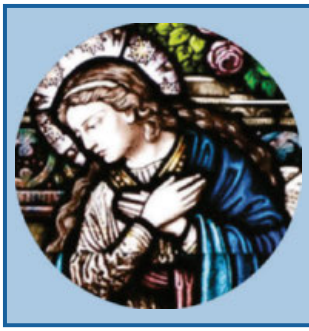

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Office hours Monday to Friday 9:00 am to 4 pm

SUNDAY MASSES

Saturday
4:00 pm English
6:30 pm Español
Sunday
8:00 am Bilingual
11:00 am Español
6:00 pm Español

DAILY MASSES

Lunes a Viernes
5:30 pm Español
Monday to Friday
5:30pm Spanish

RECONCILIATION CONFESIONES

Lunes a Viernes
Monday to Friday
4:15 pm a 5:15 pm
Fines de Semana
Una hora antes de las misas
Weekend
One hour before each mass

EUCHARISTIC ADORATION ADORACION EUCARISTICA

Jueves / Thursday
9:00 am a/to 5:00 pm
Domingo / Sunday
7:00 am a/to 8:00 am

STREAM MASS

Domingo / Sunday
11:00 am mass
Facebook.com
ourladyoftheamericas
YouTube.com /oloadsm

SABADO 11 DE DICIEMBREE
GIMNASIO DE HOLY FAMILY
7:45 PM –10:00 PM
Tamales,Café,Chocolate
Apariciones, Danza
10:00PM Procesión a Catedral
CATEDRAL DE SAN AMBROSIO
11:00 PM Novena
12:00 PM Misa de media noche
1:00 am Mañanitas a la Virgen

WELCOME
BIENVENIDOS

Fr. Fabián Moncada B.
Pastor of Our Lady of the Americas
frfabian2013@gmail.com
515-266-6695 Ext 201

MASS INTENTIONS Please request them at the office
INTENCIONES PARA LA MISA. Solicitarlas en la oficina, gracias.
COMO REGISTRARSE. Llama a nuestra oficinas

PARISH CONTACTS

Secretary,
Victoria Calderon , vcalderon@oloadsm.com
Youth Faith Formation Coordinator
Erika Mendez emendez@oloadsm.com ext 203
Business Manager & Communication Bulletin
Wilfrido Matamoros wmatamoros@oloadsm.com
Accountant,
David Ortega dortega@oloadsm.com

Holy Family School
Martin Flaherty, Principal (515) 262-8025

SACRAMENTS SACRAMENTOS

BAPTISM
Preparation classes every 3rd Thursday of the month at 2:00 p.m. Baptisms are celebrated on the 1st Saturday of the month.

BAUTIZO
Clases de preparación cada 3er Jueves del mes 2:00 p.m. Bautizos se celebrán el 1er Sábado del mes. Más información en http://oloadsm.com/el-bautizo/ Registración para bautizo visita
https://oloadsm.com/bautizo-registracion/

SACRAMENTO DEL MATRIMONIO. Contactarse con la oficina de la parroquia con un mínimo de seis meses de anticipación. Clases de preparación son requeridas. http://oloadsm.com/matrimonio/

MINISTERIOS Y GRUPOS

Liturgy Coordinator & Lectors
Norma Sanchez 515-556-6387
Ministros Extraordinarios Freddy 515-943-0198 ;
Comunión y Vistia a los enfermos: Luís 515-330-9472 ;

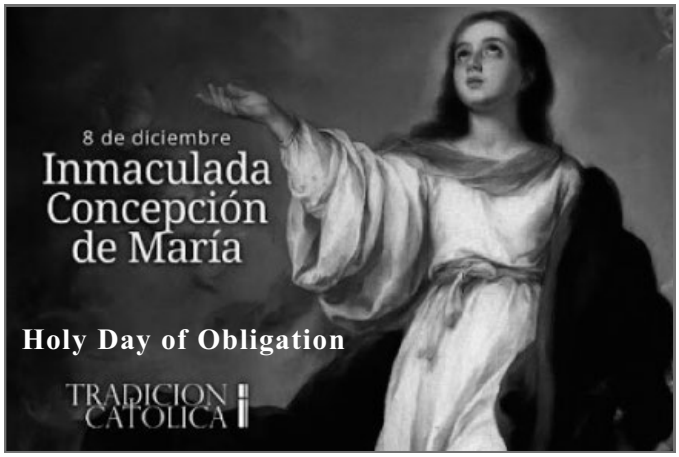
Planificación Familiar: Ana De La Cruz al 515-771-9057
Movimiento Familiar Cristiano: 515-943-9643
Grupo de Oración : Martín Mendoza 515-202-4618
Grupo de Biblia: Leonides Patricio 515-745-5496
Grupo de Mujeres: Norma Moreno 515-612-4853
Caballeros de Colón: Manuel Asencio 515-306-2136
Grupo de Jóvenes: Erika Mendez

1st SUNDAY OF ADVENT
November 28, 2021

First Reading:
I will raise up for David a just shoot; he shall do what is right and just in the land. (Jer 33:15)
Psalm:
To you, O Lord, I lift my soul. (Ps 25)
Second Reading:
Strengthen your hearts, to be blameless in holiness before our God and Father at the coming of our Lord Jesus with all his holy ones. (1 Thes 3:13)
Gospel:
Stand erect and raise your heads because your redemption is at hand. (Lk 21:28)

Readings for the week

Monday: Is 2:1-5/Ps 122:1-2, 3-4b, 4cd-5, 6-7, 8-9/Mt 8:5-11
Tuesday: Rom 10:9-18/Ps 19:8, 9, 10, 11 [10]/Mt 4:18-22
Wednesday: Is 25:6-10a/Ps 23:1-3a, 3b-4, 5, 6 [6cd]/Mt 15:29-37
Thursday: Is 26:1-6/Ps 118:1 and 8-9, 19-21, 25-27a [26a]/Mt 7:21, 24-27
Friday: Is 29:17-24/Ps 27:1, 4, 13-14 [1a]/Mt 9:27-31
Saturday: Is 30:19-21, 23-26/Ps 147:1-2, 3-4, 5-6 [cf. Is 30:18d]/Mt 9:35—10:1, 5a, 6-8
Next Sunday: Bar 5:1-9/Ps 126:1-2, 2-3, 4-5, 6 [3]/Phil 1:4-6, 8-11/Lk 3:1-6



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CALENDARIO DE ACTIVIDADES

46 Rosarios

Continuamos con los 46 Rosarios hasta el 12 de Diciembre. **Te esperamos antes de las misas de las tardes.** Una invitación de nuestro grupo de Mujeres.

Programa de Liderazgo Laico
Sesiones de orientación

Diciembre 2 y Diciembre 7 a las 7:00pm en el Centro Pastoral localizado en 601 Grand Avenue, Des Moines.
Inscripciones hasta el 20 de Diciembre, 2021.

8 de Diciembre

Miercoles 8 de Diciembre Solemnidad de la Inmaculada Concepción de la Santísima Virgen María. Misa 5:30 pm
Wednesday December 8 Solemnity of the Immaculate Conception of the Blessed Virgin Mary. Mass 5:30 pm

DOMINGOS DE ADVIENTO

Primer Domingo de Adviento , 28 de Noviembre
Segundo Domingo de Adviento, 5 de Diciembre
Tercer Domingo de Adviento, 12 de Diciembre
Cuarto Domingo de Adviento, 19 de Diciembre
La Natividad del Señor, 25 de Diciembre
Fiesta de la Sagrada Familia, 26 de Diciembre

Celebración 'Virgen de Guadalupe"

Sábado, Diciembre 11, 2021

4:00pm Misa del día
6:30pm Misa del día
7:45pm-9:45pm Comunidad en el Gym Tamales, café, chocolate
8:00pm-8:30pm. Apariciones Grupo de Biblia
8:30pm-9:30pm Danza la Morenita
9:30pm-10:00pm Actividad
10:00pm Procesión a la Catedral de San Ambrosio. Reza el Rosario Grupo de Oración
11:00pm Novena en Catedral de San Ambrosio. Reza el Rosario Grupo de Biblia
12:00 Santa Misa de medianoche en Catedral de San Ambrosio celebrada por el Obispo William Joense
1:00am Mañanitas a la Virgen de Guadalupe.

Domingo, Diciembre 12, 2021

7:00am-8:00am Santísimo
8:00am Misa del día
11:00am Misa del día
12:00am-3:00pm Actividades
12:00-1:00pm Banda del Templo
1:00pm-1:45pm Santo Rosario para niños

1st Sunday of Advent

Staying awake can often be a challenge, especially when we are exhausted. Life's demands have a way of zapping every last bit of energy out of us. When we are tired it affects us not only physically, but psychologically and spiritually as well. All of our senses are dulled and diminished. We can overlook details, become disinterested, lethargic and apathetic, and detached. Getting sufficient physical rest only helps so much. We need to be rejuvenated, refreshed, and reenergized in other ways. If we are psychologically exhausted, we need to understand what is draining our emotions and taxing our relationships. If we are spiritually tired, we need to find the necessary "shot in the arm" to put us back in touch with God. Unfortunately, exhaustion is seldom limited to just one part of who we are. When we lack energy and zeal it is usually the case that everything suffers. We not only are affected physically, but psychologically and spiritually as well. In short, when we run out of gas the engine stops.

And yet, our Lord's directive is clear, "Be vigilant at all times." Even Jesus knew what "the anxieties of daily life" can do to us. One day pours into another and time quickly flies by. Any one of us can take a moment and reflect on how many wonderful, creative opportunities we miss because there is always so much "stuff" to do and so little time to do it. Usually these are missed moments of love, and if we are missing love encounters we are also missing God. Sleepwalking through life, we check the boxes next to our list of "must and have to dos" and justify it all by convincing ourselves that tomorrow is another day and there'll be more time. It may surprise us, but tomorrow is here, and time is running out. While we may like to believe that we have an "eternity" of time to do all those things that require the focus, energy, and desire we do not currently have, we don't. We're on a limited ride and time is short.

Jesus is also clear on another point. "That day [will] catch you by surprise like a trap." If we are going to be judged on love and so easily justify not having all that much time to do so, then it seems we must shift focus a bit. St. Teresa of Calcutta tells us, "We desire to be able to welcome Jesus at Christmas-time, not in a cold manger of our heart, but in a heart full of love and humility, a heart so pure, so immaculate, so warm with love for one another." Getting to this place doesn't "just happen." It requires vigilance and discipline both with a knowledge of what is really of importance and what really needs to be the focus of our energy and time. Pray, starting now and not tomorrow, that we can stay alert, be strengthened in our faith, and prepared for whatever will come. Don't miss another opportunity to love..©LPi.

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