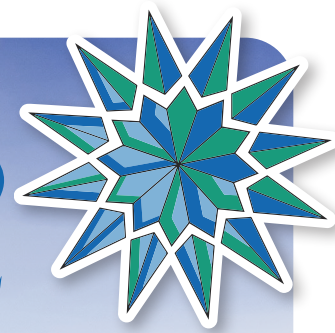


# ALL SAINTS

CATHOLIC CHURCH & SCHOOL



*Love God • Serve Others • Form Disciples*



*One does not  
live on bread alone,  
but on every word  
that comes forth  
from the mouth  
of God.*

Matthew 4:4b

**March 8 & March 9, 2025;  
First Sunday of Lent**

### WEEKEND MASS TIMES

Saturday 4:00 pm  
Sunday 9:00 am

### WEEKDAY MASS TIMES

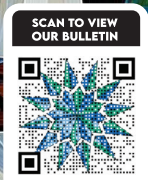
Tuesday 8:00 am  
Tuesday 6:00 pm  
Wednesday 8:00 am  
Thursday 8:30 am  
Friday 8:00 am



*No compromises with evil!*



Image: young-catholics.com



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@allsaintscatholicchurchinc9029



@AllSaintsCedarRapidsIowa



@allsaintscr

All Saints Catholic Church † 720 29th Street SE † Cedar Rapids, Iowa 52403 † (319) 363-6130

## Please Pray for the Following People

(Why people want prayers isn't important, *the prayers are!*)



Tyson Colvin, Kim Witte, † Dolores Reisinger, and † Ray Stovie.

To add a name call Dan Alpers, at 363-6130, ext. 100. Names will be listed for four weeks and may be renewed. †, Recently deceased will be listed for two weeks.

## Stewardship Corner



This line from the Old Testament offers two challenges. First, do you give to God from your “first fruits” - the first and best that you have to offer? Or do you give from what you have leftover? Second, do you realize that everything you have and that everything you are has been given to you by God? We aren't owners of anything, we are merely **Stewards** of God's gifts. Pray for a grateful and generous heart, every day, in all circumstances.

## A Weekly Tip on Caring for Our Common Home



Recycling becomes more effective if you buy products that use recycled content. For example, when buying paper towels or printer paper, look for brands that are made from recycled content.

## For the Married Couples



The same Lord is Lord of all, enriching all who call upon him” (Romans 10:13). As you reflect on your Lenten penitential practices, also consider something you'd like to do as a team to enrich one another's faith. Pray together, fast together, no complaining...

## Retirement Reception to Honor Fr. Jack



The All Saints Pastoral Council and the All Saints Finance Council will be hosting a reception to honor Fr. Jack after the 9:00 AM Mass on Sunday, June 29 in the Social Hall. Please mark your calendar and plan to attend. More information to come!



# Everyday Metanoia



Welcome to the First Sunday of Lent. I have to admit that perhaps I'm getting a little older, but still trying to hang onto that youthful vanity. When I started to read the Pablo T. Gadenz's commentary for today's Gospel reading in Luke, I did a double take, for I thought it read 'Spring Training.' What? Jesus went through spring training just like the Cubs are doing right now? Kind of cool! And then I put my readers on and discovered that it really read 'Spiritual Training.' God obviously has a sense of humor! After I finished ruefully laughing at myself, I started to think about this reading, baseball spring training and Lent. They have a lot in common and can help us to enter into this season of our liturgical year with intention, prayer and hope.

After his baptism in the Jordan by John and being filled with the Holy Spirit and led by the Spirit, Jesus enters the desert. Ironically, the Cubs are in desert territory, specifically the Sonoran Desert. And believe it or not, spring training is fairly close to 40 days in length. Training season is a time to strengthen the players and the team. The players learn to listen to and to trust the coach. The coach puts each player through different tests to strengthen existing skills, to eliminate bad habits, and to teach new techniques. When each player approaches training with a commitment to be the best they can be, the entire team becomes a force to be reckoned with during the regular season.

Lent is the liturgical season that the Church provides for us to enter into our own metaphorical desert for 40 days. The sparseness of the desert can be experienced in our interior being, our external environment or both. Like Jesus, we too received the Holy Spirit through our baptism and it was strengthened when we received the Sacrament of Confirmation. The first passage in our reading from Luke today says, "Filled with the holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for 40 days..." This is one of those both/and moments that frequently color our faith life through the Catholic Church. We can be filled to the brim with the Holy Spirit, but we also have the gift of free will. If we choose not to cooperate, then the Holy Spirit will not lead us and guide us to strengthen our relationship with our Holy Father.

For those who attended the Discussion and Drinks adult formation evenings last Fall, the three temptations that the devil tried to entice Jesus with are the ones that Bishop Barron referred to as the 'wheel of fortune.' Using Bishop Barron's model, the outside of the wheel is divided into four sections: wealth, pleasure, honor and power. If we place ourselves on the wheel, the cycle of life spins and we are always seeking, achieving or losing one or more of these temptations. Jesus placed himself at the center of the wheel, not on it. With the strength and grace of his heavenly Father and cooperating with the holy Spirit, Jesus was able to say no to worldly desires and yes to the will of God. Pablo Gadenz sums it up well: "By fasting and other acts of self-denial, we learn self-control. By almsgiving we practice detachment from material things and avoid creating false needs for ourselves. By prayer, especially using the Scriptures as Jesus did, we humble ourselves before God, relying on his grace."

Earlier in this reflection, I talked about entering into Lent with intention, prayer and hope. I am not a proponent of giving something up for 40 days with the intention of picking it right back up at the conclusion. Many have endured Lent with family and friends who temporarily did not eat, drink or watch something. Or maybe this sounds like something we have done! Instead of using the opportunity to make themselves a better person, what usually happened is that they became very irritable and almost impossible to be around. Rather than trying to be grandiose and making this the 'Best Lent Ever,' why don't we choose one vice or temptation and make a true effort with it. What is something that we do or say that ultimately harms rather than does good? Much like the 12-step programs, can we name that and choose, one day at a time, to break the chain that holds us to this damaging piece of our life? In choosing to cooperate through intentional times of prayer, almsgiving and fasting the holy Spirit can lead us and strengthen us to resist and say 'no' to a particular temptation and ultimately we can leave that destructive habit in the desert. In so doing, we can then walk into the Easter Season full of hope, joy and love.

See you at Mass!

Tracy Huk, Business Manager, [businessmgr@allsaintscr.com](mailto:businessmgr@allsaintscr.com).

# Hold on to Hope

When you contribute to our sister parish, you help them hold on to hope for education.



## Hold on to Hope

Notre Dame de Lourdes | 2025 Lenten Alms for Haiti



*St. Rose de Lima in Basin Medor. Like in most Haitian schools, most teachers are not formally trained in the profession. It is often the brightest students who return to teach the younger children. This is one of our goals to provide training to these teachers.*



*Students and teachers from St. Charles in Drouillard. Each school has its own uniform colors, just like Catholic schools here. If a family cannot afford a uniform, they are still allowed to attend.*



*This is one of our most experienced and beloved teachers in our sister parish. He has been there since the beginning of our twinned relationship, and we saw him every time we visited. He has dedicated his life to educating the students as well as mentoring young teachers while living a very simple life himself.*



*St. Augustin in Croix Lourdes. In our sister parish, schools come in all shapes and kinds. This structure serves as a chapel and school for this mountain community.*

Please continue to support our sister parish with prayer and financial contributions.

Donate today! Visit [allsaintscr.churchcenter.com/giving](https://allsaintscr.churchcenter.com/giving) and choose "Haiti Lenten Alms" from the drop-down menu. You can also send a check to All Saints, with HAITI LENTEN ALMS in the memo line.

***Renmen Bondye, Sèvi Lòt Moun, Fòm Disip // Love God, Serve Others, Form Disciples.***

All Saints Catholic Church † 720 29th Street SE † Cedar Rapids, Iowa 52403 † (319) 363-6130

## Service to Others

### Metro Catholic Outreach



#### ***Our Most Urgent Weekly Needs***

**Pantry Needs:** Pork & Beans, Peanut Butter, and Macaroni & Cheese.

**Personal Care:** Laundry Pods, Shampoo/Soap, Toothpaste.

**Homeless Supplies:** Individual Fruit Cups, Warm Gloves/Mittens, Bus Passes.

## 2025 Archdiocese of Dubuque Men's Conference



#### **Register Now for the 2025 Archdiocese of Dubuque Men's Conference!**

Join other men from throughout the Archdiocese of Dubuque to be inspired in your faith at the 29th Annual Catholic Men's Conference on **Saturday, March 29, 2025 at St. Pius X Church in Cedar Rapids**. This year's conference will feature Michael "Gomer" Gormley as the keynote speaker. The day will also include Mass with Archbishop Thomas Zinkula, breakout sessions, Eucharistic Adoration, and more. The early bird deadline to save money on registration is March 16. For details and to register, visit [ArchMensConference.org](http://ArchMensConference.org).

## Iowa Catholic Youth Conference (ICYC)



One Weekend; Two Big Events

EPIC - Saturday, March 29, 6:00 - 9:00 PM

This is a great opportunity for your teens to meet others like them from all over eastern Iowa, hear a nationally-known musician (Connor Flanagan), and grow deeper in their faith. Cost will be \$25 per person and will include a pizza supper! This is a great event for youth groups, follow-up for recently Confirmed teens, or teens attending NCYC in November.

More information can be found [here](#).

## Disability Inclusion



March is *Developmental Disabilities Awareness Month*. The Archdiocese of Dubuque provides valuable educational resources and support to help parishes in assisting persons with disabilities in all aspects of parish life. If you are interested in serving people with greater needs in your parish, become a Parish Advocate for Disability Inclusion! Contact [Lynne Chapman](#) to learn more.

# National Eucharistic Pilgrimage



**Revival is coming! The Natl. Eucharistic Pilgrimage route for the Archdiocese is revealed!!**

As Jesus in the Blessed Sacrament and eight perpetual pilgrims travel from Indianapolis to L.A. May 16 - June 20th on the National Eucharistic Pilgrimage, the Archdiocese is graced to host this monumental event.



NATIONAL  
**Eucharistic  
Pilgrimage**

\*The route through our diocese now includes the following stops:

- Fri. 5/23:
  - Dubuque - Cathedral of St. Raphael
- Sat. 5/24:
  - Dyersville - Basilica of St. Francis Xavier
  - New Vienna - St. Boniface
  - Petersburg - St. Peter and St. Paul
- Sun. 5/25:
  - Cedar Rapids - Immaculate Conception
  - Tama - St. Patrick
  - Marshalltown - St. Francis of Assisi
- Mon. 5/26:
  - No Archdiocesan events - Perpetual Pilgrims Day of Reflection
- Tue. 5/27:
  - Ames - St. Thomas Aquinas *\*subject to change*

At a later date, specific details about processions, prayer and worship services, or community events connected to the Pilgrimage will be released in the Official Bulletin and on [DBQArch.org](http://DBQArch.org).

Until that time, please seek out information on the National Eucharistic Pilgrimage or sign up for weekly updates on this nearly cross-country journey by visiting [eucharisticpilgrimage.org](http://eucharisticpilgrimage.org).

## Evening Eucharistic Adoration Held During Lent



During the Lenten season, we invite you to participate in Eucharistic Adoration. It will be held in the chapel from 5:30 p.m. to 6:30 p.m. on the following Monday evenings:

- Monday, March 10
- Monday, March 17
- Monday, March 24
- Monday, March 31
- Monday, April 14

Please join us as we spend this time in prayer and reflection. Please contact Peg Schmitz with any questions at [peg@schmitzia.com](mailto:peg@schmitzia.com).

# Vocational Call to the Permanent Diaconate?



Permanent deacons are ordained ministers of the Church who, like bishops and priests, have received the Sacrament of Holy Orders. Deacons are called to be servants of God to His people. Just as Jesus said, “I come not to be served, but to serve,” (Matthew 20:28) so, too, a deacon is called to this fundamental mission of the Church.

The ministry of a permanent deacon is a threefold:

- † In the **Ministry of the Word** he participates as evangelizer and teacher.
- † In the **Ministry of the Liturgy** he participates in the celebration of the Eucharist and may preside over other liturgies.
- † In the **Ministry of Charity** he is the Church’s servant to the world around him, ministering to those in need and urging others to join him in outreach.

Applications for Class XXIII of the Permanent Diaconate for the Archdiocese of Dubuque are being accepted through the end of March 2025. If you are interested in the permanent diaconate and want more information about deacons, formation and the application process please contact:

Deacon Mike Klappholz at (319)-363-6130 ext 107 / email [deaconmike@allsaintscr.com](mailto:deaconmike@allsaintscr.com)

Deacon Ed Martin at (319) 363-6130 ext 105 / email [deaconed@allsaintscr.com](mailto:deaconed@allsaintscr.com)

Deacon John Stierman at (800) 876-3546 ext. 252 / email [DBQCPD@dbqarch.org](mailto:DBQCPD@dbqarch.org)



## All Saints Prayer Group



All are welcome! Every Tuesday afternoon from 3:00 pm until 4:15 in the church basement. We have a guitarist and flutist so feel free to bring your instrument. We begin with Divine Chaptlet and follow it up with praise and worship music. Feel free to share a scripture and your needs for prayer. We close with song and prayer.



# All Saints Foundation



The Season of Lent is here. We do not need fancy or complicated programs to guide us through Lent. What we need is a clear set of glasses to examine our lives, the courage to be honest, and a love of God which allows us to begin or grow a relationship with Him. Both the Gospel of Matthew and the Gospel of Luke share the same conclusions: a relationship with God should be built on the solid foundation of loving God before all things and loving our neighbor as we would want to be loved. When we leave this earth, the opportunity to love God and neighbor need not die with us. Through thoughtful and intentional estate planning, your love can continue to be a living force in this world for generations to come. One act of love builds upon the next and can be the source of hope, love and mercy of which our world is in much need.

If you would like to discuss how you can leave a financial gift of love and hope to All Saints Parish in your will, please contact Tracy Huk, Business Manager at 319-363-6130 ext. 111 or [businessmgr@allsaintscr.com](mailto:businessmgr@allsaintscr.com).

## ICYC for Middle School Students



ICYC (middle school event) will take place on Sunday, March 30 from 10:00 AM to 4:00 PM. Registration is now open! Cost is \$50 per person until March 1.

For more information, or to register go to [dbqarch.org/icyc-ms](http://dbqarch.org/icyc-ms).

## Family Matters Newsletter



The monthly *Family Matters* newsletter provides great resources to help Catholic families live their faith. The March edition contains many resources, articles, and ideas for the Lenten season. Families can find past issues and subscribe to Family Matters on the Archdiocese of Dubuque website at [dbqarch.org/family-mat](http://dbqarch.org/family-mat).

## 2025-2027 IMPACT Program for Catholic Adults

IMPACT is a two-year formation program for Catholic adults, which is coordinated by the Archdiocese of Dubuque. The next offering of the IMPACT program will be held at St. Mary Catholic Church in Vinton, starting in September of 2025. IMPACT provides the opportunity to grow in your faith by attending monthly sessions with dynamic presenters, reading spiritual books, engaging in discussions with other participants, and receiving guidance from a spiritual mentor. Through study, prayer, reflection, and conversation, participants are challenged to respond more fully to Jesus' call to mission—to IMPACT our world! To learn more and apply, visit [www.dbqarch.org/impact](http://www.dbqarch.org/impact).





# Lenten Fasting, Prayer & Almsgiving



**What is Lent?:** Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ. Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. In addition, the giving of alms is one way to share God's gifts - not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Order of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.

**Fast and Abstinence:** Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding from age 14 onwards. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection. Click: <https://www.usccb.org/prayer-and-worship/liturgical-year-and-calendar/lent/catholic-reflection-on-lenten-fasting> to read a reflection from the USCCB on Lenten Fasting.

**Prayer:** During Lent we are called to spend more time in prayer in order to connect more fully with God. At All Saints we have scheduled many opportunities for additional prayer time, including: Mass, Lenten Adoration, Stations of the Cross, our Parish Mission, and the Men's Lenten Breakfast. The Faith Formation Commission will be distributing various Lenten prayer resources this weekend and the next. There are several Catholic apps that can be used for prayer time, including Hallow, Daily Prayer App, and Pray Catholic Prayers. You may also sign up to participate in the BEST LENT EVER (<https://www.dynamiccatholic.com/lent.html>) with Dynamic Catholic.

**Almsgiving:** The foundational call of Christians to charity is a frequent theme of the Gospels. During Lent, we are asked to focus more intently on "almsgiving," which means donating money or goods to the poor and performing other acts of charity. As one of the three pillars of Lenten practice, almsgiving is "a witness to fraternal charity" and "a work of justice pleasing to God." (Catechism of the Catholic Church, no. 2462). During Lent our Haiti Committee will provide educational and relational bulletin articles to help us appreciate the challenges and joys of our brothers and sisters in Haiti. One of the most intentional gifts that we can provide for the children in our Sister Parish of Notre Dame de Lourdes is to assist in the cost of their education along with financing the wages for their teachers. We encourage parishioners to set aside funds everyday in the realization of our many blessings. This monetary donation should be brought to the Holy Thursday Mass.

cont. on next page...

# Lenten Fasting, Prayer & Almsgiving (cont.)



Like much of life - we get more out of it when we put more into it. We hope and pray that Lent for 2025 is very meaningful for all and that we develop and enjoy a closer relationship with God, the Father; Jesus Christ, our Lord and Savior, and the Holy Spirit. Please watch the bulletin and our social media sites for dates, times and updates.

## Men's Prayer Breakfast



All men of the parish are invited to the annual Lenten Men's Prayer Breakfast. Please come to the Social Hall on Saturday, March 15 at 7:00 AM. We will enjoy breakfast casseroles, croissants and jam while we watch a short video. Small group discussion will follow and we will be finished by 8:00 AM. Ask a male friend to join you! If you have any questions, please contact Deacon Ed Martin at [deaconED@allsaintscr.com](mailto:deaconED@allsaintscr.com).

## Catholic Daughters of the Americas



Catholic Daughters of the Americas Cedar Rapids Court #1768 will Meet Tuesday, March 18 at St. Pius Catholic Church. Doors open at 6:00 PM. At 6:15, refreshments-St. Patricks Potato Bar will be served. After our meeting starting at 6:30, Comfort Bags for the homeless will be assembled. Visitors are always welcome. Contacts: Roberta 319-366-0999 or Stephanie 319-540-7193

## St. Patricks Fish Fry Dates



Every Friday during Lent from 5:00-7:30 pm. Call ahead, Dine-in, and Drive through. 2025 fish fry dates include: March 7, 14, 21, 28, April 4, 11, 18. More information can be found at [www.stpatrickscr.org/fish-fry](http://www.stpatrickscr.org/fish-fry)



## Mass Intentions

Tues. March 11 8:00 am  
† Rev. Paul Peters

Tues. March 11 6:00 pm  
For the People

Wed. March 12 8:00 am  
† Florence Buresh

Thurs. March 14 8:30 am  
† John Creen

Fri. March 15 8:00 am  
† Msgr. Russell Bleich

Sat. March 16 4:00 pm  
For the People

Sun. March 17 9:00 am  
† Keith & Neva Griem

## Scripture Readings

Week of March 9, 2025

### Sunday:

Dt 26:4-10/Rom 10:8-13/Lk 4:1-13 (24)

### Monday:

Lv 19:1-2, 11-18/Mt 25:31-46 (224)

### Tuesday:

Is 55:10-11/Mt 6:7-15 (225)

### Wednesday:

Jon 3:1-10/Lk 11:29-32 (226)

### Thursday:

Est C:12, 14-16, 23-25/Mt 7:7-12 (227)

### Friday:

Ez 18:21-28/Mt 5:20-26 (228)

### Saturday:

Dt 26:16-19/Mt 5:43-48 (229)

### Sunday:

Gn 15:5-12, 17-18/Phil 3:17-4:1 or  
3:20-4:1/Lk 9:28b-36 (27)

## Parish Life



Do you enjoy getting people together for fellowship and having fun as well? Parish Life Committee is looking for additional members to appreciate each event. If you are interested, please contact Ellen Mouw at 712-253-5540 or [eamouw@aol.com](mailto:eamouw@aol.com).

## Un-Committee



Don't have time for committees or meetings, but still want to help? Join the "Un-Committee" where you are contacted only for special events at All Saints Church. If interested, please contact Ellen Mouw at 712-253-5540 or [eamouw@aol.com](mailto:eamouw@aol.com).

## All Saints Nights at Green Square Meals



All Saints helps prepare and serve dinner at Green Square Meals soup kitchen, 2-3 times a month. Sign up to help at the link below or contact Melissa Peckosh (847-975-1785 or [missypeckosh@yahoo.com](mailto:missypeckosh@yahoo.com)).

ALL SAINTS NIGHTS: 2nd & 5th Tuesday, 3rd Monday

All volunteers in sixth grade and up are welcome. Sign up at: <https://signup.com/go/vJYiFPm>

## Parish Office Hours



- Monday - Thursday - 8:00 am - 4:00 pm
- Friday - 8:00 am - 2:00 pm
- Saturday and Sunday - closed

The parish staff knows that your time is valuable. Please **call** or **email** the staff member you wish to speak with to ensure that they are available.



# Bruins Beat

## Early Learning Center Activities

**ROAR!!!** The 4 year old preschool class is having a DINO-RIFFIC week learning facts about dinosaurs, and using our imaginations while doing activities and reading books about them.



## K-5 Weekly Spotlight

### 5th Grade Social Studies

5th graders were given a president to research throughout the month of January and beginning of February. They then gave presentations to the class over their president. Some students even dressed the part!



[www.allsaints-crschool.org](http://www.allsaints-crschool.org)

## Ministry Schedule

March 8, 4:00 PM Saturday

### Sacristan

Cynthia Gunsolly

### Extraordinary Ministers

Jean Bell

Connie Deutmeyer

John Myers

Kourtne Powell

Mike Powell

Daniel Prentice

Becky Weininger

### Altar Servers

Kennedy Blue

Bo Dittmar

Logan Weininger

### Lectors

Theresa Harker

Lisa Stephenson

### Hospitality Ministers

Sue Bright

Ryan Donnelly

Marcia Myers

Lauri Talyat

Brian Talyat

Theresa Werner

March 9, 9:00 AM Sunday

### Sacristan

John Michael

### Extraordinary Ministers

Tom Amosson

Stephanie Guzman

Wade Johnson

Bill Knapp

Dianne Knapp

Sara Lang

Dennis Mullarkey

### Altar Servers

Addison Johnson

Henry Johnson

Katherine Osen

### Lectors

David Shema

Tasha Tatar

### Hospitality Ministers

Kim Ainsworth

Jeanne Amosson

Mike Klappholz

Stephanie Klappholz

Pete Rethwisch

Chris Shimon

# Ministry Schedule

March 11, 4:00 PM Saturday

## Sacristan

Peg Schmitz

## Extraordinary Ministers

Joan Fishburn

Nicole Johnson

Andrew Lang

## Altar Servers

Adalyn LaMere

Ethan Meyer

Rocco Schmidt

## Lectors

JoAnn Hand

## Hospitality Ministers

Tom Takes

Maureen Wolf

Dave Wolf



# Family Ministry

March 9, 2025 • 1st Sunday of Lent • Luke 4:1-13

## Jesus Is Tempted in the Desert

*The story of Jesus being tempted in the desert is familiar to Christians because it is read from the pulpit every year on the First Sunday of Lent. Jesus leaves the crowds to go into the desert to fast from food and to pray for forty days. At the end of this period, Jesus is tempted by the devil to use his power for self-gratification and personal gain.*

Most folks will tell you it takes practice to say no to temptation. Consider Adam and Eve when they lived in paradise. They never had to practice saying no because they had everything they wanted. The first time they were tempted, they failed the test.

In this reading, we find Jesus in the desert tempted three times by the devil. He was physically weak, hungry and thirsty, and still he did not give in to temptation. He said no, not out of some superhuman power but from good old-fashioned willpower. Since Jesus is fully human, we can presume this was not his first encounter with temptation. Jesus had spent a lifetime building up his willpower by saying no to the easy way out, no to having fun at the expense of others, no to putting his needs or wants first.

How can we practice saying no to temptation? One way is by flexing the muscle of self-denial. Self-denial, or what we used to call, “giving stuff up,” has been a part of Christian discipleship since Jesus walked with the first apostles: “[G]o, sell your possessions, and give the money to the poor...” (Matthew 19:21).

Lent may be the traditional time to practice self-denial, but it doesn’t have to be the only time. You can practice saying no to your sweet tooth or the urge to buy one more thing on eBay. You can choose to drink water as your only beverage for a few days. You can even skip a couple of meals one day to experience what it feels like to go to bed hungry.

By practicing self-denial once in a while, we learn self-discipline, an important virtue for Christians. Often learning how to say no to small temptations can be very helpful when we find ourselves facing larger ones.

## FAMILY RESPONSE

Decide as a household on something you can give up for the next week: candy, soda, potato chips. Have water at meals, or try fasting between lunch and dinner. Take the money you save and give it to the poor.

## PERSONAL RESPONSE

Giving up potato chips or chocolate can take a great amount of willpower. Giving up complaining about your boss, work or mother-in-law can take even more. Who or what is your favorite topic of complaint? Write it down, and then see if you can get through the next two weeks without mentioning it to anyone else.

*Bringing Home the Gospel: Parent Reflections on the Sunday Gospels • Copyright © 2025 Judith Dunlap. Published by the Pastoral Center, PastoralCenter.com. All rights reserved. Scripture passages have been taken from the New Revised Standard Version Bible, copyright ©1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A., and used by permission. All rights reserved.*



# ALL SAINTS PARISH *Mission* 2025

## *Preparing with Jesus this Lent...To Live in Easter Joy!*

Each year we make the long journey through Lent. Lent is not the end but rather an important means to the final goal of Catholic life, achieved in Jesus' Resurrection. With the help of Scripture and story, let us reflect on the love and saving power of our God, which offers us and our children joy and fullness of life in Christ Jesus!

Join us for our mission speaker Tom Quinlan at All Saint Catholic Church 720 29th St SE, Cedar Rapids, IA 52403.

- **Sunday, April 6.** Doors open at 4:30 presentation to begin at 5 pm for the parents of children. Taco bar available.
- **Monday, April 7 and Tuesday, April 8.** Doors open at 5:30, presentation to begin at 6 pm. Snacks will be served.

*We welcome all that want to Live in Easter Joy.*

## Mt. Calvary Cemetery 2025 Spring Cleanup



A reminder that the Mt. Calvary Cemetery 2025 Spring Cleanup is coming up fast. This year the Spring Cleanup will be on Saturday, March 15th.

If you have wreaths or other holiday tributes on your loved one's graves at Mt. Calvary and you wish to keep them, please have them removed by Friday, March 14th. The cemetery will be completely cleared of all decorations starting Saturday morning, March 15th. After April 15th conforming spring/summer floral displays may be placed. If you have any questions or wish to volunteer for this Corporal Work of Mercy, please contact Mt. Calvary Cemetery at 319-362-4659 or by email at [crmt.cal@gmail.com](mailto:crmt.cal@gmail.com).

## Ministry Schedule

*March 15, 4:00 PM Saturday*

### Sacristan

Jean Bell

### Extraordinary Ministers

Kathi Grainger  
Suzanne Lammers  
Gavin Miller  
Ellen Mouw  
Kourtne Powell  
Mike Powell  
Stephen Schmitz

### Altar Servers

James Lammers  
Noelle Robbins  
Sylvia Robbins

### Lectors

Riley Hoover  
Kathy Ulrich

### Hospitality Ministers

Ryan Donnelly  
Dick Kettelkamp  
Barb Lindstrom  
Marcia Myers  
Mike Votroubek  
Theresa Werner

*March 16, 9:00 AM Sunday*

### Sacristan

Cate Biro

### Extraordinary Ministers

Maureen Dale Ernst  
John Ernst  
Stephanie Guzman  
Ann Hunter  
Larry Hunter  
Dennis Mullarkey  
Chris Shimon

### Altar Servers

Roman Kilburg  
Wyatt Ross  
Ava Szymanowski

### Lectors

Lynn Holverson  
Todd Holverson

### Hospitality Ministers

Pete Rethwisch  
Bea Rethwisch  
Tony Satariano  
Diane Weimer  
Maureen Wolf  
Dave Wolf

# Ministry Schedule

March 18, 5:30 PM Tuesday

## Sacristan

Joan Fishburn

## Extraordinary Ministers

Stephanie Guzman

Gregory O'Connell

David Shema

## Altar Servers

Lewis Benfield

Kennedy Blue

Bo Dittmar

## Lectors

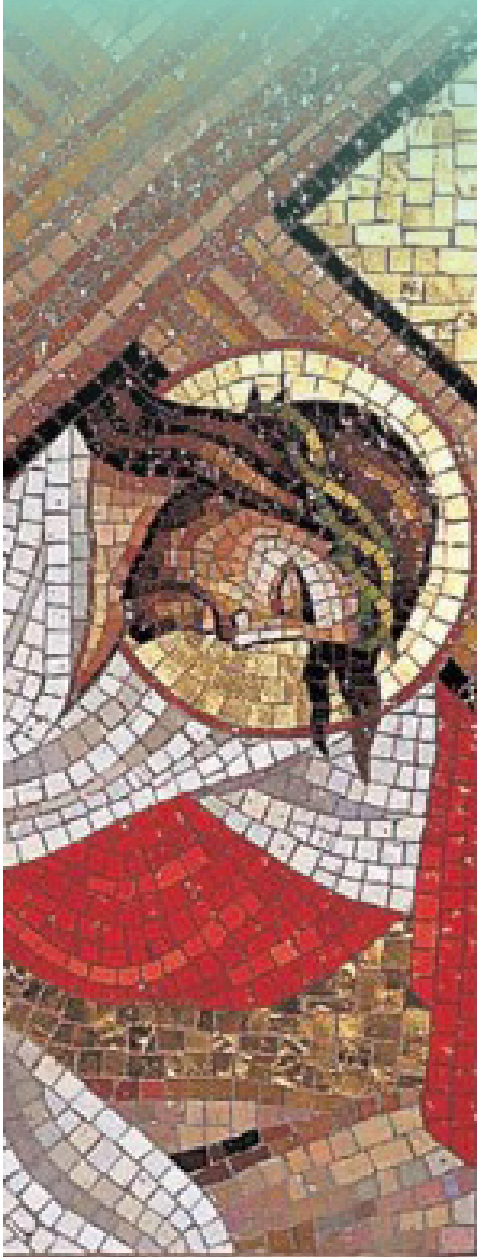
Tasha Tataara

## Hospitality Ministers

Jeanne Amosson

Brian Talyat

Diane Weimer



Xavier High School

# 6th Annual Mattress Fundraiser



@ the High School

Saturday, Apr. 5th, 2025, 10:00AM - 5:00PM

## Savings on mattresses from top brands!

Twin Mattresses from \$199 | Full Mattresses from \$249  
Queen Mattresses from \$299 | King Mattresses from \$499



Adjustable Bases



Mattresses



Protectors



Pillows

## Benefits Xavier High School

- ✔ All sizes & firmness levels available
- ✔ 25+ styles on display
- ✔ Brand new with full factory warranties
- ✔ Adjustable bases available
- ✔ Mattress protectors, premium pillows & more!
- ✔ Home delivery available
- ✔ All forms of payment accepted
- ✔ Financing available

## Xavier High School Mattress Fundraiser

# FREE Sheets with Mattress

Credit goes to: \_\_\_\_\_



Saturday, Apr. 5th, 2025, 10:00AM - 5:00PM @ the High School | cfsbeds.com  
Questions? Contact: tim.devoss@cfsbeds.com

## Young at Heart



Come join All Saints' Church members for the Young at Heart Luncheon on Wednesday, March 19 at noon in the Social Hall. The speaker this month is Sandy Rosenberg from Prairiewoods Franciscan Spirituality Center. Sandy will share information on the services and programs that are available at Prairiewoods.

Remember with winter weather, if school is cancelled, the YAH luncheon will also be cancelled. There is no cost for lunch.

# The Gospel at Home

## This Week's Gospel: Luke 4:1-13

This Sunday's Gospel is the familiar temptation of Jesus by the Devil. Satan tempts Jesus who was led into the desert by the Holy Spirit for forty days. Jesus fasted the entire time, but he did not yield to the false power and glory promised by the Devil. Use this passage to give you and your family strength to face the temptations of every day life.

## Exploring the Gospel Message

**Seeds (Preschool):** This week your child learned that Lent is a time to make good choices. The class learned to care, pray, share, and help during Lent as a way to show love as we get ready for Jesus' sacrifice and Resurrection. Ask your child what a pretzel reminds them of, and practice the action of thinking about God.

**Promise (Grades K-1):** This week your child learned about how Jesus chose to follow God the Father, which is part of the lesson from this week's Gospel. Talk with your child about how to show love during Lent, and be sure to check out your child's Lenten prayer book.

**Good News (Grades 2-3):** Your child's class learned how the Holy Spirit gives us strength against temptation during Lent. Ask your child to retell the story from this week's lesson titled, "The Temptation." Ask how your child felt when the Devil kept tempting Jesus in this week's Gospel. Share times when you have felt tempted. Pray as a family to be able to avoid temptation.

**Venture (Grades 4-6):** This week your youngster learned that Lent is a time to pray.

Ask your young person what happens in this week's story titled, "Tempted!" Jesus faced temptation in the desert, but ask your young person who filled Jesus and helped him resist Satan. Discuss how the Holy Spirit speaks with us and directs our lives. Ask your young person how studying The Lord's Prayer during Lent will help them prepare for Easter.

**Visions (Grades 7-8):** Your youngster learned that Lent is also a time of sharing. Ask your young person what he or she plans to share or give up during Lent. Maybe the family could join in a project together. Have a discussion about the Gospel when Jesus says to not put God to the test. Talk about the history of Israel, and consider making a place and time to pray together as a family during Lent. This is a great week to talk with your youngster about the temptations he or she faces. Have your youngster explain Saint Ignatius Loyola's way to pray and reflect every day called the Examen. Give it a try this Lent.

**Awaken (Teens/Adults):** Discover a new level of spiritual growth for parents with *Awaken*, the new adult level of the *Pflaum Gospel Weeklies*, developed to deepen your faith journey alongside your children. Scan the QR code to learn more.

## Pray Together

Prayer is emphasized in all the lessons this week. In addition to praying to avoid temptations as Jesus did in the Gospel reading, pray that the Holy Spirit can help your family prepare for Jesus' great sacrifice and Resurrection. Take advantage of prayers from the lessons and adapt them for use at home.





**CEDAR RAPIDS COUNCIL OF CATHOLIC WOMEN IS DEDICATED TO  
FOCUSING THE HANDS-ON EFFORTS OF CATHOLIC WOMEN TO  
PROVIDE GENUINE CHRIST FILLED CARE, COMFORT AND EDUCATION  
TO THOSE IN OUR COMMUNITY.**



*ACCW Presents:*

## **CHRISM MASS TRIP**

April 15th

Depart from St. Ludmilla at 11:30PM, return 7:30PM

Cost: Not verified, expected to be around \$70. We need to solidify interest before it is reasonable to get a bus. We will not be accepting payment until the bus has been verified.

Join us for a trip to the Cathedral of St. Raphael in Dubuque to celebrate the Chrism Mass, Blessing of the Oils. The cost of the event will include bus fare and dinner.

For Questions, contact Isabelle Miller at the [i.miller@dbqarch.org](mailto:i.miller@dbqarch.org) or call 319.363.8269

\*RSVPs must be turned in by April 5th.

To RSVP, email [i.miller@dbqarch.org](mailto:i.miller@dbqarch.org)

\*\* ACCW reserves the right to change the details of this event.

**Parish Office (319) 363-6130**  
**Mon.-Thurs., 8:00 am - 4:00 pm**  
**Fri., 8:00 am - 2:00 pm**

<b>Pastor</b>	Rev. John R. Flaherty	<a href="mailto:fatherjack@allsaintscr.com">fatherjack@allsaintscr.com</a>	Ext. 116
<b>Deacon</b>	Mike Klappholz	<a href="mailto:deaconmike@allsaintscr.com">deaconmike@allsaintscr.com</a>	Ext. 107
<b>Deacon</b>	Ed Martin	<a href="mailto:deaconed@allsaintscr.com">deaconed@allsaintscr.com</a>	Ext. 105
<b>Business Manager</b>	Tracy A. Huk	<a href="mailto:businessmgr@allsaintscr.com">businessmgr@allsaintscr.com</a>	Ext. 111
<b>Bookkeeper</b>	Jeremy Lutz	<a href="mailto:bookkeeper@allsaintscr.com">bookkeeper@allsaintscr.com</a>	Ext. 108
<b>Medical Emergencies &amp; Funerals</b>	Rev. John R. Flaherty	<a href="mailto:fatherjack@allsaintscr.com">fatherjack@allsaintscr.com</a>	Ext. 116
<b>Dir. of Music Ministries</b>	Matthew Burrier	<a href="mailto:music@allsaintscr.com">music@allsaintscr.com</a>	Ext. 106
<b>Dir. of Adult Formation</b>	Bob Lillibridge	<a href="mailto:adultformation@allsaintscr.com">adultformation@allsaintscr.com</a>	Ext. 109
<b>Dir. of Children's Formation</b>	Stacy Cataldo	<a href="mailto:catechesis@allsaintscr.com">catechesis@allsaintscr.com</a>	Ext. 114
<b>Office Manager</b>	Dan Alpers	<a href="mailto:officemgr@allsaintscr.com">officemgr@allsaintscr.com</a>	Ext. 100
<b>IT Director</b>	Ethan Weiland	<a href="mailto:it@allsaintscr.com">it@allsaintscr.com</a>	Ext. 104
<b>Scrip Coordinator</b>	Lori Giacinto	<a href="mailto:scrip@allsaintscr.com">scrip@allsaintscr.com</a>	(319) 535-3570

**Parish School (319) 363-4110**

<b>School Principal</b>	Kelly Starr	<a href="mailto:kelly.starr@crxcs.org">kelly.starr@crxcs.org</a>	Ext. 234
<b>School Office Manager</b>	Elaine Collins	<a href="mailto:elaine.collins@crxcs.org">elaine.collins@crxcs.org</a>	Ext. 233
<b>Early Childhood Director</b>	Kelly Starr	<a href="mailto:kelly.starr@crxcs.org">kelly.starr@crxcs.org</a>	Ext. 234
<b>Regis Middle School Principal</b>	Zach Zeckser	<a href="mailto:zach.zeckser@crxcs.org">zach.zeckser@crxcs.org</a>	(319) 363-1968
<b>Xavier High School Principal</b>	Lynn Holverson	<a href="mailto:lynn.holverson@crxcs.org">lynn.holverson@crxcs.org</a>	(319) 294-6635



## Sacrament Information

**Sacrament of Reconciliation:** Saturdays at 3 p.m.

**Sacrament of Baptism:** Baptism preparation class is required for parents. Contact Deacon Ed Martin ([DeaconEd@allsaintscr.com](mailto:DeaconEd@allsaintscr.com) or 319-364-7524) to schedule a class and date for the baptism (some date restrictions may apply).

**Sacrament of Matrimony:** Couples are to make arrangements at least six months before the intended date of the wedding in order to fulfill the necessary requirements. Please contact Deacon Mike Klappholz ([DeaconMike@allsaintscr.com](mailto:DeaconMike@allsaintscr.com)) to begin the process.

**Order of Christian Initiation for Adults (OCIA):** Classes are scheduled for Monday evenings beginning in the Fall. Contact Bob Lillibridge, Director of Formation, for more information ([adultformation@allsaintscr.com](mailto:adultformation@allsaintscr.com)).

**Confirmation:** Classes will be led by Father Jack Flaherty after the 9:00 a.m. Mass on Sundays in the Social Hall. ([fatherjack@allsaintscr.com](mailto:fatherjack@allsaintscr.com)).

**First Reconciliation & Eucharist:** Second graders combine home study and retreats to prepare for these sacraments. Contact Stacy Cataldo, Director of Catechesis, for more information ([catechesis@allsaintscr.com](mailto:catechesis@allsaintscr.com)).

**Anointing of the Sick:** Please contact the office at 319-363-6130, ext. 100 to schedule anointings.

## Miscellaneous Information

**Newcomer Registration:** Call the Parish Office at 363-6130, ext. 100, or register on line at <http://www.allsaintscr.com>.

**Bulletin Deadline:** Items must be submitted electronically to the parish office by Noon on the preceding Monday to: [bulletin@allsaintscr.com](mailto:bulletin@allsaintscr.com).

## Opportunities for Prayer

**Adoration of the Blessed Sacrament:** Thursdays, 8:30 AM to 9:30 AM in the Church.

**All Saints Prayer Group:** Tuesdays at 3:00 PM in the church lower level.

**Prayer Tree:** Available to anyone who would like us to pray for their intentions. Please call Darlene Fandel at 319-560-4844.

**Women's Prayer Group:** Tuesday mornings after 8:00 AM Mass.

**M.O.M.S Rosary:** 7:30 PM 1st Monday of the month, Queen of All Saints Chapel.

**Prolife Rosary:** Fridays after 8:00 am Mass.

**Parish Website:** You may both submit and view prayer intentions any time at:

<https://allsaintscr.churchcenter.com/people/forms/413117>.