

Finding Peace in a Noisy World THE POWER OF SILENCE

4:00 p.m. Soup Supper
5:00 p.m. Program **SUNDAY,**
6:15 p.m. Adoration **FEBRUARY 22**

Open to middle school and high
school youth, young adults, older
adults, and anyone seeking a deeper
encounter with Jesus Christ.

Contact Rebecca Dunnebeck for
more information at 616-784-0677
or rduinnebeck@holytrinitycp.org



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Comstock Park, MI 49321
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A flyer for a Fish Fry. The top half is blue with yellow text. It says "HOLY TRINITY" at the top, followed by "FISH FRY" in large yellow letters, and "FRIDAYS 5PM TO 7PM" below that. To the left of the text is a yellow fish icon. To the right is a yellow circle containing the price information. The bottom half is black with white text. It lists "All-You-Can-Eat FISH!", "Sides: french fries or baked potato, green beans, mac & cheese, cole slaw", and "Dessert by Donation". At the bottom, it lists the dates: "FEBRUARY 20TH, 27TH, MARCH 6TH, 13TH, 20TH, 27TH".

HOLY TRINITY

FISH FRY

FRIDAYS 5PM TO 7PM

FEBRUARY 20TH, 27TH, MARCH 6TH, 13TH, 20TH, 27TH

**\$15 PER PERSON
\$5 UNDER 10**

All-You-Can-Eat FISH!

Sides: french fries or baked potato, green beans, mac & cheese, cole slaw

Dessert by Donation

A flyer for Ash Wednesday. It features a large white cross on the left. To the right of the cross, the text "ASH WEDNESDAY" is in large white letters, followed by "Feb. 18" in a slightly smaller font. Below that, it says "Masses at 9am and 6:30pm" and "Liturgy of the Word with Ashes at Noon".

ASH WEDNESDAY

Feb. 18

Masses at 9am and 6:30pm

Liturgy of the Word with Ashes at Noon

A Lent-themed graphic. The word "Lent" is written in large purple letters. To the right of "Lent" is a red heart with a golden cross on top and thorns around it. Below "Lent", the text "OPEN YOUR HEART TO HIS HEART" is written in red. The background is light yellow.

Lent

OPEN YOUR HEART TO HIS HEART

When Roman Catholics gather on Ash Wednesday, they will hear this command from the Prophet Joel:

"Rend your hearts, not your garments and return to the LORD, your God " (Joel 2:13)

In Joel's era six to eight centuries before Christ, God's people tore their garments as an outward, physical expression of intense inward emotions, such as grief, deep repentance or shock.

The Catholic practice of Lent beginning with ashes on our foreheads is a remnant of that custom. Joel's words remind us that Lent is meant to pull us beyond outward appearances and into the heart of our savior.

This world community and our own nation are in pretty dire straights. The disciplines of Lent present us with a path toward healing and hope. Self-denial gives God thanks, humbles our sinful pride, contributes to the feeding of the poor, and helps us imitate Jesus in his kindness. (Roman Missal Preface III of Lent).

This flier lists how we will keep Lent as a parish. Please post it in a prominent place in your home. May you have the courage to open your heart to Christ's own Sacred Heart and feel it pulse within your own.

A photograph of a sunset or sunrise over a body of water, with the sky filled with warm colors and clouds.

Lent prepares us for Holy Week & Easter

Palm Sunday of the Passion of the Lord ~ March 29

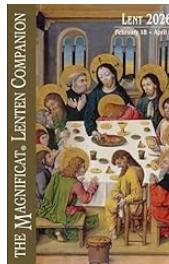
THE PASCHAL TRIDUUM ~ APRIL 2-5

Please see the bulletin or holytrinitycp.org for Holy Thursday + Good Friday + Easter Vigil + Easter Sunday schedule

PRAY

Magnificat Lenten Companion

This easy-to-use book contains a treasury of spiritual insights including daily reflections, poetry and prayers to accompany your journey with Jesus Christ through this special season. Get your copy from the "take table" in the Narthex.



Hallow App

Hallow.com is the go-to app for Catholics. Free or paid subscriptions available.



Stations of the Cross + 7pm Fridays during Lent (noon on April 3)
+ 6pm, March 29, with Faith Formation

Eucharist

THE SUNDAYS OF LENT Feb. 22, March 1, 8, 15, 22

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

Honoring the Lord's Day is a benchmark for Christian living, and the Sundays of Lent are especially powerful because of the richness of the scriptures and the Rites of Initiation for those preparing to join the Church at Easter.

DAILY MASS + 9 am Tuesday, Wednesday and Friday in chapel
+ Noon Thursdays in church (except Feb. 19)

EXPOSITION OF THE MOST HOLY EUCHARIST

● 9:30am–8pm Tuesdays in chapel ● 5-7 pm Fridays in church

Reconciliation

COMMUNAL PENANCE SERVICE: 6:30pm Wed., March 18

Gather with fellow sinners to adore the Holy Eucharist and participate in a brief service with the Word of God and Examination of Conscience. A half dozen priests will be present for individual confessions.

CONFESIONS: 10-11am on Saturdays or by appointment with frchris@holytrinitycp.org (No confessions Holy Saturday, April 4.)

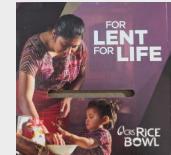
“THE LIGHT IS ON FOR YOU” 5-8pm Thursday, March 19

Nearly every church in the Diocese of Grand Rapids will have a priest available to hear confessions and offer penance and absolution.

GIVE ALMS

Help for our poor is crucial due to the suspension of government funding to national and international aid agencies.

- **The Catholic Relief Services Rice Bowl** provides funding for food security projects that support agriculture, nutrition, education and self-sufficiency in communities around the world. 25 percent of the funds remain in our diocese. [Get your Rice Bowl kit at church.](#)
[Save your offerings until Palm Sunday, March 29.](#)
- **Annual Catholic Relief Services Collection** – March 14-15. Please use the envelope provided in your bi-monthly packet.
- **Women's Guild Easter Basket Drive:** Watch the Narthex for shopping bags to fill with basic necessities for those in need.
- **Catholic Services Appeal** – This annual campaign supports the ministries of the Diocese of Grand Rapids.



FAST

The Church's fasting regulations strengthen us in our battle against temptation and unite us with Jesus, who suffers with all who lack basic necessities. Many Catholics choose to go beyond these regulations by abstaining from sweets or other luxuries.

FASTING means **limiting oneself to one full meal on a given fast day.** Catholics who are 18 years of age but not yet 59 are obligated to fast on **Ash Wednesday and Good Friday.** On fast days, two small meals—enough to maintain strength—may be taken if necessary, 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 from meat is to be observed by all Catholics 14 years and older on **Ash Wednesday and on all the Fridays of Lent.** This obligation prohibits the eating of meat, but not eggs, milk products or condiments of any kind, even though made from animal fat.

Note that when health or the ability to work would be seriously affected, the law does not oblige. 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.