



Living Lent

"WHOEVER WISHES TO COME AFTER ME MUST DENY HIMSELF, TAKE UP HIS CROSS, AND FOLLOW ME."

Lent is a six week journey to the cross. As disciples we are called to be like Christ; to pick up our cross and carry it to salvation. It's a journey that takes courage, strength, endurance, and sacrifice. All of which we gain through practicing the Three Pillars of Lent: Prayer, Fasting, and Almsgiving.

Prayer

Merciful God,

Each year you invite us to enter into the holy season of Lent. Our journey, through each of these forty days, is a time for us to mindfully retrace Jesus' journey from death to life.

May our praying and reading Scripture guide and affect our thoughts, words, decisions, and actions. We implore you to empty us of whatever impedes the growth of our relationship with you so we may recognize your constant presence with us.

May our time spent in fasting from food and from an overly busy pace of activities allow us to rest in the presence of our Redeemer, especially in Eucharistic Adoration and through our encounters with Christ throughout our day.

Help us live this Lent focused not so much on acts of giving up something as on acts of the generous giving of forgiveness, patience, and mercy in whatever ways you are asking of us.

We make this prayer through the holy name of your son, Jesus Christ. - Amen

***"MASS IS THE MOST PERFECT FORM OF PRAYER." -
POPE ST. PAUL VI***

The Mass is the perfect prayer of Jesus to God the Father. It makes present the sacrifice Jesus offered on the cross as a true expression of His love for each of us. As members of the Body of Christ, we are able to take part in this prayer. We encourage the faithful body of Holy Trinity to renew your commitment to attending Mass and all liturgies this Lenten Season, to kindle your desire for the Eucharist, and thirst for a deeper relationship with Jesus Christ.

Daily Mass: 8:30am, Saturday Vigil: 4:00pm

Sunday Mass: 8:30am, 10:30am Children's Liturgy, 1:00pm Español, 5:30pm Youth Mass

Rosary M-F: 9:00am

Divine Mercy Chaplet M-F: 3:00pm

Adoration Fri: 9:00am-4:00pm

Adoration Sat: 2:30pm-3:30pm

Reconciliation

M-F: 9:00am-10:00am

Sat: 2:30pm-3:30pm

LENTEN PENANCE SERVICE: TUESDAY, FEBRUARY 27 AT 7:00PM

Living Lent

Fast FEED YOUR SOUL FRIDAYS

We will gather together every Friday of Lent to fast in fellowship and feed our souls. Join your Holy Trinity Community for a simple Lenten meal prepared by some of our very own ministries. Dinner is only \$10 per person. To best prepare, please RSVP online. Walk up availability is limited. After dinner, we will gather in the church for the Stations of the Cross also presented by Holy Trinity ministries. **Please Use the QR Code to RSVP!**



Friday, February 16

5:30pm Fast in Fellowship- Fish Dinner Provided by the Knights of Columbus
6:30pm Feed Your Soul- Stations of the Cross Presented by the Women's Ministry

Friday, February 23

5:30pm Fast in Fellowship- Lenten Dinner Provided by the FIL-AM Ministry
6:30pm Feed Your Soul- Stations of the Cross Presented by Holy Trinity Youth Ministry

Friday, March 1

5:30pm Fast in Fellowship- Lenten Dinner Provided by the Hispanic Community
6:30pm Feed Your Soul- *Bilingual* Stations of the Cross Presented by the Hispanic Community

Friday, March 8

5:30pm Fast in Fellowship- Cheese Pizza, Tomato Soup, & Salad Provided by Elementary Faith Formation
6:30pm Feed Your Soul- Stations of the Cross Presented by Elementary Faith Formation

Friday, March 15

5:30pm Fast in Fellowship- Baked Potato Bar & Vegetarian Chili Provided by the Eucharistic Ministers
6:30pm Feed Your Soul- Stations of the Cross Presented by the Lectors

FRIDAY, MARCH 22 - NEW!!!

5:30PM FAST IN FELLOWSHIP- FISH DINNER PROVIDED BY THE KNIGHTS OF COLUMBUS
6:30PM FEED YOUR SOUL- LIVE STATIONS OF THE CROSS FROM OUR BLESSED MOTHER'S PERSPECTIVE WITH MUSICAL REFLECTIONS BY THE HT MUSIC MINISTRY.

WEDNESDAY, MARCH 6
7:00PM IN THE CHURCH



Food Truck: 5:30-7:00pm!
\$11-\$18 Per Person.

Everyone is encouraged to attend the Lenten Mission at 7:00pm! This unique experience includes worship music, reflection, & adoration!



Living Lent

**SAYING YES TO A LIFE OF
LOVE, JOY, & PEACE IN CHRIST**



Living Lent

Almsgiving

**"WHOEVER IS KIND TO THE POOR LENDS TO THE LORD,
AND HE WILL REPAY HIM FOR HIS DEED" - PROVERBS 19-17.**

Almsgiving - Lend to The Lord

Continuing with our parish's Lenten tradition, the Holy Trinity Outreach Ministry has organized a donation drive for each week of Lent. Your Almsgiving Donations provide supplies for many local charitable organizations so that they can adequately continue their mission. Collections will be before and after every Mass. Please see the schedule linked below for details. Thank you for providing basic essentials for those in need!

First Sunday of Lent, February 17-18

"Stock the Pantry" Breakfast Food: Cereal, oatmeal, granola bars, Peanut butter, and Jelly (Canned pasta, chili, tuna, and chicken are also welcome!)

South County Outreach: Preventing hunger and homelessness by helping people help themselves.

Second Sunday of Lent, February 24-25

"Clean the House" Household Cleaners and Gift Cards: Lysol/Disinfecting Spray, Disposable Toilet Seat Covers, Paper Towels, Toilet Paper, Amazon or Target Gift Cards, Food Gift Cards (Chipotle, Taco Bell, Del Taco, Chik fil A)

Laura's House - Changing social beliefs, attitudes and the behaviors that perpetuate domestic violence while creating a safe space in which to empower individuals and families affected by abuse.

Third Sunday of Lent, March 2-3

"Diapers and Home Needs": Diapers (all sizes), baby wipes, Feminine Products, Grocery and Gas Gift Cards.

Family Promises: Homes With Hearts aims to end family homelessness in all of Orange County.

Fourth Sunday of Lent, March 9-10

"Personal Hygiene Kits": Personal care items such as Toothpaste, Toothbrushes, Adult/Baby Shampoo, Bar Soap, Liquid Body Soap, Men's/Women's Deodorant and Razors, Hand/Body Lotions, Face Creams, Rubbing Alcohol, Peroxide, Adult/Baby Wipes.

Serra Pantry: Serving families in South Orange County for over 20 years providing food and personal hygiene items to 180 households and 30 homeless individuals per week.

Fifth Sunday of Lent, March 16-17

"Cleaning Supplies": Laundry Detergents & Fabric Softeners (Sensitive or Hypoallergenic please), Disinfecting Wipes, Bleach, Dish Soap, Hand Soap, Windex, All Purpose Cleaners

Olive Crest: Preventing abuse and transforming the lives of children in the welfare system, addressing each individual's unique needs with care and compassion.

Palm Sunday, March 23-24

"Warm the Family & Feed the Four Legged": Toddler/Twin/Full Sheets, Blankets and Zippered Waterproof Mattress Covers, Standard Pillows/Cases, Bath Towels/Sheets, Pet Food (dog and cat)

Family Assistance Ministries: Assisting those in need in Orange County with resources for food, shelter, and personalized supportive counsel and aid, helping clients bridge the gap from dependency to self-sufficiency.

Living Lent

AT THAT TIME JESUS WAS LED BY THE SPIRIT INTO THE DESERT...

RETIRO EN ESPAÑOL

“ENCUENTRO CON JESÚS EN LA EUCARISTÍA”

SÁBADO, 24 DE FEBRERO

HOLY TRINITY CATHOLIC CHURCH

Misa: 8:30am | Retiro: 9:00am-2:00pm

- Te invitamos para una experiencia de reflexión con el Padre Charbel
- Donación: \$25.00 por persona incluye desayuno continental y almuerzo



Invitado Especial!

Regístrate con el Código QR o Lláme a la Oficina Parroquial (949) 218-3131



Viviendo Cuaresma



Living Lent

Women's Ministry Lenten Retreat

March 1-3, 2024

Mission San Luis Rey, Oceanside

Mass Celebrant: Fr. Michael St. Paul Key Note: Gina Cousineau

Come along side your Sisters in Christ for a Lenten Journey Retreat and draw closer to our Lord together. This retreat is located at the beautiful Mission San Luis Rey in Oceanside. It is not only close by and convenient, but it is sacred ground for us to embrace the simplicity of what Lent should be while opening ourselves to the "new" that Jesus offers.

There is limited overnight retreat space. We have reserved 10 double occupancy rooms and 5 single occupancy rooms. These rooms are expected to sell out quickly. However, if you are not able to sleepover for the entire weekend, please select the Commuting Option and join us for Saturday and Sunday.



Registration Now Open!

MEN'S RETREAT

Sacred Strength

Exploring the essence of our Catholic Faith

8:30am Mass | 9:00am-2:00pm Retreat

Living Lent

SATURDAY, MARCH 23

\$25 Per Person includes continental breakfast, lunch, and all retreat material. Please join for a prayerful experience with special guest speakers, worship music, and reflection.

Holy

Holy

Holy



Holy Thursday

MARCH 28

THIS IS MY BODY GIVEN FOR YOU

8:30am Morning Prayer

6:30pm Mass of the Lord's Supper, Bilingual

8:00pm Adoration Until Midnight



Good Friday

MARCH 29

DARKNESS FELL ACROSS THE WHOLE WORLD

8:30am Morning Prayer

2:30pm Stations of the Cross

3:00pm The Lord's Passion

6:00pm Stations of the Cross

6:30pm The Lord's Passion



Alleluia!

HE IS RISEN!

Morning Prayer: Saturday, March 30, 8:30am

Easter Celebrations!

Easter Vigil: Saturday, March 30, 7:30pm

Easter Mass: Sunday, March 31, 8:30am, 10:30am ~ Overflow Mass in the Parish Hall

Misa de Resurrección (Español): Domingo, 31 de marzo, 1:00pm

There will not be a 5:30pm Mass on Easter Sunday

Lenten Fasting Prayer

Let us pray that as we begin the season of Lent, we embrace the opportunity to:

- **Fast from hurting words and say kind words.**
- **Fast from sadness and be filled with gratitude.**
- **Fast from anger and be filled with patience.**
- **Fast from pessimism and be filled with hope.**
- **Fast from worries and have trust in God.**
- **Fast from complaints and contemplate simplicity.**
- **Fast from pressures and be prayerful.**
- **Fast from bitterness and fill our hearts with joy.**
- **Fast from selfishness and be compassionate to others.**
- **Fast from grudges and be reconciled.**
- **Fast from words and be silent so we can listen.**

We pray that our only desire and our one choice is to choose what better leads to the deepening of God's life in us.

We ask the Lord to guide our decisions today and to bless the Holy Trinity community with His peace, His joy, His love.

Amen

2024 Lenten Prayer

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