

## Pray

### LITTLE BLACK BOOKS

Devote six minutes each day accompanying Jesus through his arrest, trial and crucifixion according to Luke. Copies available on the “take table” in the Narthex. **Little Purple Books** for children.



### HALLOW APP

Hallow.com/Lent is the place to go for an array of digital resources to enhance your journey to Easter.

- STATIONS OF THE CROSS**
- 6:30pm Wednesdays (except March 6)
  - 11am Thursdays with Holy Trinity School

## The Eucharist

**THE FIVE SUNDAYS OF LENT** Feb 18, 25, March 3, 10, 17, and 24

**Mass at 5 pm Saturdays ● 8:30 & 10:30 am Sundays**

It is always important to keep holy the Lord's Day, but the Sundays of Lent are especially powerful because of the scriptures and the Rites of Initiation for those preparing to join the Church at Easter.

- DAILY MASS**
- 9am Tuesday and Fridays in the chapel
  - 9 am. Wednesdays in church with our school

### EXPOSITION OF THE MOST HOLY EUCHARIST

- 9:30am—8pm Tuesdays ● 5-7 p.m. Fridays ● 7pm Benediction

## Reconciliation

**COMMUNAL PENANCE SERVICE: 6:30pm Wednesday March 6**

Exposition of the Holy Eucharist with scriptures, Examination of Conscience and opportunity for individual confessions with area priests.

**CONFESSIONS 10-11 a.m. Saturdays** or by appointment with frchris@holyltrinitycp.org (No confessions Holy Saturday, March 30.)

**THE LIGHT IS ON FOR YOU 5-8PM Thursday, March 14**

Nearly every church in the Diocese of Grand Rapids will have a priest available to celebrate reconciliation.



Lenten Parish Mission

**THE HOLY TRINITY &**

**THE EUCHARIST** with Dr. Mary Amore

- 2-4pm Sunday, March 10 with activities for all ages
- 6:30-8:30pm Monday, March 11

Please watch the bulletin for more information



## Fast

The Church's fasting regulations strengthen us in our battles against temptation and unite us with Christ and all who are suffering from a lack of basic necessities. suffer.

**Fasting** is observed by everyone 18 yrs. 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 juices, is allowed.

**Abstinence** is observed by everyone 14 years of age and older. On days of abstinence, no meat is allowed. Note that when health or the ability to work would be seriously affected, the law does not oblige. **Ash Wednesday, all the Fridays of Lent, and Good Friday are days of abstinence.** If a person is unable to observe the above regulations due to ill health or other serious reasons, other suitable forms of self-denial are encouraged.

## Almsgiving

### Catholic Relief Services Rice Bowl

provides funding for CRS' food security projects which support agriculture, nutrition, education and self-sufficiency in communities around the world. 25 percent of the funds remain in our diocese. Pick up your Rice Bowl kit at church. Please save your offerings until Palm Sunday, March 23.

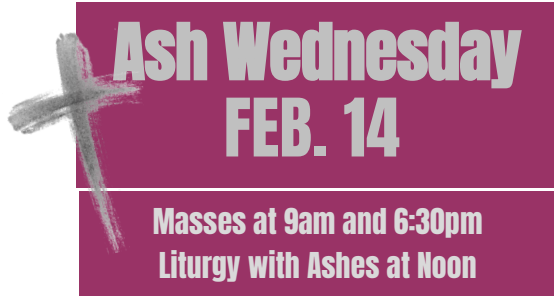
- **The Annual Catholic Relief Services Collection** — March 10. Please use the envelop provided in your bi-monthly packet.
- **Women's Guild Easter Basket Drive** — March 2-17.

**HOLY WEEK BEGINS MARCH 24**

with Palm Sunday of the Passion of the Lord

**THE PASCHAL TRIDUUM IS MARCH 28-31**

Please see the bulletin or [holyltrinitycp.org](http://holyltrinitycp.org) for Holy Thursday + Good Friday + Easter Vigil + Easter Sunday schedule



**Ash Wednesday**  
**FEB. 14**

Masses at 9am and 6:30pm  
Liturgy with Ashes at Noon



**5-7p FRIDAYS ● Feb. 16–Mar. 22**  
**in the FAMILY CENTER**

*Dine-in or Take Out*

**Baked or Fried Fish w/ homemade mac-n-cheese,  
green beans, coleslaw, fries or baked potato.**

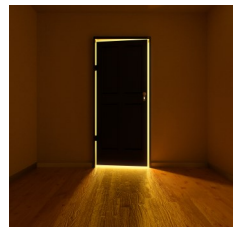
**Adults \$13 ● Kids Portion (10 & under) \$6**



**E**very Catholic knows Lent begins with ashes smudged on our foreheads. Lent also begins with direct orders from Jesus Christ about how we are to behave as his disciples: PRAY, FAST, GIVE.

What we often overlook is his command to perform these actions in stealth mode:

- “When you **give alms**, do not let your left hand know when your right is doing so that you almsgiving may be secret. And your Father who sees in secret will repay you.” (Mt. 6:6)
- “When you **fast**, do not look gloomy like the hypocrites. But when you fast, anoint your head and wash your face so that you may not appear to others to be fasting...” (Mt. 6:16a, 17)
- When you **pray**, “go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you.” (Mt. 16:6)



**O**ur tagline for Lent 2024 is “Find your Holy Place.” In other words, resolve now to dedicate a time and a place each day for holiness. This is where you will pause, call upon God’s presence, lift your heart and pray.

Coincidentally, Pope Francis on Jan. 24 declared 2024 as the “Year of Prayer” in preparation for the Jubilee Year of 2025. The other side of this sheet lists how we as a faith community will follow the spiritual disciplines of Lent based on Christ’s instructions to fast, give alms and pray—especially with and in the Eucharist.

In the words of Pope Francis, let us pray, “above all else, to renew our desire to be in the presence of the Lord, to listen to him and adore him.” **And, let us pray for one another on our shared journey to Easter and beyond.**