

GREETINGS FROM FATHER DAVE

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Lent 2010

Week II: SACRAMENTS

Definition: A Sacrament is a visible sign of God's Presence.

The life, death and resurrection of Jesus is *the* SOURCE of our salvation. Sacraments are the channels thru which the grace of God, flowing from the cross of Jesus, comes to us. They insert us into the Paschal Mystery. They are not magic. The power and life they convey comes from God through Christ and are received in faith. In the sacraments God says: "Here I am. I love you!" Our response is to participate fully - not just externally, but from the heart. Christ is the ultimate sacrament as he is the fullness of the revelation of God - in the flesh. The Church is the ultimate sacrament of Christ because the primary mission of the Church is to make present the life, death and resurrection of Christ. The 7 sacraments are actions thru which the Church does this.

Towards a sacramental view of life

A primary characteristic of Catholic living is our understanding that the entire world is "charged with the splendor of God". We see and experience God in and through all things: people, events, objects, places, nature, cosmos. Encountering God in the 7 sacraments assists us in discovering his presence everywhere. All of our senses are involved in our experience of God. That is why we *eat* the Body of Christ, not just reflect about it at communion time. Authentic Catholic spirituality teaches us to recognize God in the ordinary events of our lives. It also challenges us to be living signs of God to all around us. (see homework suggestions) It is through the Body of Christ (all of us baptized into Christ!) that God's presence continues to be seen, active and effective in our world.

The Mass

The Mass is the "source and summit of our lives" for Catholics because in it we worship God, are made holy by God, build up the Body of Christ, and perpetuate the one sacrifice of Jesus for the salvation of the world. Catholics have an "obligation" to participate in mass every week because it is so urgently necessary in our lives and in our world. Mature Catholics know we are always deeply indebted to God for all he does for us. Weekly participation in mass is a natural and fitting way to acknowledge God as the center of our lives and it is the premier way to unite with Christ—thru his Word and thru reception of Holy Communion united with the community. On a much bigger level, every time we celebrate the mass together, we help further extend the Kingdom of God. At mass we bring to God, and surrender to God, our entire lives, and the entire world (the good, the bad, and the ugly). The mass then unites our lives and our world with Christ in the most profound way imaginable. Three tips for participating more fully: ponder what blessings you can thank God for from the past week; ponder what you need to offer on the altar (needs, anxieties, etc); be alert for some nugget to carry home with you—from the readings, homily or prayers.

Suggestions for "homework" this week

Each day as part of your morning offering pray for the grace to recognize God in all the ordinary events of the day, and pray for the alertness to the opportunities to reveal God to others by your actions, words, presence. At the end of each day in your evening prayers, reflect back on what you experienced and when/to whom you became a sacrament. **Write this down and then share with someone what you wrote.**

BRETT'S TWO-CENTS

Hello, everyone! So we're off and running toward Easter – have you done your homework this week yet? This weekend I got asked a question related to the topic I took up in my column: fasting. Someone asked if part of our Lenten fasting is to abstain from meat on Friday, then why are we allowed to eat fish? Why isn't fish, considered "meat"?

Good question! Actually, the reason we abstain from meat on Lenten Fridays isn't so much that meat is the flesh of an animal. If that were the case, then we probably would abstain from fish also. The reason we abstain from meat is that historically meat was considered to be a luxury, something that only the rich could afford. Fish was the food of the poor. (It's kind of ironic that today, at least in our country, the situation has kind of been reversed – it's seafood, especially fresh seafood, that would be considered a luxury for us.) So, out of a desire to practice self-sacrifice, as well as a desire to identify more with the poor, Christians for centuries have given up meat on Lenten Fridays. Actually, in some Eastern Catholic communities, as well as the Eastern Orthodox churches, the practice is to give up meat not just on Fridays, but for all of Lent. They also give up all dairy, all oils/fats, and all sugar as well. Talk about rigorous!

Keep those questions coming! Have a great week!

How to Keep a Prayer Journal

Keeping a prayer journal is an effective way to focus your prayers and keep track of your prayer requests and answers. While the process is tailored to each individual, here are some suggestions to get you started.

- Choose something that feels comfortable to write in. Your journal is a travelogue of a spiritual journey. Choose a journal with a cover and binding that reflect its significance.

- Keep a Bible on hand, if you like, so that you can add verses to your entries.

Writing in Your Journal

Step 1 ~ Date your entry. It may be helpful to divide the entry into two sections: "Petitions" or "Requests" and "Praises." Take a few moments to reflect. Under the "Petitions" heading, record your prayer requests. This would include personal requests and requests on behalf of others.

Step 2 ~ Under the "Praises" heading, record items you are thankful for and prayers that have been answered. You can pray for each item as you list it and each section as you finish it, or you can wait until you are finished recording the entire entry and use it as an outline as you pray.

Step 3 ~ Leave some space at the bottom or on the reverse side of every entry page. This is where you will record answers to prayers, observations, and scripture quotes that seem relevant to situations you are praying for, notes from daily devotions. Review the journal pages every few days or weeks and record any answers or observations.

Step 4 ~ Make your prayer journal part of your routine. Commit to writing in it on a set schedule. Stick with it and you will be rewarded with a tangible record of your prayer life as it unfolds.



PARKING SOLUTIONS

We have asked input from our councils and from the parish at large and received a large quantity of suggestions for ways to better accommodate parking due to our increased attendance at the 9:30 and 11:15am masses. The Administrative Council has reviewed each of these suggestions and has consulted with a professional parking area specialist. Here's the latest information and recommendation from the council. Additional new parking areas would cost approximately \$5000/ parking spot (excavating, 10" gravel base, asphalt, curb, striping). Currently we have 269 spots, plus some additional areas in which cars are regularly parked. You will recall we did major parking lot work last summer gaining 45 spots. Together with the new lighting the cost was over \$150,000.

We do not recommend spending more on parking and instead wish to encourage the following:

- Sufficient seating and parking is always available at 5:30pm and 8:00am masses
- Arriving at mass even 10 min. early will currently assure you a parking place.
- Be "green" and carpool with your friends or neighbors!
- Be "green" and bike or walk. (Good Lenten discipline!)
- Be "green" and take TriMet.
- Consider parking across Walker Rd at Barnes School. (17 places across from our church, and an additional 84 behind the school. If enough parishioners choose to do this we will consider hiring Washington County Sheriff to help with crossing the street. (\$70/hour)

Administrative Council proposes trying these measures and will reassess this issue later this spring.

Holy Trinity Ministries



HOLY TRINITY TROTTERS

I will say, at first I didn't know if I could make it. 8 a.m. on a Saturday? But I went, and so far, I have met two new friends, "Dolly" and "Kassie". And I am feeling healthier, too. So now I can't wait to get my leash and my human and to go hit the bricks. For a great way to start the day . . . come join us. For more info contact this other human Brian Casey at 971-645-8472. Arf! Arf! And a wag of my tail from "Rio" Van Duser.

WIDOWED? DIVORCED?

Are you or someone you love, recently widowed, divorced or separated? *Coping with Life Alone*, is being offered on Monday evenings from 6:30 to 8:30pm in Fireside Room 3. Contact Judy: 503-930-3912 or Margi: margi8280@comcast.net for more information.



STEPHEN MINISTRY

Another year has started and I still have not accomplished what I wanted in life...I look at my life and I think about why I didn't accomplish those things I wanted to do when I was younger. All those things that stopped me from being able to accomplish what I wanted in life. During this time of pain, a Stephen Minister would like to be there for you. He or she will listen as you sort through your feelings. Please call 503-924-3055 and a Stephen Leader will contact you.



HEALTH MINISTRY ~ February is heart month

Coronary heart disease is the #1 killer of both men and women, but when women have a heart attack, they tend to be about 10 years older than men. Women are more likely to have other conditions such as diabetes, high blood pressure and congestive heart failure, making it all the more vital to get proper treatment. Women are less likely than men to believe that they're having a heart attack and more likely to delay seeking emergency treatment. As with men, women's most common heart attack symptom is chest pain or discomfort. However, women are somewhat more likely than men to experience some of the other symptoms such as shortness of breath, nausea/vomiting, or back or jaw pain.

Learn about the state of your HEART and what you can do to live better. Take the My Life Check Assessment <http://www.mylifecheck.heart.org/>



40 DAYS FOR LIFE ~ BEAVERTON

A peaceful, nationwide effort that incorporates prayer, fasting and community outreach to help bring an end to abortion. Join us at the Beaverton Planned Parenthood located at 1st & Betts on Ash Wednesday, February 17th with a Candle light Rosary Vigil at 5pm. We will continue our vigil every Friday during Lent through March 26 from 7am to 7 pm, so come join us anytime, whether that be for 15 minutes or an hour. Learn more about this campaign at www.40daysforlife.com/beaverton.



COMMUNITY OUTREACH

Kathy Brasington ~ 503.641.1842

Communityoutreach@h-t.org

Tuesday, Wednesday & Friday 10:00-12:30

Holy Trinity Food Closet is an Equal Opportunity Provider.

Thank you for your continued support. The Food Closet is able to serve many in our community because of your fantastic generosity.

The Food Closet has information on many organizations that distribute, clothing, household items, and furniture for free to the recipients. We also have information about other social service needs. Please call Kathy if you have items to donate.

We ask any Parish member who is in need of assistance to please call Kathy for a private and confidential food distribution or other help.

Food Needs

Spaghetti sauce ~ Canned fruit ~ Sugar ~

Canned tomato products ~ Paper grocery bags



Merciful God,
you called us forth from the
dust of the earth;
you claimed us for Christ in the
waters of Baptism.
Look upon us as we enter these
Forty Days
bearing the mark of ashes,
and bless our journey through
the desert of Lent
to the font of rebirth.

Holy Trinity Faith Formation

Children's Faith Formation

Preschool 3yrs - 5th Grade & Sacramental Preparation
Melissa Core ~ 503.643.9528 ext 200
melissa@h-t.org

Middle & High School Ministry

Middle School 6-8 Grade High School 9-12 Grade
Confirmation (grades 9-12)
Erin Nieves ~ 503.643.9528 ext 126
erin@h-t.org

BUILDING A YM CULTURE OF LIFE ~ We will continue to explore ways to put our faith into action: Dave Tarries just returned from Mongolia...come meet our next service project! In our Social Justice work, we have spent time looking at WHY people suffer and are in need. Our friend Dave has just returned from a trip to Mongolia, where he met a group that needs our friendship and help. Come this Sunday night to meet them and begin the planning for how we will be reaching out to this parish in need.

Confirmation:

REMINDER: For those of you who did not pick up your certificate, we have them for you in our parish office.

Young Adults

Anna & Gerard DeBlois ~ 503.319.1877
Anna.kathleen.deblois@gmail.com

Adult Faith Formation

Brett Edmonson ~ 503.643.9528 Ext 125
Brett@h-t.org

This week in RCIA:

Come join us as we enter into the spirit of Lent by talking about sin, forgiveness, and the Sacrament of Reconciliation. Tour of the confessional is included! Wednesday, 6:30 p.m. in the Fireside Room.

Holy Trinity Catholic School

Brenda Martinek ~ Principal
www.htsch.org ~ 503.644.5748

Parent's Association ~ Monica Henry 503.641.2706

REGISTRATION FOR 2010-2011 SCHOOL YEAR

We are accepting applications for next school year. We have a few spots open in Kindergarten and a few other grades. If you are considering sending your child to Holy Trinity for next year, please turn in your application to the school office Mon-Fri from 8am-3:30pm. Our application can be found on our website: www.htsch.org

ENGINEER MONTH

Did you know that February is Engineer month. We have been blessed to have parents come in and teach our students about what its like to be an engineer, do an experiment and answer questions that only kids can ask. It has been a great time by all. Thank you to the Seeger, Jackson, Cooper and Mustonen families for taking the time to help us learn more about the Engineering field.



2625 SW Cedar Hills Blvd
Beaverton, OR 97005
503.277.2252

Come dine at Baja Fresh and 15% of the proceeds (when accompanied with this flier) will be donated to



**Holy Trinity
Catholic School**

Saturday, March 13th

&

Sunday, March 14th

11:00am - 9:00pm

Bring your school spirit!

(Don't forget to bring this flyer with you)

Holy Trinity Faith Formation

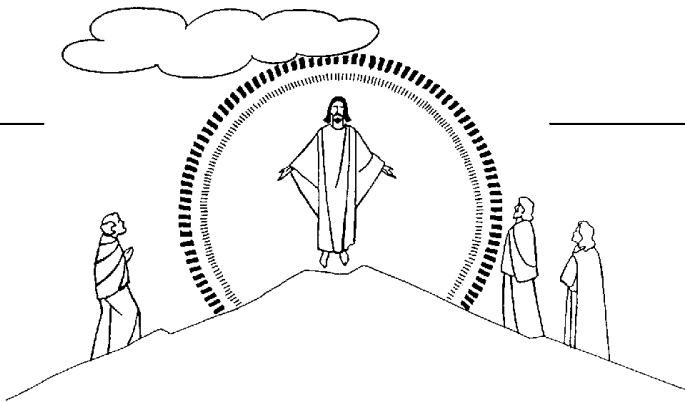
Family Faith Sharing Questions

Reflect on these questions with your children and family. Start talking - Share your Faith!

Second Sunday of Lent – Luke 4:1-13

Jesus took Peter, James and John and went up on the mountain to pray. While he was praying, his face changed and his clothes became dazzling white. From a cloud came a voice saying, “this is my Son, my Chosen, Listen to him!”

How do you listen to God? Tell about your favorite way and place to listen to God.



Week of February 28th

Daily Scripture Readings

Monday 1	Dn 9:4b-10; Lk 6:36-38
Tuesday 2	Is 1:10, 16-20; Mt 23:1-12
Wednesday 3	Jer 18: 18-20; Mt 20:17-28
Thursday 4	Jer 17:5-10; Lk 16:19-31
Friday 5	Gn 37: 3-4, 12-13a, 17b-28a; Mt 21:33-43, 45-46
Saturday 6	Mt 7:14-15, 18-20; Lk 15:1-3, 11-32
Sunday 7	Ex 3:1-8a, 13-15; 1Cor 10:1-6, 10-12; Lk 13:1-9

Mass Intentions

Saturday 27	5:30pm Varela Family - Thanksgiving
Sunday 28	8:00am 9:30am 11:15am Holy Trinity Parish Family
Monday 1	8:15am
Tuesday 2	8:15am
Wednesday 3	8:15am
Thursday 4	8:15am
Friday 5	8:15am +Robert Schnider

HT SMALL FAITH COMMUNITIES BLOG

“Disciples on the Mission” is in full swing!

Congratulations to the 100+ parishioners who are participating in Small Faith Communities for Lent! In addition to our existing SFC’s, three new groups were formed and will meet every week during the season of Lent to strengthen their faith through the Gospel and meaningful reflection/fellowship. May all of our participants be blessed with faith and friendship!

Miss sign-ups? Still interested in a Lenten SFC? Contact Ron/Jill White to find out current opportunities.

UPCOMING EVENT... Please plan on attending the Holy Trinity Small Faith Communities Post-Lenten Dinner Potluck! Date and Time TBD so keep watching the blog for updates.

On-going Small Faith Communities (SFC’s)

On-going Small Faith Communities (SFCs) continue to enrich the lives of many at Holy Trinity. Women’s Groups, Men’s Groups, Mom’s Groups, Couple’s Groups, Coffee Lovers Groups – we have something for all. For more information on joining a group or starting a new one, contact Ron or Jill White at smallfaithcommunities@h-t.org or 503-292-2626.

Men’s Group ~ Chris Gniewosz ~ 503.292.4740
Every Tuesday, 7am
IHOP, Beaverton

Jesus ‘n’ Java ~ Jill White ~ 503.799.3115
Jesus N Java will not be meeting the 1st and 3rd Mondays at Panera Bread during Lent. Please join us beginning April 19th when we resume our regular schedule.

God’s Girls ~ Janice ~ 503-347-4079
2nd & 4th Tuesdays 7 PM
Fireside Room

Walking With the Spirit

Libbie Allen ~ 503.816.6498
Every Sunday during Lent from 11 am to 12:30 pm in Fireside Rm. 4. Please join us and make your Lenten journey special. Call Libbie Allen at 503.816.6498 for more information.

Just Living ~ Jill Hertel - hertelj@juno.com
3rd Thursday 7:00pm
Panera Bread, Cedar Hills Crossing

Parish Contact Information

Parish Office

Office Hours: Monday - Friday 8am-3pm
parish@h-t.org

Parish Staff

Pastor: Dave Gutmann Ext. 204
Pastoral Associate & RCIA: Brett Edmonson Ext. 125
Administrative Assistant: Melissa Core Ext. 200
Business Manager: Kenya Palmer Ext. 202
Bookkeeper: Mary Jo Schlosser Ext. 203

Faith Formation Staff

Children: Melissa Core Ext 200
Youth Ministry & Confirmation: Erin Nieves Ext 126
Administrative Assistant: Marianne Schuman Ext 123

Leadership Councils

Administrative Council: Doug Whitney
503.649.4205 admin@h-t.org
Pastoral Council: Alan Koelling
503.626.7985 pastoral@h-t.org
School Council: Shelly Anderson
schooladvisory@h-t.org

Parish Finances Budget Year 2008-2009

Offertory Collection February 21 \$19,073
Weekly goal \$16,981
"How shall I make a return to the Lord for all
the good God has done for me?"
(Psalm 116:1)



Are you new to Holy Trinity?

We want to welcome you to our community. If you are interested in registering here, please ask one of our Greeters for a New Parishioner Packet or you can download a registration form from our website – www.h-t.org. We look forward to celebrating with you.

If you are interested in becoming active in one of our many ministries please contact the coordinator listed for more information or check out the ministry on the website.

Please support the advertisers on the back of our bulletin. It is because of them that our bulletin is printed free of charge every week. Let them know you saw their ad on the bulletin.

Ministry Coordinators

Altar Ministry	Joyce Brantley	503.644.1790
Altar Server Coordinator	Donna Wills	503.642.2906
Altar Servers Trainer	Jayne Scott	503.645.3966
Community Outreach	Kathy Brasington	503.641.1842
CYO Director	Christian Cochran	503.649.0892
Director of Music	Mark Nieves	503.643.9528
Engaged Encounter	Mike & Nancy Fisher	503.591.7123
Eucharistic Ministers	Bruce Waldvogel	503.356.5760
Filipino Community	Franz & Monette Mallari	503.848.6919
First Friday Exposition	Mike & Reme Prusynski	503.627.3073
Funeral Planning	Ann Hammond	503.292.0590
Funeral Receptions	Linda DiFalco	503.579.3030
Greeter Ministry	Al Schmitt	503.590.6859
Health Ministry	Peg Wills	503.642.2293
Homebound	Mike Kravetz	503.590.7161
Knights of Columbus	Jim Currie	971.563.3381
Liturgical Arts	Shawn Karakas	503.297.3144
Lectors	Vee Porter	503.516.3140
Marriage Encounter	Dan & Tammy Allison	503.642.5591
Newcomers Welcome	Betty Drilling	503.644.8550
Parish Communications	Steve Karakas	503.297.3144
Parish Social Events	Ray & Julia Lions	503.644.4512
Prayer Requests	Melissa Core	503.643.9528
Prayer Shawl Ministry	Linda Dum	503.642.1168
Respect Life	Erin Dibala	503.646.7615
Scrip	Dawn Scheckla	503.649.5336
Senior Luncheon	Kathy Delach	503.614.9724
Small Faith Communities	Ron & Jill White	503.292.2626
Social Justice	Jerry Osacho	503.520.1638
Stephen Ministry	Marilyn Thomas	503.924.3055
Sunday Hospitality	Fred Schulz	503.643.2101
Wedding Coordinator	Melissa Core	503.643.9528
Young Adult Group	Gerard & Anna DeBlois	503.641.0123