



Blessed Trinity Catholic Community  
Spirit of Christ Mission

Return  
to the Lord your God,  
for God is gracious  
and merciful.

# LENT

# 2023

For the Lord says:  
At an acceptable time,  
I have listened to you,  
and on a day of salvation  
I have helped you.  
See, now is the acceptable time;  
see, now is the day of salvation!

2 Corinthians 6:2  
Liturgy of Ash Wednesday



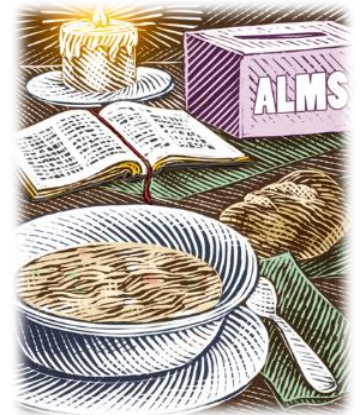


# Lent 2023

The beginning and the end, the source and summit of our life of faith, the focus and meaning of our Lenten journey, is **SUNDAY MASS**.

**REMEMBER TO BE PRESENT EVERY WEEKEND FOR THE LORD'S SUPPER!**

- ❖ **SUNDAY AT HOME:** A special **SUNDAY DINNER AT HOME GUIDE** is available at church entrances and on the Parish website (click on the Lent 2023 page). This guide provides a ritual for Sunday dinner during Lent based on Sunday Mass.
- ❖ **DAILY MASS:** Mass at 12:10 on **Wednesday and Thursday** during Lent. **First and Third Friday** at VILLAGE HEALTH CARE CENTER, 10:00 am. **Fourth Friday**, VILLAGE SENIOR RESIDENCE.
- ❖ **FRIDAYS OF LENT: DAY OF ABSTINENCE FROM MEAT**



## EVERY DAY OF LENT



- ❖ **MORNING, EVENING AND NIGHT PRAYER AT HOME. Daily/Sunday Scripture; Prayers of the Mass and daily reflections.** Click on the website **LENT 2023** tab to **subscribe** to **GIVE US THIS DAY:** prayer for each day of Lent. We highly recommend this valuable resource for daily prayer throughout the year.

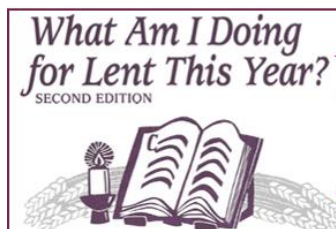
*Available in DIGITAL format.*

- ❖ **OPERATION RICE BOWL: FOR LENT, FOR LIFE! PRAY, FAST, GIVE.** "RICE BOWLS" available at church entrances. For more information, click on the **Operation Rice Bowl** Link on the **LENT 2023** page on the parish website ([blessedtrinitymissoula.org](http://blessedtrinitymissoula.org)). View the video provided for each week of Lent.



## A VIDEO JOURNEY OF THE STATIONS OF THE CROSS

Link on the **LENT 2023** page on the parish website ([blessedtrinitymissoula.org](http://blessedtrinitymissoula.org))



## ❖ "WHAT AM I DOING FOR LENT THIS YEAR?"

The booklet is available at the church entrances.  
Use this book as a guide for your Lenten journey.



**KEEPING THE SEASONS**  
**LENT AND EASTER**

- ❖ A weekly bulletin insert for each Sunday of Lent, Triduum and Eastertime. Prayer, scripture reflection, Catholic customs, family activities and service ideas, provided in the bulletin each week and available on the website, **LENT 2023** link.



# Fast and Abstinence

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence from meat.

For members of the Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.



The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.

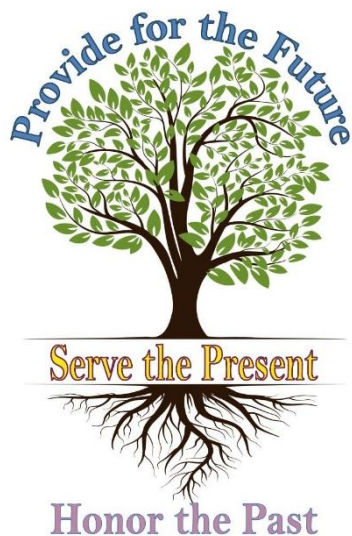
## THE PASCHAL FAST

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

# Lenten Almsgiving

**PARISH STEWARDSHIP GIVING.** Integral to the life and spirit of our parish community, your regular (weekly or monthly) Stewardship offering is a necessary component of our faith. We offer it each Sunday at the Lord's Table with the prayer that the *"Lord will accept the sacrifice we offer, for our good and the good of all God's holy Church."* A prayer which must be true. We all bring a sacrifice, we all offer a sacrifice, we all make a sacrifice of praise.

**LET YOUR OFFERING BE WORTHY, LET IT BE GENEROUS, LET IT BE SINCERE.**



## BLESSED TRINITY CAPITAL CAMPAIGN 2020-2023

### + A LENTEN SACRIFICE + A LENTEN GIFT + A LENTEN VISION

All Blessed Trinity parishioners are invited to offer a gift toward the parish Capital Campaign for the renewal of Blessed Trinity's House for the Church. As of February 12, 2023, 58% of Blessed Trinity Parishioners have responded thus far helping us reach 92% of our pledged amount of \$374,777.

**THANK YOU.**

COMMITMENT ENVELOPES CONTINUE TO BE AVAILABLE AT CHURCH ENTRANCES.

*"The Lord stirred up the people  
so they set to work on his House."*

The Prophet Haggai 1:14

# Lent 2023 Faith Sharing Opportunities

BLESSED TRINITY ✚ SPIRIT OF CHRIST LENTEN FAITH FORMATION

## THE SCRIPTURE STUDY / REFLECTION

Scripture study:

- ❖ Centered on the readings and Gospel for each Sunday of Lent:  
**Thursdays of Lent, 11:00 am.**
- ❖ **SEEING THE WORD:** Reflection based on the text and art of the Saint John's Bible, **Thursday, March 16, 1:00 pm**

## WHOLE PARISH FAITH FORMATION DURING LENT

Follows Sunday Mass: **Every age, everyone, every generation**

The **THIRD** Sunday of Lent March 12, 2023

**"QUENCHING OUR THIRST:" THE WOMAN AT THE WELL**



**YOUTH LENTEN GATHERINGS:** March 8 & 29, 7:00 pm.

**Diocesan CYC Convention 2023 Helena, March 24-26.**

**CHILDREN'S FAITH FORMATION:** Sunday, March 12 following 10:00 am Mass.

## PENANCE AND RECONCILIATION

**SACRAMENT OF RECONCILIATION DURING LENT:**

Personal Rite, every Saturday, 4:00 pm at Blessed Trinity (except on Holy Saturday, April 8.)

**COMMUNAL PENANCE: Tuesday, March 28, 2023 + 7:00 pm**

## Palm Sunday of the Lord's Passion, April 1/2, 2023

**ENTERING HOLY WEEK, Mass begins in the Social Center.**

**SOLEMN PROCESSION:** Social Center > outside > into worship space.

**Our Lenten journey leads us to the**

**GREAT THREE DAYS OF EASTER,**

**"The Sacred Triduum 2023"**

Plan now to enter these holiest days of the year,

**beginning on April 6, HOLY THURSDAY evening at 7:00 pm**  
**with the MASS OF THE LORD'S SUPPER;**

**Continuing on GOOD FRIDAY, April 7 at 12:10 pm with the**  
**SOLEMN LITURGY OF THE PASSION AND DEATH OF THE LORD,**

**Leading us all to the Great EASTER VIGIL**  
**IN THE HOLY NIGHT, SATURDAY, April 8, 9:00 pm**

