



# HOLY TRINITY CATHOLIC CHURCH

Washington, DC

May 19, 2019

## Practicing the Examen on Vacation

By Martina O'Shea

*"I like praying the Examen, we do it after lunch. It is such a quiet time and calms me."* —Student in our Sacramental program

*"Even though praying in the summer is hard to do, I can...take a moment to pray anytime. [The] Examen is a nice way to reflect with God".* —Thomas, Holy Trinity School student

As Thomas suggests, it is not easy to continue the practice of the Examen, a quintessential Ignatian way of praying, when we are on vacation and out of our regular routine. There are benefits, however, to making this prayer a regular part of our work, school or vacation day.

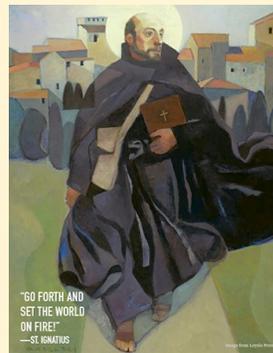
In his book, *The Prayer That Changes Everything*, Jim Manney comments, "the Ignatian Examen was not the old depressing Examination of Conscience...This was a prayer that focused on God's presence in the real world... It told me to approach prayer with gratitude not guilt. It helped me find God in my life as I lived it...The examen had me take myself seriously, as I was, not as I wished I was."

Psychologists such as Martin Seligman who promote Positive Psychology have discovered that individuals who pause to write down three things that have gone well at the end of their day report an increase in happiness after three to six months. While Dr. Seligman's research does not account for the centrality of God in one's life, his findings do support the value of pausing to reflect on the blessings God showers on us.

Father George Aschenbrenner, S.J., in his classic article, *Consciousness Examen*, notes the importance of the Examen to our life as disciples of Christ. He says, "The

*Continued on page 4*

## Holy Trinity Time Capsule



### The Jesuit Center for Spirituality

In 1983, Gerald Campbell, S.J. (known as Father Jerry) arrived at Holy Trinity to establish The Jesuit Center for Spirituality. The center's mission was to offer the full Spiritual Exercises, particularly to lay people, and to prepare those called by the Spirit to give the Exercises.

Parishioners Linda Arnold, Ellen Crowley, Natalie Ganley, and Marilyn Merikangas served God as collaborators with the Jesuits. They, along with Jim Maier, S.J., Ed Dougherty, S.J., and Father Jerry, formed a team. They prayed together, gave retreats and the full Exercises in daily life, engaged in communal discernment, and offered spiritual direction. Joe Lacey, S.J., Joe Sobierajski, S.J., and Ed Bodnar, S.J. along with Pat Damico, Susan Dunn, Mary Trainor, and Martina O'Shea would later join the team.

In 2003, Father Jerry guided the team in a communal discernment, which resulted in Ellen Crowley becoming the first lay woman to serve as Director of the center. Martin O'Shea succeeded Ellen in 2007 following a similar discernment. In 2009, Pastor Mark Horak, S.J. combined the center and Holy Trinity into a single parish-sponsored ministry and charged the Ignatian Spirituality & Jesuit Identity Committee with ensuring that the Spiritual Exercises "underlie and inform all of the parish's ministries and activities."

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



[www.trinity.org](http://www.trinity.org)



[/HolyTrinityCatholicChurch](https://www.facebook.com/HolyTrinityCatholicChurch)



[@HolyTrinityDC](https://twitter.com/HolyTrinityDC)

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

### Power of One!

Our annual parish-wide day of service will be **June 15**. Our goal is 225 participants in honor of our anniversary year. To date, we have 40 volunteers scheduled.

There are opportunities for all ages to cook, craft, knit, garden, coach and pray! To learn more and to sign up, visit [www.trinity.org/power-of-one](http://www.trinity.org/power-of-one).

## MISSION STATEMENT

We are a Jesuit Catholic parish that welcomes all to accompany one another in Christ, celebrate God's love and transform lives.

## PARISH CENTER

**Phone:** (202) 337-2840 **Fax:** (202) 337-9048

**Emergencies Only:** (202) 903-2817

**Hours:** Mon-Thurs: 8:30am-7:30pm; Fri 8:30am-4:30pm; Sat & Sun: Closed

## JESUIT STAFF & PARISH DEPTS.

Pastor	Kevin Gillespie, S.J. (202) 903-2800	kgillespie@trinity.org
Associate Pastor	Paul Campbell, S.J. (202) 903-2832	pcampbell@trinity.org
Associate Pastor	Ben Hawley, S.J. (202) 903-2814	bhawley@trinity.org
Associate Pastor	William Kelley, S.J. (202) 903-2833	wkelley@trinity.org
Associate Pastor	Timothy O'Brien, S.J.	tobrien@trinity.org
Communications	Karelia Pallán (202) 903-2837	kpallan@trinity.org
Facilities	Dino Campagnari (202) 903-2813	dcampagnari@trinity.org
Faith Formation/ Religious Ed.	Judith Brusseau (202) 903-2807	jbrusseau@trinity.org
Finance	Chris Kehoe (202) 903-2811	ckehoe@trinity.org
Holy Trinity School	Kevin McShane (202) 337-2339	principal@htsdc.org
Human Resources	Angela Grady (202) 903-2803	agrady@trinity.org
Ignatian Spirituality	Martina O'Shea (202) 903-2810	moshea@trinity.org
Music Ministry	Kathleen DeJardin (202) 903-2805	kdejardin@trinity.org
Parish Life/ Pastor's Office	Lisa Dittmeier (202) 903-2801	ldittmeier@trinity.org
Social Justice	Kate Tromble (202) 903-2809	ktromble@trinity.org
Stewardship	Rock Schuler (202) 903-2843	rschuler@trinity.org
Liturgy	David Pennington (202) 903-2804	dpennington@trinity.org
Young Adult Community	Catherine Heinhold (202) 903-2819	cheinhold@trinity.org
Youth Ministry	Lynne Udalov (202) 903-2814	ludalov@trinity.org

## Living Our Mission: Transform Lives

*This week's column is written by Martina O'Shea, Pastoral Associate for Ignatian Spirituality & Prayer*

The time capsule on the cover captures well the founding of The Jesuit Center for Spirituality in 1983; the collaboration between the Jesuits and lay women and men; and the transition in 2009 that created our parish-based Ignatian Spirituality and Prayer ministry.

Since being integrated into the parish, we sought to meet parishioners where they were on their journey with God. Dozens of parishioners completed our lay Ignatian formation program, *Principium*. The faculty in our school (HTS) and the catechists in our religious education program were given opportunities to grow in their practice of Ignatian pedagogy. Many of the standing committees of the Parish Pastoral Council practice an adapted Examen during their committee meetings. Holy Trinity's parishioner-led response to the sex abuse crisis incorporated Ignatian principles and ways of praying into the gatherings and the documents they created. We print more than 3,000 Examen bookmarks each year! The Young Adult Community has embraced Ignatian spirituality as their preferred way of making a retreat. We reached out to the parents in HTS and our religious education program to introduce them to Ignatian ways of living with Christ in the world.

Our ecumenical Ignatian retreat team offers retreats in daily life, spiritual direction, and the full Spiritual Exercises to individuals throughout the Washington metro area. We have been training individuals to become Ignatian spiritual directors and givers of the Spiritual Exercises. Now, ten years later, we are at another transition point in our rich history of Ignatian Spirituality at Holy Trinity.

The responsibilities that fall under my purview as Pastoral Associate do not allow me enough time to accompany individuals in the Spiritual Exercises and spiritual direction. It is time for Catherine Heinhold, who has been working with us since 2016, to step into the role of Pastoral Associate for Ignatian Spirituality and Prayer.

Catherine joined our staff following five years on mission in Brazil and 11 years in campus ministry at Georgetown University. Since she came to Trinity, she has been serving the Young Adult Community, accompanying individuals in spiritual direction and the Spiritual Exercises, and providing support to various Ignatian Spirituality & Prayer programs. Catherine will continue in these roles while serving the parish more broadly as the Pastoral Associate for Ignatian Spirituality & Prayer.

My new role will be as Director - Ignatian retreats, spiritual direction, and training. As a result of these changes to the parish-wide responsibilities, I will be able to say 'yes' to a discerned call to accompany more individuals on retreats, in spiritual direction and in giving the Spiritual Exercises. Catherine and I look forward to serving you on your journey with and to God!

## 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 May 20, 2019

Monday	7:00am	Donald Fenton+
	5:30pm	Greg Bellis+
Tuesday	7:00am	Jane Wilder
	5:30pm	Christine Quandt
Wednesday	8:00am	Anne Hyde+
	5:30pm	Terry Kircher+
Thursday	8:00am	Ted Spotts+
	5:30pm	Mary E. Walsh+
Friday	8:00am	Louis S. Chickos+
	5:30pm	Patricia Lum+
Saturday	8:00am	Rocco Farina+

**Pray for those who are sick:** *Santana Vallejos*

**Pray for those who are dead:** *Sam Huff, Jr.; Teresa Watzka; Marie Fanning; Barbara McHugh Sullivan*

## PRAYER REQUESTS

To add a name to these prayer lists, contact Lisa Dittmeier at [ldittmeier@trinity.org](mailto: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.

## SACRAMENTS

**Mass Schedule** (*Check bulletin or website for Holy Days*)

**Weekdays:** 7am (Monday & Tuesday), 8am (Wednesday, Thursday, Friday) & 5:30pm (in the Chapel on N St.)

*Note: Please see schedule for daily Mass times.*

*Chapel is open on weekdays between Masses.*

**Saturday:** 8am – Chapel; 5:30pm Vigil – Church

**Sunday:** 7:30am, 9:00am, 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 seasonally 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 Beth Gray at (202) 903-2806 or [bgray@trinity.org](mailto:bgray@trinity.org).

### 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](mailto:readmin@trinity.org), (202) 903-2808
- First Reconciliation: Judith Brusseau, (202) 903-2807
- First Eucharist: Judith Brusseau, (202) 903-2807
- Marriage Prep: [readmin@trinity.org](mailto: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: Judith Brusseau, (202) 903-2807

## NEW PARISHIONER REGISTRATION

Welcome to Holy Trinity! We invite you to join our parish. You may register at [www.trinity.org/register](http://www.trinity.org/register). Questions about registering can be directed to [registration@trinity.org](mailto: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

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](mailto:akoester@trinity.org) for more information or visit our website. Holy Trinity also offers RCIA adapted for Children for children and youth who are not baptized (ages 7 through high school) Please contact Judith Brusseau at [jbrusseau@trinity.org](mailto:jbrusseau@trinity.org) for more information.

## 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	Ellen Toups	<a href="mailto:ppcpresident@trinity.org">ppcpresident@trinity.org</a>
Vice President	Chris Hannigan	<a href="mailto:parishcouncil@trinity.org">parishcouncil@trinity.org</a>

**Practicing the Examen, cont. from page 1**

Examen must be seen in relationship to discernment of spirits. It is a daily intensive exercise of discernment in a person’s life.”

This profound prayer, with deep roots in our Catholic tradition, can be as simple as pausing and giving thanks to God, to growing in our ability to discern the interior movements.

There are as many steps to praying the Examen as there are individuals who make the prayer their own. We offer a sample of how you might pray the Examen in the bookmarks at the entrances to the church and chapel. Or, you may cut out the sample below that we offer to our middle school students.

As we prepare for summer vacation, which may include sitting on the beach, hiking your favorite trail, relaxing with family, or languishing with a book or two from your reading list, would you consider using the lazy days of summer to give your children and yourself the gift of developing the habit of practicing an Examen? It is easy to do in the car, coming back from the beach or while gathering around the dinner table!▪

**Oops!**  
When did I goof up or hurt someone (including myself)?

**Thanks**  
For what am I grateful?

**Wow**  
When was I in awe of God’s presence?

**Presence**  
Pause—Am I aware of Jesus being with me?

**Please Let’s Go**  
Where do I need Jesus to be with me today?

*A Simple Life-Changing Prayer*

**LEARN**

**Afternoon With A Jesuit: Everything Happens for a Reason? Really?**

**May 19**, 4pm, Chapel of St. Ignatius  
The Young Adult Community invites all parishioners for a conversation with Father Tim O’Brien in this season of Easter as we consider the mysteries of suffering and resurrection—and making meaning of both—in our own lives.

**Onsite Enrollment for Religious Education & Sacramental Preparation Offered Today!**

Enrollment is open for **2019-20 Sunday Morning Religious Education**, as well as sacramental preparation for First Reconciliation/First Eucharist and Confirmation. Please register online by **May 31**. To get started, visit [www.trinity.org/enroll](http://www.trinity.org/enroll).

**Are You Curious About the Spiritual Exercises Journey?**

We invite you for a one-hour conversation about the history of the Spiritual Exercises of St. Ignatius, the gifts of making the Exercises, and the commitment needed to make the Exercises Journey: **June 8**, 4pm, Upper Room or **June 9**, 4pm, Upper Room. Registration is not required. Contact Martina O’Shea for more information at [moshea@trinity.org](mailto:moshea@trinity.org).

**SERVE**

**Haiti Scholarship Program**

Holy Trinity collaborates with our sister parish in Haiti, St. Jean Baptiste, to offer scholarships for students from the parish’s secondary school. The Scholarship Committee plans to support 3 students from the Class of ’19 and hopes to enlarge our team of sponsors, each of whom commits to donating \$200/year for four years. To learn more sponsoring our scholarship students contact [StJeanBaptisteHaiti@gmail.com](mailto:StJeanBaptisteHaiti@gmail.com).



**Donations for Catholic Charities’ Mobile Response Vehicle**

Catholic Charities operates a truck that allows their staff to respond to the basic needs of our region’s homeless and other vulnerable neighbors where they are. The Mobile Response Vehicle provides food, toiletries and other essentials. On **June 1 & 2** we will collect sunscreen and bar soap to stock the vehicle. Please bring your donations to the bins outside of church.

**Tutor Needed**

The oldest Cheikho son is in need of a tutor to prepare him for high school in the fall. The ideal tutor will have availability two or more days per week. There is flexibility with where and how the tutoring takes place—you may even Facetime tutor! Contact Kate Tromble at [ktromble@trinity.org](mailto:ktromble@trinity.org) or (202) 903-2809.

**Summer Trip to El Salvador**

Holy Trinity will travel to our sister parish Maria Madre de los Pobres July 18-24. An information session about our sister parish and the summer trip is on **May 22** from 6-7pm in the Parish Library. RSVP to [margielegowski@gmail.com](mailto:margielegowski@gmail.com).

### Seeking Catechists for the 2019-20 Year

Think you might be hearing the call to serve as a catechist? We need those willing to share their faith with our youth. Visit [www.trinity.org/volunteer](http://www.trinity.org/volunteer) for more information. We will support you throughout the year with lesson plans and materials! Contact Sandy Nguyen at [REK6@trinity.org](mailto:REK6@trinity.org) to learn more.

## CONNECT

### Annual Parish Picnic & Mass

Our Annual Parish Mass and Picnic will be held **June 16** from 10:30am-2pm at Georgetown Visitation Preparatory School. Mass will be celebrated at the Nolan Center at Visitation High School followed by the picnic.

## ANNOUNCEMENTS

### Parish Pastoral Council Elections



Elections to the Parish Pastoral Council (PPC) are coming up! Our annual PPC Election is an open voting-based process in which candidates' profiles and statements are made public to the parish, and registered parishioners elect new PPC members. This year, four PPC members will be elected to serve

three-year terms. Self-nominations, including candidate statements, will be accepted from **May 19-26**. For additional information, visit [www.trinity.org/ppc](http://www.trinity.org/ppc) or email [parishcouncil@trinity.org](mailto:parishcouncil@trinity.org).

### Auditions for *Mystery on Holy Hill*

As part of Founder's Day, we are performing the play *Mystery on Holy Hill* October 5 at 7pm and October 6 at 4pm. The play traces the 225 years of Holy Trinity's history and includes roles for children and adults ranging in ages from 12 to 70+. Auditions will be held **May 29** in two sessions: 3:30-6:00pm or 6:30-8:30pm, both in McKenna Hall. Dialogue from the script will be available to read. If you are interested in learning more or joining the crew, please email [HT225@trinity.org](mailto:HT225@trinity.org).



### Communications Survey

We are conducting an end of the year survey to get parishioner feedback and plan for next year. Please help us serve you better by filling out the questions at [www.trinity.org/survey](http://www.trinity.org/survey)! All responses will remain anonymous. Parishioners who submit a completed survey will be entered in a raffle to win: \$100 Amazon gift card, \$50 Amazon gift card or a Holy Trinity "swag bag" with merchandise valued at \$50.

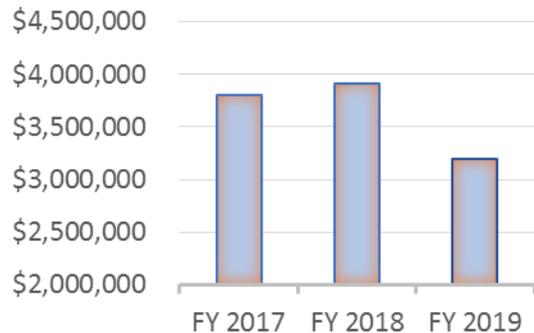
### Stewardship Update

The generosity and commitment of Holy Trinity's parishioners make it possible for us to live out our Jesuit mission. The below chart reflects income in 2019 is to-date behind previous years. We recognize the scandal of abusive clergy may have an impact. However, our local mission depends on you and we respectfully request continued support for our worship, social justice, education, and spiritual formation ministries. If you have pledged, we are grateful for your continued commitment. If you have not offered a 2019 pledge, please consider doing so by contacting Rock Schuler, Director of Stewardship, at [RSchuler@trinity.org](mailto:RSchuler@trinity.org) or (202) 903-2843.

The **Income Chart** reflects the bulk of our proceeds: Pledge payments, Easter/Christmas donations, and Offertory gifts. Income data is for the Fiscal Year to-date.

The **Pledge Chart** shows the amount pledged for 2019 so far, and the amount paid on those pledges through 4/30/19. Pledges make up the single largest share of our revenue. We are totally dependent on pledge payments to employ staff, conduct worship, and embark on the many worthy ministries of Holy Trinity.

INCOME FY 2018-2019



ANNUAL PLEDGE

