

LENT: A TIME OF RENEWAL AND ONGOING CONVERSION

Come, O life-giving Creator, and rattle the door latch of my slumbering heart. Awaken me as you breathe upon a winter wrapped-earth, gently calling to life virgin Spring. Awaken in these fortified days of Lenten prayer and discipline my youthful dream of holiness. Call me forth from the prison camp of my numerous past defeats and my narrow patterns of being to make my ordinary life extra-ordinarily alive, through the passion of my love. Show to me during these Lenten days how to take the daily things of life and by submerging them in the sacred, to infuse them with a great love for you, O God, and for others. Guide me to perform simple acts of love and prayer, the real works of reform and renewal of this overture to the spring of the Spirit. O Father of Jesus, Mother of Christ, help me not to waste these precious Lenten days of my soul's spiritual springtime. AMEN. (Prayers for a Planetary Pilgrim, Edward Hays)

ASH WEDNESDAY

"Come and admit you are wrong" is hardly a desirable invitation. But the power of Ash Wednesday calls all faithful believers to gather together to confess their frailty and their sinfulness, and even to wear a cross of ashes, a public, outer sign of their inner desire for repentance and healing. **ASH WEDNESDAY, March 6th, marks the beginning of Lent** and is the Church's solemn call to enter deeply into this season of spiritual renewal both as individuals and as a community. For one and all, Lent is a season of grace, of prayer, fasting and almsgiving that leads to our celebration of Easter purified in heart and renewed in spirit. We are reminded to "turn away from sin and be faithful to the Gospel" message of salvation and peace. **Ashes will be blessed and distributed during the 9:00am and 7:00pm liturgies.**

LENTEN DISCIPLINE

ASH WEDNESDAY and GOOD FRIDAY are days of FAST and ABSTINENCE. ALL FRIDAYS of Lent are days of ABSTINENCE.

FAST: On a day of fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. **The law of fast binds all Catholics who are eighteen, but not yet fifty-nine years old.** We are

also encouraged to keep the ancient paschal fast, which includes Good Friday and Holy Saturday, ending after the Easter Vigil.

ABSTINENCE: On days of abstinence no meat or meat products are allowed. **All Catholics who are fourteen and older are bound by the law of abstinence.** Note that when one's health or ability to work would be seriously affected by this discipline, the law does not oblige.

YEARLY EASTER DUTY: Once they have received the sacrament of the Eucharist, all the faithful are obliged to receive communion at least once a year. This precept must be fulfilled during the Easter season unless it is fulfilled for a good reason at some other time during the year. The Easter season begins at the Vigil of Holy Saturday Eve, April 20th, and ends with the celebration of the feast of Pentecost, on Sunday, June 9th.

RICE BOWL

We invite you and your family to participate in this national Lenten program to help feed the hungry of the world by making a daily sacrificial monetary offering and setting aside the money saved for the poor. Let us stand in solidarity with those suffering from poverty and malnutrition. **RICE BOWLS are available in the entryways. Please take one home. On Holy Thursday we invite you to bring your filled RICE BOWLS to the Evening Mass of the Lord's Supper at 7:00pm.** All monies will be sent to Catholic Relief Services to support their ministry to the poor.

SACRAMENT OF RECONCILIATION

The celebration of the Sacrament of Reconciliation is an important part of our Lenten observance. There is no better way to prepare for the celebration of the Resurrection of the Lord at Easter than by this Sacrament “which brings about a true spiritual resurrection, and restoration of the dignity and blessings of the life of the children of God” (Catechism of the Catholic Church #1468). **Individual confessions will be heard, every Saturday, as usual, at 2:30pm. Our three parish communal Penance Services will be celebrated on two Wednesdays, April 3rd and April 10th at 7:00pm, and on Friday April 12th at 12:00pm in the church.**

STATIONS OF THE CROSS

One of the most familiar forms of Lenten prayer practiced by Catholics is **THE WAY OF THE CROSS**. This traditional Lenten devotion helps us to prayerfully enter into fourteen key moments of Christ’s passion. Its origins date back to the ancient practice of pilgrims visiting the various sites along the “Via Dolorosa” (Sorrowful Way), in Jerusalem that are associated with Christ’s suffering and death.

Join us in praying the STATIONS OF THE CROSS all the Fridays of Lent, except Good Friday, at 3:00pm and 7:00pm in the church. Good Friday stations will be celebrated at 3:00pm.

KNOWING MARY THROUGH THE BIBLE

Our parish library staff is pleased to offer a fascinating four-part video series on “**Knowing Mary Through the Bible**” on **Tuesdays, March 12th, 19th, and 26th, and April 2nd from 1:00pm-2:30pm in the library.** Topics to be presented include “Mary’s Queenship”, “Mary’s Vocation as Mother of God”, Mary’s Relationship to the Ark of the Covenant”, and much more. Come and learn about the life of Mary, our model in faith, and her exemplary role in salvation history. **The sessions include time to view the videos and for discussion among the participants. Please come!**

JESUS, INSTAGRAM MOMENTS

Come join us as we continue to explore key moments in the mission and ministry of Jesus as related in Luke’s Gospel on two Wednesdays, March 6th (Jesus on Prayer), and March 13th (Jesus on Forgiveness). We will meet from 6:00pm to 7:00pm in Room 12 of the Faith Formation wing. Our scripture study will be led by Todd Flowerday.

PARISH MISSION!!!

All parishioners are invited to participate in our Lent Parish Mission, “The Three Great Loves: Love of God, Love of Self, Love of Neighbor.” Fr. Frank Desiderio, CSP, a Paulist Father, returns to Holy Trinity to lead us in exploring how we can experience God’s love, learn to be more compassionate, be more grateful for the gift of our lives, and thus learn to follow the way of Jesus.

Our mission begins with Fr. Desiderio preaching at all weekend Masses on March 23rd and 24th. Daily presentations will follow on Monday, Tuesday and Wednesday of that week at 9:00am and 7:00pm. Come and bring a friend. Watch the bulletin for more details.

CHRISTIAN INITIATION OF ADULTS

Each year, our parish community is privileged to welcome those who will become the newest members of the Church and our parish family at the Easter Vigil. Lent is a time of final spiritual preparation for those who will celebrate the Easter sacraments of **Baptism, Confirmation, and Eucharist**. Please include in your daily prayers our **Catechumens**, (those to be baptized), **Candidates**, (those baptized in other Christian denominations who will become Catholics and already baptized Catholics completing sacramental initiation), as they say “Yes” to the Lord’s invitation to enter into deeper relationship with him.

Special rites that mark their ongoing process of conversion and Lenten faith journey will be celebrated throughout Lent at the 9:45am Mass.