

# ST. THOMAS AQUINAS

## CHURCH & CATHOLIC STUDENT CENTER

SISTER PARISH OF DULCE NOMBRE DE MARIA, HONDURAS

@ IOWA STATE UNIVERSITY

### Sunday Mass

Saturday: 4:45pm **LIVESTREAM**

Sunday: 8:30am 10:30am

7:00pm RESUMES Aug. 21

### Daily Mass

Tue, Wed, Thu, Fri: NOON

Thursday (TNL) RESUMES Aug. 25

### Reconciliation

Saturday: 3:00-4:00pm  
*or by appointment*

### Adoration

Thursdays: 5-8pm

### Evening Prayer

Mondays: 5:30pm  
*Blessed Sacrament Chapel*

### Rosary

Thursdays: 5:30pm



Peace I leave with you;  
my peace I give to you.  
Not as the world gives  
do I give it to you.  
Do not let your hearts  
be troubled or afraid.  
I am going away  
and I will come back to you.

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WWW.STAPARISH.NET



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.

## COLLEGE STUDENTS Summer in Ames

Let us know you are here this summer!  
Volleyball, small groups, and bonfires  
are starting soon!



Questions asked by those serious about living as a disciple of Jesus:

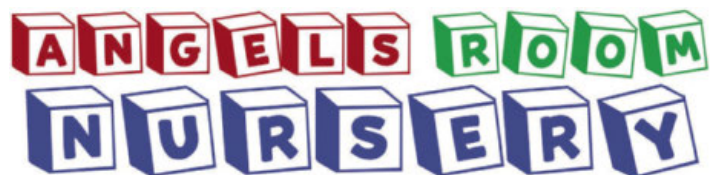
- How can I have a deeper and more authentic relationship with Jesus Christ?
- How can I more effectively live out my faith in such a way that it actually makes a difference in the lives of others, especially my family and friends?
- How can I continue to insert Gospel values into the public square of politics, economy, health care and education?
- How can I take up Jesus' Great Commission: The **Great Commission** is the instruction of the resurrected Christ to his disciples: "*go and make disciples of all nations.*"



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.

## Women of St. Thomas Aquinas Parish:

The **Seven Sisters Apostolate** for Fr. Kyle has various openings for the women of the parish. The Seven Sisters spend an hour of their choosing on their assigned day 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. In addition to a vacancy among the permanent members for **Monday, Friday, and Saturday**, there is a need for substitutes to cover holy hours on an as needed basis. Please take some time to discern if you are being called to serve in any of these capacities in this beautiful ministry. If so, please contact Jacquie Novak at [jacquie.novak@gmail.com](mailto:jacquie.novak@gmail.com) or 319-531-7682 for more information or to sign up! Informational pamphlets will be provided. This is a powerful and beautiful ministry for our pastors with many spiritual benefits for the women who pray for them!



**Beginning June 4/5** the Angels Room (nursery) **will be opened during weekend Masses**. Audio from the Mass is available inside the room.

**Children should NEVER be in the Nursery without parental supervision!** This would include, but not be limited to during Mass, during a funeral or funeral visitation, during a wedding, wedding rehearsal or wedding reception.



With **Realm Online Giving** you can use your credit or debit card to make online donations (to parish support as well as other STA funds), as a one-time or recurring gift. You can click “Online Giving” in the Quick Links on the parish homepage [www.staparish.net](http://www.staparish.net), but we encourage you to set up a Realm Profile if you are a parishioner or regular giver. By doing so you not only can make online donations from your profile, but you can verify and track, as well as print your donation record (online as well as checks) at any time. To **set up a Realm profile** you need an invitation from the parish. Contact Elizabeth at [elizabeth@staparish.net](mailto:elizabeth@staparish.net) OR 515-292-3810 to get started with setting up a profile or with any questions about Realm. If you have any questions about giving, contact Net at [net@staparish.net](mailto:net@staparish.net) OR 515-292-3810.

*Everyday*  
**STEWARDSHIP**

Our limited human understanding cannot begin to understand the immense power of God. Instead of trusting in God, we often think we can control every outcome. Do you want to make God laugh? Tell Him your plans. The next time worry, anxiety or fear creeps in, thank God for all He has given you and trust that He has a better plan for you. Make God your first choice and not your last resort.



**ArchdioceseOne – What it’s all about**

The financial beneficiaries of ArchdioceseOne were identified by Archbishop Jackels as the areas of greatest need in our Archdiocese. They were identified after many hours spent consulting clergy and lay church leaders, councils, and other groups across the Archdiocese over the course of several years. Those beneficiaries include:

- **Priest Retirement** (\$15 million goal)
- **Seminary Education** (\$15 million goal)
- **Repairs and Upgrades to the Cathedral of St. Raphael** (\$11 million goal)
- **Immigration Legal Services through Catholic Charities** (\$7 million goal)

Please visit our website to learn more about these financial beneficiaries by visiting this link, [www.archdioceseone.org/beneficiaries](http://www.archdioceseone.org/beneficiaries), or by scanning this QR code with your mobile device.

*God, come to our assistance. Lord, make haste to help us. Amen.*



**EUCCHARISTIC ADORATION**



**Thursdays**  
**5:00 — 8:00pm**



**Even NOW it is a good practice!**

4 no-touch dispensers located as you enter the worship space and other sanitizers located throughout the building.

**COFFEE & DONUTS**   **STAPA**

**between Sunday morning Masses in the Lower Lounge**

**JOIN US!**





On the **back of the bulletin** are businesses that support STA through a paid bulletin ad. As a result we are able to print and distribute this bulletin each weekend at no cost to the parish.

**Please support these businesses, many of them parishioners, if you can do so.**

## Praying with our Icon



### READINGS THIS WEEK

- Sunday:** Acts 15:1-2, 22-29/Ps 67:2-3, 5, 6, 8 [4]/Rv 21:10-14, 22-23/Jn 14:23-29
- Monday:** Acts 16:11-15/Ps 149:1b-2, 3-4, 5-6a and 9b/Jn 15:26—16:4a
- Tuesday:** Acts 16:22-34/Ps 138:1-2ab, 2cde-3, 7c-8/Jn 16:5-11
- Wednesday:** Acts 17:15, 22—18:1/Ps 148:1-2, 11-12, 13, 14/Jn 16:12-15
- Thursday:** Acts 18:1-8/Ps 98:1, 2-3ab, 3cd-4/ Jn 16:16-20
- Friday:** Acts 18:9-18/ /Ps 47:2-3, 4-5, 6-7/Jn 16:20-23
- Saturday:** Acts 18:23-28/ Ps 47:2-3, 8-9, 10/Jn 16:23b-28
- Sunday:** *Ascension:* Acts 1:1-11/ Ps 47:2-3, 6-7, 8-9 [6]/Eph 1:17-23 or Heb 9:24-28; 10:19-23/Lk 24:46-53

<http://usccb.org/bible/>



### End-of-Mass-Announcements & Prayers of the Faithful

**Friday 9:00am**

send to: Michael Steimel  
michael@staparish.net

**Print Bulletin & E-bulletin**

**Tuesday at Noon**

send to: Bobby LeBlanc  
bobby@staparish.net

When praying with icons there are all sorts of things to pay attention to, but the first thing to remember is that an icon is not just a picture. Yes they are pictures, but they are so much more, an icon is a *window* connecting us with God. We don't pray TO an icon, but rather pray IN THE PRESENCE of an icon.

Icons are meant to be gazed upon as you would gaze upon one whom you love and wish to have a deep relationship.

We have two beautiful icons at STA, but for the purpose of this reflection we have before us an icon of the crucifixion.

As you sit or kneel in the pew, let your eyes roam over the whole icon. Allow your gaze to focus on Christ crucified. What do you see? What do you notice? What stands out to you? What questions arise as you gaze at this icon? Gaze at love and allow love to gaze back at you.

Then listen for a moment to Christ as he speaks from the cross. What does he say to you? *Father forgive ... ? I thirst? Father, into your hands ... ? Woman, behold your son ...? Today you will be with me in paradise? It is finished?* Let Jesus speak to you.

What is God trying to say to you using the imagery of the icon? Ponder the insights that have come to you and give thanks. Thanks for the gift of faith. Thanks for the gift of discipleship. Thanks for the gift of love.

# ATTENTION BUSINESS OWNERS, SELF-EMPLOYED AND FAMILIES!

Build your business and help us grow a vibrant faith community!

**Available**  
ADVERTISING SPACE



**Joe Bradfield** from LPI, our parish communication partner, will be helping us secure sponsors for our bulletin June 6–10. Please consider purchasing an ad for a business, organization or charity, or in memory of a loved one. Your participation makes our bulletin successful, and your ads attract new sponsors!

## BENEFITS OF ADVERTISING

- Local, targeted community advertising for **one full year, at one low price.**
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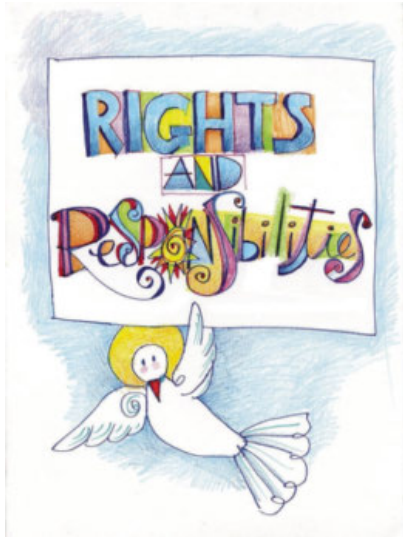
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# Catholic Social Teaching



PRINCIPLE THREE

## RIGHTS AND RESPONSIBILITIES OF THE HUMAN PERSON

“Flowing from our God-given dignity, each person has basic rights and responsibilities... People have a fundamental right to life and to those things that make life truly human: food, clothing, housing, health care, education, security, social services, and employment. Corresponding to these rights are duties and responsibilities--to one another, to our families, and to the larger society, to respect the rights of others and to work for the common good.”

U.S. Catholic Bishops, *A Century of Social Teaching*

### Questions for Reflection

- What basic human rights do you believe our society should guarantee? What basic rights does the Catholic Church identify for all people?
- What can you do to help poor and low-income people in your community or state obtain the basic necessities of life?



### Congratulations and Welcome!

**Gracia Maria Membreno-Benitez**, daughter of Ligid Maria Membreno-Benitez, who was recently baptized into our Catholic Christian community.

# MINISTRY STAFF

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

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

**Pastor, Fr. Kyle Digmann**.....x113  
 frkyle@staparish.net

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

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

**Director of Worship, Michael Steimel**.....x117  
 michael@staparish.net.....(c) 816-500-6131

**Director of Campus Ministry, Emily Klaus**.....x114  
 emily@staparish.net.....(c) 563-920-6672

**Campus Ministry, Logan Davis**.....x115  
 logan@staparish.net

**Director of Evangelization and Faith Formation, Phil Stone**.....x116  
 phil@staparish.net

**Marriage Preparation/RCIA, Brenda Neppel**.....x125  
 brenda@staparish.net

**Development, Sue Winer**.....x123  
 sue@staparish.net

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

Elizabeth Engelken, **Administrative Assistant**...x110  
 elizabeth@staparish.net

Net Larson, **Financial Secretary**.....x122  
 net@staparish.net

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



### Masses @ St. Cecilia

**Saturday** at 5:00pm  
**Sunday** at 8:30am and 10:30am  
**Misa en Espanol el domingo** a las 5:00pm

### Weekday Masses

—in the church—

**Tuesday & Thursday & Friday:** 7:30am  
**Wednesday:** 9:00am *School Mass*



You are invited to send your prayer requests to [prayers@staparish.net](mailto:prayers@staparish.net)

*We ask that the person who is being prayed for has given their permission for the information to be shared.*



### Driving as part of STA Ministry?

The archdiocese and parish requires that **anyone who drives others (non-family members) as part of a parish ministry** be at least 21 years old. The purpose is to help safeguard the parish and archdiocesan liability in case of an accident.

All parishioners **who drive others** as part of parish ministry must also (1) complete an online video and (2) provide proof of auto insurance and a (3) **provide a** copy of a valid driver's license to the parish office.

Thank you for helping with this protection and safeguard—it may seem like a hassle, but it is an attempt to curb financial liability in case of an accident in which the parish is a party. **We ask for everyone's cooperation with this policy.**

## e-BULLETIN

If you don't already receive the parish email each week you can **VIEW** the current e-bulletin OR **SUBSCRIBE** on the homepage at [staparish.net](http://staparish.net)

## STA LIBRARY



<http://library.staparish.net>

Dear God,  
Speak gently in my silence.  
When the loud outer noises  
of my surroundings  
and the loud inner noises  
of my fears  
keep pulling me away from you,  
help me to trust that you are still there  
even when I am unable to hear you.  
Give me ears to listen to your small,  
soft voice saying:  
*“Come to me, you who are overburdened,  
and I will give you rest . . .  
for I am gentle and humble of heart.”*  
Let that loving voice be my guide.  
Amen.

—Henri Nouwen



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**Shawn Smith, Attorney At Law, PLLC**  
Attorney & Counselor At Law  
Ames General Practice Attorney  
Other Practice Areas Include But Not Limited To:  
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