



**ASH WEDNESDAY IS FEB. 22**  
The only day we can begin Lent together  
Masses at 9am and 6:30pm  
Liturgy with Ashes at Noon  
*All are welcome*



**RETURN to God with all your heart, the source of grace and mercy.**

Lent is the time to renew your relationship with God and live more fully in union with Christ as a way of life.

Lent means “spring.” You could say the ancient traditions of Lent are spring training for the soul: **prayer, fasting and almsgiving.** They begin Ash Wednesday, Feb. 22 and continue until Easter.

**If you have been away from Mass, now is the time to return** and experience the faithfulness of God in the Eucharist.

**Lenten resources will be available in the Narthex beginning Feb. 12-13** and at [holytrinitycp.org/lent](http://holytrinitycp.org/lent).

☉ **FASTING** is to be observed on **Ash Wednesday** and **Good Friday** by everyone 18 years of age and older, who has not yet celebrated their 59<sup>th</sup> birthday. On a fast day, one full meal is allowed. Two other meals—enough to maintain strength—may be taken, according to each one’s needs. But together they should not equal another full meal. Eating between meals is not permitted, but consuming liquids, including milk and juice, is allowed.

☉ **ABSTINENCE** is observed **Ash Wednesday** and **ALL Fridays of Lent** by everyone 14 years of age and older. On days of abstinence, no meat is allowed.

*When one’s health or ability to work would be seriously affected, the law does not oblige. If a person is unable to observe the regulations due to health or other serious reasons, other suitable forms of self-denial are encouraged.*

**ALMSGIVING:** Get your CRS Rice Bowl at church. Women’s Guild Easter Basket drive tags available 3/24-25 and items are due 4/1-2.



**PRAYER:** Pick up a “Little Black Book” at church

**THE FIVE SUNDAYS of LENT:** *Holy Days of Obligation*

- Feb. 26, March 5, 12, 19, 26
- Masses at 5 pm Saturday | 8:30 am & 10:30 am Sunday

**DAILY MASS:** 9 am Tuesdays & Fridays in the chapel; 9 am Wednesdays in church with Holy Trinity School.

**EXPOSITION of the HOLY EUCHARIST:** In the chapel Tuesdays after Mass until 8 pm.

**STATIONS of the CROSS:**

- 6:30 pm Wednesdays (except 3/22) |
- 2 pm Fridays (except 2/24 and 3/3) with school

**SACRAMENT of RECONCILIATION**

- Communal Penance Service with opportunity for individual confessions — 6:30 pm Wednesday, March 22
- Individual Confessions: 10-11 am Saturdays (except April 8)
- “The Light is on for You” 5-8 pm Thursday, March 23

*Confessions in nearly every Catholic Church in our diocese*

## HOLY WEEK

**April 2 PALM SUNDAY of the LORD’S PASSION**  
5 pm Saturday | 8:30 am and 10:30 am Sunday

## Triduum

April 6-9, 2023

**HOLY THURSDAY:** Evening Mass of the Lord’s Supper—7 pm

**GOOD FRIDAY:** Stations of the Cross at Noon

**The passion of the Lord with veneration of the cross — 1:30 pm**

**HOLY VIGIL for EASTER:** 8:30 pm Saturday

**EASTER SUNDAY Masses:** 8:30 am & 10:30 am



**LENTEN FISH FRY | HOLY TRINITY HOME & SCHOOL**

**DINE-IN OR TAKE-OUT:** FEB. 24, MAR. 3, 10, 17, 24, 31.

**5-7 PM**

Meals feature baked or fried fish served with homemade macaroni and cheese, green beans, coleslaw and your choice of french fries or baked potato. \$13 for adults and \$6 for kids (10 and under) portion

For more information: <https://holytrinitycp.org/ministries/fish-fry-fridays/>

**Served in the Family Center Gymnasium Enter from Main Parking Lot**