



HOLY TRINITY CATHOLIC CHURCH

Washington, DC

December 17, 2023



Third Sunday of Advent

One Parishioner's Experience of Making the Ignatian Spiritual Exercises

By Fran Butler

Fifteen years ago, I made the Spiritual Exercises of St. Ignatius Loyola. I was at a stage of my life, nearing retirement and becoming an "empty-nester," when I began to feel a growing pull to go deeper into my relationship with God. I was encouraged by a parishioner friend who told me how she had benefited from making the Spiritual Exercises. I inquired about resources at Holy Trinity, and was paired with Martina O'Shea as my guide.

Martina accompanied me through the Spiritual Exercises in a format that consisted of committing to prayer practices that St. Ignatius recommends -- about 45 minutes of daily prayer and meeting weekly with a trained spiritual director. This takes place over a period of many months, almost a year in my case.

During the time I first met with Martina I was also reading Fr. Jim Martin's book, "The Jesuit Guide to (Almost) Everything." Fr. Martin's book was life-changing for me. This gifted Jesuit priest included a chapter on the Spiritual Exercises and wrote that what keeps most people back from doing the Exercises is their fear about what God might ask them to do.

Wow! That was me! So, I made the decision not to be held back by this fear. I am so glad I did. And I have learned that whatever God has asked of me, I am all in. I no longer let fear hold me back. "My yoke is easy and my burden is light" (Matthew 11:28-30) has become one of my mantras.

One ministry that I have become committed to since making the Exercises is the Ignatian Spirituality Project. Holy Trinity sponsors the local DC women's ISP. Our team accompanies women who have experienced both addiction and homelessness. We meet monthly at a local homeless

continued on page 2



OFFERTORY

We invite you to share your gifts with others in our parish community!

MAIN CHURCH

36th Street, NW
between N & O Streets
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PARISH CENTER & CHAPEL

3513 N Street, NW
Washington, DC 20007
(202) 337-2840



trinity.org



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DAILY MASS SCHEDULE

MONDAY - FRIDAY: 8:00 AM — Chapel
5:30 PM — Chapel

SATURDAY: 8:00 AM — Chapel

SATURDAY (VIGIL): 5:30 PM — Church
SUNDAY: 7:30 AM — Church
9:00 AM — Church, Trinity Hall,
and Livestream
11:30 AM — Church
5:30 PM — Church

SACRAMENT OF

RECONCILIATION: Saturdays, 4:30 - 5:15 PM — Church



Making the Ignatian Spiritual Exercises *continued from page 1*



am more attentive to God’s presence in my daily life. I have a greater awareness of the blessings that make up each day, including the people that God has put in my life and my Holy Trinity faith community that nourishes me. I am more attuned to the “movements of the spirit” that inspire and guide me. I have the confidence that comes from knowing that I am part of a bigger story -- that felt sense of knowing that I am never alone on my journey. I am supported by a God who wants me to thrive, the people who came before me, and those who are with me now. I ponder in wonder what it means that we are created in God’s image -- a loving, relational, reciprocal image.

I encourage anyone who is feeling drawn to making the Spiritual Exercise to consider: What more do you want in your relationship with God? What is it that is holding you back from experiencing this affirmation of God’s love for you?

To learn more about the Spiritual Exercises, please visit our website by scanning this QR code:



shelter for faith sharing, and four times a year offer overnight retreats for women at the Jesuit retreat house in Faulkner, Maryland. My ISP involvement has been lifegiving for me. I am inspired by the expressions of faith of the women we accompany.

When I committed to doing the Exercises, I was still working so I would get up at 5 am each morning to have a quiet time for my prayer practices and journaling. These days I wake up later, but I can’t imagine starting my day without this quiet intentional time of prayer -- including reading the daily scripture, praying with the Examen, and journaling that keeps me “grounded in God” and reminds me daily of my many blessings. Now I meet with Martina about every 6 weeks. I have been freed from the “gotcha God” of my youth’s formation, thinking God was always looking out for me to do something wrong.

Now I am a person who is growing in trust, is hopeful, feels surrounded by love, and is filled with gratitude. I



Those who are gluten intolerant and wish to receive Holy Communion should speak with a Mass coordinator before the start of Mass. The Mass coordinator is stationed near the entrance of the Church.

COFFEE DONUTS



Please visit McKenna Hall for coffee and donuts following the 9:00am and 11:30am Masses.

Thank you to all the volunteers who generously give of their time to bring this important ministry to the Parish



PREPARE THE WAY OF THE LORD!

Volunteers who wish to help with preparing the Church, Hall and Chapel for Christmas liturgies are invited to RSVP to David Gardiner, dmgardiner@gardinerhall.com. We will be working on Friday, **December 22** from 12:00 Noon until 3:00 PM and on Sunday **December 24**, from 1:00 PM to 3:00 PM. Cookies and egg nog will be provided!

SUNDAY YOUTH GROUP

December 17 | 10:10 AM, Walsh Building Room 399 (across from Wisemiller's Deli on 36th St NW)
All high school students welcome!

PRAYING IN SACRED SPACE

Saturdays in Advent: December 23 | 4:00-5:00 PM, Zoom

In this hour of prayer and faith sharing, all are invited to encounter the Advent scriptures in a way St. Ignatius gave to us in the Spiritual Exercises. During the hour, savor the silence and share with others who are seeking God's presence. Come to one session or all — no preparation necessary. All are welcome! Register at trinity.org/ignatian-spirituality/invitations-to-pray. For more info, contact Catherine Heinhold at cheinhold@trinity.org.

BIBLE STORY HOUR - THIS SUNDAY

December 17 | 10:15 AM, Lower School



Children ages 3-5, with a parent or guardian, are invited to explore well-know Bible stories through hands-on activities this Sunday in the Lower School Room 108. Contact Sandy Nguyen, rek8@trinity.org.

PARENTS WITH YOUNG CHILDREN PLAYGROUP

Families with children aged 5 and younger are invited to a Sunday Playgroup at 10:15AM in the Upper Room of the Parish Center (Level 2) today. Questions? Please e-mail mary.cain323@gmail.com

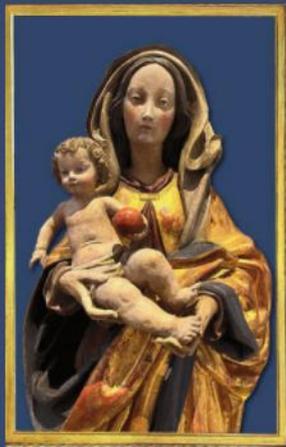
YOU CAN HELP THE YOUTH GROUP!

To provide breakfast items for Sunday Youth Group, please visit: bit.ly/3REj6gk Contact Katie Laskey at klaskey@trinity.org with questions.

Curious about getting involved with Youth Ministry as an adult volunteer?

Contact Katie Laskey at klaskey@trinity.org or fill out the Volunteer Interest Form at trinity.org/youth-volunteers/

Christmas Mass Schedule



Christmas Eve — Sunday, December 24

4:00pm (Church and Trinity Hall)

5:45pm (Church)

7:30pm (Church)

9:30pm (Church)

11:15pm Carols & Scripture (Church) followed by Midnight Mass

(Note: There is no 9:00am Mass in Trinity Hall on the 24th. All other Sunday morning Masses on the 24th are as usually scheduled.)

Christmas Day — Monday, December 25

9:30am (Church)

11:30am (Church)

(Note: There will be no 5:30pm daily Mass on the 25th.)



HOLY TRINITY COLUMBARIUM AT HOLY ROOD IN 2023

By Patricia Sowick

This has been a momentous year for Holy Trinity’s historic parish cemetery, Holy Rood. The cemetery landscape is becoming more beautiful with each passing season, as trees and shrubs planted since 2019 continue to mature. And this year we have exceeded sales estimates for available space in the Holy Trinity Columbarium there.

The Columbarium consists of two structures. The restored hillside crypt contains 99 spaces (niches), and the granite columbarium wall contains 546 spaces (niches). Each niche holds up to two urns. To date, we have sold 414 of the 645 niches in the Columbarium, and since 2019, the remains of more than 90 parishioners and others have been laid to rest there. We have established a Perpetual Care Endowment for cemetery maintenance from a portion of the proceeds of niche sales.

Holy Rood is located on 6.5 hilltop acres, approximately one mile from Holy Trinity, at the intersection of Wisconsin Avenue and 35th St., N.W. All are welcome to visit. The pedestrian gate is open daily, and the vehicular gates are open during services. In addition to funerals, Holy Trinity has held outdoor services at the cemetery on All Souls Day, Holy Saturday, and Easter Sunday, and Holy Trinity School and other parish groups have hosted services and other activities there.

You can purchase one of the remaining niches available at Holy Rood via the Columbarium website: www.holytrinitycolumbarium.org, or by contacting the Holy Trinity Columbarium Administrator at 202-903-2836. Pledging parishioners are offered a reduced purchase price; sponsorship opportunities are available, and legacy gifts are welcome.



ABIDING IN GOD’S LOVE: AN IGNATIAN RETREAT IN DAILY LIFE

January 21-27, 2024

Registration Deadline: **January 7, 2024**
Register now! Space is limited.



Join us in praying in the tradition of St. Ignatius Loyola, engaging in Intellect, feelings and imagination. During the retreat you will be invited to reflect on the Mystery of God’s Love spilling over into creation, become aware of God’s comforting presence in your life, listen to God’s call to you to be a receiver and giver of Divine Love and become God’s friend.

Register at trinity.org/ignatian-spirituality/gods-abiding-love-retreat

DC JAIL VISITS WITH THE DOUGLASS PROJECT

The Social Justice Committee is coordinating D.C. Jail visits in collaboration with tithe recipient The Douglass Project. The goal is to have 15 participants at either or both dates.

The January dates available are Monday, **January 22** and Monday, **January 29**. All visits are from 1-3:30pm. Please scan this QR code to complete the form and share your availability/interest:



The Frederick Douglass Project for Justice seeks to change the public’s perception of the criminal justice system by becoming proximate with the humanity of incarcerated people.



THE ORDER OF CELEBRATION

THE INTRODUCTORY RITES

Saturday, 5:30 PM
Sunday, 9:00 AM & 11:30 AM

Entrance *CANTOR/CHOIR SINGS THE VERSES ~ ALL SING THE FOLLOWING REFRAIN TOGETHER*

Re - joice! Re - joice! Em - man - u -
el shall come to thee, O Is - ra - el!

Presentation of the 3rd Advent Candle

Penitential Act

Collect

THE LITURGY OF THE WORD

First Reading

Isaiah 61:1-2a, 10-11

Responsorial

Luke 1:46-55

Pro - claim the great-ness of God; re - joice in God, my
Sav - ior! Re - joice in God, my Sav - ior!

Second Reading

1 Thessalonians 5:16-24

Acclamation before the Gospel

Gospel

John 1:6-8, 19-28

Homily

Nicene Creed

Universal Prayer

Lord, hear our prayer; De-us, ex-au - di - nos; Se-ñor, es-cú - cha - nos.



THE LITURGY OF THE EUCHARIST

Offertory

Awake! Awake, and Greet the New Morn

1. A - wake! A - wake, and greet the new morn, for
 2. To us, to all in sor - row and fear, Em -
 3. In dark - est night his com - ing shall be, when
 4. Re - joice, re - joice, take heart in the night, though

an - gels her - ald its dawn-ing. Sing out for joy, for
 man - u - el comes a - sing - ing; His hum - ble song is
 all the world is de - spair-ing, as morn - ing light so
 dark the win - ter and cheer - less, the ris - ing sun shall

soon he is born, be - hold the Child of our long - ing!
 qui - et and near, yet fills the earth with its ring - ing.
 qui - et and free, so warm and gen - tle and car - ing,
 crown you with light; be strong and lov - ing and fear - less.

Come as a ba - by weak and poor, to bring all hearts to -
 Mu - sic to heal the bro - ken soul and hymns of lov - ing
 then shall the mute break forth in song, the lame shall leap in
 Love be our song and love our prayer and love our end - less

geth - er, he o - pens wide the heav'n - ly door and
 kind - ness, the thun - der of his an - thems roll to
 won - der, the weak be raised a - bove the strong and
 sto - ry. May God fill ev - 'ry day we share and

lives now in - side us for ev - er.
 shat - ter all ha - tred and blind - ness.
 weap - ons be bro - ken a - sun - der.
 bring us at last in - to glo - ry.





The Eucharistic Prayer *From the Missa Emmanuel*

CANTOR ALONE: Holy, Holy, Holy Lord, Holy Lord God of hosts.



THEN ALL TOGETHER: Ho - ly, Ho - ly, Ho - ly Lord, Ho - ly Lord God of hosts.

CANTOR ALONE: Heaven and earth are full of your glory. Hosanna in the highest, hosanna in the highest.



THEN ALL TOGETHER: Ho-san - na in the high - est, ho-san-na in the high - est.

CANTOR ALONE: Blessed is he who comes in the name of the Lord. Hosanna in the highest, hosanna in the highest.



THEN ALL TOGETHER: Ho-san - na in the high - est, ho-san-na in the high - est.

CANTOR ALONE: We proclaim your Death, O Lord, and profess your Resurrection until you come again.



We pro - claim your Death, O Lord, and pro - fess your



Res - ur - rec - tion un - til you come a - gain.



A - men, a - men, a - men, a - men.

The Communion Rite

Maranatha, Lord Messiah



Ma-ra - na - tha, Lord Mes - si - ah, long a - wait - ed from a far. Come and



make your home a - mong us. Let us see your birth - ing star.

Prayer after Communion



THE CONCLUDING RITES

Announcements

Solemn Blessing for the Advent Season

Dismissal

Concluding Processional

People, Look East



1. Peo - ple, look East. The time is near of the
 2. Fur - rows, be glad. Though earth is bare, one more
 3. Birds, though you long have ceased to build, guard the
 4. Stars, keep the watch. When night is dim, one more
 5. An - gels an - nounce with shouts of mirth him who



crown - ing of the year. Make your house fair as you are
 seed is plant - ed there. Give up your strength the seed to
 nest that must be filled. E - ven the hour when wings are
 light the bowl shall brim, shin - ing be - yond the frost - y
 brings new life to earth. Set ev - 'ry peak and val - ley



a - ble, trim the hearth and set the
 nour - ish, that in course the flow'r may
 fro - zen God the fledg - ing - time has
 weath - er, bright as sun and moon to -
 hum - ming with the word, the Lord is



ta - ble. Peo - ple, look East and sing to -
 flour - ish. Peo - ple, look East and sing to -
 cho - sen. Peo - ple, look East and sing to -
 geth - er. Peo - ple, look East and sing to -
 com - ing. Peo - ple, look East and sing to -



day Love, the Guest, is on the way.
 day Love, the Rose, is on the way.
 day Love, the Bird, is on the way.
 day Love, the Star, is on the way.
 day Love, the Lord, is on the way.

MUSIC ACKNOWLEDGMENTS Entrance—From *Advent Litany and Gathering Rite* based on *Conditor alme siderum, Mode IV* © 2006, 2011, Michael R. Prendergast & Rick Modlin. Published by OCP Publications. Responsorial—*Luke 1:46-55* © 1980 GIA Publications, Inc. Universal Prayer — *Trilingual Intercessions*, by Michael Hay, © 1994 World Library Publications. Offertory—*Awake! Awake, and Greet the New Morn* by Marty Haugen Tune: REJOICE REJOICE, © 1983 GIA Publications, Inc. Eucharistic Acclamations—*Missa Emmanuel* by Richard Proulx © 1991, 2002, 2010, 2011, GIA Publications, Inc. Communion Processionals—*Marantha, Lord Messiah* by Kathy Powell, © 1999, GIA Publications, Inc. Concluding Processional—*People, Look East* text by Elenor Farjeon, 1881-1965, © David Higham Assoc. Ltd., Tune: BESANÇON a French Carol. Selections used with permission under OneLicense.net A-701277.





2024 PARISH PLEDGE - THANK YOU!

A heartfelt 'Thank You' to all who have made a 2024 Pledge to Holy Trinity Parish! The below list represents pledges received through December 10. A full list is linked on our homepage, trinity.org. If you made a 2024 Pledge as of December 10 and your name does not appear, please contact Rock Schuler at rschuler@trinity.org. (Note: Online Pledges will appear more quickly than e-mailed, mailed, or hand-delivered pledges which may take 1-3 weeks to appear depending on the mail, date of receipt, and/or the Bulletin schedule.)

Peter Albert and Charlotte Mahoney	Gerry and Elizabeth Egan	Russell Moss
Daiva Balkus	Kitty Eisele	Stephen and Carol Mournighan
Ellen Barlow	Anthony and Eileen Essaye	Duane and Linda Nystrom
William and Gale Bentley	John and Jeanne Evans	Cathleen Ann O'Brien
Mark and Camille Biros	John Facciola	Christopher and Andrea O'Brien
Anne Black	Gary and Margaret Falwell	Mary O'Connor
Juan Blyde and Natalia Siniavskaia	Dorothy Farley	Ann O'Neil
John and Marianne Borelli	John and Janie Feore	Diane Oakley
Kevin and Anne Boyce	Gerald File	John Healey and Carolyn Ostermann-Healey
Kevin and Anne Boyce	Peter and Elizabeth Forster	Larry and Rose Mary Padberg
John and Amanda Brain	Ines Garcia	Joseph D'Amico and Amy Proft
Michael and Rosann Brodie	John George and Peter Maye	Patrick and Deirdre Redington
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Maureen Dowling	Abby Martin	Charles and Kay Zielinski
Tony Dresden	Kevin and Kelly McShane	

YOUR PLEDGE TRANSFORMS LIVES

Equipping individuals to guide people through the Spiritual Exercises of St. Ignatius is one of the ways in which our parish facilitates the transformation of lives through Christ. Such transformation occurs as another deepens their life in God and discerns the calling of the Holy Spirit.

Our donors make this ministry of transformation possible. Your gifts pay salaries and stipends and the costs of physical space and materials. Blessings flow from these gifts as people learn how to use the tools of Ignatian spirituality to discern God's presence, activity and calling in all moments of life, whether opportunity, crisis or some mix.

You can see the many other ways our Ignatian Spirituality programs

are transforming the lives of people in our parish and far beyond by going to trinity.org > ministries > Ignatian Spirituality and Prayer.

To make your 2024 Pledge and support those seeking to deepen their conversion to Christ through the practice of Ignatian Spirituality, mail your pledge card to the office or email your pledge intention to Rock Schuler, Director of Stewardship at rschuler@trinity.org. You can also set up your pledge online at trinity.org > Give > Parish Pledge (note you can choose from 2 forms, one for making a pledge only, and one for making a pledge with automated, recurring payments). Questions? Call Rock at 301-455-5437.





MASS INTENTIONS

WEEK OF DECEMBER 18, 2023

MONDAY	8:00 AM Jerry Howard + 5:30 PM Siobhan Sharkey +
TUESDAY	8:00 AM Lawrence Walsh + 5:30 PM Barbara McMartin +
WEDNESDAY	8:00 AM Bert Rosecan + 5:30 PM Vincent Marcaccio +
THURSDAY	8:00 AM 5:30 PM Edward Smith +
FRIDAY	8:00 AM 5:30 PM Doris Lopez-Videla +
SATURDAY	8:00 AM Gregory Kortanek +

DAILY READINGS

SUNDAY, DECEMBER 17

THIRD SUNDAY OF ADVENT

Isaiah 61:1-2A, 10-11 | 1 Thessalonians 5:16-24 | John 1:6-8, 19-28

MONDAY, DECEMBER 18

MONDAY OF THE THIRD WEEK OF ADVENT

Jeremiah 23:5-8 | Matthew 1:18-25

TUESDAY, DECEMBER 19

TUESDAY OF THE THIRD WEEK OF ADVENT

Judges 13:2-7, 24-25a | Luke 1:5-25

WEDNESDAY, DECEMBER 20

WEDNESDAY OF THE THIRD WEEK OF ADVENT

Isaiah 7:10-14 | Luke 1:26-38

THURSDAY, DECEMBER 21

THURSDAY OF THE THIRD WEEK OF ADVENT

Songs 2:8-14 | Luke 1:39-45

FRIDAY, DECEMBER 22

FRIDAY OF THE THIRD WEEK OF ADVENT

1 Samuel 1:24-28 | Luke 1:46-56

SATURDAY, DECEMBER 23

SATURDAY OF THE THIRD WEEK OF ADVENT

Malachi 3:1-4, 23-24 | Luke 1:57-66

MISSION STATEMENT

We are a Jesuit Catholic parish that welcomes all to accompany one another in Christ, celebrate God's love and transform lives.

PARISH CENTER

Phone: (202) 337-2840 **Fax:** (202) 337-9048

Emergencies Only: (202) 903-2817

Hours: Monday-Friday: 8:30am - 4:30pm
Saturday & Sunday : Closed

JESUIT STAFF

Pastor	Kevin Gillespie, S.J. (202) 903-2800	kgillespie@trinity.org
Associate Pastor	Pat Earl, S.J. (202) 337-2840 x130	pearl@trinity.org
Associate Pastor	Ben Hawley, S.J. (202) 903-2814	bhawley@trinity.org
Associate Pastor	William Kelley, S.J. (202) 903-2833	wkelley@trinity.org

PARISH DEPARTMENTS

Parish Operations	Tom Favret (202) 903-2847	tfavret@trinity.org
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Faith Formation/ Religious Ed.	Anne Marie Kaufmann (202) 903-2832	akaufmann@trinity.org
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Ignatian Retreats & Training	Martina O'Shea (202) 903-2810	moshea@trinity.org
Ignatian Spirituality	Catherine Heinhold (202) 903-2819	cheinhold@trinity.org
Liturgy	Tony Varas (202) 903-2804	tvaras@trinity.org
Music Ministry	Matthew Ogden 202-903-2827	mogden@trinity.org
Pastor's Office/ Parish Life	Tabitha Acosta (202) 903-2801	tacosta@trinity.org
Social Justice	Ashley Klick (202) 903-2836	aklick@trinity.org
Stewardship	Rock Schuler (202) 903-2843	rschuler@trinity.org
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Peabody Bookshop Art Gallery - Coffee House

The Peabody Bookshop + Coffee House seeks an experienced website design team with knowledge of WordPress. Please contact below for additional information.
podcast@smartcity2030.org

We kick off "The Breakfast Club" this coming January 2024 at our event space in Chinatown. Stay tuned!

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