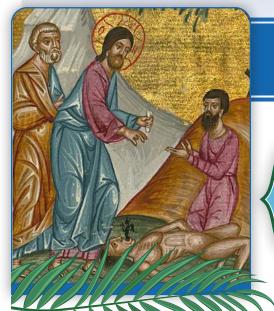


Love God • Serve Others • Form Disciples



March 9 & March 10, 2024; Fourth Sunday of Lent

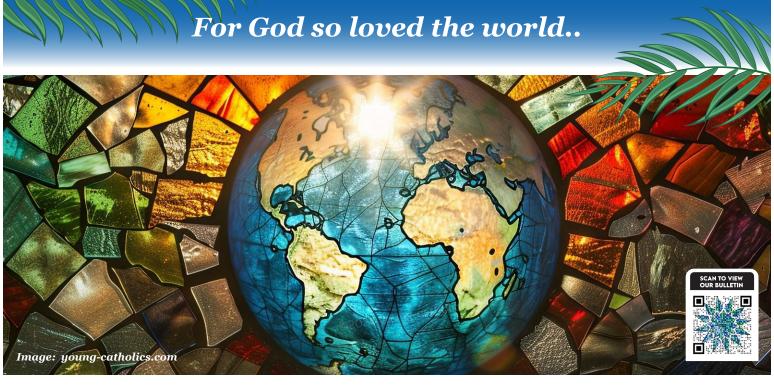
But whoever
lives the truth comes
to the light, so that his
works may be clearly
seen as done
in God.
John 3:21

WEEKEND MASS TIMES

Saturday 4:00 pm Sunday 9:00 am

WEEKDAY MASS TIMES

Tuesday
Tuesday
Wednesday
Thursday
Friday
8:00 am
8:05 pm
8:00 am
8:15 am
8:00 am











Please Pray for the Following People

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

† Richard "Dick" Quetsch & family, † George Abouraad (brother of Elie), and † Kathleen Todd.

Parishioners & Family Members on Active Duty: Matthew Reitzel

To add a name call Dan Alpers, at 363-6130, ext. 100. Names will be listed for 4 weeks and may be renewed. †, Recently deceased will be listed for two weeks.

Stewardship Corner



All that we have and all that we are comes from the Lord. "We are truly his handiwork," says St. Paul in the second reading, "created in Christ Jesus to lead a life of good deeds which God prepared for us in advance."

Congratulations to All Saints Parish Confirmation Students!



On behalf of All Saints Parish, we extend our warmest congratulations to each of our Confirmation students!

This significant moment in your faith journey showcases your unwavering dedication to Catholicism and your commitment to deepening your relationship with God. Your steadfastness and eagerness to embrace the sacrament of Confirmation within the Catholic faith are truly

commendable.

As you progress along this sacred path, may the grace of the Holy Spirit guide you, the teachings of Christ illuminate your way, and the fellowship of All Saints Parish continue to nourish your spirit. Your Confirmation is not merely a conclusion but the commencement of a lifelong odyssey filled with spiritual growth and fulfillment.

We are immensely proud of your accomplishments and anticipate witnessing the remarkable ways in which you will live out the values and teachings of Catholicism in your daily lives.

Congratulations once again to all our Confirmation students!

Healthcare in Haiti



Healthcare in Haiti

By: John Myers

Prize Question: What was the life expectancy for Haitians in 2019 vs. life expectancy for citizens of Iowa in 2019?

(Hint: the answer is in the article below. Please deposit your response, name, phone number or email in the little red schoolhouse near the Haiti display case by the parish office, or submit your answer at *bit.ly/HaitiLentQuiz* by Friday morning.)

LEARN

Living in Cedar Rapids with two hospitals less than a mile from each other, with numerous clinics and doctors available to us, not to mention the world-class University of Iowa Hospitals & Clinics, we are extremely fortunate. Now picture living in Belle Fontaine, Haiti, and becoming ill. There are no clinics. There are no hospitals, and it is a three-hour ride over rough, mountainous terrain just to see a doctor. When you arrive there, if you do not have cash to pay, you will get no treatment. How fortunate we are compared to our brothers and sisters in rural Haiti.

Across Haiti, 94 out of 100 children will survive to the age of 5, but only 78 percent of 15-year-olds will survive until the age of 60. These statistics are a sign of the high burden of communicable and noncommunicable diseases, as well as the continued gaps in maternal and child health care. The percentage of children fully vaccinated decreased from around 40% in 2017 to 30% in mid-2021. The 2019 life expectancy for Haitians was 64.3 years, while for those living in Iowa it was 79.1. What a difference quality health care can make.

Doctors per capita rate in Haiti is .2 compared to a rate of 3.6 in the United States. Much of Haiti's population lacks access to health services. Only 10% of the population lives within 1 kilometer from a health facility, while 42% of Haitians must travel more than 10 kilometers to reach one. These long distances prevent many individuals from seeking the medical care they need.

DO

- The next time you are in need of healthcare, think about the many choices you have available to you.
- Remember how lucky you are to have vaccines and medications available for you and your family.

PRAY

More than anything, Haiti needs our prayers right now. Please pray for the people of Haiti as they **H.O.P.E.** for the end of chaos and the return of peace to their country. This week in particular, we reflect on their health care challenges:

- Help one another through prayer Pray for increased affordable and available healthcare.
- Open one's heart to God and to fellow man Open your eyes to the blessings of the high-quality healthcare we have in our region and state.
- Pray daily for world peace and for the basic health needs for Haitians.
- Enable to give others strength through our example through your prayers and support, our missions trips to Haiti will begin again.

Thank you for your support of our parish mission in Haiti. We would love to have you join the Haiti committee. We need your talents to continue supporting our sister parish.

If you would like to give financially, visit allsaintscr.churchcenter.com/giving and use the dropdown menu to select "Haiti Education." You may also send a check to All Saints with "Haiti Education" on the notes line. Each gift helps support our Sister Parish through education, faith formation, pastoral functions and

Healthcare in Haiti (cont.)



urgent needs. In particular, our sister parish experienced crop failure due to drought last fall, which means they need seeds for their spring planting. Your generosity will help us send \$5,000 to Haiti to help farmers purchase seeds.

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



The village of Belle Fontaine, Haiti, where our sister parish of Notre Dame de Lourdes is based, has a small hospital, shown here when it was first being built. Medical Care is provided by a group of religious brothers who live in the area.

Thank You!



If you were in Mass this past weekend, you saw that it is clearly Parish Election season. On behalf of everyone here in the parish office, I want to thank everyone who participated in the nomination process. In the coming weeks, nominees can expect a phone call from one of our gracious volunteers. These conversations offer an opportunity to nominees to express their interest in participating in this election process. Becoming a part of the inner workings of this parish is a perfect opportunity for anyone that wishes to make a difference and fulfill their

passion for the All Saints Community. As many of you can attest, a thriving parish can make a great impact on those that are seeking their path in this life... and the next. - *Dan Alpers, Office Manager*

We Need Your Help



The All Saints Podcast is still a very new thing but the feedback that we've received thus far has been very positive. For that, we thank you. Now that we've poured the foundation of the podcast, we want your help to build this up to reach the potential we feel it deserves. Do you have a story to tell? Is there a story you want to hear? This could be anything from bible stories to your anecdotes and experiences. Or maybe just tell us about what All Saints means to you. Drop us a note by emailing Dan your thoughts: officemgr@allsaintscr.com

Eucharistic Adoration



Please help us keep Vigil with Jesus through Eucharistic Adoration on Good Friday (March 29th) from 8:00 a.m. through 10:00 a.m. in the Social Hall at the Chapel of Repose.

"Life is short, have a warm & yummy moment."



Join us and savor cinnamon rolls and hot chocolate on March 16-17, after Mass.

- Parish Life and the Haiti Committee

Upcoming Dates for Communal Reconciliation



Saturday, **March 16** at 10:30 am at St. Ludmila, **Tuesday**, **March 19** at 6:00 pm at St. Matthew, and **Thursday**, **March 21** at 6:30 pm at St. Paul (Newhall).

Service to Others Metro Catholic Outreach

Pantry Needs: Granola Bars, Canned Fruit/Fruit Cups, Canned Chicken, Chili with Meat, Potatoes, Soup, Macaroni and Cheese, Hamburger or Tuna Helper, Peanut Butter, Canned Corn, Rice, Pork and Beans, Pasta, Pasta Sauce, Jelly, Syrup, Kid Friendly Food Items (for the school bags)

Personal Care Needs: Dog Food, Laundry Pods, Soap, Lip Balm, Toilet Paper, Toothpaste, Deodorant, Shampoo Conditioner, Body Wash, Aspirin, Ibuprofen, Wet Wipes, Body Lotion, Throat Lozenges

Homeless Supplies Needed: Granola Bars, Underwear, Socks, Hormel Compleats Meals, Canned Meat, Beef Sticks, Snack Crackers, Bottled Water, Gatorade, Bus Passes, Easy Open Cans of Food, Hand and Foot Warmers, Blankets, Sleeping Bags, Backpacks, Wheeled Luggage or Small Carts.





















Everyday Metanoia



Today is the Fourth Sunday of Lent and God affords us the opportunity of a brief celebration. We are surpassing the halfway point of Lent. So celebrate well, with the intent of coming back renewed to enter into the remaining weeks of Lent and then Holy Week with focus and energy.

With your patience, I am going to spend our reflection time this week on a topic that started as a small concern, but has escalated in the past two weeks to the point where my heart aches and I am distressed. So ready or not - up on my soapbox I go.

There are many hurting people in our world; running the gamut from a lost job, to disfunction within the family, to receiving a challenging health diagnosis, to homelessness and hunger, to bombs raining down overhead. It does not matter the level of your hurt or challenge, God cares about YOU! While it is good to realize that we are in community with each other rather than thinking and acting like the world is centered upon each of us individually, I have been a part of way too many moments lately where God is brushed away from the situation because the person feels unworthy to bother God with such a little thing. As my grandfather was famous for saying - that is a bunch of hogwash and hooey! We are created in God's image and each one of us is special to God. And if you have distanced yourself from God, then please know that He is actively seeking reunion and communion with you, right now! It is good to keep the parable of the lost sheep front and center in our prayer and faith life. We walk away from God, but God never walks away from us. When we are hurting, when we are feeling abandoned, when we are at our very worst - this is the time to fall on our knees (literally, if possible) and let God love and take care of us.

The other part of my care and distress comes from the responses I have been hearing when talking and offering to pray to God either for the person or for someone else during the conversation. I often hear the reply, "Is that the only thing I can do?" or, "Well yeah, prayer, but what else can I do?" I truly understand that as human beings we want to "do" something. That desire to hold onto the steering wheel of life and take control is strong. I often share that this is something that I struggle with every day. But, my friends, prayer is not be relegated to the bottom of the barrel or seen as the least; prayer is the BEST activity we can undertake to help ourselves, our family, our friends and the world. Paul, in his letter to the Ephesians, reminds us this week that "God, who is rich in mercy...brought us to life with Christ - by grace you have been saved...and this is not from you; it is the gift of God..."

So - short reflection this week, but as the Kenny Rogers song says - you have to know when to hold them, know when to fold them, and know when to walk away. I am stepping down from the soapbox but in so doing, I promise you three things as we continue this journey together: 1) When you share something with me, I will hold you close in my heart, but not all by myself - with God; 2) I will continue to encourage all of us, including myself, to fold our hands in prayer; and 3) I will remind all of us that God does not walk away. "Dear God" or even just "God" and He is right there. I cannot promise you that you will "feel" Him or that your life will instantly change. The beauty of prayer is that it not only affects the person and/or situation for which we are praying, but it also grows the relationship between God and person praying. The challenge of prayer is that we most often don't know the work that God does in cooperation with our prayer. It's that control thing again. When we pray, we have to let it go. Prayer, said regularly and with hope and trust, grows the person, the family, the community and the world.

And so, I invite you to attend Mass this weekend (and then the next and the next...) Make the time for Adoration, Stations of the Cross, and daily Mass. The All Saints community is offering extra times for prayer during Lent - please come if you can. Praying with others can be powerful, but your mountain, your Garden of Gethsemane can be anywhere, at anytime. Let's do the best thing for ourselves, for each other and for the world - let's pray!

Tracy Huk

Business Manager, businessallsaints@gmail.com

Waiting in Hope



Waiting in Hope By Isabelle Werner

During the first two weeks of Lent, I was in the desert with Christ, in the darkness. Unlike other years, this was less metaphorical. I wasn't creating any particular experience by giving up T.V. or junk food in an attempt to live in solidarity with Christ's time in the desert. This year, it was

thrust upon me. No warning. No choice.

I spent the first two weeks of Lent waiting for answers in a particular area of my life. I had been forced to put something good on hold for the sake of greater understanding. If you've ever had to wait for an answer, especially an answer you had little control over, you know that it can be excruciatingly painful.

Now, the sun is peeking through the clouds, spring seems closer every day, my answers and clarity have been given, and God's desires for me have been illuminated. I am reminded of Jesus' time in the desert and what it must have felt like to finally leave and enter into terrain of green canopy trees, pools of glistening water, and oozing mud under his sandals.

When we finally get to step out of our cave, what we hear in the second reading from Ephesians rings true: "Everything exposed by the light becomes visible, for everything that becomes visible is light." If we can not see and touch it in the light, then there is a good chance it is not God's wisdom.

I wonder if I would have seen God's clarity if I never had to sit in my cave. If I never had to resist the temptations of despair, discouragement, or giving up. Just as Christ resisted temptation in the desert, so too are we constantly fighting the urge to fast forward or numb the times of limbo and discenment.

In one of my daily reflections, it said, "Discouragement is a warning signal that I may have wandered across the God line. The secret of fulfilling my potential is in acknowledging my limitations and believing that time is a gift, not a threat." I have grown to admire time, especially time in spiritual darkness or blurriness.

I have a feeling that my answers may have always been there, but I would not have noticed the light if I had not spent my time in the darkness. My time in the darkness was not a threat, it was vital for my greater understanding.

At the beginning of my two week "Mini Lent" I saw a magnet that said, "Time and patience yields roses." My middle name is Rose and my favorite flowers are roses so I was especially struck by this saying. I took a picture of the magnet, but after a few days, I forgot about the magnet and the catchy little saying on it. It wasn't until after I had my answers that I went to the adoration chapel at St. Pat's. There, under the altar, sat a large bouquet of roses. Whatever you might be waiting for or struggling through this Lent, I have a renewed hope in the Lord that you also will get your roses.

Mt. Calvary Cemetery 2024 Spring Cleanup



A reminder that the Mt. Calvary Cemetery 2024 Spring Cleanup is coming up fast. This year the Spring Cleanup will be on Friday, March 15th.

Mass Intentions

Tues. March 12 8:00 am Florence Buresh

Tues. March 12 6:05 pm For the People

Thurs. March 14 8:15 am Pete Bailey

Fri. March 15 8:00 am Wark Smith

Sat. March 16 4:00 pm Tony Benedict

Sun. March 17 9:00 am For the People

Scripture Readings

Week of March 10, 2024

Sunday:

2 Chr 36:14-16, 19-23/Eph 2:4-10/Jn 3:14-21 (32) or, for Year A, 1 Sm 16:1b, 6-7, 10-13a/Eph 5:8-14/In 0:1-41 or 0:1 6-0, 12-17

Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38 (31)

Monday:

Is 65:17-21/Jn 4:43-54 (244)

Tuesday:

Ez 47:1-9, 12/Jn 5:1-16 (245)

Wednesday:

Is 49:8-15/Jn 5:17-30 (246)

Thursday:

Ex 32:7-14/Jn 5:31-47 (247)

Friday:

Wis 2:1a, 12-22/Jn 7:1-2, 10, 25-30 (248)

Saturday:

Jer 11:18-20/Jn 7:40-53 (249)

Sunday:

Jer 31:31-34/Heb 5:7-9/Jn 12:20-33 (35) or, for Year A, Ez 37:12-14/Rom 8:8-11/Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45 (34)

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).

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

The All Saints Podcast



Announcing the All Saints Podcast! Episode 8 featuring Amy Conyers is available to download! We talk about The Great Kindness Challenge and Catholic Schools Week. Search The All Saints Podcast on Apple Podcasts or Spotify today. Or listen to it right here: https://feeds.buzzsprout.com/2233953.rss



Lenten Soup Dinners



Soup Dinners will be provided after Stations of the Cross on Tuesday evenings beginning February 20th. Dinner will be held in the social hall on February 20, February 27, March 5, March 12, and March 19.

Young at Heart

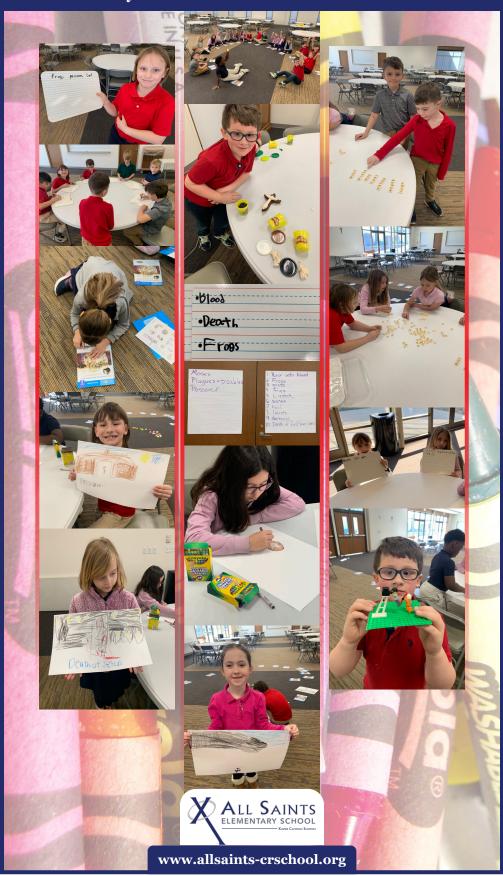


Join us for Young at Heart on Wednesday, March 20 for lunch at noon followed by a program by Kathy Good from Mercy Hospital's Caregiver Center. Kathy will also share information on HallMar Village, 8900 C Avenue NE. There is no cost and reservations are not necessary!



Bruins Beat

Weekly Feedback Rotations with Mrs. Cataldo



Ministry Schedule

March 9, 4:00 PM Saturday

Sacristan

Cynthia Gunsolly

Extraordinary Ministers

Jean Bel

Joan Fishburn

Aaron Kelly

Sara Lang

John Lutkenhaus

John Myers

Stephen Schmitz

Altar Servers

Emma Colby

Bo Dittmar

Emerson Eichhorn

Lectors

Tim Nash

Lisa Stephenson

Hospitality Ministers

Elie AbouRaad

Jen Colby

Chris Colby

Dick Kettelkamp

Marcia Myers

Peg Schmitz

March 10, 9:00 AM Sunday

Sacristan

John Michael

Extraordinary Ministers

Tom Amosson

Stephanie Guzman

Ann Hunter

Bill Knapp

Dianne Knapp

Dennis Mullarkey

Bea Rethwisch

Altar Servers

Every Felland

Katherine Osen

Cayden Suby

Lectors

Larry Hunter

Gregory O'Connell

Hospitality Ministers

Jason Ainsworth

Kim Ainsworth

Maureen Dale Ernst

John Ernst

Tony Satariano

Diane Weimer

Ministry Schedule

March 16, 4:00 PM Saturday

Sacristan

Cynthia Gunsolly

Extraordinary Ministers

Kathi Grainger

Riely Hoover

Aaron Kelly

Andrew Lang

Andrew Lang

Ellen Mouw

Daniel Prentice

Alison Prentice

Altar Servers

Dylan Lang

Alexandra Lang

Caleb Lang

Lectors

Theresa Harker Kathy Ulrich

Hospitality Ministers

Rvan Donnelly

Daniel Greene

Barb Lindstrom

Marcia Myers

Brian Talyat

Lauri Talyat

March 17, 9:00 AM Sunday

Sacristan

Sherry Casey

Extraordinary Ministers

Brian Conway

Chris Conway

Maureen Dale Ernst

John Ernst

Terry Goerdt

Mary Jo Goerdt

Stephanie Guzman

Altar Servers

Maeve Ainsworth

Rocco Schmidt

Hunter Schmidt

Lectors

JoAnn Hand

Tasha Tatara

Hospitality Ministers

Jason Ainsworth

Kim Ainsworth

Tony Satariano

Chris Shimon

Dorothy Svatosch

Diane Weimer

Family Ministry

March 10, 2024 • 4th Sunday of Lent • John 3:14-21

Living in the Light

John's Gospel talks a lot about light and darkness. In the very first paragraph of his Gospel, John tells us that Jesus is the light of the world. John makes it very clear that we must live in the light, live in Jesus, if we are to have eternal life.

In this reading we hear the famous quote from John 3:16 that we see so often cited by Christian fans at football games: Jesus came, "so that everyone who believes in him may not perish, but may have eternal life." It is important to note that the eternal life Jesus offers us is not just a heavenly kingdom after we die—eternal life means much more.

The life we were born with is limited and finite. We know that every breath we take brings us closer to our physical deaths. The years and gravity take their toll on us, but what Jesus offers us is life outside of time and gravity. It is beyond the wounds and handicaps of our physical world, but it is also very much here and now.

Jesus offers us his life—life with, and in the Triune God in whom we believe. We come to this divine life by fully embracing our human life, just as Jesus did. We accept the limitedness of our humanity with all the pain and joy that entails. We do not suppress our human nature but engage in it fully, always drawn to the light that is Jesus.

We are asked to live each day in the truth of our eternal life so that "...it may be clearly seen that [our] deeds have been done in God" (John 3:21). There is no dichotomy—no spiritual above physical life. Teach your children to value the finite world, especially themselves, body, mind and spirit—one package —loved by God with all its blemishes.

FAMILY RESPONSE

Take turns telling what you like about each other. Talk about each person's physical as well as spiritual qualities.

PERSONAL RESPONSE

It is so important to always tell our children the truth. Their trust in us, and sometimes their trust in others later in life, is dependent on it. How good are you at always telling the truth? 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 © 2022 Judith Dunlap. Published by the Pastoral Center, Pastoral Center.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.

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

Pastor	Rev. John R. Flaherty	fatherjack@allsaintscr.com	Ext. 116
Deacon	Mike Klappholz	deaconmike@allsaintscr.com	Ext. 107
Deacon	Ed Martin	deaconed@allsaintscr.com	Ext. 105
Business Manager	Tracy A. Huk	businessmgr@allsaintscr.com	Ext. 111
Bookkeeper	Jeremy Lutz	bookkeeper@allsaintscr.com	Ext. 108
Medical Emergencies & Funerals	Rev. John R. Flaherty	fatherjack@allsaintscr.com	Ext. 116
Dir. of Music Ministries	Matthew Burrier	music@allsaintscr.com	Ext. 106
Dir. of Adult Formation	Bob Lillibridge	adultformation@allsaintscr.com	Ext. 109
Dir. of Children's Formation	Stacy Cataldo	catechesis@allsaintscr.com	Ext. 114
Youth Minister	Isabelle Werner	youthministry@allsaintscr.com	1 Ext. 115
Office Manager	Dan Alpers	officemgr@allsaintscr.com	Ext. 100
IT Director	Ethan Weiland	it@allsaintscr.com	Ext. 104
Scrip Coordinator	Lori Jiacinto	scrip@allsaintscr.com (319)	363-4110

Parish School (319) 363-4110

School Principal	Kelly Starr	kstarr@allsaints-crschool.org	Ext. 234
School Office Manager	Elaine Collins	ecollins@allsaints-crschool.or	g Ext. 233
Early Childhood Director			Ext. 275
Regis Middle School Principal	Josh Gredys	jgredys@regisroyals.org	(319) 363-1968
Xavier High School Principal	Lynn Holverson	lholverson@xaviersaints.org	(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* 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*) to begin the process.

Rite of Christian Initiation for Adults (RCIA): Classes are scheduled for Monday evenings beginning in the Fall. Contact Bob Lillibridge, Director of Formation, for more information (adultformation@allsaintscr.com).

Confirmation: High school sophomores meet bi-weekly on Sunday evenings from 5:00 PM to 6:00 PM, September through February to prepare. Contact Isabelle Werner for more information (youthministry@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).

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*.

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.