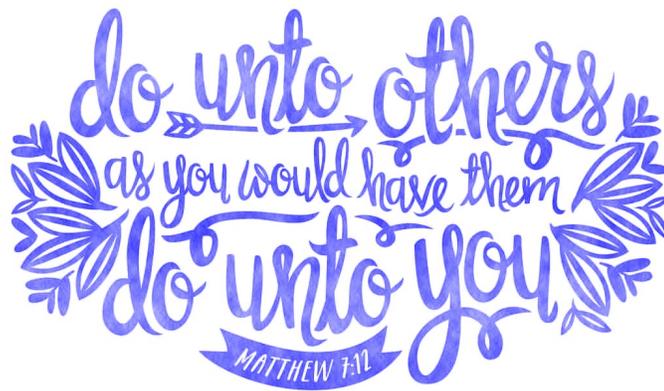




WELCOME

Holy Trinity Catholic Church
A Stewardship Parish

February 19, 2023
Seventh Week in Ordinary Time



Pastor: Fr. Michel Dalton, OFM Capuchin
Deacon: Steve Kula

Reconciliation/Confession Saturday 9:00 to 10:00 am.

Mass Schedule

Saturdays:	4:30 pm	Sundays:	8:00 am / 10:30 am
Mondays:	5:00 pm	Tuesdays:	9:00 am
Wednesdays:	5:00 pm	Fridays:	10:00 am

Our vision: To be a welcoming parish committed to serving others.

Our mission: To make Christ known to the world through Word, Sacrament, Prayer and Service

Feb 19, Seventh Sunday in Ordinary Time, Cycle A

Scripture Readings ([Click for readings](#))

Leviticus 19:1-2, 17-18 God issues an invitation for us to imitate the divine holiness.

Psalms 103:1-2, 3-4, 8, 10, 12-13 God's kindness and compassion are signature traits—and thank God for that!

1 Corinthians 3:16-23 As temples of the Spirit, we are hosts of the holiness of God.

Matthew 5:38-48 What does it take to be a disciple of Jesus? Merely the desire to be perfect.



Please advise the Parish Office when it is no longer necessary or appropriate to keep names on the list, so we may use the space for future entries.

Health and Healing

Clare Calabrese
Maria Jarrell Gonzales
Winona Akana
Charlotte Sexton
Adam Suapaia
Bobby Curran
William Morlon
Eugene Pongratz
Ronan Bissonette
Lori Santos
Kenneth Wong

Eternal Rest

Saoirse Roisin Kennedy Hill
Jim Leahy
Martha DeMello
Patricia Loo
Jane Pongratz
Cecilia (Leilani) Hunter
Eileen DeLucia

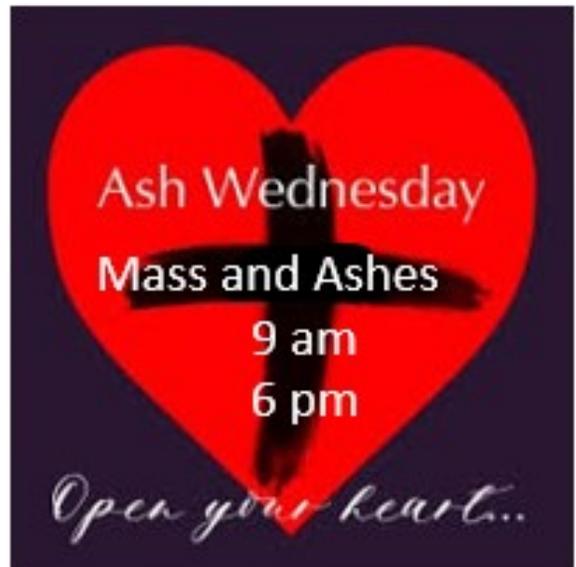
Get the Bulletin in Your Email Each Week

Would you like to get the Bulletin delivered to your email each week on Friday afternoon?

Click [HERE](#) to send an email request to subscribe. Please include your first and last name. That's all.

Or send an email to holytrinitychurchhawaii@gmail.com with **Subscribe** in the Subject line and your first and last name in the body to get the Bulletin delivered to you each Friday afternoon.

Please do not send any requests to the main email for Holy Trinity.



Holy Trinity Church Contact Information
5919 Kalaniana'ole Highway, Honolulu, HI 96821
E-Mail: holytrinity@rcchawaii.org
Website: holytrinitychurchhi.org
Telephone (808) 396-0551
Emergency Telephone: (808) 772-2422

QR Code
Online Giving



I Will Love the Sin Out of You

In our first reading this week, we're reminded of one characteristic of holiness, in imitation of the Lord, that boils down to not letting anger take hold of the heart. In our second reading, St. Paul reminds us that hatred not only seeks destruction and harm to the person we hate but brings destruction upon us too.

In a world that is often focused on vendettas, avenging wrongs, trampled rights, and payback, Our Lord reminds us in our Gospel from Matthew what has been a trademark of Christianity throughout the centuries: turning the other cheek.

How do we react when someone is unkind to us or causes us harm? How are we to act to those who do evil to us? How are we to react to those who do not like us, who hate us, who are our enemies?

In the Gospel Jesus said, "you have heard that it was said, 'You shall love your neighbor and hate your enemy.' Ok, it doesn't say hate your enemy, but that was probably the common understanding in Jesus' time, as I think it is today. Jesus responds with "But I say to you, love your enemies and pray for those who persecute you."

In conversations with one of my students I was told of a parent responding to their child who was causing problems. The mothers' loving response was "I will love the sin out of you." This type of response is a helpful way to understand the non-retaliation Jesus requests in our Gospel this week.



Peace and Blessings

Deacon Steve

HOME OF *AgnusDay* THE LECTINARY COMIC STRIP



© WETZSTEIN 14-02-19

TIME • TALENT • TREASURE



Stewardship
A WAY OF LIVING



Stewardship Corner Reflection 345

Stewardship at Holy Trinity Catholic Church

Take Your Rest

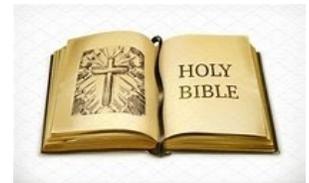
"Everyone is looking for You" (Mark 1:37)

We often hear of Jesus resting. "Come away and rest awhile" (Mark 6:31). Or "Jesus sat down by the well to rest" (John 4:6). Jesus traveled the land...on foot. He preached, taught, and healed those in need along the way. Just imagine how tired He must have been. He needed to withdraw to a secluded place...to rest. His mission was to reach all...even us today. Can you imagine being an Apostle? Ready to move on to the next village? Spreading His message? Well just start at home. Right here at Holy Trinity. Take your rest...but then look and listen to those close at hand. A simple smile to those in our pew; letting another out first from the next parking row. See a service you could perform or talent you might have? Willing to share? Well, that's stewardship. Give it a chance. Consider a ministry.

"You Can't Out Do God's Generosity!"

Good News to the Parishioners of Holy Trinity Church

February 19, 2023



1. Andrew Carnegie established the Carnegie Medal in 1904 after hearing about 180 miners trapped in a Pennsylvania coal mine and of 2 heroes who attempted to save them. This medal continues to be given to those who "...risk death or physical injury while attempting to save the life of another." A recent recipient is Terry Ann Thomas, a civilian overseeing confiscated property at the Topeka PD. It seems that while she was retrieving a claimed item, a fellow officer called for help as she was being attacked by this claimant. Terry Ann sounded the panic alarm and ran to the officer, inserting her foot in the elevator door as the claimant was escaping. Recipients receive a medal, a \$5,500 stipend and continued support [as necessary].
2. Off duty HPD Sgt Fred Delgala of District 4 (Windward Oahu) entered his credit union to the sight of confusion. He soon realized a customer in distress. He administered CPR and called 9-1-1. "It made me feel good...that's why I got into this job...to help people." he said.
3. When the final whistle blows on Super Bowl LVII, hats and shirts of the winning team will be abundant on the field...but what about the memorabilia of the opposing team? It seems that Good 360, a VA based organization, partnered with the NFL, will see that nothing goes to waste. Apparel from not only the Super Bowl, but the AFC and NFC championship games as well, go to communities in need...Africa, Asia, Eastern Europe, and the Middle East. "May the best team win...but for the nonwinner, people can still have a smile on their face with the [product] going to someone in need."
4. Think hard. Did something good happen this week? I'm sure it did. Then cherish that memory. Hold it in your heart/or in your mind; then when, things are challenging...recall that memory.
5. Remember our gifts from God...continue to serve one another.
6. When it comes to coronavirus...common sense is not so common...choose common sense anyway.
7. Wearing your mask is now optional, but ushers will continue to offer hand sanitation upon entry to Holy Trinity Church.
8. Keeping current with Holy Trinity...easy. Check our website for the latest news and updates at www.holytrinitychurchhi.org.

Respect Life Corner – Weekend of February 18-19

Our focus this month is marriage with articles about married saints

Blessed Luigi and Maria Beltrane Quattrocchi The first married couple to be beatified together.



Luigi and Maria “lived an ordinary life in an extraordinary way. Among the joys and concerns of a normal family life, they had an extraordinarily rich spiritual life.” (Pope St. John Paul II)

Beatified: October 21, 2001

Feast Day: November 25 (their Anniversary)

They were a married couple with four kids. They weren't foreign missionaries or martyrs, they didn't raise canonized saints, they didn't start a world-changing movement. They were just a holy couple raising 4 holy kids — the most extraordinary of ordinary callings. They led a life so filled with small moments of beauty and love and sacrifice that in the end it all blurs together into what seems like an ordinary life but filled with glory.

An Italian couple who were married for forty-six years. They had four children, three of whom entered religious life. Two became priests and one a nun. The couple's intention was to raise children

who loved God and one another.

Their fourth child was born in 1913 after a long and painful pregnancy. The situation had been so dire that Maria's physicians recommended an abortion to try to save at least her life, which she and Luigi both resolutely rejected. They put their whole trust in the Lord's Providence. Maria and Luigi were always careful to entrust their children to God. When any of the four faced problems, their parents always encouraged them first and foremost to “appeal to the heavens” in prayer.

The family was busy and active in the world around them. Maria wrote books on the mother's role in the education of her children. She accompanied sick people on pilgrimages to Lourdes, in France. She was very conscious of care to the poor and needy. During World War II, Maria oversaw the welcome of Jews and refugees, especially those escaping Nazi persecution, into the family home and was generous with anyone who came to their door in search of life's necessities.

Luigi was a lawyer and worked for the Italian government. He was an active participant in several Catholic organizations. Every day the family prayed the Rosary together, and they shared a daily devotion to the Eucharist. They were consecrated together as a family to the Sacred Heart of Jesus. The Quattrocchis knew what it meant to live in modern times, with the threats of war, disease, terrorism, and poverty. Their strength was in their faith.

Read more about them here:

<https://aleteia.org/2017/11/25/blessed-luigi-and-maria-quattrocchi-ordinary-married-life-shot-through-with-glory/>

https://wau.org/archives/article/the_married_way_to_holiness/

At Holy Trinity we support and sustain a culture of LIFE. Join us on First Friday in March, at 4:15 (before the 5:00 PM Mass) as we pray the rosary. We appreciate the support of your prayers.

If you would like to join our Respect Life Committee, please contact Debbie at dkula@rcchawaii.org

Friday Schedule Change during Lent

The daily Mass on Friday will move to 5 pm for Lent, starting on Feb 24. Stations of the Cross will follow the Mass. There will not be any noontime Stations this year. There is no plan to have soup and bread after the Stations this year.

Donations and Weekend Attendance: 21-22 and 28-29 Jan 2023

Offertory	\$21,697
Major Maintenance & Repair	5,399
ST Augustine Ed Fund	314
Candles	216
Thrift Shop	1,314
TOTAL	\$28,940



Thank you for your continued support.

Attendance				
	21-22 Jan		28-29 Jan	
		Children	Adults	Children
Sat 4:30PM	118	10	142	8
Sun 8:00AM	107	10	100	6
Sun 10:30AM	148	10	134	13
TOTAL	373	30	376	27

Memorial Mass for Martha DeMello

There will be a Memorial Mass for Martha DeMello on February 23rd at 10 AM



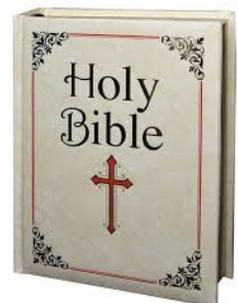
Sunday Bible Study Group

Join Donna Craven

February 19, 2023
4:00-5:30 p.m.
Parish Meeting Room

Walk the WAY of the BIBLE
with community
reflection and discussion.

All are welcome.



Rite of Christian Initiation of Adults RCIA 2023

The Rite of Christian Initiation of Adults includes a rite of anointing with the Oil of Catechumens. As Christians, we understand that anointing with oil symbolizes the need for God's help and strength to profess faith and hold fast to it throughout life, undeterred by the bonds of the past and overcoming any opposition of the devil. Connie Lu will receive this anointing on Sunday, Feb 19th at the 8:00 a.m. Mass.

On Sunday Feb 26th at the 8:00 a.m. Mass, Connie Lu along with Diane and Emerich Piedad will receive the Rite of Election. This Rite, customarily coinciding with Lent, begins a period of purification and enlightenment to develop appreciation of the liturgy, enhance prayer, and prepare to receive the sacraments of initiation at the Easter Vigil.

This period is a more intense spiritual preparation with more interior reflections than catechetical instruction. It is intended to purify the minds and hearts of the elect as they search their own consciences and do penance, and to enlighten their minds and hearts with a deeper knowledge of Christ the Savior.

Extending over the entire Lenten season, additional rites, scrutinizes and presentations will be celebrated to support the elect. The entire church community shares in this Lenten journey with them by being reminded of baptism already received, the need for repentance, and spiritual recollection in preparation for the celebration of the paschal mystery.



CRS Rice Bowl—Lent 2023

FOR
LENT
FOR LIFE

This Lent, our community will participate in CRS Rice Bowl, a program that invites us to reflect on the challenges of global hunger—and our Gospel call to care for our global human family.

CRS Rice Bowl gives us a wonderful opportunity to encounter different people from around the world, know more about their lives and recognize them as our sisters and brothers. We will see how, through our **prayer**, we encounter Jesus, who is present in the face of every member of our human family. When we **fast**, we encounter the obstacles that prevent us from fully loving God and our neighbor. And when we **give alms**, we share in solidarity with those who need our support.

By joining our prayers, fasts and alms this Lent with those of other parishes and Catholic schools in the United States, we will help millions of women, men and children around the world whose economic challenges have been exacerbated by the pandemic. Together as a Church, through CRS Rice Bowl, we can contribute to the efforts of those who seek to build a better world for themselves and their communities.

CRS Rice Bowl provides many resources for daily reflection throughout the liturgical season. Consider these suggestions in your family's Lenten plan:

Use your CRS Rice Bowl and Lenten Calendar each day to guide your prayer, fasting and almsgiving.

Read the Stories of Hope and daily reflections to inspire your Lenten journey.

Use the CRS Rice Bowl recipes to prepare simple, meatless meals on the Fridays of Lent to eat in solidarity with our sisters and brothers around the world.

Visit crsricebowl.org to watch videos of the people and communities you support through your Lenten gifts to CRS Rice Bowl.

Your sacrifices during this holy season have the power to change lives by providing enough nutritious food for families to thrive. And by practicing the pillars of Lent through CRS Rice Bowl, I hope both your faith and connection to our one human family deepens.

CRS Rice Bowls will be collected at the end of Lent, so stay tuned to learn more. Thank you for participating in CRS Rice Bowl with your family.



TEACHING MASS - BULLETIN INSERT
THE MASS: FULL, CONSCIOUS, AND ACTIVE PARTICIPATION
SUNDAY, FEBRUARY 19, 2023



Over the past several weeks, these bulletins have focused on breaking down the different parts of the Mass and diving deep into the details. It is important for us to know the Mass along with its elements and its symbols so that we can understand and participate in the Mass in a deeper way. We are called to not simply spectate the Mass, but to take part in the worship in our mind, body, soul, and spirit.

With this in mind, our last bulletin will review the different parts of the Mass covered in previous sections and will focus on what we are called to do in order to participate in the Mass in a full, conscious, and active way,

This presence of Jesus within us, however, is not meant to be kept hidden away inside us. We are called to take Jesus with us out into the world! That is the center of what we might call our mission as Catholics.

PREPARING FOR MASS

Before we arrived at the Mass, our worship had already begun. We should enter a spirit of prayer before we even enter the church or even leave our homes. We should prepare ourselves by dressing our bodies in clothes fitting for worship, preparing our mind by meditating on the upcoming event of the Mass, our souls by prayer, and our hearts by recognizing God's love for us and responding with our love for Him. Coming to Mass is not a simple empty tradition or obligation. It is a deep expression of our relationship with God. Our Lord calls us to enter His house and be with Him. We come together as one Catholic family to be with God in the Eucharist.

INTRODUCTORY RITES

Our Mass begins, rightly so, with the Sign of the Cross, which we make together as a sign of our unity of faith, our common baptism, and the means of our redemption. After we make the sign of the cross, the priest offers us words of greeting and blessing, which we return. This way, we know that even if we perform different tasks, in the liturgy, we are united in a single act of worship as a single body of believers.

Entering into our prayer, we then turn to God with a contrite heart and ask for mercy and forgiveness. We call to mind our sins during these first minutes of the Mass, recognizing that we are yet sinners in need of the help of God and prayers from all the saints. This prayer does not replace the Sacrament of Reconciliation, but it does offer absolution for small, venial sins.

After acknowledging our sins and receiving God's mercy, our hearts turn to God in joy as we sing the Gloria, an ancient song of praise which tells of God's glory, power, mercy, and His closeness to us. The Gloria is not sung at every Mass but is reserved for Sunday Masses as well as feasts throughout the year. After the Gloria, the priest exclaims, "Let us pray," prays silently with us, and prays aloud the prayer of the day. We unite ourselves to this same prayer so that, while it is spoken aloud by only one, it is prayed by all.

THE LITURGY OF THE WORD

Our prayer continues through our proclaiming the Word of God. As Jesus is the Word made flesh, He is truly present in the word of God whenever it is read. As such, we sit to listen attentively to the readings from the Old Testament, the Psalms, the New Testament letters, and then finally the Gospel. The Gospel reading carries extra significance because not only is it the word of God, but it contains the words of Jesus spoken through His own mouth and his mighty works. Thus, while we sit for the other readings, we stand for the Gospel out of reverence for the words of Jesus.

After the Gospel is read, the priest or deacon will preach what is called a homily, which is a teaching specifically tied to our faith, drawing from the readings we have proclaimed. We are called to take these lessons to heart. As Catholics, we are called to live out our faith and pass it on to those we encounter in life. In order to

prepare ourselves for this great mission, we must come to know our great faith through the teachings of the Church, receiving them through the preaching of the clergy. This should not be the only way that we come to understand our faith, as there are many resources beyond a weekly homily from a priest or deacon, but that does not make it any less important. Indeed, receiving the teaching of the Church and listening attentively to the readings and homily are still an act of worship.

After the homily, and almost as a response to it, we stand and together recite the Creed, the summary of the teachings of the Church articulated in this way since the fourth century. All Catholics believe every word of the Creed, and it is important to know it, for it is what we believe. Having been taught the faith, we now profess it as one body of faith. United in our faith, we follow the creed by bringing the petitions of our community to God. We announce them and exclaim in one voice, “Lord, hear our prayer,” after each petition. These petitions close the Liturgy of the Word.

LITURGY OF THE EUCHARIST

The Eucharist is the source and summit of our Faith. It is both the greatest gift we receive and the greatest thing we can offer to God. This is because the Eucharist is the body, blood, soul, and divinity of Jesus Christ, even if it has the appearance of bread and wine. Since Jesus is God and God alone is perfect, it is the perfect offering and a perfect gift. Because of this, it is right for us to see the Liturgy of the Eucharist as true worship of the God who is not far away and distant from us, but present with us in every place where Mass is offered.

In the Liturgy of the Eucharist, bread and wine are brought to the altar where they are transformed into the Body of Christ through the Eucharistic Prayer. During this prayer, we worship and adore the Lord as He comes down to us from heaven. It is here that the church is no longer simply a house of prayer, but a heavenly dwelling. God is with us here, not only in spirit, but physically as well. As members of the faithful, we are called to enter the deepest sense of worship, recognizing Christ in the Eucharist and responding with reverence, respect, and a prolific sense of awe. This is God who is before us! He is right there, held up by the priest for all of us to see!

Our God present with us, we pray aloud in one voice the Our Father, the prayer Christ Himself taught us, and exchange a sign of peace; a peace which comes from God and is for us to share with our brothers and sisters. In the sharing of peace, we are actively participating in the sign of our communion with one another, and rightly, because communion is the next part of the rite.

The first to take communion is the priest, but before he does so, he first breaks it as a sign that Christ’s body is to be shared with all the faithful, just as the sign of peace. After the priest takes communion for himself, he then gives communion, first to the deacon, and then all the faithful who are rightly disposed. It is right that we receive communion, as it is a gift from God. This gift of communion is the very body and blood of Christ, a true reality, hidden beneath bread and wine.

For us, we come forward to receive communion with a prayerful heart, dwelling on who it is that we are about to receive. We reverence our Lord with a bow as the priest or minister presents us with the Eucharist, and as he or she proclaims, “The body of Christ,” we respond, “Amen,” for indeed we truly believe.

CONCLUDING RITES

Communion does not end the Mass. Before we leave, we are given our mission to love and serve the Lord in the world. We are disciples of Christ, called to fill the world with His presence, taking Him with us from the church and into the world. We bear Christ in spirit and in our bodies, carrying Him with us into our daily lives. With the final blessing and the call to go forth, we depart from the church building, but we who are the Church carry Christ with us wherever we go.



ROMAN CATHOLIC CHURCH IN THE STATE OF HAWAII
DIOCESE OF HONOLULU
WITNESS TO JESUS

Memorandum

TO: All Clergy, Religious Orders, Catholic Schools & Parishes

FROM: Rev. Alfred Omar Guerrero, Director of the Office of Worship

DATE: January 31, 2023

RE: **Diocese of Honolulu 2023 Lenten Regulations**

FASTING

- ❖ In the dioceses in the United States, Catholics aged 18 through 59 are bound to fast on both Ash Wednesday (**February 22, 2023**) and Good Friday (**April 7, 2023**).
- ❖ To *fast* means to consume one full meal a day at most, although taking of other, smaller quantities of food at the other customary mealtimes is permitted. Food and drink between meals (excepting water and medicine) is not permitted on days of fasting.

ABSTINENCE FROM MEAT

- ❖ Catholics aged 14 and up are to abstain from meat on Ash Wednesday, all Fridays of Lent, and Good Friday.
- ❖ To abstain means refraining from eating beef, veal, pork, or poultry at least, although eggs and milk products are acceptable. The consumption of fish and shellfish is permitted, though the penitential character of the abstinence should be kept in mind.

EASTER DUTY

- ❖ All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year. This precept is to be fulfilled during the Easter Season unless it is fulfilled, for a just cause, at some other time during the year. This period is extended to include all the weeks of Lent and the Easter Season up to Trinity Sunday (**June 4, 2023**).

LENTEN PRACTICES

- ❖ The faithful are encouraged during Lent to attend daily Mass, receive Holy Communion, participate in penance services, and receive sacramental absolution; to take part in public and private exercises of piety, give generously to works of religion and charity, perform acts of kindness toward the sick, aged, and the poor; to practice voluntary self-denial, especially

regarding food, drink, and worldly amusements; and to pray more fervently, particularly for the intentions of the Holy Father.

- ❖ Ash Wednesday, the first day of Lent, falls this year on **February 22nd**. Ashes are to be blessed as a sign of our entry into a season of conversion, repentance, and reconciliation. Ashes are to be blessed by a bishop, priest, or deacon. Others may be associated with the clergy in the distribution of ashes.
- ❖ Funeral Masses may not be celebrated on Holy Thursday, Good Friday, or Holy Saturday, nor on the Sundays of Lent. When pastoral reasons require that a funeral be celebrated on these days, only a Funeral Outside of Mass may be held.
- ❖ To afford the faithful opportunities to participate in Lenten prayer services, pastors are encouraged to have such prayer services at least twice a week, including the Way of the Cross on Fridays, Exposition and Benediction, Evening Prayer, and evening Masses. A homily or instruction should be included.

BLESSING OF THE OILS AND CONSECRATION OF THE CHRISM

- ❖ In order to allow participation of Catholics throughout the islands, the Sacred Oils will be blessed during the Chrism Mass to be celebrated in several locations. All are encouraged to join in one of the following celebrations:
 - a. Kauai: **Tuesday, March 14th at 7 p.m., St. Theresa Church, Kekaha.**
 - b. Maui-Lanai: **Thursday, March 23rd at 7 p.m., St. Joseph Church, Makawao.**
 - c. Big Island: **Thursday, March 30th at 6:00 p.m., St. Michael the Archangel Church, Kailua-Kona.**
 - d. Oahu-Molokai: **Tuesday, April 4th at 7 p.m., Co-Cathedral of St. Theresa, Honolulu.**

THE SACRED PASCHAL TRIDUUM

“Since Christ accomplished his work of human redemption and of the perfect glorification of God principally through his Paschal Mystery, in which by dying he has destroyed our death, and by rising restored our life, the sacred Paschal Triduum of the Passion and Resurrection of the Lord shines forth as the high point of the entire liturgical year” (*Universal Norms on the Liturgical Year and the Calendar, #18*). Three major liturgical principles may be of help here:

- a. The Triduum may be viewed a single liturgical action that occurs over a period of three days.
- b. The Triduum is not part of Lent, but in its entirety, celebrates the Easter event.
- c. The entire focus of the Triduum is on the Triumph of the Cross and the Resurrection.

NOTE: The above directives should be published in parish bulletins for the benefit of the faithful, adding any specific parish or vicariate events. What follows pertains only to clergy and liturgy planners and need not be published for parishioners.

Sunday, Feb 19, 2023

Kindness and care, from beginning to end

Sometimes you have to do things for yourself. Mathilda Beasley (1833-1903), of Creole and Native American parents, founded a Franciscan community of color in Savannah with little help from normal church channels. Her sisters cared for orphaned black children, continuing the work until things ran out: money, housing, and the health of Mother Beasley. Though the community was suppressed, Mother Beasley was the third founder of an order of black sisters in the United States, after Elizabeth Lange and Henriette Delille. God measures our efforts, not our success.

SEVENTH SUNDAY IN ORDINARY TIME

TODAY'S READINGS: Leviticus 19:1-2, 17-18; 1 Corinthians 3:16-23; Matthew 5:38-48 (79). *"For the wisdom of this world is foolishness in the eyes of God."*

Monday, Feb 20, 2023

Either part of the problem, or . . .

Imagine being a lifelong Catholic—yet being refused admittance to a Catholic school. Or being asked to move to the back of the church at Mass because of your race. Professor Thomas Wyatt Turner (1877-1978) experienced plenty of discrimination, which is why he helped found the NAACP in 1909 as well as the Federated Colored Catholics in 1924. The latter group pledged their services to the church "for whatever good they were able to effect in the solution of the problems facing the group in church and country." On this World Day of Social Justice, be part of the solution.

TODAY'S READINGS: Sirach 1:1-10; Mark 9:14-29 (341). *"Why could we not drive the spirit out?" [Jesus] said to them, 'This kind can only come out through prayer.'*"

Tuesday, Feb 21, 2023

Climb to holiness

Dante Alighieri, writing *The Divine Comedy*, paid Peter Damian the great honor of placing him in one of the highest circles of Paradise. In fact, Peter is the first of two important monastic figures to greet Dante in "seventh heaven," the other being Saint Benedict of Nursia. Both represent this heavenly level: spiritual contemplatives who've lived a life of temperance and prayer. Dante has Peter and Benedict climbing up and down a golden ladder, reminiscent of the "Ladder of Humility" (12 steps) described in the Benedictine Rule and the "Ladder of Divine Ascent" (30 steps) written by monastic Saint John Climacus. If you need to build a Lenten practice, step up to the task tomorrow.

MEMORIAL OF PETER DAMIAN, BISHOP, DOCTOR OF THE CHURCH

TODAY'S READINGS: Sirach 2:1-11; Mark 9:30-37 (342). *"If anyone wishes to be first, he shall be the last of all and the servant of all."*

Wednesday, Feb 22, 2023

Out of the ashes

Happy Ash Wednesday! Yes, it can be a cause for celebration. Best known as the first day of Lent, this day remains sacred to Catholic communities in the West as a day of solemnity following the Carnival season, capped off yesterday with Mardi Gras ("Fat Tuesday"). Though most often associated with revelry and excess, the season just completed is also a holy one. Carnival is full of Catholic symbolism and festive acknowledgement of God and creation, in keeping with the church year and its marking of spiritual times and seasons. Now, as we enter a period of fasting and abstinence, let's remember to continue seeking God's

goodness in the rich traditions of the faith. Don't forget to stop by church for ashes today!

ASH WEDNESDAY; DAY OF FASTING AND ABSTINENCE

TODAY'S READINGS: Joel 2:12-18; 2 Corinthians 5:20—6:2; Matthew 6:1-6, 16-18 (219). *"For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him."*

Thursday, Feb 23, 2023

Emulate those who stood firm

Polycarp was a bishop, and his death the church's first recorded martyrdom. He was born in 69, just a few years after Peter and Paul were executed, and Roman authorities burned him to death after what one account calls a "witty conversation" between Polycarp and Statius Quadratus, Roman proconsul. Polycarp became one of what would turn out to be a flood of Christians who have been put to death, and continue to be so, for not renouncing their faith. Sometimes "not renouncing" means publicly living Christian ethics against pressure; sometimes it means stating one's belief in words. Strive to be a courageous witness for faith, as those who came before us have been.

MEMORIAL OF POLYCARP, BISHOP, MARTYR

TODAY'S READINGS: Deuteronomy 30:15-20; Luke 9:22-25 (220). *"What profit is there for one to gain the whole world yet lose or forfeit himself?"*

Friday, Feb 24, 2023

Fast approaching

The practice of fasting during Lent finds its genesis in our Lord's journey into the desert where he fasted and prayed for 40 days and nights in preparation to begin his public ministry (Matthew 4:1-2; Luke 4:1-3). We observe the 40 days of Lent in imitation of Christ's time in the desert. We walk into the desert with Christ and fast so as to have the strength to do good and avoid evil, with the help of God's grace. We strive to atone for our sins and purify our lives in preparation for the celebration of Christ's glorious rising from the tomb.

FRIDAY AFTER ASH WEDNESDAY; DAY OF ABSTINENCE

TODAY'S READINGS: Isaiah 58:1-9a; Matthew 9:14-15 (221). *"This, rather, is the fasting that I wish: . . . Clothing the naked when you see them, and not turning your back on your own."*

Saturday, Feb 25, 2023

What's on your bookshelf?

It is often said that Lent is a time to take spiritual inventory and do a "spring cleanup" as we renew our baptismal promises. The conjunction of Lent with Black History Month and Catholic Press Month affords us an unprecedented opportunity to take spiritual inventory of our bookshelves, too! What books do we have from the black Catholic community that can enrich us, expand our spiritual horizons, and even challenge us? This Lent, consider picking up *Uncommon Faithfulness: The Black Catholic Experience* (2009) or *Black Catholic Studies Reader: History and Theology* (2021). Make one of these books or a similar one part of your Lenten renewal.

SATURDAY AFTER ASH WEDNESDAY

TODAY'S READINGS: Isaiah 58:9b-14; Luke 5:27-32 (222). *"Then the LORD will guide you always and give you plenty even on the parched land."*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



©2023 TrueQuest Communications. TakeFiveForFaith.com; mail@takefiveforfaith.com. All rights reserved. Noncommercial reprints permitted with the following credit: Reprinted with permission from TakeFiveForFaith.com. Scripture citations from the New American Bible Revised Edition. For more information about TAKE FIVE and our regular contributors, go to PrepareTheWord.com. **Free daily email and app available online at TakeFiveForFaith.com/subscribe.**