Fidem project in her lap.

"The position is both daunting and exciting because it's a whole new initiative," she said.

Schultz participated in Ut Fidem, a small group, faith-sharing program that began at Dowling Catholic. Through that, Schultz has made lifelong, faith-filled friends. Even several years later, these young women have remained her closest friends and they continue to pursue their faith side by side.

The program has since expanded to a national effort to help high school students become intentional disciples, keeping their Catholic faith through college and beyond.

Now called Serva Fidem (which is Latin for "Keep the Faith"), a pilot project was launched by Ss. John and Paul Parish in Altoona, St. Joseph in Des Moines, and St. Luke the Evangelist Parish in Ankeny. This pilot project brings the program to public school students, a demographic previously unable to participate. Schultz recruits Catholic adult mentors and pairs them with small groups of about four to six high school students. They meet regularly to ask questions, talk about various aspects of the faith, and support each other as they live their faith day to day.

A young adult Catholic now leading others, Schultz says she defines success by more than numbers.

"It's not about numbers and spreadsheets but about souls and their journey," said Schultz. "I'm happy with numbers. I'm more inspired by the individual testimonies of students."



Colin and Aurelia Gorton

Colin and Aurelia Gorton decided a year and a half ago, when they were engaged, that they wanted to help people in poverty.

She pitched the idea. He found Catholic Charities Emergency Family Shelter in Des Moines, which needed volunteers to provide a meal on a regular basis.

Since then, the couple has whipped up chicken alfredo, chili, barbecue chicken, sandwiches, and sometimes pizza. One Saturday each month, they come with food for the families struggling with homelessness.

For Aurelia, a former FOCUS (Fellowship of Catholic University Students) missionary and campus minister at St. Thomas Parish in Ames, serving the needy follows years of showing college students how to put their faith into action.

Colin, a former Boy Scout, admits the service is a little new to him, although it was in his heart and when one idea fizzled, he shifted to feeding the homeless.

"It's something we want to be a part of our family, too," said Aurelia, with their newborn sleeping quietly nearby. "Serving the poor grew to be a big part of my experience as a missionary. You say, 'Yes, I want to serve college students and introduce them to Jesus' but introducing them to a life of discipleship is also inherently introducing them to a life of service to the poor. That ought to be part of our life with God."

There is a plethora of ways one can help others, said Colin.

"If the poverty that breaks your heart is not being served in your area, maybe God's calling you to start something," he said. "Don't be afraid."

Amy Smith

Amy Smith grew up Protestant but had been attending a more fundamentalist church for two years before entering a Catholic church.

Now at age 23, she's leading an effort to bring a Catholic faith program to St. Patrick Church in Council Bluffs. She hopes others benefit as she did in growing closer to God, particularly through the Eucharist.

While she was a student at Simpson College, she had questions. Attending the Christ Life faith discussion sessions at St. Thomas Aquinas Parish in Indianola gave her a community of believers and a safe place where she could ask her questions.

She was raised to see the Eucharist as symbolic, not the real presence of Jesus.

"The Eucharist was essential to my conversion," she said. "Even if I had other difficulties with the Church's teachings, all these things paled in comparison. If the Eucharist is true, that's not something you can ignore."

She remembers clearly March 30, 2024. It was the Easter Vigil when she became Catholic.

Her family did not take the news well. She found solace and community in her Christ Life group.

"I would have been very alone had I not had the people from that program come and support me," she said. "It was a painful decision to go against my family's wishes but I don't regret it at all."

Smith graduated, is working, and attends St. Patrick Parish in Council Bluffs. She's leading the effort to bring the Christ Life program there.

"I thought it was a beautiful program and I wanted to share it with others."

**Amy Smith asked we use a pseudonym name to avoid additional criticism from family and friends about her conversion.*





Diego Garcia Orellana

Diego Garcia Orellana was raised Catholic but strayed from the faith until he began to ask questions in search of the truth.

Now, not only has this young adult returned to the faith, but he's in a ministry leadership program and looking forward to helping his parish, Christ the King in Des Moines.

"I try to look toward things today that are just simply true and that has led me to the Church," he said. "With this understanding, I want to do everything possible to make sure I do my part in the mission of pilgrimage here on earth to make sure, in the end, I believe I am a contributing positive factor to the uniting of heaven and earth."

In high school, Garcia fell into a mindset of many young people.

They think they can do "whatever they want to do. Even if it doesn't cause anyone else great harm, it causes themselves great harm," he said.

Then in high school, an English class tackled the heavy theme of the value of innocence.

"That was a troubling topic for me. It isn't valued as much in this world," he said. "The ultimate story with innocence being destroyed was the passion of Christ being crucified. I cannot even think about it without it triggering emotions."

In another class on symbolism in storytelling, students spent a significant amount of time on the parable of the prodigal son.

"For me, that story was super impactful and to this day, I still go back to it trying to decide where I fit in. Am I the younger brother or am I the older?"

Garcia was confirmed at age 23 and committed to helping his parish. He's an altar server. He's taking a Spanish-language leadership class, assists with Bible study, and was invited to help with the Spanish-language program of welcoming people into the Church, called the Order of Christian Initiation for Adults, or OCIA.

For a while, Garcia thought Christianity was a feminine idea. But now, he says it has a lot to offer men and encourages his friends to take a closer look at coming into communion with the Church.

"A lot feel abandoned. I was in that boat at one point. But I think having this community that is so willing to back one up, so willing to see one become better," is exactly what he and they need.



Young adults go on a hike together. Photo by Ben Conrad



Mary Settle

Mary Settle says her career as a mental health counselor is a direct result of a retreat she experienced in high school.

It was so instrumental in shaping her perspective on faith that now, at age 33 and an independent counselor, she's helping to lead the organizing effort to offer the Youth 2000 retreat to high school students so that they, too, can feel God's love like she did.

"It's not about the outcome, it's not about making kids come to the faith, but we're going to make sure this is out there for people," she said. "Whatever happens after that is really up to Christ and the person on retreat."

A parishioner of St. Augustin Parish, Settle said her faith journey really started with the Youth 2000 retreat 20 years ago. Now, she says her work as a therapist and helping others is a vocation that directly stems from the retreat from her teenage years.

"It's really about putting kids in front of adoration, sending them to Mass, teaching them the rosary, and showing them confession, and then getting out of the way," she said. "It was a retreat not about personal testimonies nor activities. It was about getting rich information. Once you put someone in front of adoration, Christ takes care of the rest."

The retreat was on hiatus for a while. When she heard it was coming back, Settle said "it was a no brainer" that she'd help with the work of getting it going again.

EXPLORING CATHOLICISM: Discovering the Faith in Council Bluffs



Bishop William Joensen celebrates Rite of Election at St. Peter Church in Council Bluffs.

BY ANNE MARIE COX

Two parishes in Council Bluffs are partnering to offer a joint Exploring Catholicism series of sessions that will ultimately lead to participants coming into full communion in the Catholic Church at Easter.

Between St. Patrick and St. Peter in Council Bluffs, they had roughly 40 people who had never been baptized (called catechumens) and those who had been baptized in a Christian faith (called candidates) but had not received the other two sacraments of initiation, First Communion and confirmation.

The change came about as generous parishioners who had long devoted time and energy to preparing newcomers to the faith stepped back. Father Jacob Epstein, pastor of St. Peter, and Father Joel McNeil, pastor of St. Patrick, wanted to be more involved in the process.

The timing was perfect.

"We're trying this year both to present the intellectual information but also the faith as a practice," said Father Epstein.

For instance, they talked about praying the rosary, praying with Scripture, using imaginative prayer, lectio divina, adoration and more.

"We talk about it, then we go do it," he said. "We're trying to walk with people as we build a prayer life and strengthen them in that, too."

On Feb. 21, the catechumens and candidates were welcomed by Bishop William Joensen. After following the Order of Christian Initiation for Adults, also known as OCIA, the men and women who feel ready will come into full communion with the Catholic Church at the Easter Vigil.

"It's a wonderful mix of folks. Some are people who learned about the faith from reading, others from YouTube videos. They've shown up at our churches saying 'We want to be Catholic,'" said Father Epstein.

"Other people have been invited by friends or family. They were searching and looking until they received an invitation from someone in their life who brought them into church. Other people have been coming with their spouses or family for years and years and now felt it was the time to take the next step," he said. "It's people who might not normally relate to each other but they're there for a common purpose together. It's a beautiful thing."







WELCOME HOME!

Christ the King Parish offers faith for all

> "I knew I needed to find a church that was FOR something and not simply AGAINST what they don't like or think is wrong."

Christ the King Parish in Des Moines matches this assessment from a current participant in the process of coming into full communion with the Catholic Church, called Order of Christian Initiation of Adults, or OCIA. Christ the King is a parish for Jesus, about Jesus, and one that shows Jesus front and center in everything it does. Its large sacrament numbers are evidence of this.

During the last five years, more than 70 people have entered the Catholic Church through Christ the King's OCIA program and this year the parish was expecting about 30.

"We are getting more people, because so many are lost. They need something solid. Clarity on what is true. They need moral guardrails. They realize that they have been shortchanged by the zeitgeist," said Susan Kehoe, one of the lead instructors of Christ the King's Sunday morning OCIA program. Christ the King offers multiple OCIA sessions to meet the parish's needs for classes in multiple languages or to fit its parishioners' busy schedules.

Christ the King also hosts fairly large sacramental preparation programs each year. They have had 350 First Eucharist celebrations and confirmations. On top of that almost 150 children, who for one reason or another, had missed the normal time for First Eucharist have received Jesus in the Eucharist and been confirmed.

This year there are another 140 or so children in sacramental formation. Additionally, three men recently followed their vocation to the priesthood, two women entered religious life, and most recently Victoria Carver—now known as Sister Teresa Charbel—became a hermit for our Diocese. A conservative estimate would put the number of these sacraments in the last five years at over 1,000, not to mention the large number of infant baptisms, marriages and marriage validations, and daily confessions.

The Holy Spirit is moving at this parish. The folks at Christ the King work hard to create a welcoming, home-like parish that anyone can visit.

"We are very good at meeting people where they are, even when that means jumping right into their messy lives and living alongside them," said Father P.J. McManus, pastor of Christ the King.

"This place is one of the most welcoming, hospitable, warm, home-like parishes I have ever been to," said Jason Feeney, coordinator of evangelization and catechesis at Christ the King. "I think people join the Catholic Church at CTK because they feel at home here and get a sense of the importance of the sacraments, prayer, and Mass from our clergy and the way they—and by extension the rest of the staff—pray and conduct themselves," he said.

Christ the King offers 24-hour adoration in a designated adoration chapel, hosts daily reconciliation—and frequently has a line out the door—as well as celebrating daily Mass, which is set aside as a time where nothing else happens on the campus.

One OCIA participant said, "I'd been away from the Church for a long time, but my parents insisted I come once they started attending here. And I saw that Jesus was real. He wasn't history. He wasn't an idea. The people here knew him like a regular person, and all they wanted was for me to know him too."

SPIRITUAL HEALTH

IT'S ALL RIGHT, YOU CAN RELAX NOW



DEACON RANDY KIEL
serves Christ the King Parish in Des Moines. He is the founder of Kardia Counseling. Connect with him at Randy@Kardiacounseling.com.

Deacon Randy Kiel continues his column from the last issue of The Catholic Mirror focusing on the rosary.



"It's all right. You can relax now." Ah, the relief this statement brings!

Acute stress craves hearing these words. We are familiar with the *basic* stress that comes with daily living, i.e. traffic, the daily grind, parenting difficulties, homework, marital conflicts, and intense weather. While we certainly don't know when a basic stress event will occur, we do know that it is inevitable that many will occur and that we will get through them.

But it is *acute stress* that leaves us in a seemingly perilous state, not knowing if we will make it through. Acute stress is a serious matter, yet rarely is it permanent, therefore, when hearing someone say, "It's all right. You can relax now" the result is relief; the result is joy.

For years, while praying through the Joyful Mysteries of the rosary, I have suspected a certain overlooked element, acute stress, happening in the life of our Holy Mother. Most certainly, these five mysteries are upbeat compared to the sorrowful mysteries, yet I ponder the risks of survival and imminent loss within these miraculous events.

The Five Joyful Mysteries of the rosary invite us to focus on Jesus's birth and childhood through the Annunciation, Visitation, Nativity, Presentation in the Temple, and Finding Jesus in the Temple. When delving deeply into these meditations, we see inevitable acute stress. We see the immense risk of death if news of the pregnancy got into the wrong hands and the secrecy of a miraculous encounter which could have been perceived as demonic, thus Mary's death. We see the anxiety of being accused as an adulterer and the life and death decision to flee from your homeland, yet only to give birth in the lowliest of places. And we end this mystery with the finding of Jesus after he had been missing for three days.

Acute stress for sure!

How would she have ever told the Father that she lost His son or worse yet, someone may have killed him? Parents know a degree of this stress whenever they look for their child and cannot see them. Even for only a few seconds, the heart seems to drop, blood pressure rises, and acute stress sets in until the child is found. "It's all right. You can relax now."

Most acute stress resolves itself except for a few categories, those being tragedy, injustice, and life-altering events.

Quite often, these events leave people suffering from acute stress.

The beauty of this set of mysteries is that there is joy awaiting the outcome in each of Mary's experiences. Joy replaces most stress quickly upon resolution.

The permanence of joy is our eternal reward. In the book of Isaiah, we read that joy's reward is peace. The joy of the Lord as our strength rarely has anything to do with happiness but rather the overcoming of adversity and acute stress with joy and peace as the outcome. And that ultimately is our awaited gift of heaven.

"Ah the relief. May the joy of the Lord be your strength this day and always."

Getty Image/Frazao Studio Latino

Purpose Has a Name: Jesus Christ



JOHN HUYNH, D.MIN.,
is the director of Social Justice for the Diocese of Des Moines and Catholic Charities.

Most young adults are taught that a meaningful life is built piece by piece: one choice, one achievement, one relationship at a time. Yet many are discovering that these pieces do not always add up to a meaning that can survive real suffering.

In practice, we live surrounded by partial meanings: career plans, relationships, causes we give ourselves to, and identities carefully built and displayed in real life and on social media. These things matter. They can organize a season of life and even make us feel valuable for a while, but they cannot be the measure of our worth. So when they slip – when the job falls through, the relationship ends, or the approval dries up – we do not just lose a thing; we begin losing ourselves.

This helps explain why anxiety, depression, and despair have become increasingly common among young adults over the past decade. As Jonathan Haidt observes in *The Anxious Generation*, people don't tend to fall into despair simply because life is hard, but when they feel isolated, lonely, or useless. When meaning depends entirely on performance, belonging, or self-construction, the loss of any one of those can feel catastrophic.

The Church enters this moment with a claim that feels almost backward: faith is counterintuitive, and it refuses the idea that meaning is found by avoiding pain, controlling outcomes, or protecting ourselves from loss. Instead, faith proposes a paradox: meaning is discovered by loving more deeply, not by hurting less.

St. Teresa of Calcutta captures this logic in a single line: *"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love."* This is the heart of the Gospel: love doesn't avoid the cross; it carries it. It means that the path through suffering is not withdrawal, numbness, or self-preservation; rather, it's love that remains present even when it costs something. And that begins in the person of Jesus.

Jesus doesn't hand us an answer; he comes to stand with us. He walks into the places we try to avoid: weakness, rejection, and loss. We know that he prays in silence and keeps loving without retreat. And when the end arrives – abandoned, nailed down, emptied out – he does not turn inward. He gives himself. The cross becomes the place where God's love is made unmistakably concrete, and the resurrection confirms that love, given this way, does not end.

The resurrection does not erase suffering. It means suffering is no longer a dead end. To love Jesus is to stay with him, and to let his love steady us when our own strength runs out. Faith is not the absence of darkness; it's refusing to live as if darkness is all there is.

For young adults trying to build a meaningful life, Jesus offers this: your life matters before you make it impressive. Meaning isn't something you create; it's found in Christ, who is faithful to the end.

In Jesus Christ, our purpose is secure.

> **"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.**

Getty Image/Frederic Comi

GET FOCUSED:
Spending time with God in prayer





MONICA PUGH
is a spiritual director and the Faith Formation director at St. John the Apostle Parish in Norwalk.

Have you ever thought about our daily use of the word "time?"

What time will you arrive? I don't have time today. What time is it? Where has the time gone? There is not enough time. What time are we leaving? What time do we need to get up? Take your time. When we are young we think we have all the time in the world.

"Time, please slow down," we ask hoping it will listen. Why is it taking so much time? When time runs out, we wish time would stop.

The internet and social media can easily influence us in how our time should be used. Scrolling can suck up time and steal it away from everything including time with God in prayer. How many times do we hear people say they were sucked down a rabbit hole on the internet?

Recently canonized St. Carlo Acutis is our millennial saint who most certainly used his short lifetime well. Born in 1991, the year the internet became available to the public, he expressed a deep love for his Catholic faith even though his family was not especially devout. By the age of 7, he was attending daily Mass, drawn to the Eucharist. As a teen he used free time documenting all of the Eucharistic miracles of the world on his computer which is still available online today.

Carlo prayed the rosary daily and frequently spent time in adoration praying before the Blessed Sacrament. He believed time in adoration was the best way to become holy. Carlo was diagnosed with leukemia in October 2006. The illness progressed rapidly and he passed away a couple of short weeks later at the young age of 15. His time was up. But the time he had been given was used well.

I must admit it has taken me my entire life to commit to regular time in prayer. I also did not know anything about adoration. I used to say, "I talk to God all day long." It was my excuse for not using my time well.

But once I started spending time in prayer, particularly in adoration before the Blessed Sacrament, I realized the difference. I opened the time for God to talk to me in the quiet. We find Christ's consoling presence in the Blessed Sacrament. Once our faith in the real presence is deepened, time spent in prayer before the Blessed Sacrament can be incredibly powerful. But we have to make time for adoration.

Take the time to introduce yourself and your youth to St. Carlo Acutis. He is known as the millennial saint and is a wonderful example of how to love time in adoration and prayer. Then see if your parish has regular adoration and plan to make a short visit and work to lengthen it to a Holy Hour.

When life happens and tomorrow doesn't come like it did for Carlo, our thoughts of taking time to do it tomorrow disappear. Now is the time for prayer.



Getty Image/Maskot

Who Would Have Thought It?



OBLATE FATHER RON ROLHEISER
is a professor of spirituality at Oblate School of Theology and award-winning author. He can be contacted through his website ronrolheiser.com.
Follow on Facebook facebook.com/ronrolheiser

I once had the privilege of visiting the ***Holy Land***. It's a strangely different place. Soaked in history, in struggle, in religion, in blood. Virtually every inch of its soil has been soaked in blood, including the blood of Jesus. History leaps out at you from every stone.

Ancient things come to the surface there and mix with the things of today. When you stand in its sacred spots, you begin to understand why Moses was told to take his shoes off and why, through the centuries, so many wars have been fought over this small strip of desert. Aptly named the *Holy Land*, I walked its ground, barefoot in soul.

Of all the things I saw there, including the tomb of Jesus, few touched me as deeply as did the Church of the Visitation. It stands in sharp contrast to most of the other churches there that mark the key events in Jesus' life.

Unlike most of the other churches, the Church of the Visitation is a very modest building. You don't see any gold or marble. Its wooden walls and oak ceiling are plain and mostly bare. However, on the front wall, behind the altar, there is a painting that depicts the scene of the Visitation, and it was this painting that struck me deeply.

It's a picture of two peasant women, Mary and Elizabeth, both pregnant, greeting each other. Everything about it suggests smallness, littleness, obscurity, dust, small town, insignificance.

You see two plain looking women, standing in the dust of an unknown village. Nothing suggests that either of them, or anything they are doing or carrying, is out of the ordinary or of any significance. Yet, and this is the genius of the painting, all that littleness, obscurity, seeming barrenness, and small-town insignificance makes you automatically ask the question: *Who would have thought it?* Who would ever have imagined that these two women, in this obscure town, in this obscure place, in this obscure time, were carrying inside of them something that would radically and forever change the whole world?

Who would have thought it? Yes. Who would have thought that what these obscure peasant women were gestating and carrying inside of them would one day change history more than any army, philosopher, artist, emperor, king, queen, or superstar ever would?

Inside them, they were gestating Jesus and John the Baptist, the Christ and the prophet who would announce him. These two births changed the world so radically that today we even measure time by the event of those births. We live in the year 2025 after that event.

There's a lesson here: Never underrate, in terms of world impact, someone living in obscurity who is pregnant with promise. Never underestimate the impact in history of silent, hidden gestation. How can any of us have any real significance in our world when we live in obscurity, unknown, hidden away, unable to do big acts that shape history?

We can take a lesson from Mary and Elizabeth. We can become pregnant with promise, with hope, with the Holy Spirit and then, hidden from the world, gestate that into real flesh, our own. We too can reshape history.

If we can grasp this, there will be more peace in our lives because some of the restless fires inside us will torment us less. In brief, there's a perpetual dissatisfaction inside us that can only be stilled by accepting something we might term *the martyrdom of obscurity*, that is, the self-sacrifice of accepting a life in which we will never have adequate, satisfactory self-expression. That acceptance can help still that pressure inside us which pushes us to be known, to make a difference, to make our lives count in terms of the big picture.

We all know the feeling of sitting inside of our own lives and feeling unknown, small time, undistinguished, and frustrated because our riches are unknown to others. We have so much to give to the world, but the world doesn't know us. We yearn to do great things, important things, things that affect the world beyond the boundaries of the small towns we live in (even when we are living in large cities).

What can help bring some peace is the image expressed in that painting in the Church of the Visitation, namely, that what ultimately changes the world is what we give birth to when, in the obscurity and dust of our small towns and in the frustration of lives that forever seem too small for us, we become pregnant with hope and, after a silent gestation process, one not advertised or known to the world, we bring that hope to full term.

When I was teaching at Newman College in Edmonton, our president then was a Holy Cross priest who brought us some Maritime color. When surprised by something, he would exclaim: "*Who would have thunk it?*"

Yes, two pregnant women, two thousand years ago, of no status, isolated, standing in the dust, forever changing the world? *Who would have thunk it?*

Column continues from page 4

to be passively entertained: "We have changed our understanding of the human condition as one of a vessel that needs to be filled." (pp. 94-95)

Absent habits of self-regulation, we gorge ourselves on information so that we don't have to cope with boredom—in fact, we feel entitled never to experience boredom. We reduce our capacity to devote our undivided attention to people and objects, where we would allow them to elicit our patience, generosity and empathy.

Further (and though it is even hard for this former classroom teacher to swallow!), boredom can be a precondition for daydreaming, where new creative, constructive ideas surface—the "aha!" moments upon which scientific breakthroughs and artistic insights depend. The farmer and the Iowa cyclist can appreciate the counsel of the English poet William Wordsworth, who believed that one moment can give more than 500 hours of reason, and that we should make our way "voluptuously" through rural fields, asking "no record of the hours given up to vacant musing."

Such a disposition is neither lazy nor useless; it is a cultivation of the future akin to the freedom found in monastic silence. For as Thomas Merton advises, "It is not speaking that breaks our silence, but the anxiety to be heard." Silent anticipation awaiting the voice of God is a joyful affair, which is a very different form of flow and pleasure than that derived from endless clicks. (see Rosen 99-101)

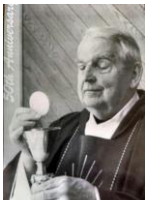
"Harvard art historian Jennifer L. Roberts makes her students spend three hours examining a single painting or work of art before they attempt to analyze it." Roberts maintains, "Just because you have looked at something doesn't mean you have seen it." She "believes patience is crucial for navigating the modern world." "Where patience once indicated a lack of control, now it is a form of control over the tempo of contemporary life that controls us. Patience no longer connotes disempowerment. Perhaps patience is power." (Rosen, p. 156)

I'm still working on cultivating such patience in the face of situations where I do not feel I have much control. Ironically, one situation occurred a few months ago when after five years, I decided it was time to upgrade my mobile phone. In the store where I checked in to see a customer service agent, I was listed as fourth in line. "Not bad," I thought—until after two-and-a-half hours of standing in place, I still had yet to be attended. It took me a while, but any pending sense of boredom yielded to daydreaming. Where could my mind go? To refugees spending 20 years in camps awaiting resettlement? To infertile couples longing for years to conceive a child? To my Mom, who at 93 years of age in her semi-paralyzed condition following a stroke three years ago, spends day and night in the same recliner, tended by home aides and my brother David?

And one can dream of Jesus, whose three hours on the cross would have been an eternity for us. But this long-suffering servant, whose patience corresponds with the mercy that forgives those who "know not what they do," reveals the deeper truth of our humanity. It is a truth intuited by the same Psalmist who poses to God the question of how God regards us, and then answers his own question, "You have made him little less than a god, crowned him with glory and honor." (Psalm 8:6)

Remembering Father Jim Kiernan

10th Anniversary Memorial Mass



"Don't Just Make the Sign of The Cross. PRAY IT!"

Passed into eternal life on May 15, 2016

Bishop Joensen will celebrate a Mass in his memory on Sunday, May 17 at 11 a.m. at St. Ambrose Cathedral in Des Moines.

DIVINE TREASURES
Your Faith. Your Journey. Your Store.



Inspiration for every step of your faith journey.
From books to sacramental gifts,
find it all at Divine Treasures.

www.divinetreasuresinc.net | 515-255-5230
5701 Hickman Road, Des Moines, IA

Esta historia continúa de la página 5.

En modo de halago, Rosen afirma formas y experiencias que pueden penetran en la esencia de nuestras sensibilidades. Ella sugiere que, en vez de evitar la experiencia del aburrimiento, nos acerquemos a esta con todo y sus posibles resultados perspectivos: mayor paciencia y la capacidad de soñar despierto.

El gruñón escritor del siglo XIX Ambrose Bierce "describió en una ocasión la paciencia como 'una pequeña forma de desaliento, disfrazada como una virtud'" (*Extinction, pág. 90).* Pero en contraste con los mecanismos de adaptación que en cuanto comienza el aburrimiento nos llevan a buscar nuestros teléfonos, Rosen pregunta, "¿A lo mejor el aburrimiento tiene un propósito?" Ella cita al psicólogo clínico e investigador sobre el aburrimiento, el Doctor John Eastwood de la Universidad de York, quien nota nuestra predisposición a estar pasivamente entretenidos: "Tenemos que cambiar nuestro entendimiento de la condición humana como la de una vasija que debe llenarse." (págs. 94-95).

Libres de hábitos de autorregulación, nos atiborramos de información para no tener que enfrentar el aburrimiento—de hecho, sentimos que tenemos el derecho a nunca sentir aburrimiento. Reducimos nuestra capacidad de dedicar nuestra atención absoluta a las personas y a los objetos, en donde les permitiríamos suscitar nuestra paciencia, generosidad y empatía.

Más aún (¡a pesar de lo difícil de admitirlo para este anterior maestro en aulas!), el aburrimiento puede ser una condición previa para soñar despierto, en donde surgen nuevas ideas creativas y constructivas—los momentos "¡ajá!" de los cuales dependen los descubrimientos científicos y artísticos. El granjero y el ciclista de Iowa pueden agradecer el consejo del poeta inglés William Woodsworth, quien creía que un momento podía darle más de 500 horas de razonamiento, y que debemos crear nuestro propio camino "voluptuosamente" a través de los campos rurales sin pedir "registro de las horas que se han dedicado a contemplaciones vacías."

Tal disposición no es ni perezosa ni inútil; es el cultivar de un futuro semejante a la libertad que se encuentra en el silencio monástico. Como nos recomienda Thomas Merton, "No es el acto de hablar lo que rompe nuestro silencio, sino la ansiedad de ser escuchados." Una anticipación en silencio esperando la voz de Dios es una experiencia de gozo, lo que es muy diferente al flujo y el placer que se derivan de una infinidad de clics (ver Rosen 99-101).

"La historiadora de arte de Harvard, Jennifer L. Roberts hace que sus estudiantes pasen tres horas examinando una sola pintura u obra de arte antes de que puedan tratar de analizarla." Roberts dice, "solo porque miraste algo no significa que lo hayas visto." Ella "cree que la paciencia es crucial para navegar el mundo moderno." "En donde la paciencia en alguna ocasión significaba falta de control, ahora es una forma de control sobre el ritmo de la vida contemporánea que nos controla. La paciencia ya no representa la falta de poder. Tal vez la paciencia es poder." (Rosen, pág. 156).

Aún estoy trabajando para cultivar ese nivel de paciencia frente a situaciones en donde siento que no tengo mucho control. Irónicamente, hace unos meses tuve una situación en la que, luego de cinco años, decidí que era momento de actualizar mi teléfono móvil. En la tienda en donde entré a ver a un agente de servicio al cliente, vi que era el cuarto en la fila. "Nada mal," pensé—hasta luego de dos horas y media de pie y aún esperando a que me atendieran. Me tomó algún tiempo, pero el sentido de aburrimiento me llevó a soñar despierto. ¿A dónde podría ir mi mente? ¿A refugiados que pasan 20 años en campamentos esperando que los reubiquen? ¿A parejas infértiles que por años buscan concebir un hijo? A mi mamá, que a sus 93 años y en su condición semiparalizada, luego de una embolia hace tres años, ¿pasa día y noche en el mismo reclinable atendida por asistentes en casa y mi hermano David?

Y uno puede sonar sobre Jesús, cuyas tres horas en la cruz hubieran sido una eternidad para nosotros. Pero este sufrido servidor, cuya paciencia corresponde con la misericordia que perdona a aquellos que "no saben lo que hacen," revela la verdad más profunda de nuestra humanidad. Es una verdad intuida por el mismo Salmista que presenta a Dios la pregunta de cómo Dios se preocupa por nosotros, y responde a su propia pregunta, "lo hiciste poco inferior a un dios, lo coronaste de gloria y esplendor" (Salmos 8:6).

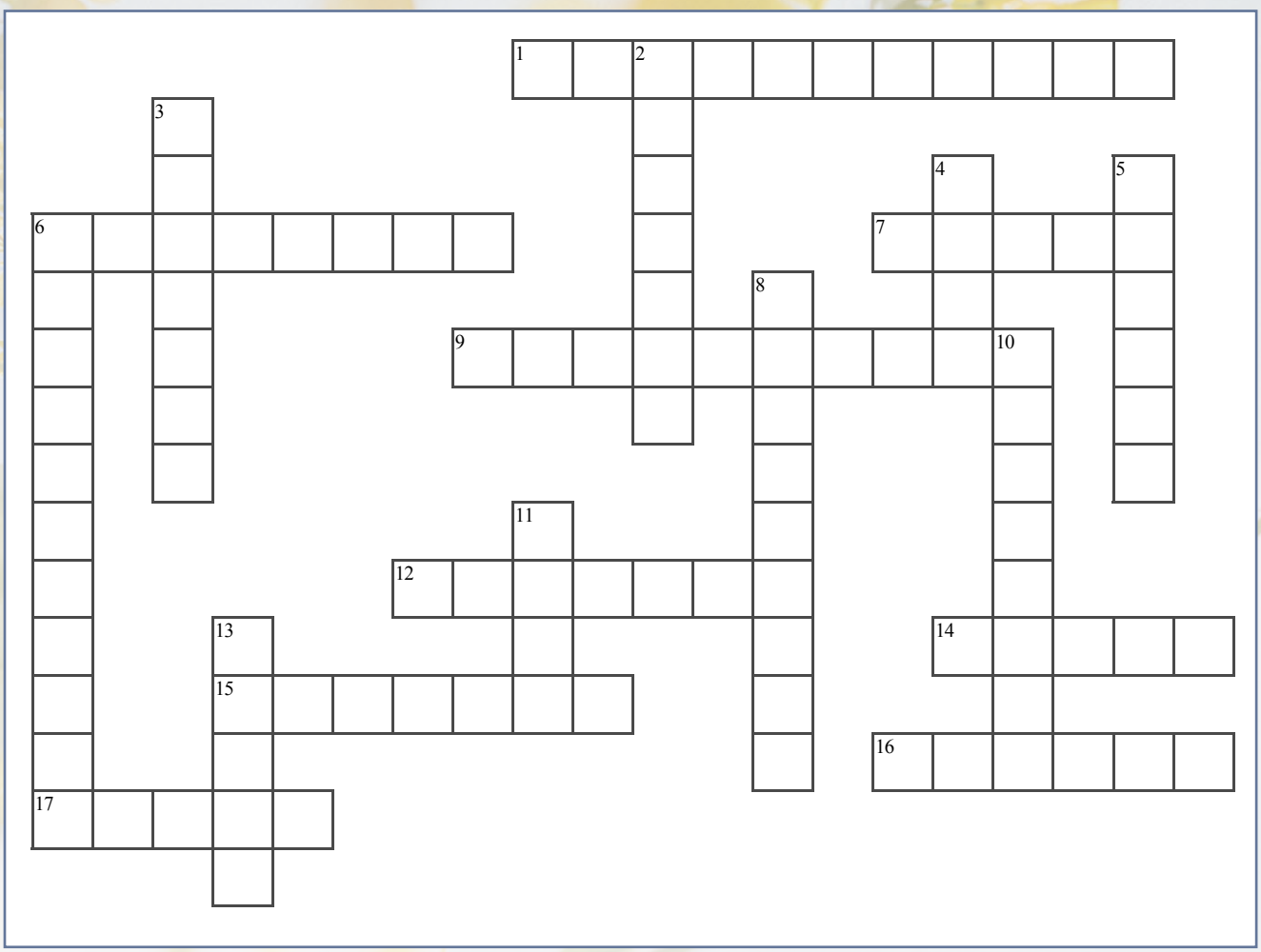
Des Moines Catholic Worker House Fund

Do you have an upcoming Required Minimum Distribution from your IRA? Do you have a donor advised fund? The Des Moines Catholic Worker House Fund is a 501c(3) non-profit. Your donations would be used to support the hospitality ministry of the Des Moines Catholic Worker House by providing food and other necessities to the homeless population of Des Moines.

Donations can be sent to:
Des Moines Catholic Worker House Fund
P.O. Box 1386 Ankeny, Iowa 50021

Or go to our website to give online at:
https://friendsofcatholicworker.com/

TEST YOUR KNOWLEDGE

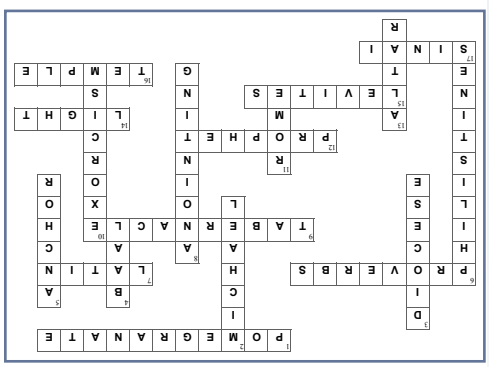


ACROSS

1. This “royal” fruit can symbolize the Church and its many members
6. This book is a proverbial cornucopia of wise sayings
7. Speak this and you are speaking the Church’s ecclesiastical language
9. “Dwelling place” of the Divine presence
12. Biblical spokesperson for God
14. In Scripture, this symbol is synonymous with truth
15. Members of the priestly tribe of Israel
16. Solomon’s came first, but still waiting on the third
17. Burning bush, Ten Commandments, a.k.a. Horeb

DOWN

2. “Who is like God?”
3. A.k.a. bishopric or episcopal see
4. Literally “lord”; a Canaanite god
5. Early symbol of hope in Christ beyond this life
6. Archenemies of Israel mentioned about 250 times in the Bible
8. The pouring on or smearing on of perfumed oil
10. This rite takes the devil to task
11. The Eternal City
13. The place of sacrifice



Getty Image/Catherine Falls Commercial

MARCH 13
FISH FRY DINNERS
Go to dmdiocese.org/living-lent to find a link to parish fish fry dinners throughout the Diocese.

MARCH 14
NOURISH FOR PARENTS
West Des Moines – Nourish for Parents meets at Sacred Heart Parish from 9:30 a.m.- 11:30 a.m. Childcare is provided. Questions? Contact Kate McInroy at kmcinroy59@gmail.com.

MARCH 19-21
SPRING GARAGE SALE
Des Moines – Shop for holiday decorations, small appliances, lamps, furniture and more at the Holy Trinity Spring Garage Sale. March 19 and 20, 9-5 p.m., March 21, 9-noon.

MARCH 21
MARY OUR MODEL
Urbandale – Join Emmaus House in a reflection on various portrayals of Mary as both eminently compassionate and a woman of great strength and courage. Get details at theemmaushouse.org.

MARCH 27
CHRISM MASS
Des Moines – All are invited to pray as Bishop William Joensen blesses and consecrates oils that will be used for sacraments throughout the Diocese in the coming year. Join us at 5 p.m. at St. Ambrose Cathedral.

MARCH 29
PALM SUNDAY
Celebrate the Lord's Passion at any Catholic church in the Diocese of Des Moines. For Mass times, go to dmdiocese.org/worship/parishes-and-mass-times.

APRIL 5
HAPPY EASTER! JESUS HAS RISEN!

APRIL 12
DIVINE MERCY SUNDAY

APRIL 13
NOURISH FOR CAREGIVERS
Des Moines – This is an ongoing ministry that gathers once a month to support the practical, emotional, and spiritual needs of caregivers. Meet at Holy Trinity Parish at 6 p.m.

APRIL 30
OPEN HOUSE FOR NAZARETH SISTERS
West Des Moines – Enjoy Kenyan food and meet three Nazareth Sisters of the Annunciation who are living and working in Iowa to support medical clinics, hospitals, rehabilitation centers, and primary schools that serve the poor in Kenya. They'll be at Sacred Heart Parish Hall at 7 p.m.

MAY 1
YOUNG ADULT CATHOLICS
Des Moines – YCDM will pray the First Friday devotion to the Sacred Heart of Jesus and attend Mass at Christ the King Parish at 5:30 p.m., then go out afterward. Get more information at dmdiocese.org/events.





The Catholic Mirror
601 Grand Ave.
Des Moines, IA 50309

Sign up for The Catholic Mirror newsletter!

Sign up for The Catholic Mirror newsletter - a new bi-weekly digital newsletter from the Diocese of Des Moines. Every issue will feature Catholic news & events from around the Diocese *plus* additional news stories out of the Vatican and USCCB. Sign up today!



SCAN ME TO SIGN UP

DIOCESE OF DES MOINES
CULTIVATING CONNECTIONS IN CHRIST