



### Parish Office:

Phone: 277-2949  
 3012 Jackson St.  
 Hours: 8:00 am — 4:00 pm, Mon—Fri

### Weekend Liturgies

Saturday—4:30 pm  
 Sunday—7:30 am, 9:00 am & 10:30 am

### Weekday Liturgies see schedule inside

Mon thru Fri. -6:45 am

### Holy Day Liturgies

Evening before—5:30 pm  
 Holy Days—6:45 am, 8:00 am

### Sacrament of Reconciliation

Saturday—3:45 pm  
 Weekdays—20 minutes Prior to Mass

### Prayers Request Line:

See List 255 2050

### Baptism:

By appointment following required pre-baptism class.

### Marriage:

By appointment following required 6 month marriage preparation program. Please call parish office to make appointment.

### Communion Sick Calls:

Persons unable to attend Mass, please contact the parish office to make arrangements to receive the sacraments.

### Anointing of the Sick:

Please contact the parish office.

### Learning Centers:

Parish Religious Ed. Programs 277-4739 Ext. 115

Angel House—3002 Jackson St 277-2001

Angel House/Villa Maria—2302 West St. 234-1854

Holy Cross—Blessed Sacrament Center 277-4739

Holy Cross—St. Michael Center 239-1090

BHCS Central Office—1018 Grandview 252-1350

### Pastoral Staff:

Administrative Pastor: **Rev. Daniel Rupp**  
 Permanent Deacon: **Fred Karpuk**  
 Permanent Deacon: **Dick Billings**  
 D.R.E./Youth Ministry: **Fran O'Tool**  
 Liturgy Coordinator: **Ann Schultz**

### Parish Coordinators:

Director of Operations: **Terry McElroy**  
 Parish Director: **Joseph M. Puetz**  
 Parish Director: **Gina M. Sitzmann**  
 Finance Committee Chair: **Kathy Pynn**  
 Pastoral Council Chair: **David Sly**  
 Peace & Justice Coordinator: **Bernadette Rixner**  
 Adult Faith Formation Coordinator: **Betty Pratt**  
 Knights of Columbus Grand Knight: **Jim Weber**

### Bishop Heelan Catholic Schools:

7:15 am –9am Bible Study  
 1:00 pm Sewing Circle (Angel House)

<b>Parish Financial Blessings</b>	
<b>Year-to-Date Giving Information</b>	
<b>July 1, 2015-July 17, 2016</b>	
Total Income.....	\$48,456.99
Total Expenses.....	\$21,544.75
Difference.....	\$26,912.24
<b>Sunday Collections</b>	
Auto <u>13</u> Env <u>110</u> .....	\$12,831.50
Loose Contributions.....	\$365.49
<b>Bills Paid this Week</b>	
City of Sioux City.....	\$1,185.15
Plains Boiler.....	\$414.00
Priests Health Insurance.....	\$1,166.67
Employee Health Insurance.....	\$3,789.50
<b>UpComing Bills</b>	
BHCS Investment.....	\$58,766.00
Payroll.....	\$20,500.00
<b>Other Income</b>	
Angel House Rent.....	\$2,700.00

## Food Pantry



**Next weekend is FOOD TO SHARE WEEKEND.** We are out of pancake syrup and low on sham-poo, long regular spaghetti noodles, macaroni and cheese, deodorant, regular cut green beans and whole kernel corn. Thank you for all your support.

### Did you know?

The work of the **Serra Club of Siouxland** is to foster and promote vocations to the priesthood and religious life? The patron of this international organization is St. Junipero Serra, who founded many missions on the coast of California in the 18<sup>th</sup> Century. Our local Serra Club initiated Eucharistic Adoration in our local parishes about 15 years ago,

6:45 am	Eileen Follett
<b>Wednesday</b>	<b>July 27, 2016</b>
6:45 am	Russ & Shirleymae Holden-reid & Henrietta Zechmann
<b>Thursday</b>	<b>July 28, 2016</b>
6:45 am	Phil Kevane
5:30 pm	Marilyn Murphy
<b>Friday</b>	<b>July 29, 2016</b>
6:45 am	Deceased members of the Lalley Family
<b>Saturday</b>	<b>July 30, 2016</b>
4:30 pm	Richard Fergen, Russ LaFleur
<b>Sunday</b>	<b>July 31, 2016</b>
7:30 am	Beth Golden, Mike Moeller
9:00 am	Blessed Sacrament Church
10:30 am	Tom Hicklin

### Extra-Ordinary Ministers

<b>Saturday</b>	<b>July 30, 2016</b>
4:30 pm	Mason & Brooklin Froehlich, Tess Lord
<b>Sunday</b>	<b>July 31, 2016</b>
7:30 am	Lleyton & London Froehlich
9:00 am	Caleb Engel, Emma & Lorlei Ryan
10:30 am	Hannah & Emma Hutchinson, Nolan Osburn

### Altar Servers

<b>Saturday</b>	<b>July 30, 2016</b>
4:30 pm	Susan Boutwell, Rita Fairfield, John Kelly, Betty Pratt, Barb & Thomas Vakulskas, Ann Feauto
<b>Sunday</b>	<b>July 31, 2016</b>
7:30 am	Peggy Jung, Dave Stedman, Mary Walsh, JoAnn Watson
9:00 am	Brendan & Martha Burchard, JoEllen & Dave Froyel, Dan

sic car, bring it. If not, bring what you have. If the weather cooperates, I am hoping to have one of my old grocery-getters present. All are invited and encouraged to attend!! Please call the office (277-2949) and let us know if you plan to attend, that way we can give the restaurants some notice, if we are a very large group.

### ***Food, Family and Fellowship – A New Program***

We are starting a new program in the parish. It is called *Food, Family and Fellowship*. We will be publishing a recipe every week in the bulletin. Each family is to find time to not only cook the recipe, but more importantly eat a sit-down meal together with the TV and cell phones off. Of course, grace must be said before the meal. This is to be a time for families to be together and talk and therefore grow closer. If you are already having such a meal, then add another. If you don't like the recipe, then make another meal. This week's recipe follows.

### **Recipe of the Week for Food, Family and Fellowship**

#### *Orange Chicken*

#### *Sauce Ingredients:*

- 1 Cup BBQ Sauce (Sweet Baby Ray's)
- 1 Cup Sweet Orange Marmalade (Smucker's)
- 2 TBSP Soy Sauce

#### *Crispy Chicken Ingredients:*

- 3-4 Chicken Breasts (We used 3)
- 1 Cup Flour/1 Cup Cornstarch (You can use both or either/or)
- 2 Eggs
- Oil (We used vegetable oil)

#### *Cooking Directions:*

In a sauce pan, add the BBQ sauce, marmalade, and soy sauce. Turn the heat on low and let it simmer for 20 minutes, stirring a few times. Meanwhile, cut up your chicken breasts into cubes.

In one bowl beat 2 eggs, while the other bowl should mix the dry ingredients. Dip pieces of chicken in the egg and then cover in flour/cornstarch. Set on an extra plate. Add a thin layer of oil to a frying pan and turn your stove on medium/high heat. Once it sizzles, add the chicken to the pan. Let it cook for 3-5 minutes each side until it's brown and cooked on the inside. Set the oily pieces on a paper towel and let drain.

Add the chicken to the sauce and toss! Eat it on top of white rice and enjoy. I think veggies would be good with it such as green peppers or broccoli.

## Natural Family Planning (NFP)

Dr. Steve Pallone will present: "NFP - Better Answers, Better Healing...A Growing Movement in Women's Health Care". Please join us on **SAT., JULY 30th, 2-4 pm** in the **Blessed Sacrament Parish Center**. A witness testimony given by Grady & Corinna Lenort on the benefits of using NFP in their marriage will also be part of this program. We will have a break for refreshments and then



## **Attention Bookworms**

There is still time for you to contribute to our **PAPERBACK BOOK DRIVE!** The collection, which began on July 9 will continue through August 7. Recipients of your generosity are inmates at the Woodbury County Jail. Place paperback book donations in the **marked boxes**

### Tee Off to Help Students

Tee off in the popular Bishop Heelan Gold Club Golf Outing Friday, Aug. 12 at Whispering Creek Golf Course. It's a 1 p.m. Shotgun Start for the 4'man Scramble. Fee of \$100 per player (\$400 per team) includes; golf, cart, steak fry and pin prizes to follow. Be a Hole Sponsor for \$100. Get your foursome signed up today! Proceeds help the gold Club which helps funds athletics and activities. Register with Andy Foster: 605-228-5568 or [fostera@bishopheelan.org](mailto:fostera@bishopheelan.org)

### Parents of Athletes are invited; To Parent Like a Champion Workshop

Parents of Heelan school system athletes: please attend a "**Parent Like a Champion**" workshop Saturday, July 30 at 2:30 p.m. in the Heelan Fine Arts Auditorium. The excellent, one-hour workshop, developed by the University of Notre Dame, promotes character, building teams as moral communities, best coaching and parenting practices, sportsmanship and more. It follows a coaches' workshop. Questions? Email [andy.foster@bishopheelan.org](mailto:andy.foster@bishopheelan.org).



### Up From The Earth

If you have any extra produce that you don't need give **Mike or Carol Doll** a call **281-0320** or drop it off at the church entrance on Monday or Thursday **between 5-6pm**.

### Tim Meacham Medical Benefit

The Chesterfield, 1225 4th St. Sioux City. **Sunday, July 31st**, Free will donation, 2:30 Karaoke, 4:00 Live Music, featuring former Sioux City Rockestra Members, Silent Auction, Raffle, Food, 50/50 Jackpot.

Children must be students of Bishop Heelan Catholic Schools. Please call 239-1090 to register or for more information.

Parents are welcome to enroll their child at Holy Cross School: Blessed Sacrament Center (Grades 3-8) or St. Michael Center (Grades PK-2) this summer. Please call Yvette Sitzman at the the BHCS Office, 252-1350.

### Openings Angel House Preschool

at the Blessed Sacrament location is offering Preschool Initiative sessions this fall, 2016. All children enrolled must be 4 years of age by September 15 and an Iowa resident to qualify. This program is a collaboration with Sioux City Community Schools. The teacher of the classroom has an active Iowa teaching license in Early Childhood Education. One session that has openings is on TWTWF afternoons from 12:30-3:15 pm. This wonderful program is **FREE to qualifying children**. There are several remaining full day positions in the Preschool Initiative. These positions are available Monday-Friday. Hours of operation are 6:45am - 5:30 pm. Please call Marla Skadburg at 234-1854 for more information and to register.

Natural Family Planning. Love, Mercy, Life. Opening the Heart of Marriage" is the theme of this year's Natural Family Planning Awareness Week.

### Bishop Heelan Staff Accountant

Responsibilities include payroll and employee benefits, payroll taxes, accounts payable, general ledger maintenance, and other assigned duties. 4 year degree + 2 years experience required. Please send cover letter, resume, and references to: Katie Firestine, Controller, Bishop Heelan Catholic Schools, PO Box 1439, Sioux City, IA 51102 [katie.firestine@bishopheelan.org](mailto:katie.firestine@bishopheelan.org)