



# HOLY TRINITY CATHOLIC CHURCH

Washington, DC

January 26, 2020

## Say “Amen” to the Blood of Christ

By Anne Koester

“What does sharing in the Eucharistic Cup at Mass mean to you?” I put this question to several Holy Trinity parishioners who regularly receive Communion from the Cup. From their responses, we can tease out the significance and meanings of the Eucharistic Cup.

To begin on an historical note, one parishioner recalled the time before the Second Vatican Council when the Cup was not offered to the laity. The Council restored the practice of receiving from the Cup, which had been abandoned in the 12th-13th century. The normative practice until then had been for all the baptized to receive Eucharist under both kinds—bread and wine, the Body and the Blood of Christ. (In fact, the Church communed infants with the consecrated wine. While this practice continues for Eastern Catholics and Eastern Orthodox, it ceased in the West when the Cup was withdrawn from the laity.) We can be grateful that the Cup has been reclaimed for the Church. It is a gift, and a challenge.

One parishioner commented that when she says “Amen” to the Blood of Christ, she recalls Jesus’ question to his disciples, “Can you drink the cup that I am going to drink?” By participating in the Cup, she is challenged to share in Christ’s suffering and the sufferings of the world. Can we, through our daily attitudes, choices and actions, express our willingness to share in the sufferings of the world? Are we willing to expend ourselves in the way that Jesus expended himself completely on the Cross? Another parishioner commented that the taste and warmth of the wine lingers for her, setting her mind and heart to respond to the needs of others.

Another friend said he regularly participates in the Eucharistic Cup because “it is what Jesus commanded us to do. He said ‘Take and eat and take and drink.’”

Another parishioner said that she “craves oneness with



Christ and the community, and this union is more complete for me when I share in the Bread and the Cup.”

Finally, I put the question to someone whom I thought received from the Cup, but as it turns out...she confessed, “I am a complete germophobe. That’s the only reason I don’t receive from the Cup.” She paused and added, “I need to get over that, don’t I?” Yes. The CDC has found no increased risk of infectious diseases associated with the common Cup. In addition, look at the communion ministers, who consume what remains of the Precious Blood after everyone else has received. They are not falling down ill. For people who have a particular health or medical concern, yes, they should feel comfortable refraining from drinking from the Cup. For everyone else, the “germs” reason really doesn’t hold up.

Next time you celebrate the Eucharist, say “Amen” to being named the Blood of Christ. Be willing to pour yourself out for the life of the world. ■

*Anne Koester is the coordinator of Holy Trinity’s RCIA and co-facilitator of the Women in the Bible series.*

### MAIN CHURCH

36th Street, NW  
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### PARISH CENTER

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## Today! Contest Deadline: Name the Founder’s Day Mural

Youth Ministry is hosting a contest to name this Pope Francis-inspired mural. The contest is open to any K-12 grade student. Please see contest rules and submit your title nomination at [www.trinity.org/mural](http://www.trinity.org/mural). Submissions are due **January 26**. Questions? Contact Rebecca Hoestery at [rhoestery@trinity.org](mailto:rhoestery@trinity.org).

### 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

Pastor	Kevin Gillespie, S.J. (202) 903-2800	kgillespie@trinity.org
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Associate Pastor	Pat Earl, S.J.	pearl@trinity.org
Associate Pastor	Ben Hawley, S.J. (202) 903-2814	bhawley@trinity.org
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### PARISH DEPARTMENTS

Communications	Karelia Pallán (202) 903-2837	kpallan@trinity.org
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Social Justice	Vacant	aklick@trinity.org
Stewardship	Rock Schuler (202) 903-2843	rschuler@trinity.org
Youth Ministry	Rebecca Hoesterey (202) 903-2846	rhoesterey@trinity.org

## Living Our Mission: Accompany One Another in Christ

### Reflections from Holy Trinity School Teachers

*On January 17, two of our teachers, Lauren Massie and Drew Singleton offered a reflection at our Prayer Service to honor Dr. Martin Luther King, Jr. Here is an excerpt of what they shared:*

**Lauren:** We live in a time of arguing and disagreement, from the highest levels of government all the way to our playgrounds. It's okay to disagree...What also matters is that we listen. It's only through listening that we learn compassion and love for others.

Dr. King practiced nonviolent protest to show he disagreed with laws that discriminated against people of color. He knew he might be put in jail, but he did it anyways because he was a man who stood up when he knew something was wrong. But do we stand up when something is wrong or hurtful, even when it's unpopular to do so? It's hard to listen when we're angry, but Dr. King taught us that it's only through love, even for those we disagree with, that we can really hear someone. He taught us that no person is evil—evil is something people pick up and try on sometimes, like a piece of clothing, but if we learn to listen and love each other, evil will be put down.

**Drew:** Among Dr. King's many achievements was to be the youngest person to win the Nobel Peace Prize. He said, "I believe that unarmed truth and unconditional love will have the final word in reality. This is why right temporarily defeated is stronger than evil triumphant." King realized that racism, among other contentious issues could not be altered "without radical changes in the structure of our society."

King's focus on inspiring nonviolent activism to attain positive social change was particularly inspiring to me growing up as a black man in a not so great neighborhood. There was violence around me, but I was lucky enough to have an incredible mother who taught me that violence was never a choice. She told me the story of when she witnessed the historical "I have a dream" speech while sitting with her feet in the reflecting pool. She, too, was inspired by Dr. King's words and nonviolent actions. Last year, I got to pass down this same message to my students in Chicago. We went through the six steps of nonviolent social change:

The first step of nonviolent social change is "information gathering" and then education, which go hand in hand. Once you've gathered all of the information, you have to educate yourself on all sides. Third is personal commitment. If you want something to change you have to commit to seeing it through. Fourth is negotiation. You must be able to share your side clearly and calmly, but more importantly you must be able to listen and truly hear the other side of the issue. fifth is direct action. As I tell my 3rd graders, words are one thing, but if your actions do not match, then the words are empty.

The sixth and final step I believe to be the most difficult. This step is reconciliation. When the issue has been laid out, understood, and discussed there must be forgiveness. I believe this is the most difficult step because it requires you to essentially forget all the pain you were caused.

I know some of you may be thinking how would this work if the other side is not willing to resolve the situation. Unfortunately, there will be people who fear change and do not want to lose what they are comfortable with.

Fortunately, there will be people who are courageous enough to work to ensure that change does happen. Strive to not just be a courageous person, but a courageous person for others.

## 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 January 26, 2020

Monday	7:00am	Thomas Fallon+
	5:30pm	David Blee+
Tuesday	7:00am	Mary Goodheart+
	5:30pm	Jane Wilder
Wednesday	8:00am	Howard Krauss+
	5:30pm	Richard Wilder
Thursday	8:00am	Jay DiGiovanni+
	5:30pm	Tim Goodfellow
Friday	8:00am	John O'Shea+
	5:30pm	Ignatius Loyola DiNardo+
Saturday	8:00am	Jean Marie Ronan+

**Pray for those who are sick:** *Marie Maser; John Peterson; Neil Dungan; Mitzi Arena*

**Pray for those who are dead:** *Lydia Montalbano; Chris Leyde; Renee Gier; Pauline Earl*

## PRAYER REQUESTS

To add a name to these prayer lists, please email [parishlife@trinity.org](mailto:parishlife@trinity.org) or call (202) 903-2801. 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 Moira Duggan at (202) 903-2806 or [mduggan@trinity.org](mailto:mduggan@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/Eucharist: Judith Brusseau, (202) 903-2807
- Adult Confirmation: Judith Brusseau, (202) 903-2807
- Youth Confirmation: Rebecca Hoesterey, (202) 903-2846

## 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 at [akoester@trinity.org](mailto:akoester@trinity.org) or (202) 903-2825. Holy Trinity also offers RCIA adapted 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) or (202) 903-2807 for more information.

## 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 (sign up at [www.trinity.org/eLetter](http://www.trinity.org/eLetter)) and website for announcement of dates and times.

## LGBTQIA+ MINISTRY

Holy Trinity's commitment to accompany one another in Christ invites us to be more deeply aware of the diversity of our community and more welcoming to those who are marginalized by society or the Church. Our lay-led ministry embraces individuals who are lesbian, gay, bisexual, transgender, questioning/queer, intersex, asexual and their families and friends. More information and upcoming meetings can be found at [www.trinity.org/lgbtqia](http://www.trinity.org/lgbtqia) or by emailing [LGBTQIA@trinity.org](mailto:LGBTQIA@trinity.org).

## 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. Contact President Chris Hannigan at [ppcpresident@trinity.org](mailto:ppcpresident@trinity.org) and Vice President Jim Thessin at [parishcouncil@trinity.org](mailto:parishcouncil@trinity.org).

## PRAY

### A Lenten Retreat: Drawn from the Spiritual Exercises

**February 23- April 4**  
Registration deadline:  
**February 9**

Have you made an Ignatian retreat in daily life? Or have you made the full Spiritual Exercises? Do you want to enter into the Lenten season with more intentionality? Consider making the parish's six week retreat in the comfort of your own home.

To register, visit [www.trinity.org/retreats](http://www.trinity.org/retreats) or pick up a brochure at the entrances to the church and chapel. Questions? [moshea@trinity.org](mailto:moshea@trinity.org).



"We keep our eyes clearly fixed on Jesus...In doing so, we become more like the One we walk with to Calvary: more loving, more faithful, more generous, and more compassionate."  
—Rev. Kevin O'Brien, S.J.

## LEARN

### Chapel Chat: Eucharist on Our Hearts and on Our Feet

**January 26**, 4pm, McKenna Hall. The Young Adult Community invites the wider parish community to an interactive, on-your-feet workshop on the Mass led by Fr. Ben Hawley, S.J. The workshop will explore cosmic significance of the Mass for all people and all time, as well as we who live and pray together in this time and place. Best prep for the workshop: Ask yourself, Why do you come to mass? Who do you say that He is?

### Building Your Toolbox for Justice: Immigration 301

**February 1**, 10am-12pm, McKenna Hall

Did you know that Holy Trinity is sponsoring individuals and a family from Nicaragua and Honduras? That some of our tithe money addresses the root causes of migration? That there is a place for you at this table of support for the migrants among us? Join Holy Trinity's Migrant Support Team and special guests. Hear the wisdom of the migrants among us, learn what Holy Trinity has been and will be doing to support newcomers to the United States, and discover the surprising things YOU - whether you're single, married, with/without children - can do occasionally, once, or on an ongoing basis to make a difference. RSVP at [www.trinity.org/toolbox](http://www.trinity.org/toolbox).



### Women in the Bible Series

The Women in the Bible Winter Series: The Women Who Stood Up will begin **February 3**, at 7pm in McKenna Hall. Additional dates include **February 10**, **February 24** and **March 2**. All are welcome! For more information, please email [aklick@trinity.org](mailto:aklick@trinity.org).

### A Dialogue with Members of the Global Ignatian Advocacy Network

**February 5**, 6:30pm, McKenna Hall. Join seven Jesuit migration practitioners working around the world to discuss the global state of migration, how the Society of Jesus is engaged in these issues, and what challenges we face as a global network. RSVP at [www.trinity.org/rsvp](http://www.trinity.org/rsvp).



### MOVIE MOMENTS OF GRACE

Presents

### BlacKkKlansman

**February 8**, 6:30pm, Trinity Hall  
Refreshments/Discussion follow in McKenna Hall  
Incredible if it were not true, the story of the first African-American detective to serve in the Colorado Springs Police Department. Determined to make a name for himself, he sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan and take it down.  
RSVP to [htmmog@gmail.com](mailto:htmmog@gmail.com).  
Trailer: [www.trinity.org/MMOG](http://www.trinity.org/MMOG).

### Raising Faith-Filled Kids: Building Inclusive Communities by Understanding Differences

**February 9**, 10:10am, Trinity Hall. Having conversations about respecting diversity in many areas can be a sensitive topic for parents to discuss with their children. Yet, it is necessary in order to be welcoming to everyone. Parishioners Dr. Roly Diaz, Clinical Psychologist and Dr. Thea C. Bruhn, a social scientist, will help parents develop a conversational framework to help their children begin to embrace inclusivity in keeping with our Catholic values.

## CONNECT

### Sister Parish Sunday

**February 2**, Following the 9am & 11:30am Masses, McKenna Hall

Curious about our work in Haiti and El Salvador? Visit committee members in McKenna Hall to learn more. Haitian coffee will be available for sale!

### Jesuit Encuentro Program

April 2-6, Deadline for sign-up is **February 15**  
This trip is an opportunity to dive deeper into the challenges faced by migrants on both sides of the border, the impact of US policies on those working and living in El Paso, and the work of the churches, individuals and organizations to live a faith that does justice. This trip prepares participants to put their learning into action when they return to DC. Participants must be over 18. Space is limited. Please contact Margie Legowski at [margielegowski@gmail.com](mailto:margielegowski@gmail.com) for more information and an application.

## SERVE

### Climate Change: A Matter of Faith?

Pope Francis follows John Paul II and Benedict in recognizing the scientific consensus that climate change is caused by human activity. Deforestation and burning fossil fuels are major causes. While some have wrongly turned it into a political issue, Pope Francis recognizes it as a social justice and a moral issue. This is because those who will suffer most from the resulting environmental damage are the poor and future generations...who are least responsible for causing it. Francis calls upon individuals, governments and corporations to make changes to mitigate the problem. He has met with top Energy company executives and they have agreed to support a price on carbon emissions. The US Conference of Catholic Bishops also has issued a statement of support for legislation (H.R.763) that puts a price on carbon emissions to encourage a switch to clean energy, without economically harming the poor or middle class. The severe human costs, that will be a consequence of doing nothing, make this a moral issue and a matter of concern and action as part of our faith.

### Wash Clothes in Cold Water and Save

A whopping 75-90% of the energy used to wash your clothes goes to heat the water. With today's detergents most clothes will get just as clean, while washing in cold water can be advantageous to prevent stains. You'll save money while reducing climate warming emissions. An exception to consider is that if someone in your family is sick—washing their clothing and bedding in hot water can help stop the spread of germs.

### Carbon Offsets

Carbon Offsets are one way we can each reduce our Carbon Footprint (fly airplanes for one) - Carbon Offsets are initiatives aimed at reducing greenhouse gas or carbon dioxide emissions by compensating for or neutralizing our emissions. Carbon Offset initiatives seek to reduce future emissions by investing in: clean energy technologies, planting trees, etc. Visit [www.trinity.org/offsets](http://www.trinity.org/offsets) for a list of the top 11 offsets in the U.S.

### What Is the HT Green Team Reading?

For those parishioners interested wanting to learn more about how to respond to the climate crisis, HT Green members suggest:

- *Don't Even Think About It: Why Our Brains Are Wired to Ignore Climate Change* by George Marshall
- *Climate of Hope: How Cities, Businesses and Citizens Can Save the Planet* by Michael Bloomberg & Carl Pope
- *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming* by Paul Hawken & Tom Steyer

All are welcome at the **February 9** meeting at 10am in the Lower School Big Room. For more information, email [HTgreenteam@trinity.org](mailto:HTgreenteam@trinity.org).

## ANNOUNCEMENTS



### Thank You Johnnie Greene!

Please join us in saying thank you and farewell to valued employee Johnnie Greene on **February 5** from 12-2pm in McKenna Hall. Johnnie has been with Holy Trinity almost 20 years in the facilities department, and he will be greatly missed. All are welcome to attend the lunch. Please RSVP to [communications@trinity.org](mailto:communications@trinity.org). Cards may be left at the front desk of the Parish Center.



### Holy Land Pilgrimage Gathering

Please join Father Kevin and former pilgrims to the Holy Land on **January 26** at 10:10am in the Chapel of St. Ignatius. Hear from those who have experience the pilgrimage and learn more about the June Pilgrimage with Father Brendan Lally, S.J. No RSVP is required.

### First Eucharist Parent Meeting #2

**January 26**, Trinity Hall, 10:10 am. Student resources and materials for parents will be distributed. All parents and guardians who will accompany their child on the journey of preparation need to attend. For more information, please contact Judith Brusseau.

### RE Room Parent Meeting

**February 2**, 10:10am, Upper School Cafeteria  
The parents who serve as room parents should attend this meeting to assist in the ongoing support of the Sunday Morning Religious Education Program. Additional materials will be emailed to you. Contact [REAdmin@trinity.org](mailto:REAdmin@trinity.org) for additional information.

### Baptism Preparation

A session will be offered **February 10** at 7pm in McKenna Hall. Please register [www.trinity.org/infant-baptism](http://www.trinity.org/infant-baptism) or contact [REAdmin@trinity.org](mailto:REAdmin@trinity.org) for more details.