



**Church of the Holy Trinity**  
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### **Information for Parishioners**

Revised 3/20/2020

In these unusual times we want to reach out and let you know that we are on this journey together. As we continue through Lent we would like to offer our parish family some resources that may be of spiritual help.

As a reminder, there will be no church activities, including Mass (until further notice). The church is open, however, and you may come in to pray, light candles, and spend time in time in personal prayer. We encourage you to limit the number of people in the church to ten or less. Exposition of the Blessed Sacrament and the celebration of the Sacrament of Reconciliation are suspended through and including Palm Sunday, April 5, 2020. Mass intentions will still be honored, as scheduled, in private Masses celebrated by Father Tom.

Please stay tuned to Facebook and the Holy Trinity website ([www.holytrinitycheyenne.org](http://www.holytrinitycheyenne.org)) for periodic updates. A weekly bulletin will still be available in the back of church and posted to the website.

We have enclosed a copy of A Prayer for Protection in Time of Pandemic. We will pray this as a novena. Please join us in spirit as a parish as we pray this in our homes beginning this Sunday, March 22, 2020, at 11:00 am.

The summer RE program is scheduled for June 8-19 and July 27- August 7. Please keep in mind that the June date is fluid at this time, as we wait to learn what Laramie County School District has planned in response to the current situation. We are looking for catechists and classroom aids to help with both of these sessions. If you think that you might be able to help with one or both of these sessions, please email Maria at [mhenschel@holytrinitycheyenne.org](mailto:mhenschel@holytrinitycheyenne.org) or Ashley at [aengel@holytrinitycheyenne.org](mailto:aengel@holytrinitycheyenne.org).

#### **Daily Readings:**

[www.usccb.org](http://www.usccb.org)

<https://us.magnificat.net>

#### **Online/Televised Mass:**

TV Station K2 (ABC) at 9:00 am

The CatholicTV Network has developed a simple website ([WatchtheMass.com](http://WatchtheMass.com)) that offers Mass in English every day from Sunday through Friday, and the Mass in Spanish every Sunday.

You may also go to [EWTN.com](http://EWTN.com). EWTN has Mass every Sunday at 6:00 am, 10:00 am and 10:00 pm. The following information shows which channels that Cheyenne residents can tune in to according to your network provider:

|   |                        |
|---|------------------------|
| C-Band – Satellite Eternal Word Television Network        | Channel G1-11          |
| DIRECTV – Satellite Eternal Word Television Network       | Channel 370            |
| DISH Cheyenne – Satellite Eternal Word Television Network | Channel 261            |
| Eternal Word Television Network HD                        | Channel 261            |
| DISH Network – Satellite Eternal Word Television Network  | Channel 261            |
| CENTURYLink -Eternal Word Television Network              | Channel 562            |
| SPECTRUM -Eternal Word Television Network                 | Channels 18 & 519 (HD) |

Other Resources:

**The Coronavirus and Missing Sunday Mass:**

[https://media.ascensionpress.com/podcast/the-coronavirus-and-missing-sunday-mass/?fbclid=IwAR2\\_3J82O8L9vMIhCQkTMr8QOJx5JBcWqLrU0LC-D5khmDg9gJ0cyP7WJpl](https://media.ascensionpress.com/podcast/the-coronavirus-and-missing-sunday-mass/?fbclid=IwAR2_3J82O8L9vMIhCQkTMr8QOJx5JBcWqLrU0LC-D5khmDg9gJ0cyP7WJpl)

**Here’s How to Make a Spiritual Communion:**

<https://aleteia.org/2018/09/20/cant-receive-the-eucharist-heres-how-to-make-a-spiritual-communion/?fbclid=IwAR3xjqifuR77ME59vUeQXG5tRQNqRm8ZmVFJtsEPtyw73U4yEj-UMG2aYA0>

If you are unable to access the internet, please feel free to call and ask that resources be sent to you by mail. In an effort to reduce any unknown spreading to the virus, we ask that office visits be kept to essential visits only. You may call or email office staff during this time. If you are in need of assistance, please let us know.

**School District Breakfast/Lunch Program**

Due to the COVID-19 school closure, Laramie County School District 1 is hosting a youth feeding program that will run weekdays Tuesday, March 17 through Friday, March 27, at several schools. Community members may pick up the breakfast/lunch combination bags from 11:30 am-12:30 pm, using a drive-through process. The program is available for any child age 18 and below. The meal program will not be held during Spring Break March 30-April 3. Continuation will depend on whether schools will be open after this time. This determination will be made on Monday, April 6. Please refer to the district website, [www.laramie1.org](http://www.laramie1.org), for updates and a list of schools that will be offering lunches.

**St Joseph’s Food Pantry Volunteer Opportunity**

St. Joseph’s Food Pantry needs extra hands and strong legs! To limit spread of COVID-19, the pantry is not allowing people to enter the facility, but is packing bags and having them carried out to vehicles. Hours when help may be needed are Monday - Thursday 9:30 am - 11:30 am and 11:30 am - 1:00 pm. Please call the office if you are interested.