



HOLY TRINITY CATHOLIC CHURCH

Washington, DC

March 5, 2017

Give it Up!

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It might surprise some Catholics to learn that fasting during Lent is not meant to be undertaken solely for one's spiritual well-being. While self-abnegation can serve as a vivid reminder that our physical bodies should not rule our lives, the early church fathers thought that fasting needed to be connected to something else: almsgiving. St. John Chrysostom wrote that fasting without almsgiving was hardly praiseworthy; in fact, it hardly counted as fasting at all.

Ironically, he compared it to gluttony and drunkenness, since it smacked of selfishness. For St. Augustine, fasting was avaricious unless one gave away what one saved. The practice, then, needs to be informed by charity, not simply a desire to attain spiritual perfection.

Fasting and almsgiving are, along with prayer, the pillars of Lenten practice. But as even devout Catholics might be surprised by the comments of Sts. John and Augustine, they might also be surprised by the new ways that these old traditions can help them—and others—as they prepare for the great celebration of Easter.

The three practices should be intertwined. Prayer can soften hearts and awaken compassion, making a person more likely to be generous to others. It also makes fasting more palatable. A deeper relationship with God leads to growing solidarity with the poor, a desire to imitate Christ in his poverty and a hope to be freed from the snares of our consumerist culture. Fasting aids prayer by reminding us of our dependence on God and can also, as St. John and St. Augustine knew, help us in a practical way by saving money for alms. Finally, almsgiving can deepen our prayer as we are brought into contact with our brothers and sisters who live in poverty, and it can prompt an important question: Am I consuming too much?

[T]ry an alternative fast. Is there something we can forego that will wean us from a “disordered attachment,” as St. Ignatius said? For example, cutting back on our use of social media means more time for people face to face. In this way fasting might provide a kind of alms for our family and friends. How about fasting from family arguments? In this case, the alms we give could be greater peace.

Almsgiving may also benefit from some creative thinking. Giving to organizations like Catholic Relief Services' Operation Rice Bowl, for example, is a superb way to help the poor, the hungry and the homeless across the world, as Jesus asked of us when he said, “I desire mercy, not sacrifice” (Mt 9:13). Almsgiving is a concrete form of this mercy. But can our alms include the spiritual kind? This may be as simple as offering the alms of forgiveness and reconciliation to someone against whom we have held a grudge. That offering is as valuable as anything we may put into the collection plate this Lent.

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MAIN CHURCH
36th Street, between
N and O Streets, NW
Washington, DC 20007

PARISH CENTER
3513 N Street, NW
Washington, DC 20007
202-337-2840



www.trinity.org



/HolyTrinity
CatholicChurch



@HolyTrinityDC

Adult Faith Formation Ethics Series

March 5, 10:10am, Trinity Hall

Presented by Keith T. Vernon, Esq.

Effective social justice advocacy on the part of the investor can ensure stakeholders concerns are addressed and business community thrives

MISSION STATEMENT

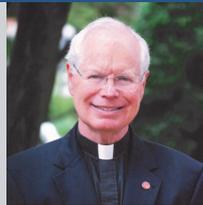
We are a Jesuit Catholic parish that welcomes all to:
 Accompany one another in Christ
 Celebrate God's love
 Transform lives

PARISH CENTER

Phone: 202-337-2840 **Fax:** 202-337-9048
Hours: Mon-Thur: 8:30am-7:30pm; Fri: 8:30am-4:30pm; Sat & Sun: No receptionist on duty, but the parish center is accessible during mass times.
Emergencies Only: 202-903-2817

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From the Pastor's Desk

This week's column is written by Catherine Heinhold, Pastoral Assistant for Ignatian Programming

When I was a parishioner here at Holy Trinity in the mid- to late-90s, I never would have imagined that I would one day return as a staff member.

Before coming to Trinity as a parishioner, I'd had no contact with Jesuit ministries and very limited exposure to Ignatian ways of prayer. It was through my work as a campus minister at Georgetown University that I encountered the Spiritual Exercises and made Ignatian Spirituality my own spirituality. The use of imagination in prayer and the focus on the presence of God in all things fit well with who I am and God's way of relating to me.

After my time at Georgetown, I spent five years in São Paulo, Brazil with Maryknoll Lay Missioners working with people in prison, catechists at a parish in an underserved area, and accompanying young adults on Ignatian retreats.

My work here at the parish since last summer is part of our Ignatian Spirituality and Prayer Ministry. I work with Martina O'Shea, our Pastoral Associate for Ignatian Spirituality and Prayer, to support all of the groups and programs that fall under Ignatian Spirituality – from our retreats and prayer groups to the Ignatian Spirituality Project (retreats for women in recovery from homelessness and addiction) and the Young Adult Community (YACs). I offer Ignatian ways of praying and faith sharing sessions to our catechists, our Social Justice Ministry, and the students in our school. Serving as a spiritual guide on some of our retreats is a great privilege for me – I am humbled to witness how God works in the lives of retreatants.

Another privilege is to serve as mentor to the YACs. They are a faith community of people in their 20s and 30s, many of whom are transitioning to parish life from dynamic campus ministry programs. The eleven-member Steering Committee plans social, spiritual, and social justice activities; sometimes these events are geared for young adults, and other times they are hosted for the parish at large.

The twice-a-year YAC retreat is a highlight for the community. Since 2011, young adults have sought to make the functioning of the Steering Committee and its activities reflect the principles of Ignatian Spirituality, and this includes the retreat. Young adults desire to play an active role in our parish. They serve on the Liturgy, Social Justice, and Ignatian Spirituality Committees, as well as the Parish Council. Greater integration of young adults into our parish requires our willingness to change, to do things differently, and an openness to the fresh perspectives they offer.

Daily Mass Intentions

The parish community prays for all of the dead every day at Mass. However, we encourage parishioners to mention specific persons by name during the General Intercessions when invited to do so by the presider.

Parishioners may 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:

Week of March 6- 11, 2017

Monday	7:00am	Alice A. Donovan+
	8:00am	Malcolm Bruce+
	5:30pm	Corty Family+
Tuesday	7:00am	Maurice Dougherty+
	8:00am	Nemecio Campos+
	5:30pm	Pauline Grandmont+
Wednesday	7:00am	
	8:00am	Harmon Burns+
	5:30pm	
Thursday	7:00am	Charles F. Gill+
	8:00am	Edward James+
	5:30pm	
Friday	7:00am	
	8:00am	Eva Didmato+
	5:30pm	Anne & Ian MacAlpine-Leny
Saturday	8:00am	John & Mary McAuliffe+

Pray for those who are sick:

Tony Stokes

Pray for those who are dead:

Kristen Latour; Fred Sowick

PRAYER REQUESTS

To add a name to these prayer lists, contact Lisa Dittmeier at ldittmeier@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.)
Note: Chapel is open on weekdays between Masses.

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 registration@trinity.org.

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

RITE OF CHRISTIAN INITIATION OF ADULTS

The Rite of Christian Initiation of Adults (RCIA) is a process of conversion and faith formation for individuals who are interested in living the Christian life in the Catholic tradition. Those who want to learn more about the possibility of becoming Catholic are welcome to come to the Inquiry meetings held every Tuesday evening at 7pm in the Faber Room, Holy Trinity Parish Center. Please contact Anne Koester akoester@trinity.org for more information or visit our website.

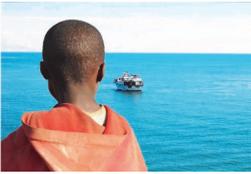
PARISH PASTORAL COUNCIL (PPC)

PPC members share leadership responsibility with our pastor. As advisors to the pastor, PPC members assist the pastor in discerning, articulating and communicating to other parishioners the identity and mission of the parish, and they assist the pastor in assuring fidelity to that identity and mission.

President Kirk Willison ppcpresident@trinity.org

Vice President Cecilia Boudreau parishcouncil@trinity.org

IGNATIAN SPIRITUALITY



Lenten Reflections on Love Week II

*“Love is patient, love is kind”
(1 Corinthians 13:4)*

Let us put ourselves in St. Paul’s shoes for a moment and explore possible meanings behind his description of God’s love as being patient and kind. A good source for interpreting Paul is Pope Francis in his apostolic letter, [The Joy of Love \(Amoris Laetitia\)](#). According to Francis, one is patient who “does not act on impulse and avoids giving offense.” Patience does not mean weakness, rather “God’s ‘patience,’ shown in his mercy towards sinners, is a sign of his real power.”

When we demonstrate patience, we express a love that is strong and muscular. As Francis says, “Being patient does not mean letting ourselves be constantly mistreated, tolerating physical aggression or allowing other people to use us.”

Furthermore, he notes that, “We encounter problems whenever we think that relationships or people ought to be perfect, or when we put ourselves at the center and expect things to turn out our way...Unless we cultivate patience, we will always find excuses for responding angrily. We will end up incapable of living together, antisocial, unable to control our impulses, and our families will become battlegrounds...Love always has an aspect of deep compassion that leads to accepting the other person as part of this world, even when he or she acts differently than I would like.”

According to Francis, Paul introduced “kind” to “make it clear that patience is not a completely passive attitude, but one accompanied by activity, by a dynamic and creative interaction with others. The word indicates that love benefits and helps others...love is ever ready to be of assistance.”

In the coming week, let us take a few moments and reflect on these two concepts of love. If we take Francis’s thoughts on “love is patient” to heart, might we want to show compassion for the other—a family member, an acquaintance, or even a political figure, that we feel enmity towards and shift our views to “accepting the other person as part of this world, even when he or she acts differently than I would like.” Might we pray for their well-being? And if we have a chance to follow-up on “love is kind” might we undertake a charitable act to demonstrate our active pursuit of God’s love?

-Written by parishioner Roger Sullivan

*Visit our website for more information about all of our
Ministries and their programs.*

*Sign up for our Holy Trinity eLetter for weekly updates at
www.trinity.org/e-lettersubscribe*



MOVIE MOMENTS OF GRACE

Presents

The Dark Horse

Friday, **March 10**, 2017 Trinity Hall
Viewing begins at 6:30pm after the Simple Supper at
5:30pm in McKenna Hall

A Maori former chess prodigy in New Zealand, who struggles with bipolar disorder, seeks redemption and new purpose in life by coaching a gang of at-risk youth who have their own need for hope and purpose. The film is “brilliant and charismatic, bringing unusual, potent energy to a game most often played with quiet reserve.” (rottentomatoes.com) Based on a true story. View the trailer: www.thedarkhorsefilm.com/videos#1

WORSHIP

Sacrament of Reconciliation

Beginning on **March 8**, confessors will be available in the church 6:30-8pm every Wednesday during Lent to celebrate the Sacrament of Reconciliation. Taize music will be sung from 7-7:30pm each Wednesday. The parish-wide Lenten Penance Service will be on **April 12** from 7-9pm. Visit www.thelightison.org for a refresher on how to prepare for the Sacrament of Reconciliation.

RCIA Update: Journey with the Elect

The Season of Lent coincides with the final period of preparation for our catechumens who will participate in the rituals of initiation into the Christian community during the Easter Vigil. For our catechumens, it is the final six weeks of a year-long catechumenate process. During this year, they have been formed in the Christian way of life through their encounters with Jesus Christ in the Scriptures, personal and communal prayer, our parish community, the teachings and tradition of the Church, and the unfolding of their daily lives. These catechumens – known during this final period of formation as the elect – are ready to commit publicly to living the Christian life in the Catholic tradition through the sacraments of Baptism, Confirmation and Eucharist.

As the baptized, we have an essential role in this time for our elect. First, we are Lenten people, who are called to “give the elect the example of [our] own renewal in the spirit of penance, faith, and charity” (RCIA 9(4)). The elect look to us to give authentic witness to living these spiritual disciplines – and not only during Lent. We are Lenten people who are present for the scrutiny rites celebrated with the elect, those rituals of self-searching and repentance. Why are we there? To pray with the elect that all that is “weak, defective, or sinful” in their hearts be healed and all that is “upright, strong, and good” within them be strengthened (RCIA 141). This is our responsibility – as the baptized, as people who also know, at times, weakness and sinfulness, and the need to be strengthened.

SOCIAL JUSTICE

Give it Up, *continued from page 1*

Creativity in fasting and almsgiving may encourage us to be creative in prayer. Lent is one of the best times to think about new ways of fostering a personal relationship with God. The biblical motif of dying and rising to new life that define Lent can help us identify with Jesus, who understood human suffering. Reflecting on those Scripture passages can be an entrée for us into his life and open doors for him to enter into our hearts.

This Lent, may prayer move us all to charity and asceticism. May our almsgiving remind us to consume less and pray more. And may we make St. John Chrysostom and St. Augustine, not to mention Jesus Christ, happy by allowing our fasting to awaken a deeper reliance on God and move us to give to those in greatest need.

Documentary Film Screening: *4.1 Miles*

Please join Jesuit Refugee Service/USA and Holy Trinity on **March 7** at 6pm at the Mansion on O Street for a screening of the film *4.1 Miles* followed by hors d'oeuvres and a panel discussion. Proceeds will benefit JRS/USA and Holy Trinity's Good Neighbor Program. Cost is \$25/person. Cash bar available. Purchase tickets at www.jrsusa.org/tickets

Be a Child Advocate for an Unaccompanied Immigrant Child

The Young Center for Immigrant Children's Rights will be hosting a two-day volunteer training on **April 8-9** for anyone interested in serving as a child advocate. The role of an advocate is to meet with the child, learn the child's story over time and advocate for that individual child's best interest. Volunteers must be over 21 and speak Spanish. To register contact Emily Verberg, everburg@theyoungcenter.org or (202) 794-8742.

Mercy 5K

Please join us on **April 29** at Bluemont Park in Arlington, VA for the Mercy 5k race for girls education in Kenya. All proceeds will support building a dorm for 350 high school girls. Registration is now open at safetyandhealthfoundation.org/mercy For more info please visit mercyproject.org to read about the latest updates. Thank you so much for your support!

L'ARCHE Talent Show & Bazaar

L'Arche invites you to join the community at our annual Talent Show and Bazaar **Saturday March 11, 2.30-5pm** at Marymount University's Reinsch Library Auditorium. This year our donations will support our communities in the Dominican Republic, the Philippines, and Honduras. Families are very welcome, Bazaar will feature hand-crafted items and homemade goodies made by L'Arche community. For more information, visit larche-gwdc.org

FAITH FORMATION/ RELIGIOUS EDUCATION

Raising Faith-Filled Kids

Save the Date! Please join us for a Sunday Morning Religious Education Parent meeting on **March 12** at 10:10am in Trinity Hall. The focus will be on ways RE can serve and engage children and their families. All parents should plan to attend.

Children's Bible Story Hour

March 12, 10:10am, Lower School Big Room. Bring your 3-5 year old to listen to Bible stories. No advance registration needed!

Adult Faith Formation Ethic Series Update

Missed a lecture? Want to share the lessons? For articles from our recent Ethics series and additional resources visit the Adult Faith Formation page: trinity.org/adult-faith-formation.

Lenten Resources

Visit our website for resources, including links, videos, articles, and eBooks, to support your 40-day Lenten journey:

www.trinity.org/adult-faith-formation/adult-faith-formation-lenten-resources/



HOLY TRINITY SCHOOL

Annual Shopping Event at Bloomie's!

Join us Thursday, **March 9** from 6:30-9pm at Bloomingdale's Friendship Heights for food, wine and a special Monte Carlo-themed fashion show. Grab a friend and get ready to shop for a cause—10% of all purchases made will be donated back to HTS. Questions? Contact Julie Moellering at juliebmo2@yahoo.com.

Holy Trinity School Gala

Saturday, April 1, Trinity Hall

Become a sponsor, donate, or attend the event! Proceeds benefit need-based scholarships for students and professional development opportunities for our teachers. We are still looking for unique experiences, golf items, and books signed by your favorite author! If you have questions or would like to support the event, email Jennifer Touchette at jennifer.touchetlote@gmail.com.





Sunday, March 5, 2017

FIRST SUNDAY OF LENT

Genesis 2:7-9;3:1-7/Romans 5:12-19 or 5:12, 17-19/Matthew 4:1-11

10:10 AM Religious Education

Assigned Classrooms

10:10 AM Adult Education: Focus on Ethic Series

Trinity Hall

Monday, March 6, 2017

MONDAY OF THE 1ST WEEK OF LENT

Leviticus 19:1-2, 11-18/Matthew 25:31-46

Tuesday, March 7, 2017

TUESDAY OF THE 1ST WEEK OF LENT

Isaiah 55:1-11/Matthew 6:7-15

6:00 PM JRS/Holy Trinity Showing of 4.1 Miles

Mansion on O Street, NW

7:00 PM Rite of Christian Initiation for Adults (RCIA)

Faber Room

Wednesday, March 8, 2017

WEDNESDAY OF THE 1ST WEEK OF LENT

Jonah 3:1-10/Luke 11:29-32

6:30 PM Koinonia

Lower School Big Room

6:30 PM Reconciliation: The Light is On for You

Church

7:15 PM Book Discussion Group

McKenna Hall

Thursday, March 9, 2017

THURSDAY OF THE 1ST WEEK OF LENT

Esther C:12, 14-16, 23-25/Matthew 7:7-12

6:00 PM Christian Meditation Group

Saint Ignatius Chapel

7:00 PM Job Seekers Support Group

Georgetown Neighborhood Library (R & Wisconsin Ave NW)

7:00 PM Young Adult Community Faith Sharing

Saint Ignatius Chapel

Friday, March 10, 2017

FRIDAY OF THE 1ST WEEK OF LENT

Ezekiel 18:21-28/Matthew 5:20-26

6:00 PM Simple Supper

McKenna Hall

6:00 PM Stations of the Cross

Saint Ignatius Chapel

6:30 PM Movie Moments of Grace

McKenna Hall

Saturday, March 11, 2017

SATURDAY OF THE 1ST WEEK OF LENT

Deuteronomy 26:16-19/Matthew 5:20-26

7:30 AM Zen Meditation

Parish Center Upper Room rdruecker@aol.com

10:30 AM Grief Support Group

Upper Room

4:30 PM Shepherd's Flock Mass

Saint Ignatius Chapel

Sunday, March 12, 2017

SECOND SUNDAY OF LENT

Genesis 12:1-4a/ 2 Timothy 1:8b-10/Matthew 17:1-9

10:10 AM Religious Education

Assigned Classrooms

10:10 AM Raising Faith-Filled Kids

Trinity Hall

10:10 AM Children's Bible Story Hour

Lower School Big Room

10:15 AM St. Jean Baptiste Haiti Meeting

Parish Center Library

7:15 PM Young Adult Community Mass

Saint Ignatius Chapel

8:15 PM Young Adult Community Café

McKenna Hall

join us for coffee & fellowship every Sunday after the 9:00 AM and 11:30 AM Masses

for texts of daily readings: www.usccb.org/bible/readings and for audio recordings of daily readings: www.usccb.org/bible/readings-audio.cfm

for the most complete listing of parish events with event descriptions and contact information: www.trinity.org/calendar

background color of date indicates the liturgical color for that day

for information concerning liturgical colors: <http://www.bostoncatholic.org/Being-Catholic/Content.aspx?id=11372>