

# HOLY TRINITY CATHOLIC CHURCH

**5<sup>th</sup> SUNDAY IN ORDINARY TIME**  
**February 4, 2024**

## COMPASSION AND HEALING:



Sunday, February 11 is the World Day of the Sick.

This Sunday's Gospel speaks of Jesus healing those who were sick and "possessed with demons". Jesus sought healing for the entire person—spirit, soul, and body. Illness and suffering are heavy burdens. When ill, we experience powerlessness, limitation, weakness, and mortality—

**Do I carry my own illnesses with grace?**

The God of all consolation comforts us in all our afflictions. Through Jesus Christ, God enables us to comfort others who are suffering illnesses of the spirit, soul, or body.

**Parish Office:** 200 Boundary Road, Spruce Grove  
**Office Hours:** Monday to Friday  
9:00am to 4:00pm  
**Mailing Address:** Box 3220, Spruce Grove, AB. T7X 3A5  
**Phone:** 780-960-0135  
**Emergency only:** 587-590-0143  
**Office email:** holytrinity.sg@caedm.ca  
**Parish website:** www.trinitycatholic.net  
**Pastor:** **Father Paul Moret**  
paul.moret@caedm.ca  
**Associate Pastor:** **Father Joselito Cantal**  
joselito.cantal@caedm.ca  
**Deacon Patrick Hessel:** pat.hessel@caedm.ca  
**Deacon Wesley Turton:** wesley.turton@caedm.ca

## SHROVE TUESDAY PANCAKE SUPPER: February 13 following the 6:30pm Mass

Back by popular demand the Knights of Columbus—4<sup>th</sup> Degree invite you to a Pancake supper in the hall on **Tuesday, February 13** following the 6:30pm Mass. Cost is \$5.00 each or \$20.00 per family. Come and enjoy some fellowship at the Shrove Tuesday Pancake supper. Please note this is a fundraiser with 50% of the proceeds directed to Parkland Food Bank.



SHROVE TUESDAY

## WORLD DAY OF THE SICK Sunday, February 11



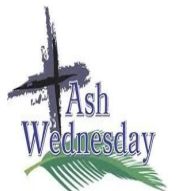
A friendly reminder to please join Father Paul and Father Joselito at **3:00pm** when the Anointing of the Sick will be offered to those who are in need of the Sacrament of healing.

### PRAYER FOR THE SICK

All powerful and ever-living God,  
the lasting health of all who believe in you,  
hear us as we ask your loving help for the sick;  
restore their health,  
that they may again offer joyful thanks in your Church.  
Grant this through Christ our Lord.  
Amen.

## ASH WEDNESDAY, February 14

Masses: 9:30am and 7:00pm  
(Adoration 10:00—11:00am)



When we come forward to receive ashes on this day, we are saying we are sorry for our sins and that we want to use the season of Lent to correct our faults, purify our hearts, control our desires and grow in holiness so we will be prepared to celebrate Easter with great joy!!

**Are YOU prepared to receive your ashes?**

## Lenten Mission with Bishop Paul Terrio "GRATITUDE"



Evening Mass will be celebrated **March 11, 12 and 13**, Monday, Tuesday and Wednesday at **7:00pm** with a Mission presentation.

Please note there will be **NO 9:30am morning Mass, Monday and Wednesday—but there will be the usual 9:30am Mass on Thursday.**

The Mission will conclude **Thursday evening, March 14** with a **Penitential Service beginning at 7:00pm**. There will be several priests available to hear Confessions at this time.

**Come, and experience the welcome and healing that only Christ can give!**



Mark your calendars to join us on Fridays, beginning **February 16** for **Stations of the Cross** beginning at 6:00pm followed with Mass at 6:30pm.

More information to follow.



## CATHOLIC WOMEN'S LEAGUE:

For more information please contact Sister Susan at 780-968-5543 or email her at: [holytrinitycwl.president@gmail.com](mailto:holytrinitycwl.president@gmail.com)



Mark your calendar for **Thursday, February 29<sup>th</sup> at 6:30 p.m.** Holy Trinity is hosting this year's **World Day of Prayer**. The women of Palestine have written the prayer service for this year. Join others from our sister churches in Parkland County to pray for the people of Palestine.

**Next Regular Meeting: Monday, February 26<sup>th</sup>.**  
All are welcome – you don't have to be a member!



## KNIGHTS OF COLUMBUS—HOLY TRINITY COUNCIL:

For more information contact Brad Medernach at 780-984-1728. Membership [kofc.org/JoinUs](http://kofc.org/JoinUs)

## OPENING THE WORD:

Today's Gospel completes a picture of Jesus' ministry: preaching, curing the sick, driving out demons, and then moving on to continue this work in another place. Mark's Gospel tells us that Jesus did this throughout Galilee.



Jesus' compassion and healing of the sick is a sign of the Kingdom of God. The Church continues to extend Christ's healing presence to others in its ministry to the sick. In the Sacrament of the Anointing of the Sick, the Church prays for spiritual and physical healing, forgiveness of sins, and comfort for those who are suffering from illness.

We also notice the importance of [prayer](#) in Jesus' daily life. Jesus rose early in the morning, removed himself from the crowds, and went to a deserted place to pray. When the disciples found him, he told them that it was time to move on. We believe that in his prayers Jesus found guidance and direction from God. We also bring our decision-making to God in prayer, asking for his guidance and direction in our lives.



## GRIEF AS A JOURNEY, OUR WALK TO EMMAUS:

This program is from the Archdiocese of Edmonton and is for those grieving the loss of a loved one. The format is a weekly meeting / support group for those who are trying to cope with the troubling effects of grief. In this faith-based program, you will learn valuable information that will help you heal in this difficult time in your life.

You will be together with others who are able to empathize with how you feel in the pain of your loss. You are invited to join us for our spring session Tuesday evenings following the 6:30pm Mass from 7:15–9:00pm beginning **March 19–May 7**. Please call Bonnie at 780-960-0135 for more information or to register.

## SYNOD: PART I : THE FACE OF THE SYNODAL CHURCH

Proposals:



p) The Assembly proposes to promote theological deepening of the terminological and conceptual understanding of the notion and practice of synodality before the Second Session of the Assembly, drawing on the rich heritage of theological research since the Second Vatican Council and in particular the documents of the International Theological Commission on *Synodality in the life and mission of the Church* (2018) and *Sensus fidei in the life of the Church* (2014).

q) The canonical implications of synodality require similar clarification. For these, too, we propose an intercontinental special commission of theological and canonical experts, ahead of the Second Session of the Assembly.

r) Finally, a wider revision of the Code of Canon Law and the Code of Canon Law of the Oriental Churches is called for at this time. A preliminary study is therefore advised.

*Please note all quotes are taken from the XVI Ordinary General Assembly of the Synod of Bishops: A Synodal Church in Mission Synthesis Report.*

# THE WEEK AHEAD

**MAIN FLOOR:** OL—Our Lady's; SJ—St. Joseph; L—Library; C—Church; Chpl.—Chapel; BR—Board Room.

**UPSTAIRS:** KC—Knights of Columbus Room; MD—Martin de Porres Room; KR—Kateri Room; CR—Classrooms; LZM—St. Louis and Zelig Martin; SF—St. Faustina Youth Room; CA—Blessed Carlos Acutis; SA—St. Anne's Kitchen; SJPII—St. John Paul II Classroom; STL—St. Therese of Lisieux; AR—All rooms upstairs, excluding the KC Room.

### MONDAY February 5

**9:30am MASS**  
6:00pm Encounter—SJ, H, BR  
6:30pm First Communion Class—C, OL

### TUESDAY February 6

**5:30–6:15pm CONFESSIONS**  
**6:30pm MASS**  
1:00pm Small Christian Communities—L  
6:00pm Catechism—CR  
7:15pm RCIA—OL  
7:15pm Surviving Divorce—SA  
7:15pm Bible Study—H  
7:00pm K of C 4<sup>th</sup> Degree Mtg—KC

### WEDNESDAY February 7

**9:30am MASS (Adoration until 9:00pm)**  
9:00am Quilters—OL  
6:45pm PPC Meeting—KC

### THURSDAY February 8

**9:30am MASS**  
10:15am Bible Study—H

### FRIDAY February 9

**9:30am MASS**  
**(Confessions and Adoration until 11:00am)**  
10:00am Healing Shawls—MD

### SATURDAY February 10

8:30am Hall booking  
**4:00–4:45pm CONFESSIONS**  
**5:00pm MASS**

### SUNDAY February 11

**9:00 & 11:00am MASS**  
8:30am Souls in Purgatory Rosary—OL  
10:30am Rosary for Unborn—OL  
**3:00pm ANOINTING OF THE SICK—C**  
**6:00pm MASS**  
7:00pm Youth Leader Mtg.—MD

**Christ heals our wounds...just believe!**

## KNIGHTS OF COLUMBUS CRIB TOURNAMENT:



The Knights are hosting a Crib Tournament on **Saturday, February 17, at noon in the Parish Hall.** Cost is \$20 per player and you can enter as a single player or as a team of 2. Lunch and snacks are provided! **All proceeds benefit Sacred Heart of the First People's Inner City Lunch Program.**

To register, please email Brad Medernach at [bmed@telus.net](mailto:bmed@telus.net) or call 780-984-1728.

## CALLED TO PROTECT TRAINING...

an abuse prevention training session will be offered on **Monday, February 12** from 7:00–9:30pm. The two and half session is mandatory for all Clergy, Employees and Volunteers of the Archdiocese who have not yet participated in this training. This will be a zoom session open for all. Registration closes Friday, February 9.

Registration Link: <https://forms.gle/zjCGpvTbduKRUu4B6>

## CATHOLIC RENEWAL SERVICES

of the Archdiocese of Edmonton:

Join us on **Saturday, February 17 for Mass at 6:30pm** followed by a Healing Service at St. Emeric's Hungarian church (12960–112 St NW) with Father Matthew Hysell presiding. Confessions will be available from 3:30–5:00pm.

"I am the Bread of Life, he who comes to Me will not hunger and he who believes in Me will never thirst." John 6:35  
Come, Holy Spirit, come! [www.crsedmonton.ca/events](http://www.crsedmonton.ca/events)



*Are we required to abstain from meat every Friday throughout the year?*

Penance is necessary for all Christians as Jesus indicates when He says that all who want to be His followers must deny themselves, take up their cross, and follow Him. The Church mandates particular

penances to be observed by all God's people so that we can be united as one in these penitential practices. This is what the Code of Canon Law tells us:

**Can. 1250** The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.

**Can. 1251** Abstinence from meat, or from some other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. **Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.**

**Can. 1252** The law of abstinence binds those who have completed their fourteenth year. The law of fasting binds those who have attained their majority, until the beginning of their sixtieth year. Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance.

## PROPOSALS FOR PARISH EVENTS:

If you have an event that your group or ministry has offered in the past, and would like to offer again, or if you have a new initiative, **a proposal must be submitted to the office** and be approved by the parish team. Proposals must be received in the office at least one month prior to the event. Last minute events cannot be guaranteed as any proposal is dependent upon the availability of rooms, the sanctuary, the parish hall, security, a/v and sound equipment, clergy, and liturgical requirements. All advertising, ticket sales and collections must also be approved and be included in the proposals. Any set up in the sanctuary must be taken down following the last Mass of the weekend so that the back area remains free of any and all objects and furniture during the week.

## USER GROUPS:

It is very exciting to see the wonderful activities, events, and ministries that have started up at Holy Trinity. It is such a active and vibrant parish that strives to fulfill the mission that Jesus has bestowed upon the baptized. If you are a new group or ministry that is starting up or is planning an event, please drop by the parish office to fill out a "User Group Contract." A Parish Proposal will also need to be completed. It is important that the parish office can book you your desired room, A/V or sound equipment, and communicate and accommodate the group by coordinating the event with the services, clergy, or liturgical ministries that are required. For future planning, please inform the office if your event will be an annual event.

## HTCP YOUTH GROUP:

The next Youth Group night will be on Sunday, Feb 4 at 7pm in the Church hall! We will be continuing our series on the person of Jesus by talking about "What is Jesus?" We'll of course have snack, games, a talk, and small group. Be sure not to miss it!

## HEALING SHAWLS:

Parishioners, if you are in need of a "Healing Shawl" please contact Femia at 780-963-3149.



## LIGHT WEIGH CATHOLIC WEIGHT-LOSS

Light Weigh Catholic Weight-loss comes to your home via Zoom, or join a group at your parish! Weight-loss, Saints, Bible Study, Friendship, Spiritual Healing & Prayers! Transformations happen. Connect to the power of God and the group today. New sessions began in January. Go to [www.lightweigh.com](http://www.lightweigh.com) for more information.

## YOUNG ADULT'S MUSICAL ADORATION EVENINGS:

Come, join us for the Adoration evenings **First Friday of the month from 7:00-8:00pm.**

This is a time for young adults ages 18-35 to have the opportunity to come and sit with our Lord in worship and grow in community with other young adults!



## LITURGICAL MINISTRIES



- Altar Servers:**  
Brian Pasmco 587-785-6389
- Children's Liturgy:**  
Sheila Rossi 780-962-8108
- Decorating:**  
Brenda Briggs 780-591-4252
- Eucharistic Ministers:**  
Colin Schroeder 780-233-2985
- Grief as a Journey:**  
Bonnie Fyculak 780-960-0135
- Hospitality:**  
Paula Roper 780-932-9545
- Lector Coordinators:**  
Larry & Pat Mogck 780-968-5557
- Music Coordinator:**  
Dori Whyte 780-238-4662
- Natural Family Planning:**  
Billings Ovulation Method:  
Stephanie Leroux 780-724-2504  
Creighton Model Fertility Care:  
Caroline Campbell 780-975-0822
- NeighbourLink** 780-960-9669
- Pastoral Care:**  
Harriet Fraser 780-298-9643
- Sacristan:**  
Priscilla Spratt 780-968-2336
- Seniors:**  
Marlene Schmidek 780-962-2207
- Social Justice:**  
Elaine Dextrase 587-461-2787
- Called to Protect Co-ordinators:**  
Brad & Bernie Watters 780-963-1167

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St. Peter the Apostle  
Gr. 9–12  
Spruce Grove  
780-962-6618

St. John Paul II  
ECS–Gr. 8  
Stony Plain  
780-963-2526

St. Teresa  
Catholic Learning Centre  
Spruce Grove  
780-960-0475

Ever  
Growing,  
Learning,  
and  
Living  
in  
Christ



### 5 LOAVES 2 FISH

This program allows us to assist those who find themselves in need. For more information, please contact Deacon Wesley Turton at 780-221-2265 or email him at wesley.turton@caedm.ca