

*Blessed Trinity Catholic Church*

958 E. Tuscola St., Frankenmuth, Michigan  
989-652-3259

*Fourth Sunday of Lent ~ March 30 & 31, 2019*



*“Let the one among you who is without sin be the first to throw a stone at her.”*

*Parish Mission Statement*

*We, the members of Blessed Trinity Parish,  
share a common bond of love given to us  
through the Mystery of the Blessed Trinity.*

*As the loving Father does, we welcome and support everyone  
who enters our faith community.*

*As His Son exemplifies, we humbly strive to be a learning, giving,  
caring, and teaching parish eager to serve, evangelize,  
and give generously of ourselves to others.*

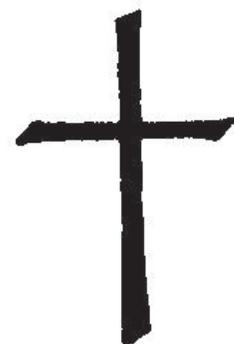
*As the Holy Spirit inspires and leads us, we are a faithful,  
prayer family that worships God through the many gifts and minis-  
tries with which the Lord has blessed us.*

*All Are Welcome*

*Let us build a house where love is found in water, wine and wheat;  
a banquet hall on holy ground, where peace and justice meet.*

*Here the love of God, through Jesus, is revealed in time and space;  
as we share in Christ the feast the frees us:*

*all are welcome, all are welcome, all are welcome in this place!*



## This Week in Our Parish

### Monday, April 1

5:00 p.m. FHS Track & Field Spaghetti Dinner  
Fundraiser in BT Social Hall

### Tuesday, April 2

Memorial of St. Francis of Paola  
9:30 a.m. Women's Bible Study  
1:00 p.m. Exposition of the Blessed Sacrament  
3:00 p.m. Grades 3 & 4 Faith Formation Classes  
6:00 p.m. Finance Committee Meeting

### Wednesday, April 3

8:30 a.m. Mass  
9:00 a.m. Rosary  
11:00 a.m. Adult Study Group  
3:00 p.m. Grades 5 & 6 Faith Formation Classes  
6:00 p.m. Lenten Meal at BT  
7:00 p.m. Lenten Prayer Service at BT

### Thursday, April 4

Memorial of St. Isidore  
3:00 p.m. Grade 1 Faith Formation Class  
7:00 p.m. Confirmation at Ss. Francis & Clare,  
Birch Run

### Friday, April 5

Memorial of St. Vincent Ferrer  
7:00 p.m. Stations of the Cross (led by Fr. T.J.)

### Saturday, April 6

4:00 p.m. Individual Reconciliation until 4:30 p.m.  
5:00 p.m. Mass

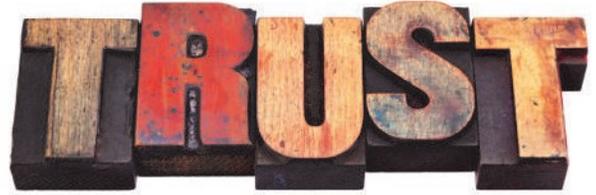
### Sunday, April 7

Fifth Sunday of Lent   
9:00 a.m. Mass  
11:00 a.m. Mass  
11:00 a.m. Faith for 3's, Faith for 4's  
& Kindergarten Classes  
11:00 a.m. Children's Liturgy of the Word  
12:00 noon Reflections Dance Rehearsal  
2:00 p.m. Eagle Scout Award Ceremony  
for Eric Doherty at BT  
3:00 p.m. Communal Penance Service  
at Ss. Charles & Helena, Clio  
5:00 p.m. Parish Lenten Project Event  
7:00 p.m. Choir Rehearsal

## Scripture Readings for April 6 & 7, 2019

Isaiah 43:16-21

Philippians 3:8-14      John 8:1-11



## General Information

- ◆ If you would like to celebrate the **Sacrament of Reconciliation**, please call the parish office for more information.
- ◆ If you would like to have your **child baptized**, call the parish office for information. Baptisms are celebrated regularly, except during Lent.
- ◆ Adults who are interested in learning more about the **Catholic faith** are invited to call the parish office for more information.
- ◆ Are you planning a **wedding**? Please call the parish office before setting a wedding date. Six months are required for preparation.
- ◆ Would you or someone you know wish to celebrate the **Anointing of the Sick**? Please call the parish office to request an individual anointing.
- ◆ Please remember that when **entering a hospital**, you should register as a member of Blessed Trinity Parish. When **confined at home**, please contact our parish office.
- ◆ **New parishioners** are always welcome at Blessed Trinity. If you wish to join our community, please contact the parish office for an appointment to register.
- ◆ Text and pictures for the weekly **bulletin** is due by 12:00 noon on Mondays to: [lsnyder@blessedtrinityfrankenmuth.org](mailto:lsnyder@blessedtrinityfrankenmuth.org).

Not once does the Bible say, "worry about it,"  
"stress over it," or, "figure it out."  
But over and over it clearly says,  
"trust God."

Parish Cemetery Clean-up ~ parish families who have winter decorations and keepsakes placed at the grave of a loved one in Blessed Trinity's cemetery are asked to remove items before March 31. Thank you!

## Thoughts from our Pastoral Administrator ~ Deacon Larry Deford

While we are well into our Lenten journey, I wanted to share with you this week an inspiring homily given by Fr. Jose Cabrera. I can't say enough praise for Fr. Jose, who lives, works, teaches, mentors, and inspires us each day to grow in our faith. I hope you find some insights, as I have, from Fr. Jose's words of wisdom on Lent: prayer, FASTING and almsgiving:

*"There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived seven years with her husband after her marriage, and then as a widow until she was eighty-four. She never left the temple, but worshiped night and day with fasting and prayer." (Luke 2:36-38).*

The tradition in the U.S. for Lent applies to baptized Catholics between the ages of 18 and 60. Ash Wednesday and Good Friday are days of fasting and abstinence from meat. (In a day of fast, according to the Church, one may consume only one main meal and two smaller meals that together will not add up to the same amount of food contained in the main meal.) Every Friday of Lent is a day of abstinence from meat. Catholics also may choose to abstain from meat every Friday of the year or replace the practice with another suitable sacrifice.

But what I am about to write here below is not what the Church says about fasting, but more what I have learned about fasting since last year. Fasting is a very natural state of the body in which we give ourselves some rest from "feasting." Fasting actually makes our bodies enter into a state of balance. This is the reason why before a blood test one must fast in order to see the real condition of our blood levels.

There are so many myths about nutrition out there like "morning breakfast is the most important meal of the day." In fact, the standard American diet of three meals a day plus (several and plentiful) snacks in between is a very modern understanding of nutrition unheard of in centuries past. Reality is that we have food widely available and at every season now more than ever before in the history of humanity. As a result of that we are sick.

There is however an ancient practice that is common to the great religions, a practice we have forgotten: fasting. And it is a very economical way of staying healthy. It costs nothing. And just to make sure everyone is on the same page, in this particular context, fasting means not consuming food (no nutrients). Consumption of water, plain coffee or tea does not break a fast. Fasting is not starvation. Starvation is when we put a little bit of food in our system while the body is in "fasting mode." That little bit of food will trigger the body to believe that more food will come, but when that extra food never comes, the body enters into starvation mode. That's why starvation diets don't work. Fasting is not anorexia nervosa either. Fasting is the normal state of rest given to the body when food is not consumed.

Before starting my health journey, I never really fasted, I am ashamed to say. And by "fasting" I mean that I never really gave my body a period of serious rest from food. Besides the three meals (including "seconds" and sometimes even "thirds"), I also bombarded my body with several snacks in between, even consuming a "night snack" before bed at 10:30 p.m. And if I woke up at 7:00 a.m. and had "breakfast" at 7:30 a.m., that meant that I only gave my body a fasting break of nine hours. *That's not enough.* My body was constantly in "feasting/feeding mode" and never in "fasting mode" for too long. Oh wait! That 3:00 a.m. sick call to the hospital for anointing used to have a quick detour to the refrigerator. Sad.

During a fasting-period the body replaces dead cells and creates new ones; it rearranges the material of old cells and reuses them for fuel. During a fast, the body is like a housekeeper who finally has time to put everything in order after a busy day. There are more and more people nowadays that practice fasting for health purposes. **Of course, any fasting regimen must be always in consultation with a doctor.** Some people practice intermittent fasting by reducing their feeding/feasting window to a few hours of the day (for example, ten hours or less) while leaving the rest of the hours (14 or more) for fasting. Grandma was right when she told us that after dinner we should not eat anything until the next day. Good ol' grandma.

Fasting has many advantages. It's simple. It's free. It's convenient. It's powerful. It's flexible. It works with any diet. But it requires discipline and determination. And after a while it becomes second nature, and hunger pangs go away. Before last year, I truly believed that the fasting of Jesus for 40 days and 40 nights was just a figure of speech. I know now that was not the case. Jesus needed to renew not only his spirit, but also his body for what was going to happen to him, and he did it through fasting. Can you imagine the powerful regeneration that the body of Jesus was going through during his fast? The prophetess Anna of Luke 2:36-38 lived until she was 84 years old, in the first century! Why? Because she balanced her days by giving her body a period of feeding and a time of fasting.

Prayer and almsgiving are things to be done. You have to make time for them...fasting, on the contrary, is something not to do. It is the best Lenten practice for procrastinators. Sounds easy, right? Because it is. But the greatest benefit of fasting is not just physical. The greatest benefit is a complete transformation of the whole person, body and soul. The absence of food in the body actually fills the spirit with the presence of God. Fasting for the believer, cannot just be a human effort for health. It has to be God's fast in you and through you.

In prayer we are in union with God. Through almsgiving we are in communion with others. But in fasting, God makes his way to the deepest part of the self, to purify us. It's truly a cleansing. Fasting has transformed my life for the better in many ways. And it can transform yours too. ~ Fr. Jose

*Lenten Service Projects*

Lent is a time for prayer, fasting and almsgiving. Monies saved from fasting from a favorite food or drink can be used to help others. Please take one of the provided bags and as you purchase the items needed, pray for those who will receive them.

**Hospital Hospitality House of Saginaw** ~ we will collect breakfast/granola bars and travel size personal care items to assist those from out of town who are staying at the Hospitality House while a loved one is in the hospital.

**HIS Restoration Ministries** ~ HIS Restoration helps homeless and/or single women and new mothers in many ways. We will collect diapers, wipes, and other baby items to assist them in their ministry.

**Vassar Area Food Pantry** ~ food pantries are not often able to help with needs such as toilet paper, tissue, feminine hygiene products or diapers, things that we take for granted but cost money that people may not have to spare. We will collect these items to assist the local pantry, 4-roll packages of toilet paper, paper towels, tissues, feminine hygiene products, diapers of all sizes.

**Wellspring Lutheran Services** ~ this agency does many wonderful things, including helping residents in area assisted living/nursing home facilities. Often the residents have just enough funds to cover room and board, and do not have money for necessities. We will collect gift cards that Wellspring will use on an as-needed basis for residents in need.

*We Are Stewards*

*On-line Giving ~ March 17-23, 2019*

|                                  |            |
|----------------------------------|------------|
| Parish Adult Contributions ..... | \$1,940.00 |
| Parish Debt Retirement .....     | 70.00      |
| Total .....                      | \$2,010.00 |

*Weekend ~ March 23 & 24, 2019*

|  |            |
|--|------------|
| Parish Adult Contributions (145 envelopes) ..... | \$5,702.00 |
| Weekend Loose .....                              | 806.00     |
| Children's Contributions (2 envelopes) .....     | 2.23       |
| Catholic Relief Services (2 envelopes) .....     | 105.00     |
| Weekend Total .....                              | \$6,615.23 |

*Children's Stewardship Messages: Jack's time ~ helping mommy; Caroline's talent ~ helping others.*

*Wednesday Lenten Schedule*

- ◆ **April 3** ~ Light meal at 6:00 p.m.; Lenten Prayer Service at 7:00 p.m. at Blessed Trinity
- ◆ **April 10** ~ Light meal at 6:00 p.m.; Lenten Prayer Service at 7:00 p.m. at Frankenmuth United Methodist Church

*Stations of the Cross*

On all Fridays of Lent at 7:00 p.m., we will offer Stations of the Cross. There are many different versions of this prayer experience and we will explore some of them. Fr. T.J. Fleming will lead us on April 5; and Mike Snyder and Alissa Hetzner will lead us in our familiar Stations on April 12. All are welcome!

*Lenten Parish Event*

All are invited to a Parish Lenten Evening on Sunday, April 7 from 5:00 - 7:00 p.m. Come for prayer, soup, salad, and a craft. Parishioner Kathie Mates will be on hand to help you create a special Lenten collage. All are welcome!

*Exposition of the Blessed Sacrament*

All are invited to come to our Exposition of the Blessed Sacrament on all Tuesdays during Lent from 1:00 - 2:00 p.m. in the day chapel. No matter how much or how little time you have, parishioners and guests are welcome to stop in for reflective prayer and adoration.



Need prayers? Call the Parish Prayer Network with your prayer needs and concerns: Ginger Hall at 652-9519 or Nanci Lyon at 652-6532. You can also submit prayer requests on our parish website. When you visit Blessed Trinity during the week or when you come to weekend Mass, be sure to write your prayer intentions in the Book of Life in the back of church.

### Youth Ministry News

Tonight/Sunday, our grades 7-12 youth will gather from 6:30 - 8:00 p.m. to discuss coming events. Please bring non-perishable food donations and any homework or project that you need to finish before school resumes.

Last week, our grade 7 youth led our grade 6 Faith Formation class. It was a large group with lots of energy, but I believe they all learned a lot on the topic of Faith, Love, and Charity. Ask your son or daughter about it! Thanks to Anne Zdanowski for transporting our 7th graders to BT after school.

On Sunday, April 7 from 5:00 - 7:00 p.m., the parish will host a Lenten event with dinner and a craft/art project. After a soup and salad dinner, parishioner Kathie Mates will lead all in making a Lenten piece of art. Our BT youth will lead the opening and closing prayers for the evening. All are invited to attend!



Cardboard City will take place on April 27, so youth should begin to look for their cardboard "homes." Info and permission slips will be available in the youth room on the weekend of

April 6 & 7. College-age youth who will be home at that time are asked to take part in leading this event; please contact me if you'd like to help.

2019 graduates.....have you turned in your pictures yet? If not, please gather them and submit to me before the end of April (the sooner the better)!

Thank you to Jim Haney for the beautiful corn hole sets that he made for our youth program. Our youth are very grateful!

Kathy Cramer ~ Director of Youth Ministry  
krcramer@blessedtrinityfrankenmuth.org



7th grade leaders rock!



Thank you to Jeff & Amy Collings for volunteering their time recently to paint figurines for Catechesis of the Good Shepherd presentations!

### Faith Formation News

I received this thank you recently from the Saginaw Rescue Mission in appreciation for the recent visit of Blessed Trinity's grade 5 students on March 13:

*Dear Pam and friends at Blessed Trinity:*

*Thank you so much for all of your help cleaning the dining room. Thank you for your willing hearts and hands. You are a blessing to our ministry!*

*Pam Daily ~ Coordinator of Faith Formation  
pdaily@blessedtrinityfrankenmuth.org*



Mrs. Carol Fox and her 4th grade students visited with residents at MediLodge on March 19.

Appreciation can make a day, even change a life.  
Your willingness to put it into words  
is all that is necessary. (Margaret Cousins)

### Sponsor Sanctuary Lamp

Parishioners are invited to make an offering for the candles used in the sanctuary lamp (the lamp that burns 24/7 before the tabernacle) which reminds us of the presence of the Risen Lord in the Blessed Sacrament that is reserved in the tabernacle.

The light comes from a large candle placed in a red glass container and burns for seven days. The candle is generally replaced on Friday or Saturday each week throughout the year.

If you would like to make an offering of \$50.00 for these candles in honor or in memory of a family member, friend, neighbor, etc. please call the parish office to find out which weeks are available.

### Spaghetti Dinner Fundraiser

Mark your calendars and plan to attend a Spaghetti Dinner & Silent Auction Fundraiser on Monday, April 1 from 5:00 - 8:00 p.m. in Blessed Trinity's social hall. All proceeds from this event will benefit Frankenmuth High School's Track & Field Teams.

Davinci's Italian Restaurant will provide the dinner food: all-you-can-eat spaghetti, garlic bread, salad, and beverage at a cost of \$10.00 per person. Track & Field athletes will be on hand to greet you, seat you, serve you, and clean up.

Be sure to check out the Silent Auction tables for new and gently-loved treasures to purchase!

**Fast from anger and hatred** ~ give your family an extra dose of love each day.

**Fast from judging others** ~ recall how Jesus overlooks our faults.

**Fast from discouragement** ~ hold on to Jesus' promise that He has a perfect plan for your life.

**Fast from complaining** ~ recall some of the little moments of joy Jesus has given you.

### Shared Meals Are Doubly Blessed

*We probably think of the Last Supper as the moment when Jesus made all meals sacred. But, according to Saint Luke, nearly every meal Jesus ate was a radical act of love. He sat down with anyone and everyone: saints and sinners, Pharisees and prostitutes.*

*Dorothy Day understood Jesus' actions this way: "We cannot love God unless we love each other, and to love each other we must know each other in the breaking of the bread. Heaven is a banquet and life is a banquet, too, even with a crust, where there is companionship. Love comes with community."*

### Electronic Tithing

Electronic giving to your parish helps establish your stewardship as a priority. Once you authorize the amount of your contribution, it is electronically transferred to the parish account on the dates you specify. For more info, call Parish Bookkeeper Carol Maurer at 652-3259.



### Hope To Those Facing Cancer

All too often we hear that someone we know is facing cancer. A friend, relative, or neighbor - or a colleague, church member, customer, patient, care receiver, or client - receives the devastating news of a cancer diagnosis. During such a difficult time, we want to reach out with support and care, to offer help and hope. But how?

A simple, powerful way is to give a copy of *Cancer - Now What?* This book from Stephen Ministries is a comprehensive how-to guide that helps cancer patients and their loved ones navigate the medical, emotional, relational, and spiritual challenges of cancer. If you might be interested in this book, please call the parish office.



Sponsor of the Week:

**The UPS Store**

To view this ad, see the back of the bulletin.  
Please patronize our sponsors.  
They make the bulletin possible.

**Women's Lenten Retreat Day** ~ the Saginaw Diocesan Council of Catholic Women will offer a Lenten Retreat Day for all women of the diocese on Saturday, April 6. The event will be held at the Center for Ministry in Saginaw and run from 9:00 a.m. - 3:30 p.m. Retreat leader will be Fr. Bert Gohm with his theme of "Tools for Forgiveness." For more info or to RSVP, call Rita at 989-635-7072.

**LCW Luncheon** ~ all ladies are welcome to attend the League of Catholic Women Luncheon and meeting on Tuesday, April 9 at St. Peter Church in Chesaning (formerly Our Lady). Mass starts at 11:00 a.m. with lunch to follow. Guest speaker will be Connie Grimshay of Comfort Care. Mail your \$10.00 check to LCW, PO Box 6932, Saginaw, 48608 by April 1. Donations of nonperishable food items or clothing will be appreciated. Call with questions: 752-5053.

*St. Mary's Cathedral offers their Sunday 10:00 a.m. Mass livestreamed on Facebook, YouTube, or at [www.dioceseofsaginaw.org](http://www.dioceseofsaginaw.org) for anyone who is hospitalized or homebound.*

*God bless our family and all its members and friends; bind us together by your love. Give us kindness and patience to support each other and wisdom in all we do. Let the gift of your peace come into our hearts and remain with us. May we rejoice in your blessings for all our days. Amen.*




**24<sup>th</sup> Annual**  
**FISH FRIES**  
 FRANKENMUTH/BIRCH RUN  
**Knights of Columbus**  
 (1mile North of Birch Run Road)

**Shrimp Dinners**  
**All-you-Can-Eat Cod Dinners**

**TAKE OUT OR EAT IN 11:00 A.M. TO 7:00 P.M.**

|   |  |   |                         |
|---|--|---|-------------------------|
| • <b>October 5, 2018</b><br>Blood Drive<br>12:30 to 6:00 p.m.<br>Free Dinner to Donors          | • <b>January 4, 2019</b><br>Blood Drive<br>12:30 to 6:00 p.m.<br>Free Dinner to Donors | • <b>March 15, 2019</b><br>Blood Drive<br>12:30 to 6:00 p.m.<br>Free Dinner to Donors | • <b>April 5, 2019</b>  |
| • <b>November 2, 2018</b><br>In Honor of Veterans Day<br>Active Military & Veterans<br>Eat Free | • <b>February 1, 2019</b>  | • <b>March 22, 2019</b>   | • <b>April 12, 2019</b> |
| • <b>December 7, 2018</b><br>SANTA VISITS 4:00-7:00   | • <b>March 8, 2019</b>   | • <b>March 29, 2019</b>   | • <b>April 19, 2019</b> |

**11105 Dixie Hwy, Birch Run, MI 48415 (989) 624-9860**

[www.kofcbirchrunmi.com](http://www.kofcbirchrunmi.com)