

# ST. THOMAS AQUINAS

## CHURCH & CATHOLIC STUDENT CENTER

SISTER PARISH OF DULCE NOMBRE DE MARIA, HONDURAS

@ IOWA STATE UNIVERSITY

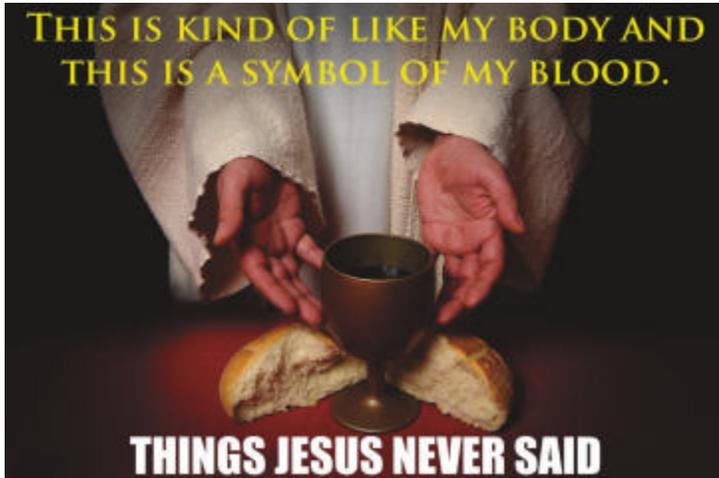


### Prayer of Saint Thomas Aquinas after Communion

Lord, Father all-powerful and ever-living God,  
I thank You, for even though I am a sinner,  
your unworthy servant,  
and through no merit of my own,  
but because of your great mercy you have fed me  
with the Precious Body & Blood of your Son,  
our Lord Jesus Christ.  
I pray that this Holy Communion may not bring me  
condemnation and punishment  
but forgiveness and salvation.  
May it be an armor of faith and a shield of good will.  
May it purify me from evil ways  
and put an end to my evil desires.  
May it bring me charity and patience, humility  
and obedience, and growth in the power to do good.  
May it be my strong defense against all my enemies,  
visible and invisible, and the perfect calming  
of all my evil impulses, bodily and spiritual.  
May it unite me more closely to you,  
the One true God, and lead me  
safely through death to everlasting happiness with you.  
And I pray that you will lead me, a sinner,  
to the banquet where you, with Your Son and Holy Spirit,  
are to your saints true and perfect light, total fulfillment,  
everlasting joy, gladness without end,  
and perfect happiness.  
Grant this through Christ our Lord,  
Amen.



AT SAINT THOMAS AQUINAS CHURCH AND CATHOLIC STUDENT CENTER, WE ARE:  
GATHERED IN THE HOLY SPIRIT, A DIVERSE AND VIBRANT COMMUNITY  
TRANSFORMED BY JESUS CHRIST IN THE CATHOLIC TRADITION, AND  
SENT TO BE THE PRESENCE OF GOD IN AMES, IOWA STATE UNIVERSITY, AND THE WORLD.



- Facemasks are no longer required to be worn at STA by those who have been fully vaccinated. Those who have been fully vaccinated and wish to continue wearing facemasks as a precaution may certainly do so.
- Those who have not been fully vaccinated are strongly encouraged to continue wearing a facemask while at STA.
- You have an option to continue to social distance: on the **west side** of the worship space (ambo and music ministry side) every other pew will remain closed for social distance. The pews on the **east side** (font/gathering space side) will be fully accessible for those who feel comfortable sitting closer.
- We will discontinue sanitizing pews after every Mass, but will still sanitize as part of our regular weekly cleaning schedule - thanks to all who have assisted over the last year.
- If you feel ill, or have significant health risk factors, do not come to Mass. Catholics can still legitimately excuse themselves from Sunday Mass if they have *significant* fear or anxiety of becoming ill by being at Mass.
- Live streaming will continue for the 4:45pm Saturday Mass.
- Hand sanitizer will continue to be present at church entrances. Spread the Gospel, not the germs!
- Please continue to use the large collection basket by the font for donations.
- We are not yet ready to bring back the hymnals, nor the chalice with the Precious Blood for communion.
- Water fountains have been turned back on – please allow the water stream to run for a couple of seconds before drinking.



**this TUESDAY**  
until early afternoon

Each June we pressure wash the lower parking deck to clean away the sand, debris, grit, and dirt that was tracked in all winter. The upper parking deck is taken care of by rain!



### Welcome Guests & New Parishioners

Whether you're a first time guest, occasional visitor, thinking of becoming a registered parishioner or already a member of this community, we're glad you're here! Let us know how we can help you? If you would like more information about our parish community, please talk with one of our staff members, 515-292-3810, and check out our website at [staparish.net](http://staparish.net). Thanks for celebrating with us; your presence is both gift and grace. WELCOME!

If you are interested in registering in our parish, please contact the parish office for information and instructions for our online registration.



# Our Parish Registration is...



## What is Realm Connect?

Realm® Connect not only serves the administrative needs of our staff, but it also offers some exciting opportunities to support the way you are involved in our church. Realm Connect is a ministry platform—a browser-based application for the whole parish. That means it isn't just a database. It is an interactive tool designed to integrate members, ministries, and groups.

A member directory will be in Realm. You can update your own profile, keep in touch with others, stay involved in groups, manage pledges and giving, and more. Upload a picture! It's easier to remember someone with a picture. Updating your profile means the church has your most current information. No more calling or emailing to get your address changed. And you get to decide what other members can see in the directory.

## How will this help STA?

To start with... **this is how you now REGISTER in the parish & indicate your ministry options and interests!** Group and committee leaders can communicate with team members directly through Realm (either on the internet or in the app).

## What else is coming?

More features will be available soon. Groups and events will become accessible in the coming months. Group boards will make it possible to communicate just within a small group or committee. Event registrations will move to Realm. And much more!

## What about giving?

Realm Connect gives you control over your giving. You may set up recurring gifts, make one time gifts, view your giving history, and make changes at any time.

## What about your privacy?

Realm is safe, private, and secure. Your privacy is one of our greatest concerns. Realm is only be made up of the people in our church. It's not like a social network that's open to everyone. Realm keeps your data safe and gives you control over what information you share and who can see it. Realm is compliant with all internet security certificates.

Parishioners who were previously registered in the old database received an email invitation to register in Realm. If you didn't receive that invitation to Realm or can't find it, send an email to **Realm@staparish.net** to request an invitation to set up a Realm login (*you can only register in Realm through an invitation from the parish*). Include your phone number in the email. Once you receive the invitation, follow the link to set up an account login and password, then complete a profile.

# STUDENT LOUNGE



## FINISHES UPGRADE

**Work Starting Soon!**

### PROJECT COST SUMMARY

Henkel Construction Bid	\$92,050
Fixtures, Furnishings	\$40,058
Owner Contingency	\$12,892
<b>Total Project Cost</b>	<b>\$145,000</b>

**NOTE:** Accord Architecture has provided professional services at no cost to the parish. We thank Scott Blum and Accord for this generous donation of time and talent.

### FINANCING METHOD

- Donations designated for this project, now or in the future; currently at \$50,000
- Funds from the parish Capital Improvements Fund: \$95,000

## STA Finance Council

At its last meeting the parish Finance Council selected **Brad Powers** as the Finance Chair (and ex-officio on the pastoral council) for the upcoming fiscal year. **Reilly Smidt**, a senior Finance major, was chosen to serve as vice chair for a second year. We also welcomed the return of an *old* member **Peter Orazem** (former chair).

We extend our gratitude and thanks to **John Moss** who has served on the Finance Council for 6 years and as chair for the last 2 years. *Thank you, John, for your leadership and service.*

If interested on serving on the parish Finance Council, contact Brad Powers: [bjpowers39@gmail.com](mailto:bjpowers39@gmail.com)

## Women of STA

The Seven Sisters Apostolate for Fr. Kyle has several vacancies among the permanent members. Please take some time to discern if you are being called to spend an hour every week in front of the Blessed Sacrament, either exposed in the Monstrance or reposed in the Tabernacle, praying for Fr. Kyle, his ministry and his intentions. If so, contact Celeste Philibert at [Cecphil@aol.com](mailto:Cecphil@aol.com) or 515-708-5144 for more information or to sign up. Informational pamphlets will be provided. The days in need are **Thursday, Saturday and Sunday**. This is a powerful and beautiful ministry for our pastors with many spiritual benefits for the women who pray for them.

# COLLEGE STUDENTS

## Summer in Ames



Will you be in Ames this summer? Let us know:  
[goSTA.link/summer21Ames](http://goSTA.link/summer21Ames)



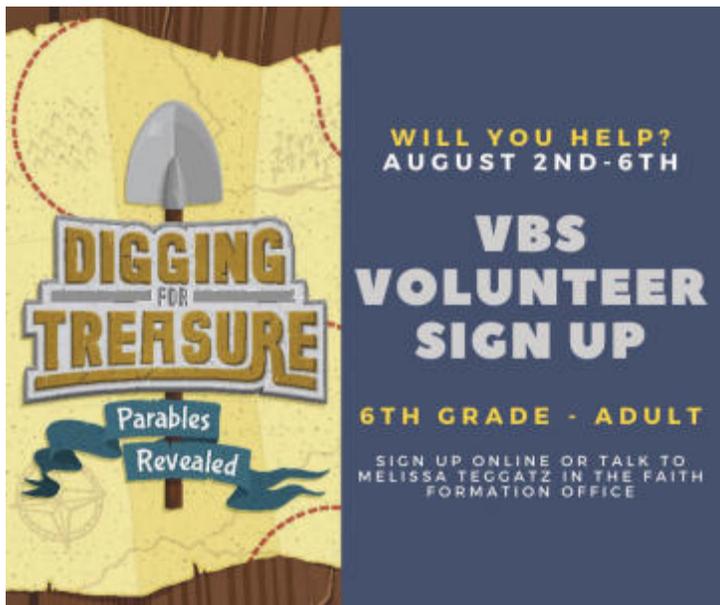
June 27, 2021 will mark my completion of five years of service as STA Coordinator of Ministries. My wife Terri and I have decided that it is best for me to take my leave from the STA staff at this time, before my personal “Best Used Before Date” is reached. Thank you to all the good and faithful STA parish volunteers who have allowed me to work alongside them on their Social Justice and Parish Family Life ministry journeys. I will miss my STA colleagues, both those who remain in service, and those who have moved on. I have been fortunate to work alongside these faithful Christians, all of whom are people of good will, who worked tirelessly for the good of all STA parishioners. I make bold to borrow a quote from my favorite STA pastor, Monsignor James from Ames. “God loves you, and so do I.” Farewell.

*Tom Budnik*

## READINGS THIS WEEK

The Church encourages us to prepare for Mass by praying with the Mass readings throughout the week, so that God’s Word might grow and live within us more deeply – thus enabling us to know his voice and hear Him more clearly at Mass and in our daily lives.

- Sunday: Ex 24:3-8/Ps 116:12-13, 15-16, 17-18 [13]/Heb 9:11-15/  
Mk 14:12-16, 22-26
- Monday: 2 Cor 1:1-7/Ps 34:2-3, 4-5, 6-7, 8-9 [9]/Mt 5:1-12
- Tuesday: 2 Cor 1:18-22/Ps 119:129, 130, 131, 132, 133, 135 [135a]/  
Mt 5:13-16
- Wednesday: 2 Cor 3:4-11/Ps 99:5, 6, 7, 8, 9 [cf. 9c]/Mt 5:17-19
- Thursday: 2 Cor 3:15—4:1, 3-6/Ps 85:9ab and 10, 11-12, 13-14 [cf.  
10b]/Mt 5:20-26
- Friday: Hos 11:1, 3-4, 8c-9/Is 12:2-3, 4, 5-6 [3]/Eph 3:8-12, 14-19/  
Jn 19:31-37
- Saturday: 2 Cor 5:14-21/Ps 103:1-2, 3-4, 9-10, 11-12 [8a]/Lk 2:41-51
- Sunday: Ez 17:22-24/Ps 92:2-3, 13-14, 15-16 [cf. 2a]/2 Cor 5:6-10/  
Mk 4:26-34



## Vacation Bible School is ON for this summer at St. Cecilia!

*Digging for Treasure: the Parables Revealed* will be held in the mornings on August 2-6 and is open to anyone in the area who would like to attend.

Registration will be coming soon for potty trained 4 year olds through 5th/6th grade.

**First**, we must get volunteers lined up in order to hold this fun event. We need both adults (*YES, child care will be offered for all volunteers with children too young to attend our traditional VBS. They will have their own special experience*) and also many 6th grade - 12th grade volunteers to help out in various areas.

Do you have questions? Please reach out to Melissa Teggatz in the St. Cecilia Faith Formation Office (515)-232-3514 or [mteggatz@stceciliaparish.org](mailto:mteggatz@stceciliaparish.org)

We can't do this without amazing volunteers. Sign up to volunteer at:

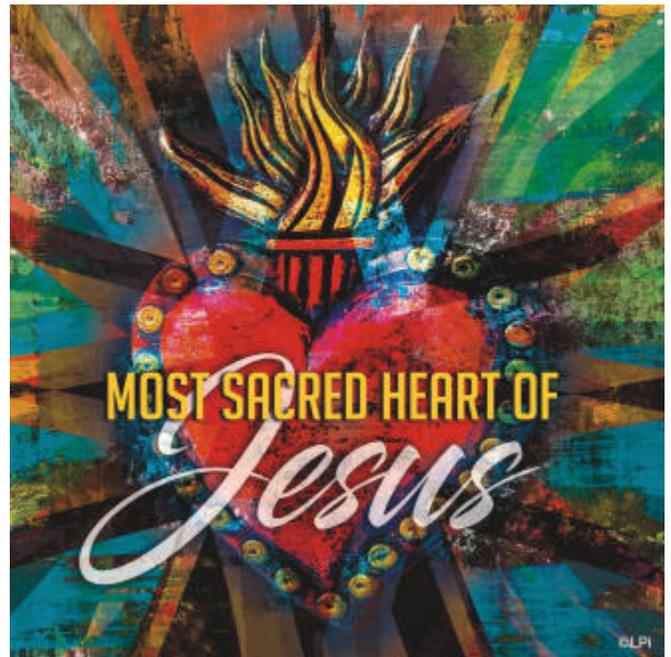
[www.signupgenius.com/go/30E0A4DACAD2AABF49-20211](http://www.signupgenius.com/go/30E0A4DACAD2AABF49-20211)



Our prayer board in the Gathering Space is located next to the Story Wall and elevator. We invite you to place your prayers and petitions for yourself or for loved ones, so all who pause here may see and pray with

you. In doing so we are not alone in our prayers. As a community of faith we support one another and we join others in lifting these needs up to the Lord.

Prayer cards (*please use only these*) and thumbtacks can be found on the prayer board and pens on the information table opposite the prayer board.



## FRIDAY, JUNE 11

Your heart pumps about 100,000 times a day to keep your lifeblood flowing through you. For this reason it has become a symbol for our very selves. We say, "I put my heart into it" and "I want that with all my heart." The heart also is a symbol for love, perhaps because it seems to beat faster when we are in love.

The heart of Jesus was a human heart like ours. It stopped beating the day Jesus was crucified. According to the Gospel of John, after Jesus had died a soldier made sure of his death by piercing his side with a lance. Blood and water ran out (19:34). Jesus' pierced heart became a sign of the completeness of his love for us, a love that compelled him to die for us and that prompted him to remain with us in the bread and wine of the Eucharist. The physical heart of Jesus is the symbol of the total love of Jesus, divine and human.

Devotion to the Sacred Heart began in the twelfth century. Saints such as Bonaventure, Gertrude, Catherine of Siena, and John Eudes were attracted to the Sacred Heart. It was St. Margaret Mary Alacoque, a sister in France, who promoted devotion to the Sacred Heart of Jesus (with the support of St. Claude de la Colombiere, S.J.). In 1856 a feast in honor of the Sacred Heart was set for the Friday after the Feast of the Body and Blood of Christ. In 1899 Pope Leo XIII dedicated the world to the Sacred Heart.

How our society, culture, relationships, economy, and politics today needs the Heart of Jesus! The more we distance ourselves from God and the Gospel the more we become *heartless*, because we have lost sight of the one concern we should have: to let ourselves be loved by Christ and to respond to this Love with our love.

This Friday on the Feast of the Sacred Heart of Jesus, let us allow ourselves to be touched and humbled by the love Jesus has for ME. We pray that our hearts may become like the Heart of Christ.

† Most Sacred Heart of Jesus, I place my trust in you! †

# Real Presence

An article of our Catholic faith is that Christ is present in the Eucharist.

The idea goes back to the first centuries of Christianity. Early fathers of the church took it for granted that the bread and wine used in the liturgy are the body and blood of Christ. The gospels of Matthew, Mark and Luke recount that Jesus said, “This is my body. . . . This is my blood,” over bread and wine at the Last Supper. And the sixth chapter of John’s gospel quotes Jesus as saying, “I am the bread of life. . . . This bread is my flesh, which I will give for the life of the world.”

Late in the first century, Ignatius of Antioch wrote, “The eucharist is the flesh and blood of our savior.” Three centuries later, Ambrose of Milan said, “Before the consecration, the bread is not the body of Christ, but after the consecration, it is now the body of Christ.” A bishop of Constantinople even complained that people were not coming to communion because they did not feel worthy to come in physical contact with the divine Christ.

The early church leaders never tried to explain *how* the bread and wine became the body and blood of Christ. They just accepted it as a fact. It was not until five centuries later that theologically minded monks began to offer explanations for this Catholic belief.

The most famous of these explanations was developed in the thirteenth century by Thomas Aquinas, a theologian who taught at the University of Paris. Using a type of analysis developed by the Greek philosopher Aristotle, Thomas argued that it was a change in reality without a change in appearances. Before a priest said, “This is my body. . . . This is my blood,” over the bread and wine, people perceived the reality of bread and wine on the altar. But after the words of consecration were spoken, devout believers perceived the reality of Christ, even though what they were looking at still looked like bread and wine. The theological name for this change is transubstantiation, but this name is very misleading. The Council of Trent in the sixteenth century tried to explain it by saying that the substance of bread and wine become the substance of the body and blood of Christ. But the word “substance” (*substantia* in Latin) is misleading. In English, a substance is some kind of physical stuff. But the Latin word *substantia* simply meant something real, an individual reality. According to Aquinas, therefore, transubstantiation is a change from something that is real to something else that is real.

The real presence of Christ in Eucharist is more than just a belief or doctrine. It is an experienced reality of our liturgy.

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*Joseph Martos has written extensively about the history and theology of sacraments. His latest book is **Honest Rituals, Honest Sacraments: Letting Go of Doctrines and Celebrating What’s Real.***



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# MINISTRY STAFF

[staparish.net/about/directory](http://staparish.net/about/directory)

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**Parish Office Phone: 515-292-3810**

**Pastor, Fr. Kyle Digmann**.....x113  
[frkyle@staparish.net](mailto:frkyle@staparish.net)

**Deacon, Frank Montabon**  
[DBQ004D@dbqarch.org](mailto:DBQ004D@dbqarch.org).....(c) 515-203-9751

**Business Manager, Bobby LeBlanc**.....x112  
[bobby@staparish.net](mailto:bobby@staparish.net).....(c) 515-708-2861

**Coordinator of Ministries, Tom Budnik**.....x118  
[tom@staparish.net](mailto:tom@staparish.net)

**Campus Ministry, Emily Klaus**.....x114  
[emily@staparish.net](mailto:emily@staparish.net).....(c) 563-920-6672

**Marriage Preparation/RCIA, Brenda Neppel**.....x125  
[brenda@staparish.net](mailto:brenda@staparish.net)

**Development, Sue Winer**.....x123  
[sue@staparish.net](mailto:sue@staparish.net)

**Youth Ministry** (*office at St. Cecilia: 515-233-3092*)  
*Director of Youth Ministry*  
Kayla Greiner..... [kgreiner@stceciliaparish.org](mailto:kgreiner@stceciliaparish.org)  
*Coordinator of Middle School Youth Ministry*  
Zeke Mientkiewicz..... [zmientk@stceciliaparish.org](mailto:zmientk@stceciliaparish.org)

Don Alexander, **Secretary**.....x110  
[don@staparish.net](mailto:don@staparish.net)

Net Larson, **Financial Secretary**.....x122  
[net@staparish.net](mailto:net@staparish.net)

Bruce Dittmer.....Maintenance  
Monica Kwat.....Custodial

## Summer Peer Ministers

Keegan Sassaman-Clark  
Joseph Delaney  
Alexander Vazquez  
Ethan Westhoff



**A good idea even when the pandemic is slowing!**

3 no-touch dispensers are located as you enter the worship space and at other locations throughout the building.

*Love yourself and  
Love your neighbor  
Sanitize Thy Hands!*

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## Sunday Mass

**Saturday: 4:45** (*also live streamed: YouTube*)

**Sunday: 8:30am & 10:30am**

**7:00pm resumes August 22**

## Daily Mass

**Tuesday through Friday: NOON**

## Reconciliation

**Saturday: 3-4pm**

*or by appointment*

## Evening Prayer

**Mondays: 5:30pm**

in person - Blessed Sacrament Chapel

or via Live Stream YouTube

[goSTA.link/evening-prayer](https://www.youtube.com/watch?v=goSTA.link/evening-prayer)

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## Building OPEN

**7-Days a Week**

**8am to 10pm**

## Parish Office OPEN

**Monday thru Thursday**

**9am to 3pm**

**Friday**

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