What are the Benefits of Making the Full Spiritual Exercises of St. Ignatius?

Members of our Ignatian Retreat Team, who are ‘Guides’ for those making the Exercises, share their reflections below.

For many, including me, making the Spiritual Exercises can be transformative. Ignatius has given us a gift..... a way to communicate with God on a personal level, to get in touch with our deepest desires, to recognize the graces God is constantly bestowing on us, and to be in harmony with God’s will for us in the decisions we make, both large and small. By developing a practice of daily prayer and reflection during this long retreat, we can continue an intimate relationship with Christ beyond the completion of the Spiritual Exercises. We can live our lives with confidence loving and serving God and all we meet on the journey.

The Spirituality is how we have come to know myself as loved by God. They are how I have come to sense, taste, and savor God’s ongoing creative love within and around me. The graces of the Exercises continue to unfold as I notice daily invitations to surrender and let God love me as I am, both blessed and broken and then to embody that love...to love as God loves me.

The [Spiritual] Exercises were a wonderful journey. I moved out on the waters of faith—trusting that I’d be led to what God wants for me and that I’d be sustained by his love. I got to know Jesus as friend, teacher, guide and companion. My appreciation of the gifts God has given me deepened, and so did my commitment to cherish those gifts and share them with others.

The transformative nature of the Exercises make it difficult to point to any one aspect that stands out. I would say, however, that the Exercises made it possible for God’s grace to help me become freer, more "indifferent," to listening to and accepting God's gentle invitations. This freedom allowed me to put myself into God’s hands so He could draw me into a deeper relationship. I don’t achieve that; God does it with my cooperation.

When I came to the end of my experience of making the full Spiritual Exercises some 29 years ago, I did not know it then, but I received a clear invitation to take a risk—accept the invitation from God to “pass on” the Exercises to others. After 25 years now, I continue to be amazed at how powerful they are! When the one making the Exercises is open and faithful, they are given a new horizon, and new eyes to find God, which means being given courage, perseverance, and peace in whatever daily life brings.

Someone making the Spiritual Exercises is on a profound and surprising journey of an ongoing encounter with God, with the Risen Christ. Along the way, this encounter gradually transforms the person, leading to a greater and greater acceptance of his/her humanity and the fundamental, absolute dependence on God that this implies. As a result, the person becomes increasingly free--more and more able to praise, love, and serve God.
MISSION STATEMENT
Holy Trinity is a Catholic parish sponsored by the Society of Jesus. We share the Society’s mission to serve the faith and to promote justice. As disciples of Christ, we seek to be transformed by the Holy Spirit through our celebration of Eucharist and our practice of Ignatian spirituality into a welcoming and prayerful community that shares God’s life and love with each other and the world.

JESUIT STAFF
Pastor: Kevin Gillespie, SJ, 202-903-2800, kgillespie@trinity.org
Associate Pastor: William Ryan, SJ, 202-903-2831, wryan@trinity.org;
Associate Pastor: John Peck, SJ, 202-903-2832, jpeck@trinity.org;
Emergencies Only: 202-903-2817

PARISH CENTER
Phone: 202-337-2840  Fax: 202-337-9048
Parish Center Hours: Mon-Thur: 8:30am-7:30pm; Fri: 8:30am-4:30pm; Sat and Sun: No receptionist on duty but the parish center is accessible during mass times.

PARISH DEPARTMENTS & STAFF
Communications/Human Resources: Courtney Mattison 202-903-2803 cmattison@trinity.org
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PARISH PASTORAL COUNCIL
President  Kirk Willison  ppcpresident@trinity.org
1st Vice President  Ned Hogan  nedhogan@verizon.net
2nd Vice President  Constance Herron Cherron824@gmail.com

From the Pastor’s Desk
Where was Pope Francis when I needed him? You see way back in the 1980s I wrote a Master’s thesis pertaining to issues of marriage, divorce, annulments and remarriage. The themes were derived from my pastoral experiences with couples. So as I began to read his inspiring exhortation, Amoris Laetitia (“The Joy of Love”), I thought to myself how helpful it would have been back then, not just for a young priest, but also for those with whom and for whom I served.

Now it would be difficult to do the Exhortation justice by trying to summarize the 260 page postsynodal document in this little column. Allow me instead to provide a few quotes and refer the reader to several worthwhile links. First the quotes:

“Marriage is the icon of God’s love for us. Indeed, God is also communion: the three Persons of the Father, the Son and the Holy Spirit live eternally in perfect unity. And this is precisely the mystery of marriage: God makes of the two spouses one single existence”.

“The aesthetic experience of love is expressed in that “gaze” which contemplates other persons as ends in themselves, even if they are infirm, elderly or physically unattractive. A look of appreciation has enormous importance, and to begrudge it is usually hurtful. How many things do spouses and children sometimes do in order to be noticed? Much hurt and many problems result when we stop looking at one another.

...joy also grows through pain and sorrow. In the words of Saint Augustine, “the greater the danger in battle the greater is the joy of victory”.131 After suffering and struggling together, spouses are able to experience that it was worth it, because they achieved some good, learned something as a couple, or came to appreciate what they have.

Now for a few links:

The entire Exhortation may be find through this Vatican link: http://w2.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20160319_amoris-laetitia.html

The supportive statement by Cardinal Wuerl may be found in this link: http://cardinalsblog.adw.org/2016/04/on-love-in-the-family-the-apolstolic-exhortation-of-pope-francis/

America Magazine has several noteworthy analysis that may be found in this link: http://americamagazine.org/issue/pastor-his-people?utm_content=buffer22554&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer

In the following link one may find Fr. Tom Reese’s reflections on Chapter 4 of the Exhortation where the Pope provides an inspiring commentary on St. Paul’s Hymn of Love (1 Corinthians 13: 1-13):

http://ncronline.org/blogs/faith-and-justice/amoris-laetitia-start-chapter-4

Finally members of the parish staff and I have discussed ways in which we may be discuss how we might discuss Amoris Laetitia in the future. Stay tuned!
Daily Mass Intentions
The parish community prays for all the dead every day at every Mass. However, we encourage parishioners to mention specific persons by name during the General Intercessions when invited to do so by the presider.

Parishioners can also request that a specific person be remembered by name at a particular weekday Mass by calling or visiting the receptionist’s desk in the parish center during normal office hours. Names must be submitted one week in advance. Persons to be so remembered at weekday Masses this week are:

- Monday, 7:00am: Pat Kraemer+
- Monday, 8:00am: Fr. Joseph Diaz+
- Monday, 5:30pm: Dr. Arthur G. Kreischer+
- Tuesday, 7:00am: Diane Andrews+
- Tuesday, 8:00am: James Uhl+
- Tuesday, 5:30pm: Altagracia Viller+
- Wednesday, 7:00am: Fran Tracy
- Wednesday, 8:00am: Kenneth Bellis+
- Thursday, 7:00am: Ana Buenavenetura
- Thursday, 8:00am: For the Unborn
- Thursday, 5:30pm: Anthony Russo+
- Friday, 7:00am: For the Unborn
- Friday, 8:00am: Cynthia Mary Garvey+

Pray for those sick: Tia Gillanders Garner; Ray McGrath, Brooks Cabe

Pray for those married: Jan Zakrzewski & Joanna Lim; Kevin Maskornick & Sara Mabry

PRAYER REQUESTS
To add a name to these prayer lists, contact Rose Mary Padberg at: rpadberg@trinity.org. You must be an immediate relative of the one to be remembered, or have express permission in order to add a name to these lists. The names on this prayer list will be mentioned aloud at Sunday Mass during the General Intercessions and will be published in the parish eLetter and bulletin.

We also invite parishioners to write the name of deceased loved ones in the Book of the Dead which is kept in the back of the chapel. The parish community remembers these persons each time we gather for Eucharist.

SACRAMENTS
Mass Schedule (Check bulletin or website for Holy Days)
- Weekdays: 7am, 8am & 5:30pm in the Chapel (on N St.)
- Saturday: 8am — Chapel; 5:30 pm Vigil — Church
- Sunday: 7:30am, 9am, 11:30am, 1:15pm & 5:30pm

Sacrament of Reconciliation
Every Saturday from 4:30pm—5:15pm or by appointment

Sacrament of the Sick
Communal anointing is celebrated on the first Wednesday of the month at 7pm in the St. Ignatius Chapel. Call the Parish to request the sacrament at home or in the hospital.

Baptisms and Weddings:
- To schedule a Baptism or Wedding, contact Helene Flanagan, 202-903-2806 or hflanagan@trinity.org
- To register for the preparation process, see next item.

Sacramental Preparation:
Persons desiring to receive certain sacraments at Holy Trinity need to be registered parishioners and are expected to participate in a preparation program. For more information or to register, contact the appropriate staff person:
- Infant Baptism: readmin@trinity.org, 202-903-2808
- First Reconciliation: Judith Brusseau, 202-903-2807
- First Eucharist: Judith Brusseau, 202-903-2807
- Marriage Preparation: readmin@trinity.org, 202-903-2808
- Adult Initiation (RCIA): Anne Koester, 202-337-2840 x128
- Children’s Initiation (RCIA): Judith Brusseau, 202-903-2807
- Adult Confirmation: Judith Brusseau, 202-903-2807
- Youth Confirmation: Sara Seligmann, 202-903-2814

NEW PARISHIONER REGISTRATION
Welcome to Holy Trinity! We invite you to join our parish. You may register at www.trinity.org. Parishioner registration forms can be found under the Participate tab. Questions about registering can be directed to Rose Mary Padberg @ registration@trinity.org.

New parishioner orientations are held several times throughout the year. See the bulletin, eLetter and website for an announcement of dates/times.

PARKING
Limited on-street parking is available. On most Sundays, free parking is also available at the following Georgetown University parking lots — underground parking garage off Canal Road entrance; surface lot at the end of the Canal Road entrance; and the parking structure under the Leavy Student Center (university section only). Parking is also available at Visitation Academy, off 35th Street at Volta, on most Sundays. Handicapped parking is at the corner of 36th & O St. NW.

BULLETIN NOTICES & WEBSITE UPDATES
Please email proposed updates for the website or bulletin to the parish staff member responsible for overseeing the activity (see page 2 sidebar) by 2pm Thursday, 8 days before the targeted weekend. Please note that the bulletin is published online, so information you submit may be available online.

Questions? www.communications@trinity.org
WORSHIP

Worship Committee Membership
The Worship Committee is a standing committee of the Parish Pastoral Council with representatives from Mass Times, four at-large members, and staff engaged in the liturgical life of the parish. They provide on-going feedback to the Pastoral Associate for Liturgy and provide a clear conduit of communication to the parish. Members are listed below for your reference and as an invitation to better communication.

At-Large Members:
Austin Acocella (Chair)
Christine Comer
Rahul Singh
Robin Smith
Ellen Toups

Other Members:
Tom Hughes (Sun. 9:00/9:30 am Eucharistic liturgy)
Anne Schneider (Sun. 11:30 am Eucharistic liturgy)
Marianne Lyons (Sun. 1:15 pm Eucharistic liturgy)
Barb Conley Waldmiller (Sun. 5:30pm Eucharistic liturgy)
Katherine DeGreef (Young Adult Community)
Mathilda Cox (Liturgical Environment)
Bryan Walsh (Music Ministry)

Ex Officio Members:
David Pennington (Pastoral Associate for Liturgy)
Kathleen DeJardin (Director of Music Ministries)
Mary Lou Galvin (Music Director, Sun. 5:30pm Eucharistic Liturgy)
Bill Ryan, SJ (Pastor’s Representative)
Christopher Joly Hale (Parish Pastoral Council Liaison)

IGNATIAN SPIRITUALITY (cont.)

Me & Earl and the Dying Girl
Saturday, April 23, 2016
6:30pm screening, Trinity Hall
Refreshments and discussion follow, McKenna Hall
A quirky and hilarious film about two teenage boys whose lives are consumed with making parody movies of cinema classics and who become friends, almost accidentally, with a girl in their class who is suffering from leukemia. How that friendship forms among these teens who resist traditional relationships in their struggle to come of age says volumes about what it means to be human in our technological age.

Questions? Frank & Mary Frost at htmmog@gmail.com

SOCIAL JUSTICE

Access to DC Drivers’ Licenses
Next Sunday (April 24th) after the 9:00am and 11:30am Masses, we will be collecting signatures for a petition to the DC DMV. Current DC law allows undocumented residents to apply for a 'limited purpose driver's licenses' (LPDLs), but the DMV has made it very difficult to accomplish this in practice. Those seeking a LPDL must sign up online for an appointment about 6 months in advance (rather than just walking into the DMV), and there are not enough Spanish language road testers. In effect, these two limitations significantly limit undocumented residents’ ability to apply for a driver’s license as the law allows. We will collect signatures asking the DMV to shorten the length of time for appointments and increase the number of Spanish language testers. Please stop by the table outside of church next weekend to learn more.

Washington Hebrew Congregation’s Peace Seder
You are invited to share a special Interfaith Passover Seder with members and clergy of Washington Hebrew Congregation on Wednesday April 27th at 6:00pm. Our nation faces so many issues that have the potential to divide - on this night we come together in a spirit of unity.

If you would like to attend, please contact Mary Tschudy at marymtschudy@gmail.com or 202-965-2746.

Save the Date—Power of One
May 7, 2016
For details and to volunteer, go to www.trinity.org.
Information available in the Headlines section on the
FAITH FORMATION/RELIGIOUS EDUCATION

Raising Faith Filled Kids
April 24th, 10:15am, Trinity Hall
Fr. Kevin Gillespie, SJ will focus on Ignatian charism in education and how our efforts in faith formation in the parish reflect these Jesuit traits.

PARISH LIFE

Thank You Reception for Sr. Ann and Sr. Regina
All parishioners are invited to a cake and ice cream reception in McKenna Hall on Sunday, May 1st, at 2:00pm to say “thank you” to Sr. Ann and Sr. Regina, and to celebrate two centuries of loving service by all the Sisters of St. Joseph, Sisters of Mercy, and Visitation Sisters over the past 200 years.

DEVELOPMENT

Save the Date for a Garden Party
May 13, 2016
Celebrate our Spring Gardens at the 11th Annual Festival of Flowers to benefit Holy Trinity garden projects. Join us for an evening of fellowship and flowers from 6:30pm to 8:30pm in the Chapel gardens. For more information contact: htgardeners@gmail.com.

Parish Pledge Update
The Parish Pledge has reached 77% of its budgeted goal with participation from approximately 33% of our parishioners. If you have not yet made your Parish Pledge, we ask that you please do so very soon. Participation from every Parishioner is important.

You may make your pledge by completing a brochure, found in the card racks at the entrance of church, online at www.trinity.org, or by contacting Diane Favret or Dena Wilson in the Development Office. Diane: 202.903.2801 / dfavret@trinity.org or Dena: 202.903.2827 / dwilson@trinity.org. Thank you!

YOUTH MINISTRY

Peace Camp
Holy Trinity Youth Ministry teams up with the Little Friends for Peace to help out with their Peace Camp. Peace Camp offers children the opportunity to explore cooperation and conflict resolution in a safe and supportive environment. Holy Trinity 7th-12th grade students help run these week long camps for younger children around the DC area.

Finish your service hours in one week and love every minute of it!

Learn more by visiting: http://trinity.org/youth service+Justice+Opportunities/ or contact Sara Seligmann sseligmann@trinity.org.

Applications due by May 15th.
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| **Sunday, April 17, 2016** |               | **4TH SUNDAY OF EASTER**  
| Acts 13:14, 43-52/Revelation 7:9, 14b-17/John 10:27-30   | **9:00 AM** Youth Mass  
| Saint Ignatius Chapel |               | **10:15 AM** Stained Glass Windows Restoration/Femenella & Associates  
| Trinity Hall |               | **10:15 AM** High School Youth Group  
| Upper School Faculty Lounge |               | **12:00 PM** Baltimore Service Trip Meeting  
| Neale Room |               | **5:00 PM** Trinity Adult Community Monthly Gathering  
| McKenna Hall |               | **6:30 PM** Camden Service Trip Meeting  
| Neale Room |               | **at all Masses**  
| **diaper drive for DC Diaper Bank & the Northwest Center** |               | **coffee & fellowship**  
| after 7:30 AM Mass/Parish Center Library |               | |**Monday, April 18, 2016** |               | **MONDAY OF THE 4TH WEEK OF EASTER**  
| Acts 11:1-18/John 10:1-10 | **6:00 PM** Social Justice Book Club hosted by Young Adult Community  
| Neale Room |               | **7:30 PM** Separated, Widowed & Divorced Group  
| Faber Room |               |**Tuesday, April 19, 2016** |               | **TUESDAY OF THE 4TH WEEK OF EASTER**  
| Acts 11:19-26/John 10:22-30 | **7:00 PM** Rite of Christian Initiation of Adults  
| Faber Room |               |**Wednesday, April 20, 2016** |               | **WEDNESDAY OF THE 4TH WEEK OF EASTER**  
| Acts 12:24—13:5a/John 12:44-50 | **7:00 PM** Worship Committee Meeting  
| McKenna Hall |               | **7:15 PM** Book Discussion Group  
| Lower School Big Room |               | **7:30 PM** Maria Madre Committee Meeting  
| Neale Room |               |**Thursday, April 21, 2016** |               | **THURSDAY OF THE 4TH WEEK OF EASTER**  
| Acts 13:13-25/John 13:16-20 | **6:00 PM** Christian Meditation Group  
| Saint Ignatius Chapel |               | **6:00 PM** Iconographers' Guild  
| Parish Center Library |               | **7:00 PM** Job Seekers Support Group  
| Georgetown Neighborhood Library/R Street & Wisconsin Avenue NW |               | **7:00 PM** Young Adult Community Faith Sharing Group  
| Saint Ignatius Chapel | **Friday, April 22, 2016** |               | **FRIDAY OF THE 4TH WEEK OF EASTER**  
| Acts 13:26-33/John 14:1-6 | **6:00 PM** Christian Meditation Group  
| Saint Ignatius Chapel | **Saturday, April 23, 2016** |               | **SATURDAY OF THE 4TH WEEK OF EASTER**  
| Acts 13:44-52/John 14:7-14 | **7:30 AM** Zen Meditation  
| Parish Center Upper Room |               | **9:00 AM** Hands on Housing  
| McKenna Center |               | **4:30 PM** Shepherd's Flock Mass  
| Saint Ignatius Chapel |               | **6:30 PM** Movie Moments of Grace/Me and Earl and the Dying Girl  
| Trinity Hall |               | **8:00 PM** CUA Chamber Choir Concert  
| Church | **Sunday, April 24, 2016** |               | **5TH SUNDAY OF EASTER**  
| Trinity Hall |               | **4:00 PM** Environmental Working Group Meeting  
| Faber Room | |**background color of date indicates the liturgical color for that day**
| for the most complete listing of parish events with event descriptions and contact information: [www.trinity.org/calendar](http://www.trinity.org/calendar)
| for texts of daily readings: [www.usccb.org/bible/readings](http://www.usccb.org/bible/readings) and for audio recordings of daily readings: [www.usccb.org/bible/readings-audio.cfm](http://www.usccb.org/bible/readings-audio.cfm)
| join us for coffee & fellowship every Sunday after the 9:00 AM and 11:30 AM Masses in McKenna Hall