

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 5:00 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. 1001
pastor@holytrinitycos.org

Deacon: Andy Dunnam
dcnadunnam@holytrinitycos.org

Deacon: Pete McCann. ext. 1004
denpmccann@holytrinitycos.org

STAFF:

Becki Phelps ext. 1000
Pastoral Secretary
htparishoffice@holytrinitycos.org

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

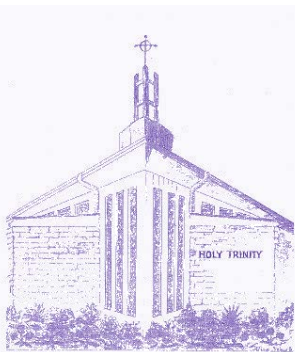
Ryan Dayberry. ext. 1003
Director of Facilities
facilities@holytrinitycos.org

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
High School: 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
SOCIAL MEDIA: FACEBOOK & GAB
EMAIL: HOLYTRINITYCATHOLICPARISH@COMCAST.NET



“At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. . .” (Matthew 4:1-2)

First Sunday of Lent
February 26, 2023

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	Terry & Judy McIntire
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	Dcn 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 & Giving Tree	Jane & Vince Biondi
Stewardship	Larry & Mary Thompson
Ushers	Susan Pavlica
Vocations	Pete Dunn
Welcoming Newcomers	Pastor

For more information, call the Parish Office 633-2132 x 0

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.

Rite of Christian Initiation of Adults (RCIA)

**Do you want to better understand
the Catholic Church?**

**Do you wonder what your
Catholic spouse believes...
and why?**

**Have you ever thought about
entering the Catholic Church?**

**Have you been baptized but have
not yet received the Sacraments of
Eucharist and Confirmation?**

If you answered yes to any of these, we hope you'll consider the Rite of Christian Initiation of Adults (RCIA).

Our RCIA program offers the opportunity to learn about the Church's beliefs, Biblical foundations, and beauty...as well as her 2000-year-old history, traditions, and practices.

Our classes focus on the teaching of the Church and the experience of being Catholic. They will prepare you to enter the Church at Easter, when we celebrate the sacraments of Baptism, First Communion, and Confirmation.

Please join our RCIA process, to ask your questions, get answers, and share your own insights and faith story.

**YOU HAVE NOTHING TO LOSE...
AND ETERNITY TO GAIN!**

For more information, please contact us at
(719) 633-2132, Ext. 0 or rcia@holytrinitycos.org.

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.

Weekly Events Calendar

Sunday, Feb 26

Coffee & Donuts after Mass - 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

Monday, Feb 27

7:00 pm: Boy Scouts - Hope House

Tuesday, Feb 28

6:30 pm: Latin Study Group - Hope House

Thursday, Mar 2

6:30 pm: Sts. More & Fisher Society-Hope House

Friday, Mar 3

9:30 am-3:30 pm: First Friday Adoration - Church
 5:30 pm: Soup Supper - Hope House
 6:00 pm: Confessions - Church
 6:30 pm: Stations of the Cross - Church

Saturday, Mar 4

10:00 am: Mass, Adoration and Confession - Church

Sunday, Mar 5

Coffee & Donuts after Mass - 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

Adoration



First Friday Adoration will be available following the 9:00 am Mass until Benediction at 3:30 pm. March 3rd. Please come spend time with Jesus.

Offertory

Offertory February 19	\$	6,128.00
Weekly Goal	\$	7,000.00
YTD Goal	\$	238,000.00
Actual Offertory to Date:	\$	244,775.65
Over (Under) Goal	\$	6,775.65

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 27

No Mass

Tuesday, Feb 28

5:00 pm: Colleen Kilman
 by: Noble & Kathleen Kilman

Wednesday, Mar 1

9:00 am: † Lori Urbanski
 by: Matt Niedzielski

Thursday, Mar 2

9:00 am: Celeste Valencia
 by: Theresa Steward

Friday, Mar 3

9:00 am: † Dan & Chris Nichols
 by: John & Cindy Dronenburg

Saturday, Mar 4

10:00 am: Alverna Bieker
 by: Mary Harrison
 5:00 pm: Deacon Chris Phelps
 by: Becki Phelps

Sunday, Mar 5

9:00 am: † June Bonini
 by: Nancy McBeth
 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

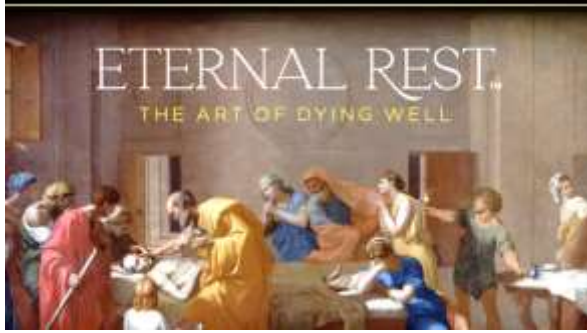
Please pray for our Diocesan Seminarians and Priests. This week’s schedule is:

- Feb 26:** Transitional Deacons being Ordained this year
- Feb 27:** Dcn. Thomas Pressley, Mt. St. Mary’s Seminary
- Feb 28:** Military Chaplains
- Mar 1:** Leaders who form Seminarians
- Mar 2:** The Church around the World
- Mar 3:** Deceased Priests of the Diocese
- Mar 4:** †Most Rev. Michael J. Sheridan

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.

Adult Catholic Studies

OUR SPECIAL LENTEN PROGRAM



On **February 26th**, we will explore this Problem of Death...and be reminded that Christ on the Cross has set it all right, turning the earthly grave from a pit into a door. We Catholics begin each Lent with ashes rubbed on our foreheads and “remember you are dust” ringing in our ears. The Church, in her wisdom, has set aside a long season for pondering death, Our Lord’s...and our own.

We know, of course, that death is inevitable and that, like the end of a great story, it reveals life’s true meaning. We also know that the way we live and die in time and space determines where we will spend eternity.

Even so, we try not to think too deeply about death. Created to live forever with the Holy Trinity, we rightly recognize that death is somehow very wrong.

On **March 5th**, we will focus on The Afterlife, that instant when our minutes run out and we experience the Particular Judgment...seeing our entire lives and instantly realizing we will forever remain what we have become. We will hear that all who end up in hell have chosen it for themselves...and that, because they closed themselves to God, their need for Him will eternally burn them.

We will learn purgatory makes so much sense that (as St. JPII said) if it didn’t exist, we would have to invent it. We will discover that its fires, unlike those in hell, make strong all in us that is good...like gold that is purified. We will ponder the moment Dante describes on his climb up Mt. Purgatorio, when he increasingly hears the amazing angelic singing which greets each soul as it finally steps into heaven. We will realize that, since the Beatific Vision is infinite, it will never be boring. We can enjoy it forever!

Please join us for this important Lenten Journey!

February 26: The Problem of Death
March 5: The Afterlife
March 12: The Hour of Our Death
March 19: The Faithful Departed

Holy Trinity Adult Catholic Studies meets Sunday mornings at 10AM in the Hope House. Please see the bulletin boards or contact Phil & Connie at ppratt@holyltrinitycos.org.

Marian House Soup Kitchen

When: March 30, 2023 (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.**

Inclement Weather Policy

In the event of bad weather Holy Trinity will follow both District 11 and/or Corpus Christi Catholic School policy. If either are closed or have a late start, or are e-learning, there will be no 9 am daily morning Mass. Please be prudent in making a decision to come for the daily evening Mass if weather is questionable.

RCIA & Adult Confirmation

Please pray for Kayla and Donovan Chavez as they complete their Sacraments of Initiation into the Catholic Church!

With the beginning of the holy season of Lent, we invite you, our parish family, to offer special prayers for Kayla Chavez who will complete her RCIA studies and will receive Baptism, First Eucharist, and Confirmation at the Easter Vigil, April 8th.



As Kayla approaches the Lenten Scrutinies, please ask the Holy Spirit to touch her heart during the Presentation of the Creed and of the Lord's Prayer; protect her through the very powerful Prayers of Minor Exorcism; and grant her great graces as she enters the fullness of

beauty in Christ's Church.

Please pray also for Donovan Chavez who will complete his Adult Confirmation studies and will be confirmed by Bishop James Golka at a special Mass at Holy Trinity on April 19th. Donovan and his daughter Kayla have made this year-long journey together, and it has been a joy for us to be on the road with them!



Kayla and Donovan know that their time in our RCIA and Adult Confirmation programs, and their reception of these Sacraments, is just the beginning of an active and blessed life in the Church. Please help us welcome them into our wonderful Holy Trinity community!

Phil and Connie Pratt

Craft Fair

The Spring Craft Fair will be held in the gym March 25 & 26, 2023. Please see Judie Scott for more information or contact the office.

Trinity Treasures

Cookbooks will be available after weekend Masses through February and at the Craft Fair in March. Please contact the office if you have any questions about purchasing a book.



Polish Palms

Please join us to make Polish Palms for Palm Sunday at Holy Trinity on March 12th at 12:30PM in the Cafeteria to be carried along in your Palm Sunday procession!



We will supply materials to craft paper flowers to decorate the palm branches. To make sure we have enough supplies, please RSVP by March 9th to Marie at andersonmariecarol@hotmail.com. Any donation to help cover the cost of the supplies would be much appreciated!

Friday Suppers during Lent

Holy Trinity will have Soup Suppers in the Hope House March 3, 17, and 24. We will have Fish Fries provided by the Knights of Columbus March 10 & 31.

Catholic FYI

Genuflecting

Which knee is right? The answer is right is right. A genuflection, made by bending the right knee to the ground signifies adoration, and therefore it is reserved for the Most Blessed Sacrament

Genuflection on the left knee was used to pay honor to kings and emperors and, in the church's history, to the bishop of one's diocese, but the right knee is reserved to God alone as a sign of divine worship.

In 328 BC, Alexander the Great introduced into his court -etiquette some form of genuflection already in use in Persia, a modification to the tradition of Proskynesis. In the Byzantine Empire even senators were required to genuflect to the emperor. In medieval Europe, one demonstrated respect for a king or noble by going down on the left knee, often remaining there until told to rise. It is traditionally often performed in western cultures by a man making a proposal of marriage. This is done on the left knee.

Diocesan Ministry Appeal

In today's Gospel, Jesus claims, "One does not live by bread alone" (Matthew 4:4). Jesus forewent food in the wilderness for forty days to prove it was possible. Because He is so abundant, God's spirit can sustain any need.

Our fasting shows us that this is possible in a personal, experiential way. Fasting is an act of faith that "No, I don't have to satisfy every urge." Relying on God, we aren't subservient to our urges.



Jesus tasked our parish with the mission to reach hungry souls with Jesus' sustaining bread of life. Through your generosity, you can help our Diocesan Ministry Appeal feed those who hunger—physically and spiritually. Jesus' angels ministered to Him at the end of His fast and we, too, need your help to minister to the weak. Some souls have been fasting from His love for far too long. This Lent let's work together to end that fast. They need to know His name. May the name of Jesus be glorified through our Annual Appeal!

St. Patrick's Day Parade

You are invited to join Bishop James Golka on Saturday, March 11, 2023 for the St. Patrick's Day Parade Mass at 9:30 am. St. Mary's Cathedral, 22 West Kiowa, Colorado Springs. The St. Patrick's Day Parade follows at noon on Tejon Street in Downtown Colorado Springs

Food Item of the Week

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

“canned fruit”

Diocesan Ministry Appeal Update

Parish Goal	\$56,176.00
Total Pledged	\$19,656.50
Percentage of Goal	18.63%
Total Collected to Date	\$10,466.50
% of Goal Collected	34.99%

Second Collection

Apr 7 Holy Land



Retrouvaille

A Lifeline for Marriage - Retrouvaille (pronounced retro-vi with a long i) helps couples through difficult times in their marriages. It is designed to provide the tools to help get your marriage back on track. This program has helped 10's of 1000's of couples experiencing marital difficulty at all levels including disillusionment and deep misery.

For confidential information about or to register for the program beginning with a weekend on April 14-16, 2023, call (303) 317-5111 or email: retrouvaille.co@gmail.com or visit the website at www.HelpOurMarriage.com.

St.s More & Fisher

The coming "dirty schism", the abolition of chastity, and the faith vs. "The Great Reset", as well as issues you bring, will be topics at the next Sts. More & Fisher Society meeting. You are invited to join us with your perspectives and questions on Thursday, March 2, at 6:30 PM in the Hope House.



Mar 4 / Mar 5 ***Second Sunday of Lent***

5:00 PM			9:00 AM		
S	Russell	Tamlin	S	Bob	Crowley
S	Mike	Bartusek	S	DeWayne	Scott
L1	Susan	Pavlica	L1	MaryLou	Nichols
L2	Ed	Flannery	L2	Robert	Galkowski

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 jcraane@diocs.org or 719-866-6518.



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.

Readings

February 26, 2023 through March 5, 2023

- Sunday:** Gn 2:7-9; 3:1-7; Ps 51:3-6, 12-13, 17; Rom 5:12-19 [12, 17-19]; Mt 4:1-11
- 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:** Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8; Mt 7:7-12
- 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 12:1-4a; Ps 33:4-5, 18-20, 22; 2 Tm 1:8b-10; Mt 17:1-9

Bulletin Announcements

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

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 htparishoffice@holyltrinitycos.org. Thank you for your help!!

Please pray for...

Bernal Alcon ~ Luis Alcon ~ Debbie Atencio ~ Jennifer Ayala ~ Barbara Barbee ~ Linda Bartusek ~ Michael Becerra ~ Kimberly Bergeron ~ Patricia Beyerl ~ Alverna Bieker ~ Brett Billesbach ~ John Billesbach ~ Mark Billesbach ~ Anne Boroff ~ Mike Bosso ~ Georgina Bromberick ~ Don Brown ~ Bernadette Bruno ~ Ken & Catherine Budzon ~ Ralph Cabrera ~ Charles Caldon ~ Zachary Canaday ~ Jack Carr ~ Joan Carr ~ Cerissa Cheffy ~ Jamie Chitwood ~ Venitta Chow ~ Fr. Dana Christensen ~ Irene Clowser ~ Cheryl Collins ~ Tara Conklin ~ Henry Copeland ~ 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 ~ Kathy Flanery ~ Kevin & Dustie Flynn ~ Demian Fontanella ~ Cindy Fuller ~ Randy Garcia ~ Barbara Garcia ~ Elizabeth Gohlke ~ Tom Gonzales ~ Jennifer Gonzalez ~ Donna Griffin ~ Kaitlyn & Michael Guertin ~ Timothy Hagin ~ Robbie Harmes ~ Betty Hart ~ Janice Henderson ~ David Hocens ~ Drew Hoffman ~ Karrie Hoskisson ~ Ray Jedlak ~ Linda Jenson ~ Eric Jones, Jr. ~ Jadon Michael Kalp ~ Stephanie Kelley ~ Mike Kenny ~ Pat Kiruy ~ Penny Klube ~ Evelyn Koprowski ~ Henry Kress ~ Delores Krones ~ 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 ~ Denise Mastro ~ Alice Matthew ~ Laura McCasland ~ Jesse McCoon ~ Judith McIntire ~ Doug & Cheryl Moloney ~ Carl Mosch ~ Linda Mosch ~ Tiffany Mothershead ~ Steven Nagel ~ Mark O'Donnell ~ Justin Petterson ~ Stephen & 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 ~ Linda Schell ~ Meredith Schell ~ Ayla Anne Scott ~ Dana Scott ~ Jeff Sebben ~ Ray Seldak ~ Juanita Sharpe ~ Patrick Shook ~ Tom Sinnott ~ Moira Silva ~ Adam Smith ~ Joe Arthur Stegall ~ Kathy Stiffler ~ Chris Talbott ~ Barb Taylor ~ Bob Thompson ~ Gloria Tuttle ~ James Vanderwerf ~ Simon Vanderwerf ~ Cynthia Vialpando ~ Ruben Volz ~ Carol Wadman ~ Sophie Wagner ~ JoAnn Ward ~ Angel Weis ~ Don Wurr ~ Robert Wurr ~ Verl Wurr ~ Joyce Yost ~ Wilma Young ~ Bob Zupan

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.



Lent, Confession and Repentance

Lent is the time of year when God obligates us to prepare our hearts and to purify our souls so that we are ready to receive Our Lord in His glorious coming at Easter. There's no time to delay. The Bible says, "Behold, now is the acceptable time; behold, now is the day of salvation" (2 Cor. 6:2).

During this season, every day we should try to make a good examination of conscience by asking ourselves these questions:

Is there something I can do to get closer to God?

Is there something I can do to know God better and to love Him more?

Is there some way I can increase my desire for prayer?

Is there some way I can rekindle that fire of divine love that might have gone out in my life?

Is there some way I can rid myself of the spiritual mediocrity, the spiritual indifference that I find myself in so much of the time?

Is there something I can give up?

Is there something in my life right now that is not pleasing to Almighty God?

Is there some sin that I am holding on to?

Is there some habitual sin that is separating my heart from God's loving grace?

Is there something I need to confess?

Am I crucifying Our Lord all over again by living in my sins?

Further, we should pray every day:

Lord, let there be less of me and more of You. Let me say no to my will and yes to Yours. God, give me the grace to love You more today than yesterday and more tomorrow than today.

Our Lord warned us throughout the Gospel to be watchful. We must be on our guard, and that means keeping our souls in the state of grace, because we can never know the day or the hour when He will come.

To help us to do that, Almighty God has given us the great gift of His Mercy in the Sacrament of Penance. It has become painfully obvious to me, both from personal pastoral experience and from polling data, that the vast majority of Catholics in our country gave up the practice of sacramental Confession long ago. This is truly a tragedy. First of all, the sacrament of Penance is the ordinary means for the forgiveness of mortal sins committed after Baptism. But it is also a veritable treasure of graces and spiritual strength for us in our daily struggle against sin and temptation.

Pope Pius XII said many times that the great sin of our age is, in fact, the denial of sin. “Sin” has become a dirty word that we don’t want to mention anymore, even from the pulpit. Doesn’t it strike you as odd that the more sin there is in the world, the less Catholics — clergy, theologians, and laypeople — seem to say about it? This is theological insanity. Worse, it is spiritual suicide. There is only one thing that can separate us from God, and that is mortal sin. To conceal the reality of sin is, quite simply, to play the devil’s game. It is to fall into his trap.

St. Paul tells us: “For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own likings” (2 Tim. 4:3). That day has now arrived. Most people today see enjoyment of this life as being more important than eternity. We don’t want to hear the truth because the truth makes us feel uncomfortable — because the truth sometimes demands that we change our lives, our minds, and our hearts toward God and toward others.

One of Jesus’ first words when He began His public ministry were, “Repent, for the kingdom of heaven is at hand” (Matt. 4:17). And Our Lord told the Apostles that, in any place where people refused to hear that word and act on it, they were to leave that place and to shake the dust from their feet as a testimony against those people (Matt. 10:14.) Every messenger ever sent by God in both the Old and New Testaments was sent to preach a message of repentance. No one can be a disciple of Christ, or even claim the name “Christian,” unless that person is willing to repent.

What exactly are we talking about when we speak of repentance? First and most simply, to repent means to recognize the reality of personal sin in your life — and to turn away from it. It means putting sin out of your life and changing your life according to God’s Will, even when God’s Will doesn’t conform to your opinions.

Secondly, to repent means to seek the loving mercy of God with a spirit of true contrition. Contrition is more than just sorrow for sin; there are three elements to true contrition: sorrow for the sins you’ve committed, hatred for those sins and all sin, and a firm purpose of amendment, which means that you intend to try, with the help of God’s grace, not to commit the same sins in the future.

Third, to repent means to accept God’s word and God’s law and to make it your way of life. It means putting faith into action. We are saved by faith working through love. Salvation is not by faith alone, and it never was.

The Apostle St. James wrote, “Faith by itself, if it has no works, is dead” (James 2:17). Our faith must be a living faith. It can’t be inactive or moribund. That won’t cut it with God.

And finally, to repent means to do penance. Whether we realize it or not, even our most hidden sins in some mysterious way disturb the entire order of God's creation. They cause a diminishing of grace in the Mystical Body of Christ. God expects us to make reparation for the harm caused by our sins against Him and against our neighbors.

None of us will ever see the vision of God in Heaven unless we are humble enough to know and to admit that we are sinners in need of God's mercy. There are no exceptions. We should never be ashamed or afraid to admit that because the Bible says that "all have sinned and fall short of the glory of God" (Rom. 3:23).

Jesus said to His Apostles in the Garden of Gethsemane, "The spirit indeed is willing, but the flesh is weak" (Matt. 26:41). All of us feel the attractive power of sin in our lives. All of us have to struggle to control our disordered passions. There's always the danger that we can give in to temptation and fall into mortal sin in a moment of weakness. Therefore, there's an ongoing need for repentance in our lives.

This is why Our Lord in His infinite wisdom gave us the sacrament of His Mercy, the Sacrament of Penance! He gave it to us on that first Easter Sunday, when He appeared to the Apostles in the Upper Room after His Resurrection, a critical moment in the history of the Church. We are told about this in the Gospel of St. John: "He breathed on them, and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained'" (John 20:22–23).

Every Catholic should have those verses memorized. We should know them by heart so that we can be ready to answer whenever our faith is called into question on this matter. The Gospel shows us clearly that Jesus gave His disciples the power to forgive sins in His Name. But — and this is important — He did not give them the power to read minds! How could the disciples know which sins to forgive and which to retain if no one would confess? We have the practice of sacramental Confession because it has been handed down to us from the Apostles by the will of Our Lord and Savior Jesus Christ. That is why Confession, in one form or another, has been the practice of Christian believers from the very beginning.

You see, Jesus left us this sacrament because He knew well what sin and guilt can do to the human soul. They can tear the human soul apart — separate it from God. They can drive a person to despair. God knows we need to have some way to be free of sin and guilt because they can rob us of the inner peace and joy that should be ours as Christian believers — the peace and joy that come with having a clear conscience before God.

The human spirit needs to be at peace with God, and we need to be at peace with ourselves. We need to know for sure that God has forgiven us. We need to be able to experience God's merciful love as it touches our lives. There will be times in our lives, we know well, when we will need to make a new start spiritually, when we will need to wipe the slate clean and start over again. When we do this, we will need to be strengthened by God's grace to avoid the same sins in the future. That is how the sacrament of Confession helps to transform us interiorly.

The beauty of the sacrament of Penance is that whenever you confess your sins to the best of your ability and the best of your memory — when you don't hold anything back and you are truly sorry and you have a firm purpose of amendment — you always leave the confessional with that confident assurance of God's complete forgiveness.

Many people worry unnecessarily about the sins they might have forgotten in their Confession. But the human mind is not like a computer that can access all the data it needs at just the right moment. Our memories are dimmed with our fallen human nature. When you've made a good Confession, all your sins are forgiven, so long as you have a contrite heart. God sees the interior of the heart. And if later you should remember some sin that you have forgotten to confess, just bring it up in your next Confession. It's as simple as that.

The idea is to avoid mortal sin completely and to seek true holiness of life! The objective is to become saints! Those who have lapsed into this complacent mind-set have forgotten about the power of sacramental grace — that it is an effective barrier against sins and a very effective means to personal holiness.

It is because of God's infinite love for us that He commands us to make use the sacrament of Penance. It is in this sacrament that we release the past to God's mercy, the present to His love, and the future to His providence.

(Portions of this article have been taken from Fr. Bill Casey's article 'Why You Should Go to Confession This Lent'.