

MASS SCHEDULE

Weekend Masses

Saturday at 5:00 pm
Sunday at 9:00 am
Latin Mass at 11:00 am

Confessions

First Saturday 10:30 - 11:15am
Saturday 11:00 am - 12:00 pm
Saturday 4:00 - 4:40 pm

Weekday Masses

Tuesday 12:00 pm
Wednesday - Friday 9:00 am
First Saturday 10:00 am

Holy Day Masses

9:00 am and 5:30 pm

Adoration & Holy Hour

First Fridays 9:30 am - 3:30 pm
First Saturday after Mass until 11:15 am
Saturdays 11:00 am to 12:00 pm

Anointing of the Sick

By request - contact the parish office

CLERGY

Pastor: Fr. David Boroff ext. 2
pastor@holytrinitycos.org

Deacon: Andy Dunnam
dcnadunnam@holytrinitycos.org

Deacon: Pete McCann. ext. 4
denpmccann@holytrinitycos.org

STAFF:

Becki Phelps ext. 0

Pastoral Secretary
hparishoffice@holytrinitycos.org
Text 719-493-0393

Dr. Sharon Hershey, OCDS
Music Director
music@holytrinitycos.org

Ryan Dayberry. ext. 3
Director of Facilities
facilities@holytrinitycos.org

Catholic Legacy Society
Jamie Crane 866-6518
jcrane@dioces.org

Office Hours:
9:30 am - 2:00 pm Monday - Thursday
9:30 am - 12:00 pm Friday

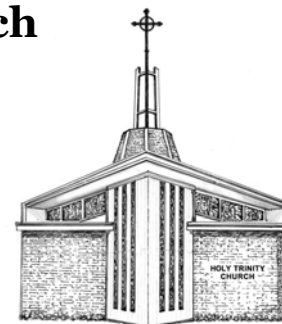
Parish Office is located in the house to the north of the church.

The nearest Catholic schools are:
Elementary: Corpus Christi Catholic School, 2410 N. Cascade, phone: 632-5092
CorpusChristicos.org

High School: Our Lady of Walsingham, 2410 N. Cascade Phone: 719-368-9131
St. Mary's, 2501 E. Yampa St.,
Phone: 635-7540

Holy Trinity Catholic Church

3122 Poinsetta Drive
Colorado Springs, CO 80907
Phone: 719-633-2132



Website: www.holytrinitycos.org
Email: holytrinitycatholicparish@comcast.net
Social Media: Facebook & Gab



The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.” (Mark 1:12-13)

First Sunday of Lent
February 18, 2024

Readings

Feb 18, 2024 through Feb 25, 2024

Sunday: Gn 9:8-15, Ps 25:4-9, 1 Pt 3:18-22, Mk 1:12-15
Monday: Lv 19:1-2, 11-18, Ps 19:8-10, 15, Mt 25:31-46
Tuesday: Is 55:10-11, Ps 34:4-7, 16-19, Mt 6:7-15
Wednesday: Jon 3:1-10, Ps 51:3-4, 12-13, 18-19,
Lk 11:29-32
Thursday: 1 Pt 5:1-4, Ps 23:1-6, Mt 16:13-19
Friday: Ez 18:21-28, Ps 130:1-8, Mt 5:20-26
Saturday: Dt 26:16-19, Ps 119:1-2, 4-5, 7-8, Mt 5:43-48
Sunday: Gn 22:1-2, 9a, 10-13, 15-18, Ps 116:10, 15-19,
Rom 8:31b-34, Mk 9:2-10

Leave a Legacy to Holy Trinity

When planning your estate, please consider including *Holy Trinity* in your will. Bequests and/or planned gifts are wonderful opportunities to provide the Church with a significant gift in your memory. Contact Jamie Crane, Director of Development and Planned Giving at jcrane@diocs.org or 719-866-6518.

Update Membership Information

If you have moved, changed your phone number, name or email address, have a new baby in the family or a child who is no longer living at home, please let us know so we may update your registration. Please call the church office at 633-2132 or email [hparishoffice@holyltrinitycos.org](mailto:htparishoffice@holyltrinitycos.org). Thank you for your help!!

Sacraments

Baptisms: Baptism preparation class is required for all parents and godparents, and they must be registered in a Catholic parish and members in good standing.

Contact the parish office to schedule an appointment.

Marriage: All engaged couples participate in a Marriage Preparation Program (a policy of the Diocese of Colorado Springs), Contact the parish office AT LEAST ONE YEAR IN ADVANCE of your planned marriage to begin preparation.

Sacrament of the Sick/Emergencies: Dial 633-2132, x1002. Calls are monitored on a regular basis.

Funerals: Please call the parish office **before** scheduling date and time with a funeral home. The parish office schedules presiders, musicians, and servers in consultation with family members.

Please contact the parish office for additional information at (719) 633-2132.

Marian House Soup Kitchen

When: February 29, 2024 (Always the LAST Thursday and FIFTH Saturday of the Month)

Where: Marian House Kitchen, 14 W. Bijou St.

Time: 7:00am – 1:30pm

What: Marian House Kitchen is now serving hot lunches every day.

Needed: 10 Holy Trinity Volunteers

Please call or e-mail the office if you have any questions or if you wish to volunteer your time working at the Marian House Soup Kitchen. We will get you in touch with Evelyn or Dick as soon as possible. May the good Lord bless all abundantly!!!

Essential donations are needed for the Marian House Kitchen, Marian House Marketplace, and Family Connections:

- Fresh produce
- Canned goods (vegetables, fruit, soups, ready to heat items)
- Dry goods (e.g. cereal, rice, beans, pasta, flour, powdered milk)
- Professionally packaged frozen meat within 1 year of expiration date
- Non-soda beverages (milk, water, juice)
- Hygiene products, bathroom tissue
- Household cleaning products (incl. laundry: liquid, pods, powder, paper towels)
- Frozen ready-to-heat meals within 3 months of expiration date (pizza, lasagna, pot pies, etc.)
- Dairy (butter, margarine, cheese)
- Baby wipes
- Baby food (jars or squeezable tubes)
- Pull-ups (all sizes)
- Formula (Enfamil AR)
- Formula (Enfamil – Gentlease)
- Size 6 diapers

Donations are received at 14 W. Bijou St, Colorado Springs CO 8:00 a.m. to 2:00 p.m. Monday – Saturday. . **Questions, please call the donations line at 719-229-9942.**

Communion to the Homebound

Do you know someone in our parish who is temporarily or permanently homebound or in a nursing home and would like to receive communion weekly? Please call the office to schedule a homebound visit or to schedule a nursing home visit. If you are a mandated EMHC or would like to become one and would like to volunteer for this ministry, please contact the parish office.

First Sunday of Lent

February 18, 2024

Weekly Events Calendar

Sunday, Feb 18

Coffee & Donuts after Mass until 1:00 pm - cafeteria
 10:00 am: Adult Catholic Studies - Hope House
 11:30 am: RCIA/Catholic Refresher Course - HH
 1:00 pm: Senior Dinner - cafeteria

Monday, Feb 19

7:00 pm: Boy Scouts - Hope House

Tuesday, Feb 20

6:30 pm: Latin Study Group - Hope House

Wednesday, Feb 21

6:00 pm: Finance Council - Hope House**

Thursday, Feb 22

9:30 am: Bible Study - Hope House
 6:00 pm: Knights of Columbus - Hope House

Friday, Feb 23

5:30 pm: Fish Fry - cafeteria
 6:00 pm: Confessions - Church
 6:30 pm: Stations of the Cross - Church

Saturday, Feb 24

10:00 am: Latin Mass, followed by Confession - Church

Sunday, Feb 25

Coffee & Donuts after Mass until 1:00 pm - cafeteria
 9:50 am: Children's Religious Ed - classroom
 10:00 am: Adult Catholic Studies - Hope House
 11:30 am: RCIA/Catholic Refresher Course - HH
 12:00 pm: Catholic Trivia

Second Collections

Feb 18 Black & Indian Missions

Mar 29 Holy Land

Offertory

Offertory Feb 11	\$	6,064.02
Weekly Goal	\$	7,400.00
YTD Goal	\$	244,200.00
Actual Offertory to Date:	\$	269,378.31
Over (Under) Goal	\$	25,178.31

Thank you to all who continue their support to the church with tithes. Please feel free to continue to mail or drop off your donation at the office.

You may also donate online at : www.holytrinitycos.org .

On-line Donations:

There are two DONATE HERE buttons on our web page. Quick Links on the right side or under the Follow Us On Facebook link. When you click on either of the DONATE HERE buttons, it will take you to a donation page that has 'Holy Trinity Catholic Church' and a little tiny picture of our parish in the upper left hand corner. If you have any questions, please call the office.

Mass Times & Intentions

Monday, Feb 19

No Mass

Tuesday, Feb 20

12:00 pm: Jorge & Maria Llamas
 by: Christina Brasuel

Wednesday, Feb 21

9:00 am: † Evelyn Graski
 by: Jane & Vince Biondi

Thursday, Feb 22

9:00 am: † Val Karels Jr
 by: Myra Karels

Friday, Feb 23

9:00 am: Family of Val & Lola Karels
 by: Myra Karels

Saturday, Feb 24

5:00 pm: Dan Pitsko
 by: Chuck & Susan Pavlica

Sunday, Feb 25

9:00 am: † Val Karels Jr
 by: Myra Karels
 11:00 am: Pro Populo

To request a Mass intention, please call or email the parish office. Donations for already requested Masses can be made through the parish website, by check or cash. Be sure to specify 'Mass Intentions' with your donation so we can match it to the requested date.

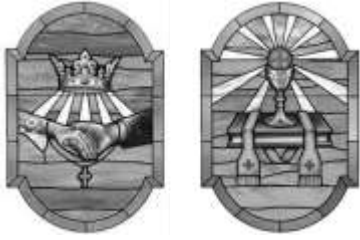
Vocations Prayer Calendar

Please pray for our Diocesan Seminarians and Priests. This week's schedule is:

Feb 18: Fr. Dennis Gordon, FSSP
Feb 19: Permanent Deacons in the Diocese
Feb 20: Dominic Ambuul, Mt. St. Mary's Seminary
Feb 21: St. Gregory the Great College Seminary
Feb 22: Mark Rocco, Mt. St. Mary's Seminary
Feb 23: Dcn. Anthony Ambuul, Mt. St. Mary's Seminary
Feb 24: Vincent Smith, Mt. St. Mary's Seminary

Eternal Father, we lift up these priests, deacons, and seminarians of our Diocese. Sanctify them, protect and guide them, and mold them into the likeness and holiness of Your Son, Jesus, the Eternal High Priest. May their lives be pleasing to You. In Jesus' name we pray. Amen.

REFRESH YOUR FAITH!!!



On **February 18th**, we will study the two Sacraments of Healing: Penance and Anointing of the Sick. We will learn about each sacrament's analogy, form and matter, graces, and Biblical foreshadowing. We will also discuss the elements of the Sacrament of Penance and the visible signs of the Sacrament of Anointing.

On **February 25th**, we will first discuss Matrimony, the lifelong covenant of life-giving love. We will discuss the signs of a sacramental marriage and also review the role and mission of the family.

We will then discuss Holy Orders and the ministerial priesthood and apostolic succession handed on through it. We will also learn about the signs and effects of the Sacrament, the three degrees of Holy Orders, the important role of priestly celibacy, and the clear reasons for restricting the Sacrament to men.

Our upcoming Refresh Your Faith classes are:

Feb 18 Preparing for Penance and the Sacraments of Healing

Feb 25 The Sacraments of Service & Communion

Mar 3 Prayer and Devotions 1

Mar 10 Prayer and Devotions 2

Refresh Your Faith meets in the Hope House on Sunday mornings at 11:30.

Wells of Salvation Almsgiving

During Lent, we invite you to participate again in "Wells of Salvation." This is a program through Cross Catholic Outreach. Its purpose is "to quench thirst and build a brighter future" for people in Malawi and Zambia. Not only will Cross Catholic construct wells, they will also deliver protein-rich meals, build an operating room in Zambia, and provide expanded mobile clinics in Malawi. They will also build a church in Malawi and provide spiritual training, catechist formation, and Bibles in both countries.



Much more information will be available in the coming weeks. Holy Trinity will be doing "Wells of Salvation" again for our almsgiving this year. We hope you will join us.

Ember Days

February 21, 23, & 24: Spring Ember Days

The Ember Days are penitential days to sanctify the four seasons of the year. The faithful are encouraged to do penance for the intention of the Church through fasting and prayer on the Wednesday, Friday, and Saturday of Ember Weeks. In the Diocese of Colorado Springs, we especially pray in reparation for those affected by abuse and scandal.

Ember Saturday

We will have a Latin Mass for the Ember Saturday at 10:00 am February 23, 2024. Confessions will be available following Mass until 11:30 am.

Latin Mass Altar Boy Training

We will have altar boy training following the Latin Mass on Sunday, March 3rd.

TRIVIA with Coffee & Donuts

Next Sunday, February 25th, there will be a Catholic trivia in the cafeteria along with coffee and donuts after the 11am Mass. Prizes will be offered for the children's trivia as well as the adults! Everyone is welcome!

A poster for a concert. At the top left is the Diocese of Colorado Springs logo. In the center is a large, ornate 'RC' monogram. To the right is a circular logo that says 'FREE WILL OFFERING'. Below these is the text 'THE ROMAN CATHOLIC CHAMBER CHOIR PRESENTS'. The main title is 'Our Inner Light' in a large serif font, followed by 'A candlelight concert for Eucharistic Revival' in a smaller serif font. Below that, it says 'LIVE PERFORMANCE WITH GUEST ARTISTS' and 'Choral Works by: Palestrina, Byrd, Dickau, Rutter'. The venue is 'SACRED HEART CATHOLIC CHURCH' at '2030 W. Colorado Ave., Colorado Springs, CO 80904'. The date and time are 'Sunday, March 10, 2024 4:00PM'. At the bottom, it says 'R.C.C.C. ARTISTIC DIRECTOR, Audrey Sujkowski'.

Diocesan Ministry Appeal

Today's Gospel said that Jesus "remained in the desert for forty days" (Mark 1:13, emphasis added). Remaining with Jesus in the desert is not easy. (Welcome to Lent.)

Further driving home how difficult it is to follow him, in Luke's Gospel, Jesus warns, "If anyone wishes to come after me, he must deny himself and take up his cross daily" (Luke 9:23). Yet on another note, in John's Gospel, Jesus commands us, "Remain in my love" (John 15:9). Remaining in Jesus' love isn't easy, either—especially when it involves the desert.

Feeling like it's too difficult to do this by ourselves is okay. It's often exactly where God wants us—because it pushes us to rely on Him. That can be a place of profound growth. Our parish, and those we serve, relies on you to help us meet our many needs and the needs of our community. As you lift the cross Jesus

asks of you this Lent, please remember our Diocesan Ministry Appeal. We are counting on you. This Lent, count on us, and count on God! We'll walk in the desert with you.



Diocesan Ministry Appeal Update

Parish Goal	\$50,990.00
Total Pledged	\$15,624.00
Percentage of Goal	30.64%
Total Collected to Date	\$10,092.50
% of Goal Collected	19.79%

Adoration



First Friday Adoration will be available following the 9:00 am Mass until Benediction at 3:30 pm.

March 1st.

Please come spend time with Jesus.

Food Item of the Week

Feed the Poor . . . Please help us feed the poor by donating the following item of the week:

“Canned Vegetables”

Adult Catholic Studies



On **February 18th**, we encounter the Seven Angels and the final plagues which signal the end of God's wrath. These plagues parallel those that befell Egypt and those initiated by the Seven Trumpets. The Seven Angels pour the bowls of God's wrath (judgments) on the Earth. These are meant to prompt us to prayer and repentance, so He can forgive us.

On **February 25th**, we focus on the remaining bowls containing the final plagues. These most severe plagues complete God's Judgment upon evil. John is then carried away and sees a vision of a city, the great whore of Babylon, destroyed. Those who profited from Babylon's corruption mourn. But heaven's inhabitants rejoice in their salvation.

Our upcoming Adult Catholic Studies classes are:

- Feb 18 The Seven Angels and Seven Bowls of God's Wrath; The Great Whore and the Scarlet Beast; The Fall of Babylon**
- Feb 25 The Seven Angels and Seven Bowls of God's Wrath; The Great Whore and the Scarlet Beast; The Fall of Babylon**
- Mar 3 The New Heaven, New Earth, New Jerusalem; The River of the Water of Life; Epilogue and Benediction**

Holy Trinity Adult Catholic Studies meets Sundays at 10 am in the Hope House.



Ladies Guild Spring Craft Fair

The Holy Trinity Spring Craft & Gift Fair will be held Saturday, March 16, 2024 from 9:00 am to 6:00 pm and Sunday, March 17, 2024 from 9:00 am to 1:00 pm.

Catholic FYI

For Byzantine Catholics during Lent:

“...The first day of Lent is also called Clean Monday because of what would traditionally be removed from our homes. Just as a faithful Jew would cleanse his house of all leaven in preparation for Passover (see 1 Corinthians 5:7), so we cleanse our houses of all meat, eggs, and dairy in preparation for Lent. (This is why the two weeks before Lent are called Meat Fare and Cheese Fare. It’s on those weeks that we say goodbye to those foods). While the practice of abstaining from meat, eggs, and dairy throughout the entire Fast is not required by Church law, it is what has been traditionally expected of all Byzantine Christians. What is required in most traditions is fasting and abstaining from meat, eggs, and dairy on Clean Monday and Great and Holy Friday (Good Friday). Abstaining from meat is also required every Wednesday and Friday of Lent.

To read the entire article, go to <https://media.ascensionpress.com/2020/03/02/lent-in-the-byzantine-catholic-tradition/>

Printer help??

Have you worked on a Konica/Minolta Bizhub C350 in the past? Do you know of someone who has experience with this printer? If so, please contact the office. Thank you!!



Lent Schedule during the Week

Friday, February 23
Fish Fry 5:30 pm, (cafeteria)
Confessions 6:00 pm, Stations 6:30 pm

Saturday, February 24
Ember Day Latin Mass 10:00 am,
Confessions following until 11:30

Friday, March 1
First Friday Adoration 9:30 - 3:30 pm
Soup Supper 5:30 pm, (Hope House)
Confessions 6:00 pm, Stations 6:30 pm

Saturday, March 2
First Saturday Mass 10:00 am,
Adoration/Confessions following until 11:30 am

Friday, March 8
Fish Fry 5:30 pm, (cafeteria)
Confessions 6:00 pm, Stations 6:30 pm

Saturday, March 9
Adoration/Confessions 11:00 am - 12:00 pm

Friday, March 15
Soup Supper 5:30 pm, (Hope House)
Confessions 6:00 pm, Stations 6:30 pm

Saturday, March 16
Latin Mass 10:00 am
Confessions following until 11:30 am

Thursday, March 21
Confessions 3:30 pm - 4:30 pm

Friday, March 22
Soup Supper 5:30 pm, (Hope House)
NO confessions, Stations 6:30 pm

Saturday, March 23
NO morning Adoration/Confessions



Not to oppose error is to approve it, and not to defend the truth is to suppress it” - Pope St. Felix III



Feb 24 /Feb 25 ***2nd Sunday of Lent***					
5:00 PM			9:00 AM		
S	Mike	Bartusek	S	Doug	Fackelman
S	John	Dronenburg	S	Dick	Koprowski
L1	Susan	Pavlica	L1	Pauline	Staton-Dunn
L2	Phil	Pratt	L2	Dick	Koprowski

Lent: A Time to Unite Body & Soul to Christ

Once again, the season of Lent is upon us. It almost seems as though we have gone from Christmas right into the penitential season of Lent. Even so, we must prepare in both body and soul as we walk with Our Lord in the desert and to Golgotha.

In the wonderful book, *Meditations for Lent*, (which is a collection of sermons from Jacques-Benigne Bossuet for each day of Lent) the editor begins with a discussion of Jesus and the path to salvation. It can be difficult in our busy days to remember that Lent has everything to do with our salvation. Lent has everything to do with the meaning of life, which is holiness.

The Lord tells us in Luke 13:24 to “strive to enter by the narrow door.” How should we understand these words?

We might understand him this way: “You, you give your heart to me, without reserve; this is the one thing needful. Do not allow your attention or your affections to be drawn away from my words, from my Sacred Heart. I am the Good Shepherd who will never leave you. In love, I will offer my life for you on Calvary; in love, will you offer your life for me and not count the cost? This is the proof of friendship, of love: to give all. I am the door; if you enter by me, you will be saved. You say that I am the Lord, the Messiah. Now give this belief flesh in your life. Follow me to Jerusalem.

— Christopher O. Blum, Editor, *Meditations for Lent*, x.

It is in Lent that the Church walks the path to Calvary so that we may be fully united to Christ. It is the time the Church reminds us to give everything to Christ. The great climax will be during Holy Week, as we celebrate the Sacred Triduum. Here at the beginning of Lent, we must prepare our bodies and souls for the journey we are walking with Our Lord.

Why is Lent essential?

Lent is an inherently difficult season for all of us. Every single one of us has vices and sins we cling to no matter how many times we go to Confession and work to overcome them. Remember the words of St. Paul, What I do, I do not understand. For I do not do what I want, but I do what I hate. (Rom. 7:15).

This battle with sin and weakness is lifelong. Most of us are not yet saints. In striving for holiness we must confront these weaknesses within ourselves, but under the guidance of Our Lord through the Church. Lent is the time in the liturgical calendar for our complete focus to be given over to Him through penitential and sacrificial practices. We should be striving to overcome our proclivities year round, but Lent is the perfect time to establish good habits while focusing on the undeserved, but gratuitous nature of the Paschal Mystery.

Lent begins with the Temptation in the Desert. After His Baptism, Our Lord goes out into the wilderness to contend with Satan and the sins which beguiled Israel throughout her history. The desire for worldly goods and power not only led to Israel’s unfaithfulness and idolatry, but they are the same temptations you and I fight against daily. In Our Lord’s Temptation we are shown it is possible to conquer these desires within ourselves through Him. These sins can be overcome by keeping our eyes fixed on Him and asking for the grace

and strength to continue on the path. The goal for our lives is to hear: “Well done thy good and faithful servant” (Matthew 24:21) when we come before the Judgment Seat at the end of our earthly lives.

Tempering the Body

“The flesh is weak, but the spirit is willing” (Matthew 26:41). How many of us battle the flesh daily? We live in a culture that bombards us with images meant to invoke lust or overindulgence. TV, radio, Internet, all of these mediums (which are good within themselves) call us to carnal desires over temperance and holiness. We live in a super-sized, materialist, and over sexualized culture. All of these agendas impact us in one way or another. We are confronted with these temptations on a daily basis whether it be overeating, pornography, greed, or one of the many other forms these temptations take. These temptations target the flesh, but what we do to our bodies has a deep impact on our souls. For those of us who have not mastered temperance, myself included, the flesh does indeed seem weak. At times it seems insurmountable.

Our bodies are a good God has given us. We are not just spirits, we are body and soul. That reality will not change at the Resurrection at the end of time when we will be reunited with our glorified bodies. Far too many of us live as if our bodies matter little. It’s as if we are unconsciously living a heresy in denying the reality of our bodies. Lent is a time to work on conquering the flesh. It is a time to temper our bodies so that they may be rightly ordered to God.

Many people give up chocolate, sweets, or some other treat, but is this really enough? Is just giving up chocolate going to help you or me on the path to holiness? Does this particular fast get at the root of our personal vices? If we struggle with sugar, then yes, this would help with temperance. The question we really have to ask ourselves is: What are my bodily vices and sins? Vice is disordered or inordinate. Sweets are a good in themselves, as is all food. It really boils down to whether or not we control food or lust, or if they are controlling us. This is not about our culture’s worship of nutrition and the body. This is about healthy choices that are rooted in the virtues. It’s about making wise decisions about what we watch or ingest through media. Should we watch a show that invokes lust within us or is meant to invoke lust? We are called to have pure hearts, so we have to make judgments guided by our love for Christ.

My challenge for all of us is to focus this Lent on those areas where we allow the flesh to rule us. This can be tempered through giving up certain items, focusing on moderate doses, or an increase in fasting throughout the Lenten season. We can go above and beyond the fasting guidelines for our particular Rite. There are a wide variety of fasting traditions throughout the universal Church.

Strengthening the Spirit

We begin Lent remembering we are dust. This is marked on our foreheads on Ash Wednesday as a sign to us and the world. It is a reminder that we will all die. This sign allows us to begin to focus on our eschatological end: Eternal life. As we walk with Our Lord in Lent, we must spend serious time with Him in prayer and in the Sacraments. If we do not pray, we cannot move forward on the path to holiness. We will stay firmly planted where we

are, and if we are not praying, we need to consider why and if it is tied to the sin of sloth. If it is sloth, Lent is a good time to rid ourselves of this dangerous sin. Sloth is sorrow at the spiritual life. Mass is boring and burdensome. Prayer is too hard. Lent is so long. Sloth is to say no to God. Sloth greatly impedes our relationship with Christ and the Church. It is a deadly sin for a reason and that is because it causes us to distance ourselves from God in one way or another.

Lenten Spiritual Practices

Jesus Christ, Our Lord, the King of the Universe, took on human flesh and died a brutal, humiliating death on the Cross. He has given us the grace we need to persevere through the Sacraments and His Church. We have no excuse for denying what is rightly His: Our whole lives. Lent is the time to give everything back to God. It is a time to focus on prayer or begin praying if we haven't been doing it. We can go to daily Mass when our schedule permits or participate in the Stations of the Cross on Friday evenings at our parishes throughout Lent. We are walking towards Calvary, with our own Crosses with Christ as our guide. Meditating on the Stations is a profound spiritual exercise which helps us to unite ourselves entirely to Our Lord.

It's also good to remember in tempering the body, we are strengthening our spirits. We develop habits that make it easier for us to fight against temptation. Prayer reminds us to give everything up to God, especially in moments of weakness. If we do give into temptation, as we all do, then the Sacrament of Penance is always open to us. In fact, a great Lenten spiritual practice would be to go to biweekly, or monthly Confession. It is amazing how through frequent Confession Our Lord opens our eyes to the sins we cling to over our love of Him.

Spiritual reading is also a great addition to prayer. We are called to learn more about our Faith. The Church has 2000 years of spiritual material at our disposal, we only have to look and make the choice to read it. Meditations for Lent is a beautiful book with reflections for every day of Lent. Lent can seem long and when we fail in our penitential acts we can feel bogged down and give up. When we do fail we must pray for the grace and strength to get back up and try again. Our Lord fell three times on the way to His Crucifixion. We will fall, but Christ will help us up and point us to our ultimate home.

May God bless you abundantly during this Lenten season.

Please pray for...

Jennifer Ayala ~ Barbara Barbee ~ Brent Barkley ~ Michael Becerra ~ Kimberly Bergeron ~ Tom Berwager ~ Patricia Beyerl ~ Alverna Bieker ~ Brett Billesbach ~ John Billesbach ~ Mark Billesbach ~ Mike Bosso ~ Georgina Bromberick ~ Don Brown ~ Bernadette Bruno ~ Ken & Catherine Budzon ~ Ralph Cabrera ~ Charles Caldon ~ Zachary Canaday ~ Joan Carr ~ Bill & Freeda Chase ~ Cerissa Cheffy ~ Jamie Chitwood ~ Cheryl Collins ~ Tara Conklin ~ Henry Copeland ~ Karen Cross ~ Mercy Cruz ~ Amanda Dennis ~ Elaine DeWitt ~ John DeWitt ~ Leon Dunn ~ Carol Durell ~ Anita Edwards ~ Shari Edwards ~ Rochelle Epperson ~ Tim Epperson ~ Mildred Espinoza ~ Anthony Falletta ~ Matthew Feller ~ Mick Finnerity ~ Kevin & Dustie Flynn ~ Demian Fontanella ~ Cindy Fuller ~ Randy Garcia ~ Barbara Garcia ~ Elizabeth Gohlke ~ Tom Gonzales ~ Jennifer Gonzalez ~ Donna Griffin ~ Timothy Hagin ~ Robbie Harmes ~ Betty Hart ~ David Hocens ~ Drew Hoffman ~ Karrie Hoskisson ~ Barbara Isner ~ Eric Jones, Jr. ~ Jadon Michael Kalp ~ Stephanie Kelley ~ Mike Kenny ~ Pat Kiruy ~ Penny Klube ~ Delores Krones ~ Rose LaBlanc ~ Jim Lahey ~ Catherine Lahey ~ Ed Lahey ~ Harry Lambrecht ~ Beverly Lemmon ~ Betty Lucero ~ Scott Maestas ~ Raymond Magic ~ Heidi Arbogast Manus ~ Aiko Marinko ~ Marie Marinko ~ Ron Marinko ~ Mae Martinelli ~ Stephen Martinelli ~ Joyce Mason ~ Denise Mastro ~ Alice Matthew ~ Jesse McCoon ~ Judith McIntire ~ Louise McPhillips ~ Maria Michaels ~ Doug & Cheryl Moloney ~ Tiffany Mothershead ~ Steven Nagel ~ Mark O'Donnell ~ Ann O'Leary ~ Justin Petterson ~ Richard Phelps ~ Sarah Phelps ~ Jason Piaggio ~ Dan Pitsko ~ Danelo Pohlson ~ Jim & Jessy Pratt ~ Reed Pratt ~ David Putnam ~ Erin Quijano ~ Joseph Rivas ~ Mary Ann Rivas ~ Theresa Robertson ~ Valerich Romero ~ Tony Rowan ~ Cliff Rutherford ~ Jennifer Rutherford ~ Andy & Dee Sabol ~ Linda Schell ~ Meredith Schell ~ Ayla Anne Scott ~ Dana Scott ~ D. Gregg Scott ~ Judie Scott ~ Barbara Sebben ~ Jeff Sebben ~ Ray Seldak ~ Juanita Sharpe ~ Joseph Shirley Patrick Shook ~ Tom Sinnott ~ Adam Smith ~ Joe Arthur Stegall ~ Kathy Stiffler ~ Stanley Strock ~ Barb Taylor ~ Bob Thompson ~ Lynn Toth ~ Gloria Tuttle ~ James Vanderwerf ~ Simon Vanderwerf ~ Cynthia Vialpando ~ Carol Wadman ~ Angel Weis ~ Carole Woolman ~ Don Wurr ~ Robert Wurr ~ Verl Wurr ~ Joyce Yost ~ Wilma Young

Note: If your loved one's name has been on this list for more than two years or has recovered please call the office to remove their name from the prayer list to make room for others in need of prayer. Thank you.



New Parishioners

Not a parishioner of Holy Trinity? There are many reasons to become a registered member: religious education classes, opportunities for Christian service in the community, letters of recommendation to serve as godparents and sponsors for newcomers to the faith, pre-printed tithing envelopes (if desired), an annual report of your charitable offerings and a subscription to the Colorado Catholic Herald. Registration forms are available in the foyers or online at www.holytrinitycos.org.

Bulletin Announcements

Bulletin announcements must be submitted no later than noon on Tuesday. Please send announcements to : htparishoffice@holytrinitycos.org.

Volunteer Ministries at Holy Trinity

Adoration	Cindy Dronenburg
Altar Linens	Pauline Staton-Dunn
Altar Servers	Clergy
Baptismal Prep Classes	Clergy
Bereavement Dinners	Judie Scott
Bulletin Stuffers	Elaine Ivan
Coffee and Donuts	Bud & Judie Scott
Communion - Home Bound	Judie Scott 550-0943
Communion - Nursing Homes	Clergy
Confirmation	Joan Kilman
Environment	Gretchen Dunnam
Faith Formation	Joan Kilman
Finance Council	Bill Zimkus
FOCCUS	Den Andy & Gretchen Dunnam
Health and Wellness	
Holy Trinity Ladies Guild	Judie Scott
Knights of Columbus	John Dronenburg
Lectors / EMHCs / Greeters	Chuck Pavlica
Lending Library	
Lighthouse Catholic Media	Darrin French
Marian House Soup Kitchen	Dick & Evelyn Koprowski
Marriage Prep / Marriage Retreat	Pastor
Money Counters	Jane Biondi
Outdoor Environment	Danielle Hrovat
Pastoral Council	Don Dornan
RCIA	Phil & Connie Pratt
Respect Life	Matt Niedzielski
Scouts	Mike Bartusek
Senior Dinners	Mike Bartusek
SHARE Food Program	Jane & Vince Biondi
& Giving Tree	Larry & Mary Thompson
Stewardship	Susan Pavlica
Ushers	Pete Dunn
Vocations	Pastor
Welcoming Newcomers	

For more information, call the Parish Office 633-2132

Adoration



The quotation above, from Mother Teresa, sums up the gift of Adoration. You may have heard of the benefits of Adoration:

- ◆ Falling in love more deeply with God
- ◆ Developing a sense of awe and wonder
- ◆ Experiencing peace in other aspects of your life
- ◆ Renewal of Catholic family life
- ◆ Increase in religious and priestly vocations
- ◆ Increase in Mass attendance and sacraments, and return of fallen away Catholics

But, you may wonder, what do I DO during Adoration? There are many answers! You may:

- ◇ Talk to Our Lord and share with him what is on your heart
- ◇ Read Sacred Scripture or theological writings
- ◇ Pray the rosary, or pray other prayers
- ◇ Write your thoughts in a journal
- ◇ Meditate on the daily readings
- ◇ Contemplate faith, hope, charity, and/or the Beatitudes
- ◇ Think of all of the blessings God has given you
- ◇ Just **BE** with Jesus!

Join us for Adoration of the Blessed Sacrament
Friday, March 1, 9:30-3:30

Sign-up sheets will be in both foyers next weekend. Come and spend an hour with Our Lord.

** If you cannot commit to an hour, come and spend what time you can.**

“Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us.” - St. Alphonsus Liguori