



November 30, 2023 News & Updates

Upcoming Important Dates

12/1/23 8:30 a.m. School Mass - Staff

12/11/23 6-7 p.m. PK-4th Grade

12/1 Enrollment Opens for St. Theresa Parish Families not currently attending

12/18/23 7-8 p.m. 5-8th Grade Choral & Band Concert

12/8/23 8:30 a.m. Feast of the Immaculate Conception Mass - 2nd Grade

12/22/23 Early Dismissal, 12 p.m.

[Girls Basketball Game Schedule](#)

Social Media - Follow us on Facebook

[St. Theresa Catholic School](#)

[St. Theresa of the Child Jesus Catholic Church](#)

Angel Tree Donations

Thank you for your generous support of our school Angel Tree donations with our out of uniform day the week before thanksgiving. Your generosity will allow us to provide multiple students at St. Theresa to have a Merry Christmas. Due to the number of students we would like to support, we will continue to seek donations. If you would like to provide additional support, please contact the school office.

8th Grade Parents - [DCHS Placement Test Information](#)

GALA GIFT CARDS

While you are giving and receiving gifts this holiday season, would you consider donating

gift cards to the 2024 Gala? Any gift cards, any type or amount, can be taken to the office. Label envelope: Gala Gift Card. We appreciate your donations!

Middle School Play Auditions

Middle School Play Auditions will take place after school 3:30-4:15 p.m. on Tuesday, November, 28 and Friday, December, 1 in the middle school classrooms. Practices will run after school in December, January, and February. Performances will take place March 1st and 3rd. An audition form (for cast and crew) and a SignUpGenius link will be sent out next week.

Nonpublic Transportation Reimbursement - Due December 1

Families of students in K-8th grades may be eligible for a nonpublic transportation reimbursement if they live more than two miles away, one-way from St. Theresa Catholic School. Forms must be submitted each semester (due Dec. 1 & May 1) according to the requirements of each district. Eligible families will receive one check following the end of the school year. See below for instructions.

Please click below on the school district in which you reside for instructions:

[Adel DeSoto Minburn](#)

[Ankeny](#)

Dallas Center-Grimes - please [email](#) your [form](#).

[Des Moines Public](#)

DMPS will NOT accept paper copies.

For all other districts, please submit the [reimbursement form](#) to the [public school address](#) in which you reside if you live more than two miles, one-way from STCS.

Parish Mass

We invite all school families to attend Mass on Saturday, December 16 at 4:30 p.m. and represent St. Theresa Catholic School.

We encourage you to wear your school uniform so you are easy to identify as a St. Theresa student. This is an opportunity for our school families to give back to the parish and for the parish to see our school families in action. This is the beginning of a ministry that school families will provide to the church. Each month, different grades will be encouraged to sign up to participate in an assigned mass. Be thinking about how your family can help today. Below is our fall schedule.

Greeting, ushering, taking up the gifts and serving coffee & donuts are terrific ways that families can serve together. Check out the sign up list to see what your family can do to serve our parish community. Please sign up early so we can practice with the children.

Questions may be directed to Jane Ann Becicka at jbecicka@stsdsm.com or Gretchen Watznauer at gwatznauer@stsdsm.com

Thank you and we look forward to seeing you on December 16th!"

Here is the link to sign up your family to help with the 2nd, 3rd, 8th grade mass. [Mass Ministries 12-16-23](#)

Date	Time	Classes
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Saturday, Dec. 16	4:30 pm Mass	2nd, 3rd, 8th
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5-8th Grade Cheerleading

Calling all 5th-8th grade girls interested in cheerleading for our St. Theresa basketball teams. Sign up for cheerleading now! Register by Friday, 12/8/2023

5 weeks of regular season games and a season ending tournament on Saturday 1/27/24-3/3/2024. Practices can start mid-December (after girls season is over) but typically do not start until January. Cost: \$50 billed to your FACTS Tuition Account

WE NEED COACHES! Ideally we would like a coach from each grade represented even though we know grade levels will most likely be combined. If you are interested in helping please contact Erica Niggemeyer, athletic director at 319-470-4275.

If your daughter plans on participating in cheerleading, please complete the following:

- Online Registration Form, click [here](#)
- St. Theresa Sports Physical and Concussion Form need to be up to date and on file in the school office (within the last 12 months) to participate in practice or games. Click [here](#) for the health physical and concussion forms.

5-8th Grade Boys Basketball Registration

Calling all 5th-8th grade boys interested in playing basketball for our St. Theresa basketball teams. Sign up for basketball now! Register by Friday, 12/8/2023.

5 weeks of regular season games and a season ending tournament on Saturday 1/27/24 - 3/3/2024. Practices can start mid-December (after girls season is over) but typically do not start until January. Cost: \$65 billed to your FACTS Tuition Account

WE NEED COACHES! Ideally we would like a coach from each grade represented even though we know grade levels will most likely be combined. If you are interested in helping please contact Erica Niggemeyer, athletic director at 319-470-4275.

If your son plans on playing basketball, please complete the following:

- Online Registration Form, click [here](#)
- St. Theresa Sports Physical and Concussion Form need to be up to date and on file in the school office (within the last 12 months) to participate in practice or games. Click [here](#) for the health physical and concussion forms.

If you have any questions please contact Erica Niggemeyer at 319-470-4275 or ericaniggemeyer@gmail.com

2024 Parochial Track Schedule

Monday, April 1 - 7/8 Meet #1

Monday, April 8th - 5/6 Meet #1

Monday, April 15th - 7/8 Meet #2

Thursday, April 18th - 5/6 Meet #2

Tuesday, April 30th - 7/8 Meet #3

Monday May 6th - 5/6 Meet #3

Monday, May 13th - Championship Meet (all grades 5-8)

*Meets will begin at the same time as they have for the past few years (4:45 p.m. for field events and 5:15 p.m. to 5:30 p.m. for running events)

Parish News

Eucharistic Adoration



Friday, December 1, is Eucharistic Adoration from 7 a.m. to 6 p.m., except for the school Mass at 8:35 a.m. The Divine Mercy Chaplet will be recited at 3 p.m. and confessions will be available starting at 3:30 p.m.

As Christ asked, “Can you not spend one hour with me?” Eucharistic Adoration is a prayer that is made before the Blessed Sacrament. Place yourself in the presence of Christ. Take time to be thankful for all the blessings you have received. Then present your prayer intentions. Sit in silence and try to listen to the voice of God. Express your sorrow for your sins and ask for forgiveness. Then leave with renewed spirit.

Sign-up sare available at the east entrance and back entrances of the church or contact Barb Woods. God requests company throughout the day.

St. Theresa Annual Church Ladies
Bazaar and Bake Sale

RAFFLE!
VISIT WITH SANTA!
MORE VENDORS!
• Gifts
• Jewelry
• Art
• Home Decor
• Crafts

BAKE SALE!
LUNCH!

Free Admission

Bring all your friends and have a great time!

Saturday
December 2
9 am – 3 pm
1230 Merle Hay Road
West Entrance
Des Moines, Iowa

www.sainttheresaiaowa.org

Parish Advent Festival

If you had to leave your home with short notice, what would you take? Mark your calendar for the Parish Advent Festival on December 6 at 6:15 p.m. Everyone is welcome!!! We will have dinner beginning at 6:15 p.m. Then around 7 p.m. we will meet some of the refugees in the area supported by the diocese. They will share their stories and have you reflect on your story. Then we will have a session with a “jolly old man”. It is his feast day you know! We ask you to bring a

personal care item or two, or some toys or clothes that are in good condition. You will go home with a packet of materials of fun activities and prayers to help you celebrate Advent and Christmas.

Advent Mini Retreat

Join us for an Advent mini retreat with Father Tim Fitzgerald on December 7, 9:30 a.m. - 12 p.m. in the east meeting room with lunch and Reconciliation to follow. The theme is "This is always how the Word of God becomes flesh." The Scriptures of Advent present four people who struggle to respond to God's action in their lives: Zechariah, Elizabeth, Joseph, Mary. Their story is our story too—faith and fear, joy and sorrow, words of rejoicing and no words at all, God's invitation and our response. Together we will visit with these four ancestors in faith, to consider how the Word of God becomes flesh in our lives. RSVP to Barb Woods (515-210-6649 or bwoods@stsdsm.com)

St. Theresa Women's Christmas Tea

Reserve your seat for the second annual St. Theresa Women's Fellowship Christmas Tea on Saturday December 9 at 2:30 p.m. in the parish hall. Friends and family are welcome. Email stsdsmSTARS@gmail.com or contact Joan Ferguson, call/text 515-321-4386 to reserve your seat. If you are able to be a hostess, decorate a holiday table or provide a dessert please use the same contact information.

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Community News

Dowling Catholic would like to invite all K - 8th grade students to the DCHS gym for a night of Girls/Boys Basketball games! Please see the attached [flier](#) for the dates for your grade level, one free student ticket, and one free popcorn coupon. You may show this on your phone for admissions but in order to receive the free popcorn, the ticket must be printed out!

The flier also has the link to purchase additional tickets for anyone else that would like to come cheer on the Maroons.

Here are the dates:

- PK - 2nd Grade: Friday, December 1st
- 3rd - 5th Grade: Friday, December 8th
- 6th - 8th Grade: Friday, December 15th

Here are the game times for our basketball games:

- 4:45 p.m. - 10th Boys & JV1 Girls
- 6:15 p.m. - Varsity Girls & 9th Boys
- 7:45 p.m. - Varsity Boys & JV2 Girls

Class of 2028: All 8th Graders invited again on Friday, January 19th

We are so excited to have our K - 8th grade fans in the crowd!

DCHS Middle School Winter Weight Lifting (Current 7th + 8th Graders)

Dowling Catholic High School will again offer our weight training readiness program this winter. Our readiness program is designed to teach safety, spotting and appropriate lifting technique. We move slowly through the program in order to emphasize technique and safety. It is very important that future Dowling Catholic athletes learn our way of teaching and techniques. All students are required to graduate from our readiness program before they are allowed to participate in our regular training program that many of our high school athletes participate in.

Registration Link: <https://www.gobound.com/ia/schools/dowling/camps>

Dates: Monday + Thursdays from January 8th to March 7th (Note - there will be lifting even on no school days)

Times: (Please note that flexibility is offered with what session you attend if you have scheduling conflicts)

6:15 - 7:00 p.m. - 7th and 8th Grade Girls

7:00 - 7:45 p.m. - 7th Grade Boys

7:45 to 8:45 p.m. 8th grade boys

Location: Dowling Catholic High School Weight Room (enter through the south gym lobby)

Cost: \$80

Questions: Contact Adam Jack - ajack@dowlingcatholic.org

St. Theresa Catholic School
515-277-0178 stcs@stsdsm.com