

# ALL SAINTS

CATHOLIC CHURCH & SCHOOL



*Love God • Serve Others • Form Disciples*



**February 7 & February 8, 2026;  
5<sup>th</sup> Sunday in Ordinary Time**



### WEEKEND MASS TIMES

Saturday 4:00 pm  
Sunday 9:00 am

### WEEKDAY MASS TIMES

Tuesday 8:00 am  
Wednesday NO Daily Mass  
Thursday 8:30 am  
Friday 8:00 am



## *Light in the Darkness*



Image: young-catholics.com



allsaintscr.com



@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!)*



Dawn Bembenek, Autumn & Jaxson Colvin, Brian Jackson, and † Shirley Ruedy.

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



The generosity of being a good Steward of your gifts has a positive effect on people, and it is contagious! Good works encourages more good works. Generosity is a by-product of a grateful lifestyle. The more we recognize God's gifts, the more we want to share them. Good stewards recognize that God is working through them, and they don't put themselves above the people they have been called to help.

## National Marriage Week and World Marriage Day!



The annual observances of National Marriage Week from February 7-14 and World Marriage Day on Sunday, February 8 provide a special time to reflect on the beautiful gift of the sacrament of matrimony. This year's theme from the USCCB is Man and Woman, He Created Them: Together with Purpose, inviting couples to recognize their unique gifts and how they might use them to build one another up in joy and complementarity. For recommended marriage resources from the archdiocese, visit: [dbqarch.org/marriage-r](http://dbqarch.org/marriage-r).

## Service to Others

*Metro Catholic Outreach*



### ***What Do Our Clients Find in Their Food Boxes?***

Unlike other food pantries in our area, our food boxes are prepacked for distribution to households in need of food. This allows us to operate with efficiency and know that we are giving out a balanced and healthy choice of provisions to each household. The estimate for each box's total value, based on 2026 grocery prices, is currently over \$130!

Anyone who needs food can sign up for groceries, by calling our office each time they want to pick up. All we ask is their name, phone number, and how many are in their household. No income verification or ID required. Some families pick up once or twice a year, some once or twice per month. Less than 20% pick up every week. About 30-40% of the food we distribute comes in as donations from our parishes and other donors. The 60-70% balance is purchased received from HACAP and other partners.

# Everyday Metanoia



Welcome to the 5th Sunday in Ordinary Time. I have always been confused by this week's follow-up to the Beatitudes. How do we go from Jesus portraying a picture of his heart and mind to the disciples in words and phrases to the topic of salt and the image of light? I remained perplexed until I found an explanation courtesy of Pope Francis from a homily given on February 9, 2014, "To better understand these images, we must keep in mind that Jewish Law prescribed that a little bit of salt be sprinkled over every offering presented to God, as a sign of the covenant. Light for Israel was a symbol of messianic revelation, triumph over the darkness of paganism. Christians, the new Israel, receive a mission to carry into the world for all men: through faith and charity they can guide, consecrate, and make humanity fruitful. We who are baptized Christians are missionary disciples and we are called to become a living Gospel in the world: with a holy life we will 'flavor' different environments and defend them from decay, as salt does; and we will carry the light of Christ through the witness of genuine charity. But if we Christians lose this flavor and do not live as salt and light, we lose our effectiveness. This mission of giving light to the world is so beautiful! We have this mission, and it is beautiful! It is also beautiful to keep the light we have received from Jesus, protecting it and safeguarding it. The Christian should be a luminous person; one who brings light, who always gives off light! A light that is not his, but a gift from God, a gift from Jesus. We carry this light. If a Christian extinguishes this light he is a Christian by name only, who does not carry light; his life has no meaning. I would like to ask you now, how do you want to live? As a lamp that is burning or one that is not? Burning or not? How would you like to live? As burning lamps! It is truly God who gives us this light and we must give it to others. Shining lamps! This is the Christian vocation."

So these gifts of salt and light come from God, but when? Are we born with them? We know (or should know!) that we don't earn God's love and grace, so, again, when do we receive these gifts? They are given to us freely through the Sacrament of Baptism. At our baptism we are united in the death and resurrection of our Lord and Savior, Jesus Christ and receive the call to follow Jesus and be fishers of humankind. At our acceptance (as an infant by our parents' affirmation through the Profession of Faith and the stated desire for baptism), the Holy Spirit fills us with the capacity to know and proclaim God's wisdom to the world through our baptism in the name of the Father and of the Son and of the Holy Spirit. In carrying out this call as we journey and grow in faith, our words and actions become a visible light of God's goodness, grace and mercy in the world. As salt, we must identify, name and preserve the goodness of and in the world around us. The next time we have a baptism at Mass, pay attention. Listen to the words and the prayers. Follow the actions. Notice that the baptismal candle that each child is given is lit, not from a match or from a lighter, but from the Easter Candle. The Easter Candle is lit anew at each Easter Vigil as a sign of the risen Jesus, illuminating the renewed covenant between God and humankind.

When we follow the Beatitudes, our personal love and care for others shines a light from our heart, mind and actions not on ourselves, but on God. This is what Paul is trying to tell the Corinthians: "I came to you in weakness and fear and much trembling, and my message and my proclamation were not with persuasive words of wisdom, but with a demonstration of Spirit and power, so that your faith might rest not on human wisdom but on the power of God."

Curtis Mitch and Edward Sri in their commentary on the Gospel of Matthew conclude their reflection on this passage with the following: "In the face of the many problems in the world: violence; materialism; poverty and moral relativism, Jesus challenges us to ask, 'What can I do to share God's love in the world?'" One suggestion is to pray a prayer written by Blessed Cardinal John Henry Newman - Radiating Christ: "Dear Jesus, Help me to spread Your fragrance wherever I go. Flood my soul with Your spirit and Your life. Penetrate and possess my whole being so utterly, that my life may only be a radiance of Yours. Shine through me, and be so in me that every soul I come in contact with may feel Your presence in my soul. Let them look up and see no longer me, but only Jesus! Stay with me and then I shall begin to shine as You shine, so to shine as to be a light to others. The light, O Jesus, will be all from You; none of it will be mine. It will be you, shining on others through me. Let me thus praise You the way You love best, by shining on those around me. Let me preach You without preaching, not by words but by my example, by the catching force of the sympathetic influence of what I do, the evident fullness of the love my heart bears to You. Amen. "

May God bless your prayer time this week! Come Holy Spirit!

Praying with you always,  
Tracy Huk, Parish Life Coordinator

# Holy Communion and Flu Season



In light of recent reports of increased cases of flu and other contagious illnesses within our communities, we wish to remind you to exercise prudent care for one another while remaining faithful to the Church's liturgical life. The sharing in the one Bread and the one Cup is a powerful sign of our unity in Christ and of the fullness of the Eucharist. At the same time, the Church teaches that the fullness of Christ—Body, Blood, Soul, and Divinity—is received under either species alone. Those who are ill, who may be experiencing symptoms, or who have concerns for their own health or the health of others are reminded that we Live Stream our weekend liturgies. If you choose to be physically present, please wear a mask and refrain from receiving from the Chalice, as an act of care for the wider community. Let us remain united in prayer for the health and well-being of all members of our communities.

## Come Adore With Us!



The Benedictine Sisters of Perpetual Adoration invite single Catholic women, ages 18-40, who are curious about religious life, to their Monastic Experience February 27-March 1, at their monastery in Clyde, Missouri.

It's a chance to experience the daily rhythm of monastic life where participants can join the Sisters in praying the Divine Office, daily Mass and Eucharistic Adoration, as well as experiencing Lectio Divina (praying with Scripture) and gaining wisdom from the Benedictine tradition.

There is no cost to attend, and more details are available at [www.benedictinesisters.org](http://www.benedictinesisters.org) - Vocations - Events, including additional dates for 2026. To register, please contact Sister Nancy Rose at (660) 944-2221 ext. 142 or [vocation@benedictinesisters.org](mailto:vocation@benedictinesisters.org) or complete the form at <https://bit.ly/4skj3Xa>

## Time for Another Blood Drive!



PUT GOOD INTO THE  
WORLD

**BLOOD DRIVE**

**ImpactLife**

**ALL SAINTS CATHOLIC CHURCH**

Saturday, February 21  
8:30 am - 12:00 pm

Lower Level - 720 29th Street SE

To book an appointment,  
scan the QR code.

You may also contact Dennis  
Mullarkey at (319) 350-3776  
or at [larks3150@gmail.com](mailto:larks3150@gmail.com).



Last Date to Donate Elsewhere: 12/27/25 Group Code: 1879

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

# Catholic Charities Annual Appeal Weekend 2026:

*Providing Help. Creating Hope. Serving All.*



The Catholic Charities Annual Appeal will kick off on February 14-15. This appeal provides a significant portion of Catholic Charities' annual operating budget. Your generosity directly impacted the lives of over 26,000 people in Northeast Iowa last year alone. In February, all parishioners will receive a mailed envelope from Catholic Charities. Parishioners should return their contributions directly to Catholic Charities by mail, including the completed donor information - please do not return the envelope to the parish.

Did you know... Catholic Charities offers free, confidential financial counseling classes with a HUD-Certified Housing Counselor? Whether you're feeling overwhelmed or just need guidance, we're here to help - judgment-free. For more information or if you know a family who is struggling, contact Amanda Baldiviezo ([a.baldiviezo@dbqarch.org](mailto:a.baldiviezo@dbqarch.org)) at 319-340-4304.

## Iowa Catholic Youth Conference Weekend

*Registration is Now Open!*



Registration is now open for two amazing events for the pre-teens and teens of Eastern Iowa.

- EPIC for High School teens - Saturday, March 21, 2026, 5:30 PM - 9:00 PM. Cost is \$25.
- ICYC for Middle School youth - Sunday, March 22, 2025, 10:00 AM - 4:00 PM. Cost is \$50. (Prices increase on March 1.)



Both events are held at St. Ludmila Church, Cedar Rapids and feature Scally Brothers! If you are not able to form a parish group to attend, families can register on their own for the events. For more information, go to [www.dbqarch.org/icyc](http://www.dbqarch.org/icyc).

## Immigration Legal Updates



With the high frequency of immigration policy changes, it can be difficult to stay informed on the complexities and impacts of the United States' immigration system. We encourage you to visit [CatholicCharitiesDubuq](http://CatholicCharitiesDubuq) to review the January 2026 updates.

**Our Immigration Legal Services program offers legal advice and representation in the following areas of FAMILY-BASED immigration law:** Adjustment of Status (Green Card) | Asylum | Citizenship | Consular Processing | Deferred Action for Childhood Arrivals (DACA) | Employment Authorization | Family Reunification | Freedom of Information Act (FOIA) | Removal defense (limited) | Special Immigrant Juvenile | Temporary Protected Status | U 'crime victim' visa and T 'trafficking' visa | Violence Against Women Act (VAWA) self-petitions

For more information, please call 319.364.7121 or visit [CatholicCharit](http://CatholicCharit).

# Thank You for Joining Us for Breakfast!



This weekend's Breakfast of Champions Potluck was a huge success! All 100 raffle tickets were sold and an additional \$155 worth of monetary donations allowed us to raise a grand total of \$1155 for Habitat for Humanity!



## Beauty in Christ



Thank you to everyone who attended our recent 'Beauty in Christ' event. As you can see from the photos below, the event was absolutely a success. Thank you to the group leaders for all your work in hosting in-person events! Our two speakers Kitty Cleveland and Kelsey Kaiser offered inspirational talks that can still be accessed by those who registered. For more information, please contact Joanne Pohland at [j.pohland@dbqarch.org](mailto:j.pohland@dbqarch.org).



## Young at Heart



Come join All Saints' Church members for the Young at Heart Luncheon on Wednesday, February 18 at noon in the Social Hall. The speaker this month is Steve Schmitz. Steve will bring us up to date on our Sister Parish in Haiti. Come and join us for a Meal and fellowship! All Saints members over 50 are welcome to come each month. There is no cost for lunch. Remember if school is cancelled, the YAH luncheon will also be cancelled.



# Susan Frischkorn: Eternal Educator.

## *A Legacy of Learning*

Susan Frischkorn was a lifelong teacher whose greatest joy was helping others learn. From her early years of teaching to volunteering at St. Pius X and St. Wenceslaus in Cedar Rapids, to creating fire safety programs for Cedar Rapids youth, Susan embraced every opportunity to share knowledge. Her leadership in Catholic Daughters of the Americas, her creativity as a Girl Scout leader, and her countless hours tutoring, mentoring, and inspiring children reflect her belief that education is a gift meant to be shared.

## *A Lasting Impact*

- Catholic Daughters Leader – bringing faith and learning together
- Cedar Rapids Fire Department – creating award-winning Fire Safety programs
- Catholic Schools Volunteer – teacher's aide, library helper, Picture Presenter
- Girl Scout Leader & Mentor – sparking curiosity through field trips and speakers
- Faithful Teacher of CCD – guiding children in their spiritual growth



## *The Susan Frischkorn Memorial Scholarship*

In memory of Susan's unwavering commitment to education and the Catholic faith, the Susan Frischkorn Memorial Scholarship was established at the Xavier Catholic Schools Foundation. This scholarship will help future generations of students receive the blessing of a Catholic education—continuing Susan's lifelong mission of teaching, learning, and faith.

**You are invited to honor Susan's legacy by making a gift  
to the Susan Frischkorn Scholarship Fund.**

### To Donate...

**Online: [CRXCS.org/Give](https://www.crxcs.org/give)**

**Venmo: @XavierCatholicSchools**

**By Mail: Xavier Catholic Schools**

**Foundation, c/o Susan**

**Frischkorn Memorial**

**Scholarship, PO Box 10956,**

**Cedar Rapids, IA 52410**

**(When making your donation, reference the  
'Susan Frischkorn Scholarship Fund'.)**

Make Your Donation  
Online Today!

[CRXCS.org/Give](https://www.crxcs.org/give)

Now accepting PayPal & Venmo!



*"May we all recognize teaching opportunities, be  
blessed with the creativity and courage to pursue them,  
and the passion to follow in Susan's footsteps."*

**Thank you for supporting the legacy of Susan Frischkorn: Eternal Educator.**

## Mass Intentions

Tues. Feb. 10	8:00 am
†	Doug Netolicky
Thurs. Feb. 12	8:30 am
†	Judy Francis
Fri. Feb. 13	8:00 am
†	Deceased Members of the Thraen & Wiwerding Families
Sat. Feb. 14	4:00 pm
†	Scherrman/Barry Families
Sun. Feb. 15	9:00 am
	For the People

## Scripture Readings

*Week of February 8, 2026*

### Sunday:

Is 58:7-10/1 Cor 2:1-5/Mt 5:13-16 (73)

### Monday:

1 Kgs 8:1-7, 9-13/Mk 6:53-56 (329)

### Tuesday:

1 Kgs 8:22-23, 27-30/Mk 7:1-13 (330)

### Wednesday:

1 Kgs 10:1-10/Mk 7:14-23 (331)

### Thursday:

1 Kgs 11:4-13/Mk 7:24-30 (332)

### Friday:

1 Kgs 11:29-32; 12:19/Mk 7:31-37 (333)

### Saturday:

1 Kgs 12:26-32; 13:33-34/Mk 8:1-10 (334)

### Sunday:

Sir 15:15-20/1 Cor 2:6-10/Mt 5:17-37 or  
5:20-22a, 27-28, 33-34a, 37 (76)

## Metro Catholic Outreach

### Calling All Volunteers



Can you give a couple of hours once or twice per month to help those with food insecurity right here in our city?

Our volunteer shifts only last about two hours, morning or afternoon, Tuesdays, Wednesdays, or Thursdays.

Our pantry volunteers organize incoming donations, check expiration dates, stock shelves, bag up snacks, toiletries, produce, and pack the food boxes.

Our distribution volunteers add the fresh items to the food boxes on the dock, greet our clients as they arrive to pick up their groceries, and help load the cars.

Our volunteers in the office answer the door and phones, schedule clients for their food pick-ups, assemble and distribute the homeless bags, organize clothing donations and other supplies.

We are in need of more volunteers, in the pantry, the distribution dock, and in the office. We promise you will never be bored!

Contact us if you would like a tour and maybe try out a shift to see if it is a cause you would enjoy. You won't regret giving your time to help families in need! 319-739-5490.

## All Saints Nights at Green Square Meals



All Saints helps serve dinner at Green Square Meals twice each month on the 2nd Tuesday and 3rd Monday. All volunteers in sixth grade and older are welcome. Use the sign-up link below or contact Bea Rethwisch (319-651-4831 or [pbr8675@msn.com](mailto:pbr8675@msn.com)).

Sign up at: <https://signup.com/go/vJYiFPm>

## Parish Office Hours



- Monday - Friday - 8:00 am - 4:00 pm
- Saturday & 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

🎵 At the Hop! Hop hop hop!

Thank you to our families and volunteers for making this years Sock Hop one for the books. There's no better way to close out Catholic Schools Week!



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

## Ministry Schedule

February 7, 4:00 PM Saturday

### Sacristan

Cynthia Gunsolly

### Extraordinary Ministers

Connie Deutmeyer

Joan Fishburn

Ellen Mouw

Dennis Mullarkey

Joan Murrin

John Myers

Stephen Schmitz

### Altar Servers

Jackson Keller

Stella Lippe

Ilyzza Shea

### Lectors

Theresa Harker

Kathy Ulrich

### Hospitality Ministers

Sue Bright

Daniel Greene

Joe Jeffries

Ann Jeffries

Barb Lindstrom

Peg Schmitz

February 8, 9:00 AM Sunday

### Sacristan

### Extraordinary Ministers

Tom Amosson

Cate Biro

Maureen Dale Ernst

John Ernst

Wade Johnson

John Michael

Tracy Huk

### Altar Servers

Veronica Cruse

Lucy Klappholz

Hunter Schmidt

### Lectors

Chase Philpott

Tasha Tatar

### Hospitality Ministers

Jeanne Amosson

Stephanie Klappholz

Mike Klappholz

Pete Rethwisch

Bea Rethwisch

## Ministry Schedule

February 14, 4:00 PM Saturday

### Sacristan

Tracy Huk

### Extraordinary Ministers

Jean Bell

Mike Powell

Kourtne Powell

Daniel Prentice

Alison Prentice

Marvin Stallman

Becky Weininger

### Altar Servers

Kennedy Blue

Bo Dittmar

Tucker McGee

### Lectors

Theresa Harker

Kathy Ulrich

### Hospitality Ministers

Sue Bright

Chris Colby

Jen Colby

Dick Kettelkamp

Mike Votroubek

Theresa Werner

February 15, 9:00 AM Sunday

### Sacristan

Cate Biro

### Extraordinary Ministers

Tom Amosson

Bob Helgens

Nicole Johnson

Bill Knapp

Dianne Knapp

Dennis Mullarkey

Gregory O'Connell

### Altar Servers

Paige Ainsworth

Charlie Hamilton

Charles Schmitt

### Lectors

Mary Beth Helgens

Loesje Shema

### Hospitality Ministers

Jeanne Amosson

Tyler Martin

Beth Martin

Eric Schmitt

Maureen Wolf

Dave Wolf

# Family Ministry

February 8, 2026 • 5th Sunday in Ordinary Time • Matthew 5:13-16

## Shine Your Little Light

*Jesus gives his disciples a powerful metaphor on how they are to live their lives. They are to be a light to the world—ablaze with the Good News of the Gospel message. Wherever they go, they are to share their light..*

We know from the Gospels that Jesus Christ is the light of the world. His goodness and love have the power to obliterate the darkness of fear, poverty and oppression. Matthew's Gospel reminds us that we share Christ's light. It is our gift as children of God, but it is not a gift meant to be stowed away or kept to ourselves.

With the light of Christ we are empowered to break through the darkness and share God's love and goodness with all those in need. We refuse to tolerate racist talk and we shine a light through prejudice. We gather food and send it to a food pantry, and we bring a light into the darkness of hunger and poverty. We bake some cookies, practice some songs, and bring our light to a nursing home—casting out, for at least a little while, the darkness of loneliness.

The light of Christ can be shared in all sorts of simple ways: a kind letter, a phone call, a smile, or a hug. Parents share their light with their children with every story they read and every tussle of their child's hair. And I know, firsthand, children share their light with us.

Yesterday was a bad day for me. Everything was going wrong. There were family problems and work worries, another book deadline, and some bigtime back pain. Then my son and daughter-in-law stopped by with my newest grandchild.

As I sat and rocked baby Julia and felt the wonderful weight of her four-month-old body across my chest, my body relaxed with a deep sense of peace. And when Julia brought her head back and looked at me, her beautiful smile lit up my day. Without even knowing it, Peter and Katie shared the light of their lives with me, by bringing Julia's gentle Christlight into my darkness.

## FAMILY RESPONSE

Talk to your family about what difficulties they are facing this week. Encourage each other to be tolerant. Pray together to find ways your family members can be peacemakers.

## PERSONAL RESPONSE

Which of the beatitudes do we find most difficult to live? What do you want to remember from last week? What are you looking forward to next week? What are your concerns?

*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.*

## Upcoming Take Away Hunger Packing Event



Come join in the fun and help package macaroni and cheese meals that will be delivered to MCO! The Take Away Hunger Packaging Event will be held on Sunday, February 22, after the 9:00 a.m. Mass. Please use the sign-up link to volunteer.

<https://www.signupgenius.com/go/30EOB4AADA82EAAFDO-62043310-take>

## Catholic Evangelization Outreach (CEO)



## *I Matter to God*

Alex spent much of his life assuming you could not be Catholic, same-sex attracted, and happy. But when he had a transformative encounter with God while attempting suicide at age 13 following years of bullying, he returned to faith.



Where: St. Matthew Catholic Church  
2310 1st Ave NE, Cedar Rapids, IA 52402

When: Monday, February 16, 2026

Time: 6:30 - 8:00 PM

Pizza will be served. Childcare is not available. There is no charge and all are welcome. Please scan QR code for live stream.

CRCEO.ORG



## Ministry Schedule

February 18, 5:30 PM Saturday

### Ash Wednesday

#### Sacristan

Cynthia Gunsolly

#### Extraordinary Ministers

Tracy Huk

Nicole Johnson

Bill Knapp

Dianne Knapp

Andrew Lang

Bea Rethwisch

Peg Schmitz

#### Altar Servers

Caleb Lang

Alexandra Lang

Madison McCarville

#### Lectors

Lynn Holverson

Joe Jiacinto

#### Hospitality Ministers

Jeanne Amosson

Chris Colby

Jen Colby

Maureen Dale Ernst

John Ernst

Theresa Werner

# The Gospel at Home

## This Week's Gospel: Matthew 5:13-16

Jesus commissions his followers to be “the salt of the earth” and “light to the world.” Salt and light are just as important to us today as they were to people in Jesus’ time. Jesus’ image of salt challenges us to bring out the best in others as salt brings out the best flavors in food. The image of light challenges us to warm and brighten others’ lives like sunlight. It challenges us to live as Jesus did so that our actions shine forth like a lamp on a stand.

## Exploring the Gospel Message

**Seeds (Preschool):** Young children love to be noticed. “Watch me!” they demand. They love to “shine.” Ask your child to tell you what the class learned about what Jesus said about the lamp. Talk together about how the whole family can shine God’s light on all they meet.

**Promise (Grades K-1):** Your child has learned in class that the little things can make a big difference. Jesus calls us to be the light and salt—two little things that make a very big difference. Ask your child to share the story of the little mouse who performed an act of kindness to help the lion. Talk about how each member of the family can make a difference in the home and in the world. Discuss how a little service for each other helps in big ways.

**Good News (Grades 2-3):** Ask your child to share with the family the story of the Princess Stella and the salt shaker titled, “Please Pass the Salt.” The class learned that Jesus told his followers they were the salt of the earth. Explore ways your family is already salt for the world. Add a discussion on the meaning of this week’s vocabulary word: the Body of Christ.

**Venture (Grades 4-6):** Your youngster’s class discovered what it means to be salt and light for others. Ask your child to share the story of how Kai used his gifts to shed light on issues in his

community. Acknowledge the gifts that you see in your young person, and brainstorm ways that your son or daughter can share these gifts with the world. Ask your youngster to share the dilemmas they discussed in class, and talk about how your young person would respond if they found themselves in any similar situations. Also invite your son or daughter to share what the class learned about Saint Paul Miki and the Martyrs of Nagasaki.

**Visions (Grades 7-9):** This week’s class invited the young people to explore Jesus’ call for his followers to be salt of the earth and light of the world. The Gospel reading comes from the famous Sermon on the Mount. The class learned that working for social justice adds both salt and light to the lives of others. Ask your child to share the story of Boy Scout Griffin Burchard and how he was a light to others. The class also took time to identify problems, make choices, and evaluate their choices in the light of the Gospel. Together, talk about problems that your family may face and discover how you can bring salt and light to the ways you face them. Discuss, too, the light brought to others by artist Chloe Becker.

**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

At a family meal, pray that your family may truly be salt for the earth by making a difference. Pass a salt shaker around the table. While holding the salt shaker, each person can pray in his or her own words for God’s help in making a difference in the life of your family and in the world.



# Parish Office (319) 363-6130

## Monday-Friday, 8:00 am - 4:00 pm

<b>Parish Life Coordinator</b>	Tracy A. Huk	<a href="mailto:plc@allsaintscr.com">plc@allsaintscr.com</a>	Ext. 111
<b>Sacramental Priest</b>	Rev. Eric Saah	<a href="mailto:e.saah@dbqarch.org">e.saah@dbqarch.org</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:deaoned@allsaintscr.com">deaoned@allsaintscr.com</a>	Ext. 105
<b>Bookkeeper</b>	Jeremy Lutz	<a href="mailto:bookkeeper@allsaintscr.com">bookkeeper@allsaintscr.com</a>	Ext. 108
<b>Medical Emergencies &amp; Funerals</b>	Tracy A. Huk	<a href="mailto:plc@allsaintscr.com">plc@allsaintscr.com</a>	Ext. 111
<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 Jiacinto	<a href="mailto:scrip@allsaintscr.com">scrip@allsaintscr.com</a>	(319) 535-3570

## XCS: All Saints 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>	Jenna Ackman	<a href="mailto:jenna.ackman@crxcs.org">jenna.ackman@crxcs.org</a>	Ext. 275

For a complete listing of Xavier Catholic Schools, go to <https://crxcs.org>



## Sacrament Information

**Sacrament of Reconciliation:** Saturdays at 3:15 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):** To schedule classes, contact Bob Lillibridge, Director of Formation, for more information ([adultformation@allsaintscr.com](mailto:adultformation@allsaintscr.com)).

**Confirmation:** Classes have begun. For more information, contact Alisa Pfab ([alisapfab@hotmail.com](mailto:alisapfab@hotmail.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:** Wednesdays, 8:30 AM to 10:00 AM in the Chapel.

**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 submit prayer intentions any time at: [allsaintscr.com/prayer](http://allsaintscr.com/prayer).