



Lenten BOOKLET

THE YEAR OF ST. JOSEPH

BY ARCHKCK.ORG/YEAROFSTJOSEPH

On Dec 8, 2020, Pope Francis announced the beginning of the year of St. Joseph. St. Joseph is a model of individual surrender to God and availability to divine appointment. As part of the Archdiocese's three year apostolic initiative to Enflame our Hearts, Homes, and Communities, we are prayerful that this year of St. Joseph will be a catalyst to Enflame our Homes.

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HOLY TRINITY
CATHOLIC PARISH

Holy Week Mass | Services

| | 7:30 am | 9:30 am | 11:30 am | 3:00 pm | 4:00 pm | 5:00 pm | 7:00 pm | 8:00 pm |
|----------------------------|---------|---------|----------|---------|---------|---------|---------|---------|
| Palm Sunday: Saturday Mass | | | | | ● | | | |
| Palm Sunday | ● | ● | ● | | | ● | | |
| Holy Thursday | | | | | | | ● | |
| Good Friday | | | | | | | | ● |
| Veneration of the Cross | | | | | | | ● | |
| Tenebrae Service | | | | | | | | ● |
| Easter Vigil | | | | | | | | ● |
| Easter Sunday | ● | ● | ● | | | | | |
| Church | ● | ● | | | | | | |
| Gymnasium | | ● | ● | | | | | |
| Livestream | ● | ● | ● | ● | ● | ● | ● | ● |
| FM Broadcast | | | | | ● | ● | ● | ● |

Stations of the Cross & Benediction

7:00 PM

FEBRUARY 19 AND 26

MARCH 5, 12 AND 19

THE YEAR OF ST. JOSEPH

CONTINUED

St. Joseph is widely honored as the foster Father of Jesus, husband to the Virgin Mary and protector of the Catholic Church. Through this year, we encourage you to consider the individual virtues that strengthened him in these roles. Specifically, St. Joseph displayed incredible humility, obedience, surrender of personal will and openness to the divine appointments in his life. Each of these virtues are necessary components for any individual striving towards holiness and key themes in our Enflame initiative.

St. Joseph modeled a life of listening – to God and to others. As we all work to strengthen our marriages and families, let us look to St. Joseph to be better listeners, valuing relationships of connection and accompaniment in our homes. Through the intercession of St. Joseph, let us focus on the close relationships in our lives. Let us listen more closely to Christ's message for our hearts and to the deep desires of the hearts in our home, shrinking the distance between ourselves, our family members and Jesus.

LENTEN APPEAL

A year-and-a-half ago, Archbishop Naumann called his Parishes to join him in redefining parish life for parishioners as **missional disciples**. The Enflame Hearts, Homes, Community Convocation inspired all who attended.

The effort to redefine parish life of the Church as missional disciples is wholly consistent with our mission and our vision at Holy Trinity:

- Our Mission – *We are a Catholic family who loves, grows and lives in faith through Jesus Christ. Toward what end? Why?*
- Our Vision – *That every person in our community can experience a life-changing encounter with Jesus Christ, through YOU. That's right. You are a missional disciple! It's not so much that the Church has a mission but that the mission has a Church.*

All of us play a part in this new definition of parish life as missional disciples consistent with the Biblical calling, ... *the harvest is plentiful, but workers are few*. We, the parishioners, are those workers.

A great harvest is present in our partnership with the Archdiocese and the cause of the Fostering and Adopting Ministry (FAM).

LENTEN APPEAL

Holy Trinity's Lenten Appeal will focus on how our Parish can help and serve the foster community. In Kansas, there are 7,500 children in foster care and only 2,000 foster families. The need is great and the Church is the solution! Not everyone is called to foster, but everyone can help in some way. Caring for the orphan is a demand of the Gospel and through our baptism, we have been given the grace to do so.

Our new Holy Trinity Foster & Adopt Ministry (HT FAM) will support vulnerable children in our community and the families that care for them. Answering this call is part of the Gospel mandate to go forth as missionary disciples to live the corporal and spiritual works of mercy.

In the weeks ahead, you will hear more about the many ways you can be the hands, feet and HOMES of God's protective care for all His children.

Week
1
Feb 21

Enflame our Hearts, Homes, and Community is the catalyst for offering every person in our community a life-changing encounter with Jesus Christ. We are developing six different partnerships that will engage our parishioners in the works of mercy. The first partnership is with our Archdiocese, and their cause of Foster and Adoption. We listen attentively to the Holy Spirit guiding us into Fostering Foster Families.

Week
2
Feb 28

Holy Trinity Foster Adopt Ministry will share ways that our Parish will help the foster community via three different levels of engagement – hands open, hands on, and hands in. We'll share how funds collected during our Lenten appeal will be used to support this work!

LENTEN APPEAL

Week
3
March 7

Hands Open CarePortal. The first level of help is opening our hands to provide material and financial support to foster families. HT has partnered with the local organization, CarePortal, to do this. CarePortal is an online platform that connects material needs of foster families – diapers, formula, clothing, beds, etc. – to parishes to supply and deliver.

Week
4
March 14

Hands On Foster Care Communities. Being a foster family is a very rewarding but challenging commitment. "Foster Care Communities" (teams of parishioners) will provide foster families with wrap-around support to help them maintain a calm and peaceful home for the children under their care. Support will include prayer, providing meals, and helping with household chores and errands.

Week
5
March 21

Hands In Respite Care. Foster families need opportunities to take a break or even a vacation. Respite families provide short-term care for foster children so foster parents can have time to recharge. Respite care is an important and loving service to the foster community!

Week
6
March 28

Hands In Foster Families. When children must be removed from their homes, foster families answer the call to love and protect them until they can safely return home. Foster parents open their homes and hearts, helping vulnerable children heal, trust, and hope again. Learn if you are being called to foster.

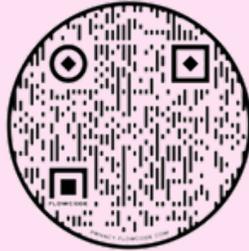
Join Us on Sunday April 11

Holy Trinity Foster & Adopt Ministry
HT FAM FAIR

12:30pm - 2:00pm

Meet with Parish and Community experts
representing the different opportunities
of service which our Parish will engage.

Use the QR Code to register.



THE LENTEN JOURNEY

As Christians we are stirring up our faith and love for God and one another so that, on Easter, we are ready to meet the risen Lord refreshed and restored.

The best Lent is one in which we enter the season wholeheartedly. All too often, people either take on too much or don't take on enough. The solution is to simplify our disciplines, focus our intentions, and concentrate more clearly on our spiritual goals.

Let's make Lent matter more than ever!

THE LENTEN JOURNEY

BY OSV.COM

Lent lies at the heart of our Catholic faith. Each year, on Ash Wednesday, we begin our Lenten retreat. We are blessed with ashes, reminding us that we are dust, and to dust we will return. For the next forty days we are led into the desert of our own hearts to look within, face our sins, and ask for God's mercy.

Forty days was chosen as the time of preparation because it was symbolic of the forty days Jesus spent in the wilderness before embarking on his public ministry — *Then 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 (Mt 4:1-2)* — as well as in remembrance of the forty years that the Israelites wandered in the desert before entering the Promised Land.

Lent Background

The name "Lent" is from the Middle English Lenten and Anglo-Saxon Lenten, meaning spring; its more primitive ecclesiastical name was the "forty days," tesseractoste in Greek. The number forty is first noted in the Canons of Nicaea (A.D. 325), likely in imitation of Jesus' fast in the desert before his public ministry (with Old Testament precedent in Moses and Elijah). By the fourth century, in most of the West, it referred to six days' fast per week of six weeks (Sundays were excluded); in the seventh century the days from Ash Wednesday through the First Sunday were added to make the number forty.

PRAYER | FASTING | ALMSGIVING

BY OSV.COM

Give alms ... pray to your Father ... fast, [but] do not look gloomy... (see Mt 6:2-16).

Lent is the period of prayer and fasting leading up to the feast of Easter, recalling Jesus' forty-day fast in the wilderness. The season of Lent begins on Ash Wednesday and ends right before the evening Mass of Holy Thursday, although Lenten penance continues through Holy Saturday.

During this penitential season, the Church calls all Catholics to spend more intentional time in prayer, as well as to fast and abstain from meat on designated days and to practice charitable giving.

WHY WE PRAY

As Catholics, we believe that personal prayer is not complete unless our prayers are joined with the community of faith who is the living Body of Christ. The Sunday liturgy is the greatest form of prayer because together we receive the gift of the holy Eucharist — the very real presence of the Risen Christ. Attending weekly (or daily) Mass is an essential part of a healthy prayer life.

PRAYER | FASTING | ALMSGIVING

Lent has traditionally been the season where we give something up, often sweets or a favorite food, in order to focus on the sacrifice Christ made on the cross. But fasting is much more than a means of developing self-control. Fasting is spiritual and physical purification; the pangs of hunger remind us of our hunger for God. Fasting and abstinence help us to participate more fully in the cross of Christ.

WAYS TO FAST

- Fasting from food is a reminder of our abundance and a way to walk in solidarity with people around the world who struggle with daily hunger and starvation. Pause to remember families that face hunger as you fast.
- Limiting social media exposure or fasting from the twenty-four-hour news networks are ways to quiet our minds and open our hearts to transformation.
- We might also strive to fast from anger, road rage, workaholism, judgment, or jealousy.

Lent is a time to fast from those things or habits that may have become a roadblock to our relationship to Christ.

PRAYER | FASTING | ALMSGIVING

WHY WE GIVE ALMS

Charitable giving is a very ancient practice; almsgiving was normal long before the time of Jesus. The Lenten call to almsgiving means making the needs of other people our own. One of the central lessons of the cross is compassion; the heavy burdens we carry help us to appreciate the suffering in others. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need.

IDEAS FOR GIVING

- Check in, take food, or send a note to a loved one or friend who has been in isolation due to the pandemic
- Tutor a child or mentor a college graduate
- Increase your donation to your parish

Lent is a time to prepare for Easter; it is a necessary prelude. The sacrificial practices of Lent prepare and purify us in body, mind, and spirit for the passion of our Lord and Savior, Jesus Christ.

Church Guidelines for Fasting and Abstinence

The law of abstinence obliges those 14 years of age and older not to eat meat on Fridays throughout the season of Lent as well as on Ash Wednesday. The law of fast obliges all those from ages 18 through 59 to refrain from eating between meals and to limit their eating to one full meal and two lighter meals on Ash Wednesday and Good Friday.

LENTEN REFLECTIONS WITH ARCHBISHOP NAUMANN



BY ARCHKCK.ORG

Archbishop Naumann will be offering Lenten reflections that will provide spiritual nourishment for our journey to Easter Joy. Reflections will be available beginning the week of Ash Wednesday through the following weeks of Lent.

Each 30-minute audio session will include the Archbishop's reflection on the upcoming Gospel and a short personal witness from a member of the Archdiocese.

To listen to the Enflame Lenten Reflections with Archbishop Naumann:

1. Visit the Enflame website at archkcks.org;
2. Past episodes will also be available as part of the Shepherd's Voice podcast at archkck.libsyn.com; and
3. You can also follow [Enflame Our Hearts-ArchKCK](#) on Facebook to get links to the latest episodes.

For questions, please call April at the Archdiocese of Kansas City, Kansas in the Office the Evangelization at (913) 647-0373.

PREPARE

BY OSV.COM

Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer, setting aside time each day to share our hopes, joys, fears, and frustrations with God.

Praying first thing in the morning, while the house is still quiet, or talking to God while on your commute to work are simple ways to integrate prayer into everyday life. Praying the Rosary or visiting the Blessed Sacrament may bring you to new places in your relationship with God.

Our Parish invites you to experience God's pardon and peace through the sacrament of reconciliation. During Lent, confession will be available in the churches throughout the Archdiocese of Kansas City in Kansas on Wednesdays. A reconciliation schedule for Holy Trinity is also listed on the following page. Accommodations have been made to ensure social distancing. Experience God's pardon and peace. Come to Confession.

If you haven't gone to confession in a while, Lent is the perfect time to reconcile yourself with God and the Church. Preparation for confession should include an examination of conscience, which means you think back on sins you have committed since your last confession.

PREPARE

What happens during confession depends on the priest and the person. Most people still start with the formula: "Bless me, Father, for I have sinned. It has been (state the number of months or years) since my last confession." If you can't remember the words or don't recall how long it's been, don't worry. Just tell the priest it's been a long time, and he will guide you through the process.

What you will experience is the healing gift of God's love, the chance to start over with a clean conscience, and an overwhelming sense of gratitude.

Holy Trinity Confession Schedule

5:00 - 7:00 pm

Monday, March 22 and March 29
Tuesday, March 23 and March 30

2:45 - 3:45 pm

Saturday, February 20 and February 27
Saturday, March 6, March 13, and March 20

2:00 - 4:00 pm

Sunday, March 28

Confession and Adoration

5:00 - 7:00 pm

Wednesday, February 24
Wednesday, March 3, March 10,
March 17, March 24, and March 31

PREPARE

BY OSV.COM

TEN TIPS FOR MAKING THE SEASON MORE MEANINGFUL

- **Slow down:** Set aside ten minutes a day for silent prayer or meditation. It will revitalize your body and your spirit.
- **Read a good book:** You could choose the life of a saint, a spiritual how-to, an inspirational book, or one of the Pope's new books.
- **Be kind:** Go out of your way to do something nice for someone else every day.
- **Get involved:** Attend a virtual Lenten lecture or spiritual program.
- **Volunteer:** Whether it's helping with the food drive, ushering, or keeping the church grounds clean, it will give you a chance to help others.

PREPARE

- **Reach out:** Invite an inactive Catholic to Mass.
- **Pray:** Pray especially for people you don't like and for people who don't like you.
- **Tune out:** Turn off the television, your phone, and your computer and spend quality time talking with family members or friends.
- **Clean out closets:** Donate gently used items to the St. Vincent de Paul Society, Catholic Charities, or the HT CarePortal.
- **Donate:** Google "Catholic Missions," then pick one mission and decide how you can help by sending money, clothing, or supplies.

BEGIN A NEW FAMILY TRADITION OF CELEBRATING ST. JOSEPH'S FEAST DAY

We're privileged to celebrate St. Joseph three times on the liturgical calendar: his solemnity on March 19th which honors him as the Chaste Spouse of the Blessed Virgin Mary; his May 1st feast which honors his vocation as a worker; and on the Sunday during the Octave of Christmas which honors his role as the guardian and protector of the Holy Family. This makes three opportunities to draw closer to our spiritual father and learn from the holy example he gave us as a devoted follower of Jesus and Mary, a diligent worker for the Kingdom of God, and the supreme model of a quiet and humble spiritual life.

During this Year of St. Joseph, "Go to Joseph; what he says to you, do." (Genesis 41:55)

GATHER

BY ARCHKCK.ORG/YEAROFSTJOSEPH

Just as the Church observes the Liturgical Year, the Church can also set aside time for the faithful to grow in love and devotion for a particular aspect of the faith. You may recall The Year of Mercy or the Year of the Eucharist. The Year of St. Joseph is aimed at helping the faithful (particularly families) grow in love and understanding of our spiritual father, Joseph, and through him our love of Christ.

Pope Francis made his announcement about the Year of St. Joseph on December 8, 2020 which is the Solemnity of the Immaculate Conception. That day also marked the 150th anniversary of the proclamation of St. Joseph as the “Patron of the Universal Church” as declared by Pope Pius IX in 1870.

The Year of St. Joseph runs through December 8, 2021, so there is still plenty of time to embrace this opportunity to learn more about him.



The Holy Father refers to Joseph as a tender and loving father. Pope Francis suggests that Jesus drew upon his own experience of Joseph's generous and paternal love in his description of the father in the parable of the prodigal son.

— Archbishop Naumann

GATHER

BY FEELSLIKEHOMEBLOG.COM

THINGS TO DO AS A FAMILY

Forty Prayers in Forty Days Cards. Just right for Lent, each card will prompt your kid(s) to pray for a certain thing or person – and they will learn how to talk to God along the way. <https://shop.feelslikehomeblog.com/collections/family/products/40-prayers-in-40-days-printable-prayer-cards-for-kids>

Give Up Something as a Family. Jesus fasted for 40 days. That is a very long time! It would be meaningful to teach your children about fasting by giving up something for the entire Lenten season or on Fridays during Lent. It could be giving up desserts or drinking only water. The key is that it has to be something you enjoy and want to do/eat/have. If you hate brussels sprouts and decide to give them up during Lent, you may need to reevaluate.

Forty Bags in Forty Days. Instead of or in addition to giving up something for Lent, you could purge a bag's worth of stuff every day during Lent. You choose the size of the bag, and you should definitely make it a family affair. Just think of how clean your home will be by Easter!

GATHER

THINGS TO DO AS A FAMILY, continued

Build a Lenten Cross. Similar to an Advent wreath, you light one or more candles each night during dinner for the entire Lenten season. <https://www.catholicicing.com/candles-for-lent-a-lenten-cross/>

Observe Passover with a Christian Passover Dinner.

<https://feelslikehomeblog.com/2015/03/how-to-celebrate-a-christian-passover-meal-for-preschoolers/>

Read Easter Books. Some favorites are *The Parable of the Lily* and *The Jesus Calling Bible Storybook*. *One Spring Lamb* is really precious for smaller children.

Read the Bible Together Every Day. Worth mentioning, you need to be reading the Bible with your kids every day, and this would be a great opportunity to focus on the ministry of Jesus.

Make a Lamb of God Craft. This is a way to talk about and remember that Jesus was the lamb of the sacrifice.

<https://feelslikehomeblog.com/2015/03/lamb-of-god-sheep-craft-for-preschoolers-and-older-kids/>



GATHER

Study A Sense of the Resurrection. These sensory-based activities lead your kids through the crucifixion and resurrection. It is so meaningful for kids and adults alike. Definitely check it out. <https://feelslikehomeblog.com/2012/02/bring-the-easter-story-to-life-with-a-sense-of-the-resurrection/>

Make and Study a Set of Resurrection Eggs. These are a set of 12 plastic Easter eggs, each containing a trinket related to the Easter story. Using the eggs, children can tell the whole story of the crucifixion and resurrection.

<https://feelslikehomeblog.com/2010/03/how-to-make-resurrection-eggs-and-why-i-didnt-make-any-this-year/>



Make a Prayer Chain. Write a person or situation on each of 40 strips of paper. Assemble them into a paper chain. Remove one link per day, and pray for that thing with your kids.

Serve 40 ways in 40 days. Check out 60 Acts of Kindness for kids. <https://feelslikehomeblog.com/2014/08/60-random-acts-of-kindness-for-kids/>

GATHER

THINGS TO DO AS A FAMILY, continued

Make Empty Tomb Crafts. Some really cool ones:

- Made from dough
<https://nolongerconforming.blogspot.com/2010/04/empty-tomb-craft.html>
- Made from paper plates
<http://www.freefunneaster.com/easter-crafts/he-is-risen-paper-plate-tomb-craft>, and
- A really elaborate (and super cool) one you'd have to start 1-2 weeks before Easter
<http://www.cranialhiccups.com/2012/03/the-living-christ-calvarys-hill-or-empty-easter-tomb-garden-craft.html>

Grow Something. Make sure you get *The Parable of the Lily* book which is a beautiful explanation of how something wonderful can grow from something dead and ugly. There are lots of spring bulbs and seeds in stores already, so you should be able to get some inexpensively.

Write a Thank You Note to Your Pastor and Associate Pastors. Help your kids to thank them for teaching about Jesus's death and resurrection.



GATHER

Bake Pretzels. Pretzels were first baked during Lent because they can be made with only water, flour, and salt. The shape came from a posture of prayer, with arms crossed and hands on opposite shoulders. A monk made dough into this criss-crossed shape, and the pretzel was born! You can get a simple recipe for homemade pretzels at Catholic Icing. <https://www.catholicicing.com/pretzels-for-lent>



Bake Fasting Bread. This recipe makes three loaves and calls for Holy Water! <https://catholiccuisine.blogspot.com/2011/03/fasting-bread-for-lent.html>

*Wishing you a blessed
Lenten Season!*

