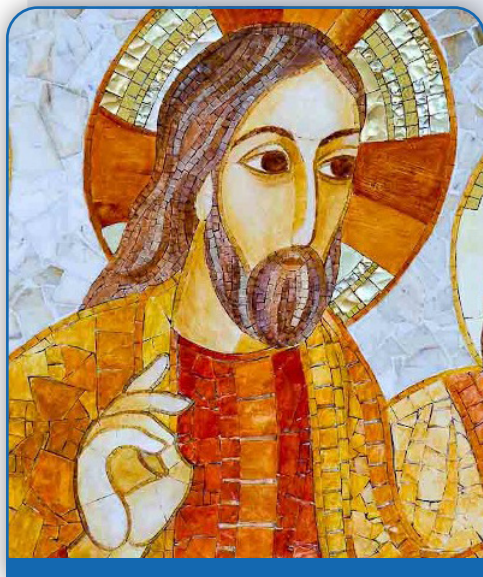


ALL SAINTS

CATHOLIC CHURCH & SCHOOL



Love God • Serve Others • Form Disciples



**May 17 & May 18, 2025;
Fifth Sunday of Easter**

*I give you a
new commandment,
says the Lord: love
one another as I
have loved you.*

John 13:34

WEEKEND MASS TIMES

Saturday	4:00 pm
Sunday	9:00 am

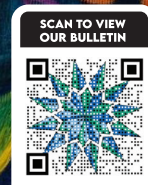
WEEKDAY MASS TIMES

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

Behold, I make all things new.



Image: young-catholics.com



allsaintscr.com



[@allsaintscatholicchurchinc9029](https://www.youtube.com/@allsaintscatholicchurchinc9029)



[@AllSaintsCedarRapidsIowa](https://www.facebook.com/AllSaintsCedarRapidsIowa)



[@allsaintscr](https://www.instagram.com/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!*)



† Diane Ashby.

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



“As I have loved you,” this is the hard part for Stewards – Jesus’s love is unconditional; our love usually comes with strings attached. It is easy to love someone when they love you back. But it takes mercy and compassion to love someone when you feel unappreciated, feel used or feel like your opinion doesn’t matter. It takes courage and the grace of God to “love my neighbor” when they may be someone you don’t like, someone you don’t know, or someone that doesn’t look like you.

A Weekly Tip on Caring for Our Common Home



Consider switching to, or at least trying, a shampoo bar rather than bottled shampoo for your hair. A bar typically comes with minimal packaging, and when it is gone there is no container to recycle or toss in the trash.

For the Married Couples



“As I have loved you, so you also should love one another” (John 13:34). Ponder the way Jesus loved – self-sacrificing, unconditionally, like a shepherd, forgiving – and choose one element to lavish upon your beloved today.

Catholic Daughters Court



Catholic Daughters Court #1768 will meet on Tuesday, May 20 at St. Pius Catholic Church. Doors open at 6:00 PM. May crowning of Mary in the church at 6:15, followed by refreshments at 6:45 PM and a Business meeting at 7:00 PM. There will be a presentation and kick-off of the upcoming Peach Fundraiser. Guests are always welcome. Contact Roberta Peters 319-366-0000 or text: 319-431 2222

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. Cinnamon rolls and coffee will be served. If you wish to make a gift to Father Jack in appreciation for his years of service, please place a check or cash in a card for him. There will be a basket at the reception to place your gift into. Questions should be directed to Tracy Huk at 319-363-6130 ext 111 or businessmgr@allsaintscr.com.

Service to Others *Metro Catholic Outreach*



Help Grow Healthy Produce for Our Hungry Neighbors Green Prairie Garden at Prairiewoods

No Gardening Experience Necessary. Volunteer on Tuesday or Friday mornings. Water or mow on other days.

Students earn service hours! Bring your family or church group for service!

Green Prairie Garden supplies MCO with thousands of pounds of fresh produce each season.

120 East Boyson Rd., Hiawatha, 52233
Contact Christine - cmckirpes@gmail.com

Missed the Parish Mission? Catch It Online!



The All Saints Parish Mission with Tom Quinlan was a powerful journey of faith and renewal—and now you can experience it anytime on YouTube!

Each video is filled with inspiration, reflection, and focus on living as Easter people in today's world. Whether you're revisiting the mission or watching for the first time, these messages will bless your heart and strengthen your spirit.

Watch now, share with others, and let the hope of the Resurrection continue to grow in you!

<https://youtu.be/MlRE7RlhuII?feature=shared>



ALL SAINTS
PARISH *Mission* **2025**

Everyday Metanoia



Welcome to the 5th Sunday of Easter. In the first reading from the Acts of the Apostle, we are invited to follow Paul and Barnabas as they travel to new cities proclaiming the Word and making disciples. What is interesting is that it is noted that they returned to some of the cities where they had previously been in order to “strengthen the spirits of the disciples and exhorted them to persevere in the faith...” Hmm, could this have some bearing and some tie to our return each week to Sunday Mass? The Catechism of the Catholic Church 2192 states, “Sunday...is to be observed as the foremost holy day of obligation in the universal Church. On Sundays and other holy days of obligation the faithful are bound to participate in the Mass.” Ok, but why?

We don’t repeat the Sacraments, so why is returning to Mass each week so important?

I think that Paul and Barnabas witnessed what many of us still encounter today - that is that our initial zeal and dedication eventually wane over time. Think of New Year’s resolutions. We need someone and/or something to keep us motivated and to keep us strong so that we can be a witness and an invitation for others. In our Catholic faith, we are graced with God and the Eucharist. Sherry Weddell in her book, *Forming Intentional Disciples* says, “I don’t think that it is an accident that the Church uses the metaphor of a summit to convey the significance of the Eucharist. The Eucharist is described as the summit, the apex, and the pinnacle of the Christian life because it contains ‘the whole spiritual good of the Church, namely Christ himself, our Pasch’ (CCC 1324). Just as we have to actively climb a mountain summit, we have to make an intentional journey, properly prepared to receive the inexhaustible grace to be found in the Eucharistic Christ...The Mass is designed to nourish the lives of those who have already decided to follow Jesus Christ up the foothills and through the forests of personal faith and discipleship.” I am sure that when Paul and Barnabas returned to various cities that they continued to evangelize, that is to convert new believers to Christ. But this reading from the Acts of the Apostles makes it clear that their main intent was to strengthen and nourish those who had already become disciples. We, too, need this strengthening and nourishment to keep ourselves strong so as to be a beacon of light and hope for our brothers and sisters, both those who are disciples and those who are not yet.

In our reading from the Acts of the Apostles, Paul and Barnabas also reminded the disciples that “it is necessary for us to undergo many hardships to enter the kingdom of God.” What do we do when we are going to undergo some hardship? We prepare as best as we can for it. If we are going to run a marathon, we must train by running successfully longer routes for many months. If we are going to have surgery, we prepare by eating nutritious foods and setting up our home to support us when we return. The Constitution on the Sacred Liturgy (*Sacrosanctum Concilium*) from Vatican II states in its opening introduction that this document has several aims, but the one that echoes that of Paul and Barnabas is “to strengthen whatever can help to call the whole of mankind into the household of the Church.” For the Church the liturgy is the gift through which this is revealed and made concrete to humankind. Vatican II recalled the faithful from passive to full, active, conscious participation in the liturgy and made clear the importance of preparation for the Sunday liturgy. So how do we do that? The United States Catholic Catechism for Adults has several practical suggestions:

- “approach the Mass with the intention of participating fully and actively in the celebration, singing the hymns and psalms and reciting the prayers with conviction and faith
- read and pray over the Scripture texts for the Sunday liturgy...pray for light from God’s Word on your needs
- spend time learning about the Mass; its structure, intentions and the meanings within the prayers and the rituals
- come to Mass with a community-minded attitude. Keep in mind that liturgy is a communal act of worship in which faith is strengthened by contact with other believers in a context where the Holy Spirit is forming the worshippers into the unity of the Church, the Body of Christ
- always remember the sacrifice of the Mass is the Church’s greatest prayer of praise and thanksgiving to God the Father in which the Lord Jesus is truly present as Savior of the world and is received in the Sacrament of the Eucharist as food for eternal life.”

If you haven’t already set aside time each week to prepare to be nourished and strengthened, I invite you to pray about it. The early apostles and disciples knew that the ways of the world were not the ways of God. In order to stay strong for ourselves and for each other, we need preparation, nourishment and strengthening. (Cue in the band Survivor singing the Eye of the Tiger). See you at Mass!

Tracy Huk

Eucharistic Pilgrimage (Ames - Dubuque)



Revival is Coming!!!

The Archdiocese of Dubuque is honored to host a leg of the National Eucharistic Pilgrimage, which makes its way from Indianapolis to Los Angeles from mid-May to the Feast of Corpus Christi. Eight Perpetual Pilgrims, four young men and four young women, will accompany the Blessed Sacrament on this nearly cross-country journey and will be our guests from May 23-27, 2025.

This event will correspond with the Presbyteral Ordination weekend at the Cathedral of St. Raphael. It will also be the first major public event at the newly renovated Cathedral of St. Raphael, the mother church of the Archdiocese!

There will be many opportunities for Eucharistic encounters as the Blessed Sacrament visits a beautiful cross-section of our Archdiocese. On Friday evening, May 23rd, we will receive Jesus in the Blessed Sacrament from the Diocese of Davenport on the banks of the Mississippi River. Over the subsequent days, the faithful are encouraged to accompany Jesus to the far western edge of our Archdiocese when He and the Perpetual Pilgrims depart Tuesday morning, May 27th, from Ames to the Diocese of Des Moines.

For more details, please visit <https://dbqarch.org/eucharistic-pilgrimage>.

Those who have received First Holy Communion recently are invited to process as a group in their First Holy Communion outfits. Those who received the sacraments of initiation at the Easter Vigil are invited to process as a group and wear their baptismal garment.

You might be asking yourself, “Why a Eucharistic procession?” It’s a worthy question.

1. It’s an opportunity to express our devotion to our Lord present in the Blessed Sacrament both individually and as a local church.
2. It’s an opportunity to pray for vocations. (We all want to retire someday, right?)
3. It is a public witness to the Real Presence of Christ in the Eucharist and an opportunity to evangelize.
4. In a certain way, a Eucharistic procession is a means of embodying synodality. Here we have the local church—priests, deacons, laypeople, and (hopefully) religious—gathered with our archbishop to walk together with the Lord.

If you are planning to attend, please register on the national website [here](#).

Mt. Calvary Cemetery Memorial Day Mass



Please join us for the Memorial Day Mass honoring our loved ones on Monday, May 26th at 9:00 AM at Mt Calvary Cemetery, next to the Mt. Calvary office at 375 32nd St. Dr. SE Cedar Rapids.

Bring lawn chairs and/or an umbrella for shade.

A collection will be taken to go towards ongoing cemetery improvements.

If it is raining, the alternate location will be St. Matthew’s Church at 2310 First Ave. NE Cedar Rapids. If you have any questions, please contact the Cemetery Office 319-362-4659.

“Habemus Papam!”



Dear brothers and sisters in Christ,

“Habemus Papam!” “We have a pope!”

Together with the faithful of the Archdiocese of Dubuque, I give thanks to God for the gift of our new Holy Father, Pope Leo XIV! Let’s offer him our love, loyalty, and prayerful support as he begins his pontificate. The cardinal electors, cooperating with the Holy Spirit and supported by the prayers of the faithful, elected a pope with a pastoral heart. His address from the balcony of St. Peter’s Basilica was a clarion call for greater unity and the proclamation of the Gospel.

Speaking first in Italian, he said, “May we all build bridges through dialogue and encounter so that we can be one people in peace.” Moments later, he acknowledged the spiritual roots of his Augustinian order of priests, citing a sermon by St. Augustine on the anniversary of his ordination in which he said, “With you, I am a Christian; for you, I am a bishop.” This sermon from antiquity is known for blending deep, personal humility with the corresponding responsibility and authority of the office.

As we proudly celebrate our first American pope, we reflect on his first words to us and the universal, missionary aspects of his ordained ministry. We remember that he is also “claimed” by South America – specifically Peru – Italy, and the rest of the world. May we heed his call to be missionary disciples of Jesus Christ to a world that needs him as the bridge between God and His love.

May God bless Pope Leo XIV’s pontificate, the universal Church, and our archdiocese with a new vigor for unity as we build bridges through our missionary discipleship.

Sincerely yours in Christ,

Most Rev. Thomas R. Zinkula
Archbishop of Dubuque



Easter Collection



Thank you to all who so generously provided financial donations for our Easter Collection. To date our total is \$38,849.44. Our budget goal is \$40,000.00. If you would like to help us reach our goal, please mark the envelope or notation line of your donation with ‘Easter’. Thank you for your generosity!

Young at Heart



Come join All Saints' Church members for the Young at Heart Luncheon on Wednesday, May 21 at noon in the Social Hall. The speakers this month are Bea Rethwisch and Sue Bright from Green Square Meals. All Saints helps prepare and serve dinner at Green Square Meals on the 2nd and 5th Tuesdays and the 3rd Monday. Money from the Loaves and Fishes collection is donated to this program. Come learn how your money is being spent. There is no cost for lunch.

Remember if school is cancelled, the YAH luncheon will also be cancelled.

Family Safety Fair

Family Safety Fair

May 31 ♦ 10am-1pm ♦ St. Pius X Church

- Professional Speakers:
 - Dr. Skogman - technology's role in the mental health of today's youth.
 - CRPD on Social Media Safety
 - Teresa Davidson will answer questions after a showing of Gridshock
- Unity Point Life Flight Helicopter
- Safety Resources of various kinds
- Children's Games & Activities
- Law Enforcement - child fingerprinting
- Bouncy House, Rock Wall & Hot Air Balloon (Balloon is dependent upon the weather)

Hear from a
SURVIVOR of
human trafficking.



**FORCE
COERCION
FRAUD**

Event kicks off at 10AM
with our family friendly
Red Sand Rally and
pouring sand!

CHAINS
INTERRUPTED
www.ChainsInterrupted.com

**RAISE AWARENESS AGAINST
TRAFFICKING in PERSONS**

by pouring red sand into sidewalk cracks

No one should fall through the cracks....



DONATE



St. Joseph Fun Days



St. Joseph Fun Days is May 30-31 and June 1. Please join us in celebrating our Faith, Family and Community. There are many activities for all age groups; Country Store, Silent Auction, BINGO, Carnival Rides, Kids Games, Food, Hog Roast, Paddle Wheel and fantastic musical talent all weekend long in the Beverage Tent. Raffle tickets are available for \$10 each with a chance to win \$20,000! There are also many volunteer opportunities available if you are willing to help out a fellow parish!. Please visit www.stjosephfundays.org for more information.

Mt. Calvary Cemetery Fundraising Dinner



Fundraising Dinner

Help support capital improvements including new roads, columbarium, and the new Garden of St. Joseph.



Date:

Friday, May 23, 2025



Time:

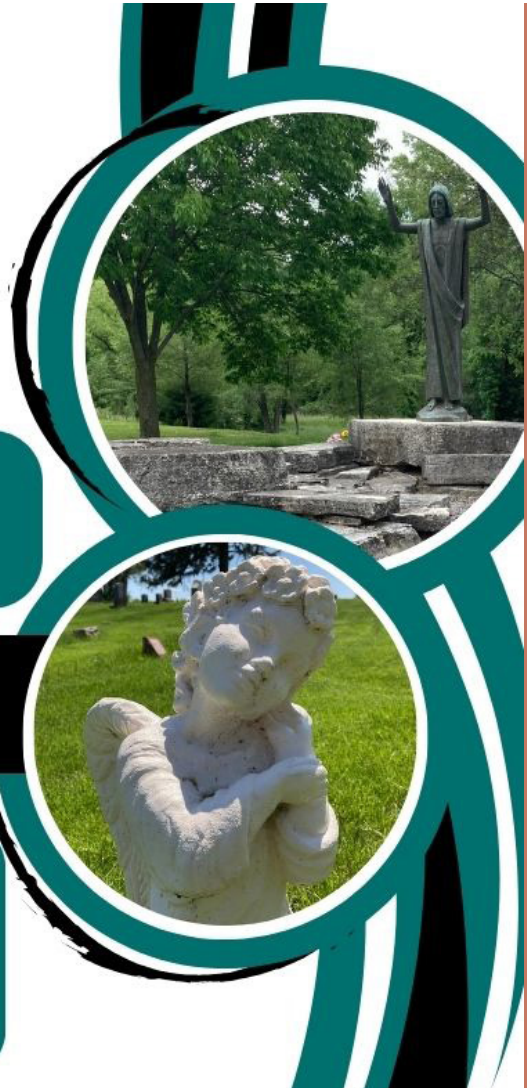
6:00 PM

Location

St. Pius X Catholic Church
4949 Council St. NE
Cedar Rapids, IA 52402

Send Your RSVP:

319-393-4445



Upcoming Reminders



- The last school Mass is Thursday, May 22 starting at 8:30 AM in the Sanctuary. Beginning May 29 Thursday Mass will begin at 8:00 AM and will be held in the Chapel. Adoration will continue to follow Mass on Thursdays during the Summer months.
- These last few weeks of the school year are filled with many outside activities. Please use extra caution in the parking lots.
- For Memorial Day, Monday, May 26 there will be Mass celebrated in the Sanctuary beginning at 8:00 AM. Please join us.
- In the Archdiocese of Dubuque (and most of dioceses across the United State, the celebration of the Ascension of the Lord has been transferred from Thursday, May 29 to Sunday, June 1.

Meet Fr. Eric



I am Fr. Eric Kwame Saah, a Ghanaian born on 21st September 1985. I was ordained a priest on 19th July 2014. After my ordination, I worked as an associate priest for one year at St. Paul's Parish in Adjoafua, Ghana. I subsequently worked as a secretary to the Bishop from 2015 to 2019. In 2019 I was sent to Italy to study Canon Law. I am still in Italy and almost done with my doctoral studies in Canon Law.

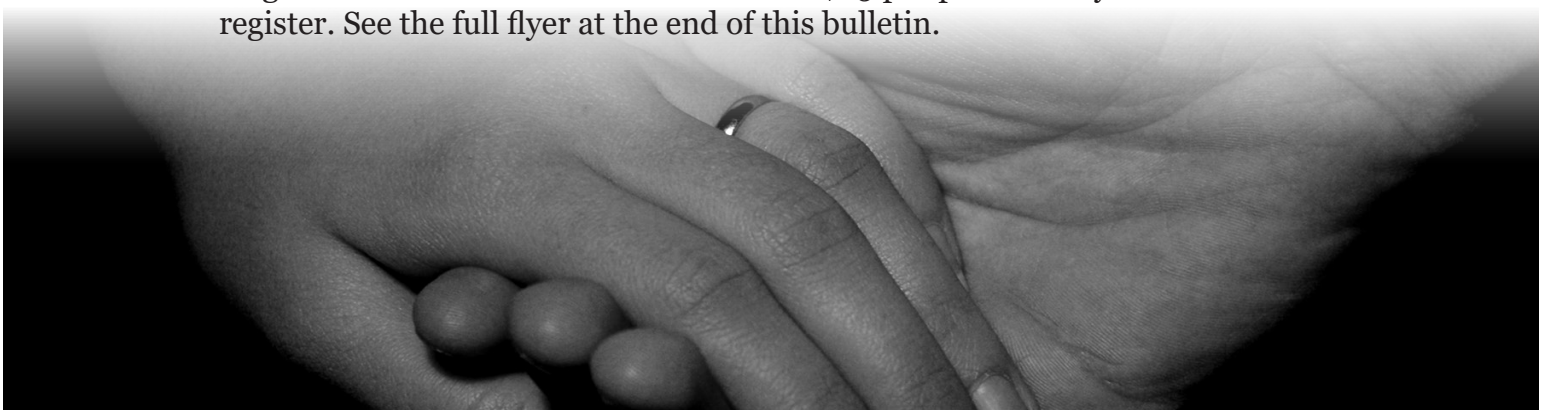
I have a passion for priestly ministry. Outside this, I like reading, listening to music and taking a stroll.

I feel blessed and thankful to be appointed to minister at All Saints Parish, Cedar Rapids. I am looking forward to meeting all of you and working with you for our collective and individual growth in the Lord. God bless you all.

Mental Health First Aid



Mental Health First Aid Training: Are you a nurse? Student? Teacher? Caregiver? Community volunteer? Join us on June 24th to earn your Mental Health First Aid certification. In today's world, this certification can be just as crucial as a First Aid or CPR certification. This is a blended 2-part training. Participants will be required to complete a self-paced 2-hour online pre-work before the training day, followed by the in-person component on June 24th. 8:30AM to 3PM, a light breakfast and lunch will be served. \$25 per person. 18 years or older. [CLICK HERE](#) to register. See the full flyer at the end of this bulletin.



Mass Intentions

Tues. May 20	8:00 am
For priests, deacons, & religious	
Wed. May 21	8:00 am
† John Behounek	
Thurs. May 22	8:30 am
† Dolores Reisinger	
Fri. May 23	8:00 am
Claudia Madding & Family	
Sat. May 24	4:00 pm
George Benedict Family	
Sun. May 25	9:00 am
For the People	

Scripture Readings

Week of May 18, 2025

Sunday:

Acts 14:21-27/Rv 21:1-5a/Jn 13:31-33a, 34-35 (54)

Monday:

Acts 14:5-18/Jn 14:21-26 (285)

Tuesday:

Acts 14:19-28/Jn 14:27-31a (286)

Wednesday:

Acts 15:1-6/Jn 15:1-8 (287)

Thursday:

Acts 15:7-21/Jn 15:9-11 (288)

Friday:

Acts 15:22-31/Jn 15:12-17 (289)

Saturday:

Acts 16:1-10/Jn 15:18-21 (290)

Sunday:

Acts 15:1-2, 22-29/Rv 21:10-14, 22-23/Jn 14:23-29 (57)

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!

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>

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

A Note from Principal Starr

Dear Families,

It was fantastic to see everyone at our year end spring concert. The students did a wonderful job and seeing music shine through them all, brightened the entire gymnasium. We thank Mr. Schnieders for his hard work and preparation.

We also thank APT for their efforts in helping our teachers feel a little extra special. I will continue to share the message, we are a blessed Catholic school.

In Faith,

Ms. Starr



A Couple of Reminders

Hy-Vee receipts are adding up quickly. Thank you! However, we continue to experience 2 challenges.

1. We have yet to find a new volunteer willing to count receipt totals and provide data to Hy-Vee. Anyone interested in lending a hand should reach out Mrs. Collins.
2. Out of date receipts make the job of our volunteers extra challenging. Before turning your receipts in at the parish office or the school, please be sure they are dated April 1, 2025 or later.



www.allsaints-crschool.org

Ministry Schedule

May 17, 4:00 PM Saturday

Sacristan

Cynthia Gunsolly

Extraordinary Ministers

Connie Deutmeyer

Joan Fishburn

Riley Hoover

Gavin Miller

Kourtne Powell

Stephen Schmitz

Marvin Stallman

Altar Servers

Emma Colby

Emerson Eichhorn

Ilyzza Shea

Lectors

Joan Murrin

Lisa Stephenson

Hospitality Ministers

Sue Bright

Jen Colby

Chris Colby

Daniel Greene

Peg Schmitz

Tom Takes

May 18, 9:00 AM Sunday

Sacristan

Cate Biro

Extraordinary Ministers

Sherry Casey

Ann Hunter

Larry Hunter

Bill Knapp

Dianne Knapp

Andrew Lang

Dennis Mullarkey

Altar Servers

Maeve Ainsworth

Paige Ainsworth

Everly Felland

Lectors

Robin Brown

JoAnn Hand

Hospitality Ministers

Kim Ainsworth

Jason Ainsworth

Pete Rethwisch

Bea Rethwisch

Maureen Wolf

Dave Wolf

Ministry Schedule

May 24, 4:00 PM Saturday

Sacristan

Mary Pat Wilkinson

Extraordinary Ministers

Kathi Grainger

Suzanne Lammers

Sara Lang

Alison Prentice

Daniel Prentice

Marvin Stallman

Becky Weininger

Altar Servers

Katrina Golobic

James Lammers

Alexandra Lang

Lectors

Stacy Cataldo

Joseph Cataldo

Hospitality Ministers

Daniel Greene

Dick Kettelkamp

Barb Lindstrom

Marcia Myers

Tom Takes

Mike Votroubek

May 25, 9:00 AM Sunday

Sacristan

John Michael

Extraordinary Ministers

Tom Amosson

Stephanie Klappholz

Mike Klappholz

Gregory O'Connell

Bea Rethwisch

Loesje Shema

David Shema

Altar Servers

Kendra Beeler

Charlie Hamilton

Lucy Klappholz

Lectors

Chris Conway

Brian Conway

Hospitality Ministers

Maureen Dale Ernst

John Ernst

Tyler Martin

Beth Martin

Tony Satariano

Diane Weimer

Family Ministry

May 18, 2025 • 5th Sunday of Easter • John 13:31-33, 34-35

Jesus Gives a New Commandment

Jesus tells his disciples that he will only be with them for a little while longer. He then gives them a new commandment: "...[L]ove one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another" (vv. 34-35)..

Every time I read Paul's description of the love Jesus practiced and in turn expects his disciples to practice, I cringe. Paul writes, "Love is patient... it does not insist on its own way..." (1 Corinthians 13:4-5). Perhaps this is such a difficult notion to embrace because patience does not come easily to me. When I was raising my children, it seemed an impossible feat to maintain my patience.

I love my children, and I would give my life for them. But there were times when they were young that I was anything but patient and mild-tempered. At one point, I had a six-year-old, three little ones under the age of three and a husband who traveled.

There were days when the children teased each other, screamed and fought, and I joined right in, screaming even louder. I would go to bed hating myself, resolving to keep my cool the next day, but I'd get up in the morning and before noon I would lose my temper again. Finally, on a retreat, I learned that there were some things about ourselves that we just can't change through sheer willpower. No matter how much we want to, no matter how many times we try, we just can't do it.

So, as the retreat director had suggested, I turned it over to God. Every morning, I asked God for the patience I needed to get me to lunch. At lunch, I prayed to make it to dinner, at dinner, to bedtime. And it worked. After a few weeks I woke up to a different household. Because I was calmer, so were the kids. God's patient love became mine. I'd like to say the change was permanent, but it wasn't. I'd break the cycle and have to start praying hourly all over again. But I learned something very important through it all. I learned that the love Paul was talking about in 1 Corinthians is God's love, which is even more powerful than a mother's love. The good news is that this love is mine for the asking, and once I receive it I am free to share it with my children.

FAMILY RESPONSE

Talk about what a mystery is, and remind each other that God will always be a mystery. Then name the things you know about God.

PERSONAL RESPONSE

Read John 1:1-14, and ponder the mystery of our Triune God. Let go of your need to know everything, and trust that God is with you and in you. Sit quietly with certainty. Reflect on the experience.

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.



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers. • Police officers. •
- Hospital staff. • First responders. •
- Caring individuals.

Facilitators

Catholic Charities of Arch Dubuque.

Lori Eastwood LISW

Lisa Turner LMFT

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,

130

people die by
suicide every day.

Source: American Foundation
for Suicide Prevention

From 1999 to 2019,

841,000

people died from
drug overdoses.

Source: Centers for Disease
Control and Prevention

Nearly

1 IN 5

in the U.S. lives
with a mental illness.

Source: National Institute
of Mental Health

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*. <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.). *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*. <https://www.nimh.nih.gov/health/statistics/mental-illness>

REGISTER TODAY!

Delivery Format:

This is a Blended 2-part training.

- 1- Participants will be required to complete a self-paced 2-hour online pre-work before the training day.
2. An in-person component on June 24th.

Date and Time:

June 24th, 8:30AM to 12PM

Lunch and a light breakfast will be served.

12:30-3PM

Location:

Rosary Room,

St. Matthew Catholic Church,

2310 1st ave Ne, Cedar Rapids, IA

319.363.8269

Where to Register: \$25 per person

The course will teach you how to
apply the MHFA Action Plan (**ALGEE**):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.



Scan the QR code
or

Contact Isabelle in the Parish office at 319.363.8269 or email i.miller@dbqarch.org



Our Faith STO

a School Tuition Organization



Support our Students and Save Money on Your Taxes!

Did you know?

- Donors to Our Faith School Tuition Organization (STO) receive a 75% Iowa Income Tax Credit which significantly reduces or eliminates the amount of taxes paid to the state of Iowa!
- Dollars raised provide tuition assistance to income-qualifying students within the Archdiocese of Dubuque
- Classrooms are focused on educating the whole student in a faith-filled environment
- Test scores indicate the academic strength of Archdiocese of Dubuque schools
- Donations are accepted via cash, check, credit card, stock transfers, and corn or soybeans!



SCAN
HERE



Want to learn more?

Visit our website at: **OurFaithSTO.org**

or Contact Steve Kane at **563.552.0297** or **s.kane@dbqarch.org**

Don't forget to follow us on Facebook:/OurFaithSTO



Our Faith STO

a school tuition organization

1229 Mt. Loretta Ave • Dubuque, IA 52003
(563) 556-2580 x296 • www.ourfaithsto.org

OFFICE USE ONLY

Date Received: _____
DWID: _____
TCC #: _____
PT: _____

TAX CREDIT INFORMATION

By Law, tax credits may only be issued to one individual per donation.

Taxpayer Name: _____
Taxpayer SSN / EIN (required if 1st time donor): _____
If Business Donor, Please List Type (S-Corp, LLC, etc): _____
If Business Donor, Please List Tax Yr End Date (6/30, 12/31, etc): _____
If Memorial, List Details: _____
___ I wish my donation to remain anonymous.

GIFT INFORMATION

Gift Amount: \$ _____ Check Enclosed *Make check payable to: Our Faith STO*
___ Credit Card: ___ MasterCard ___ VISA ___ Discover ___ American Express
Credit Card Number: _____
Expiration: ___ CSV #: ___ Signature: _____
Electronic Funds Transfer (EFT): Bank/CU Name: _____
Chk/Sav Acct. Number: _____ Routing Number: _____
Make my gift a recurring monthly gift: ___ Ending date (if any): _____

___ I plan to give stock.
___ I plan to give grain.

Before beginning the transfer process for stock, corn or soybeans please contact Steve Kane at 563-556-2580 x296.

TAXPAYER CONTACT INFORMATION

Address: _____
City: _____ State: _____ Zip: _____
Email: _____
Phone: _____

FINAL STEPS

Mail your contribution with this completed form to:

Our Faith STO: 1229 Mt. Loretta Ave, Dubuque, IA 52003

- Tax credits are awarded on a first come, first served basis.
- Contributions must be postmarked by **12/31** to be eligible for a tax credit for the same year.
- In the event the tax credit limit has been reached when this gift is received, your gift will be promptly returned.
- If you have set up a recurring gift, your consolidated receipt will be mailed at the end of the calendar year.

It is important to note that donor requested restrictions to specific school(s)/system(s) are subject to the following STO regulations. Up to 50% of gifts may be restricted to school(s)/system(s) as designated. The Contributor understands and agrees that if a school/system designated for a restricted contribution does not have one or more students who are eligible to receive tuition assistance under the law's requirements or all eligible students have received the maximum assistance set by the STO board so as to permit for the full use of the requested contribution, the contribution, or the unused portion thereof, will be used for tuition assistance for qualifying students at any of the STO schools/systems. There are no appeals.

GIFT DESIGNATION

___ I hereby direct **100%** of this contribution be deposited in the STO's unrestricted fund.

___ I hereby direct **50%** of this contribution to provide tuition assistance to students attending school(s)/system(s) listed below. (Please circle.)
Please note that unless you have marked the anonymous box, your name and the amount of your donation that was restricted will be shared with the administrator of the school(s) designated.

RESTRICTED CONTRIBUTION DESIGNATIONS

1	Ames, St. Cecilia	22	Holy Cross, LaSalle
2	Anamosa, St. Patrick	23	Independence, St. John
3	Bellevue, Marquette	24	Jesup, St. Athanasius
4	Calmar, Ossian, Spillville St. Teresa	25	Manchester, St. Mary
5	Cascade, Aquin	26	Maquoketa, Sacred Heart
6	Cedar Falls, St. Patrick		
12	Cedar Rapids and Marion: Xavier Catholic Schools	28	Marshalltown, St. Francis
13	Charles City, Immaculate Conception	29	Mason City, Newman
14	Cresco, Notre Dame	30	Monticello, Sacred Heart
15	Decorah, St. Benedict	31	New Hampton, St. Joseph
16	Dubuque, Holy Family	35	Protivin, Trinity Catholic
17	Dyersville, St. Francis Xavier	36	Waterloo, CVCS
18	Dyersville, Beckman	37	Waukon, St. Patrick
19	Farley-Peosta, Seton	38	Waverly, St. Paul's Lutheran
20	Gilbertville, Raymond Bosco	39	Webster City, St. Thomas Aquinas

IMPORTANT REMINDERS

- If sending your contribution after **December 1**, **please check the website to see if credits are available:** Credits are limited and awarded on a first come first served basis.
- **After December 1**, please contact our office before initiating your stock contribution to verify tax credit availability. *Stock gifts should be received by December 15.*
- Please consult your CPA or tax professional with questions about the tax impact of your gift.

If you have questions regarding your gift, please contact: Steve Kane, Director of Our Faith School Tuition Organization

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

The Gospel at Home

This Week's Gospel: John 10:27-30

In this Sunday's Gospel, Jesus portrays himself as the Good Shepherd. This metaphor demonstrates the warm and loving care a shepherd has for the sheep and also shows that it is this warm loving care that Jesus has for us all. The image of the Good Shepherd is one of the central images of Jesus Christ, who keeps us from danger and seeks us out when we are lost.

Exploring the Gospel Message

Seeds (Preschool): Your child learned about the Good Shepherd, who cares for his sheep and surrounds them with love. Talk with your child about the care your family members give to each other. Display the Good Shepherd poster from your child's lesson booklet. Write the names of family members on the sheep, and paste them on the poster.

Promise (Grades K-1): Your child learned that Jesus promised in Sunday's Gospel that no one shall take his sheep from him. He is a Good Shepherd. Ask your child to teach the family how to play the game, "Safe or Scatter," and play it together. Talk about ways each of you helps to care for members of your family.

Good News (Grades 2-3): This week's Gospel tells us that Jesus cares for us all like a shepherd cares for the sheep. The class learned that we all belong to Jesus, and one sign that shows we belong to Jesus is the Sign of the Cross. Make sure that your home displays the crucifix. Kneeling before the crucifix is a good spot for a family night prayer, too. Ask your child to help the family remember to say a prayer of thanks before each meal this week. Ask your child about how the Sign of the Cross also applies to the Sacrament of Confirmation.

Venture (Grades 4-6): This week's Gospel of the Good Shepherd helped your youngster's class understand that good leaders know their followers and are responsible for others. Ask your young person to tell how leaders in the Church are shepherds. Let your son or daughter teach the family the "Who Makes Church Happen Today?" game, and play the game together. Be sure to have your youngster tell about King Christian as well as what happened in the city of Assisi, Italy, during World War II.

Visions (Grades 7-9): Your son or daughter learned how environmental issues affect us all. The class learned that just as Jesus is the Good Shepherd who cares for people, people have the duty to care for and "shepherd" creation. Talk about ways your family can care for creation, too. Ask your youngster to share what the class learned about the journeys of Saint Paul that spread the Good News throughout the Greek world. Be sure to ask your youngster to describe the Doctor of the Church the class learned about this week.

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

When you complete your conversation about the week's Gospel lesson, pray together a few verses of Psalm 23: "The Lord is my shepherd; there is nothing I lack. In green pastures he makes me lie down; to still waters he leads me; he restores my soul. Indeed, goodness and mercy will pursue me all the days of my life; I will dwell in the house of the Lord for endless days" (1-2, 6). You can find the full text of this psalm in your family Bible or in most missalette.



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

Pastor	Rev. John R. Flaherty	fatherjack@allsaintscr.com	Ext. 116
Deacon	Mike Klappholz	deaconmike@allsaintscr.com	Ext. 107
Deacon	Ed Martin	deaoned@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
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) 535-3570

Parish School (319) 363-4110

School Principal	Kelly Starr	kelly.starr@crxcs.org	Ext. 234
School Office Manager	Elaine Collins	elaine.collins@crxcs.org	Ext. 233
Early Childhood Director	Kelly Starr	kelly.starr@crxcs.org	Ext. 234
Regis Middle School Principal	Zach Zeckser	zach.zeckser@crxcs.org	(319) 363-1968
Xavier High School Principal	Lynn Holverson	lynn.holverson@crxcs.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.

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).

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).

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 submit prayer intentions any time at: allsaintscr.com/prayer.