

PARISH LIFE

A Weekly Publication for Parishioners & Friends of Holy Trinity Parish



MASS SCHEDULE

ALL MASSES IN THE CHURCH LIMITED TO 25% CAPACITY

SATURDAY VIGIL MASS 5:30 PM

SUNDAY MASS 7:30 AM

LIVESTREAM 9:00 AM

OUTDOOR, WEATHER PERMITTING 11:00 AM

OTHERWISE, IN THE CHURCH

MONDAY - FRIDAY MASS 8:15 AM

SACRAMENT OF PENANCE

SATURDAY 4:30-5:15 PM OR BY APPOINTMENT

ADORATION OF THE BLESSED SACRAMENT

EVERY THURSDAY 9:00 AM-5:00 PM

Fr. Lawrence J. Beck*
Pastor

Fr. Pepin Dandou*
Parochial Vicar

Dan Haverty*
Jim Hopp*
Robert Shauger
Deacons

Jeremy Youngers*
Parish Life Director

Susie Calise
School Ministry Bookkeeper

Gary Coan
Facilities Manager

Diane Marshall
Parish Bookkeeper

Lori Mueller
Ministry Outreach Coordinator

Cynthia Mulcaire*
Director of New Evangelization
for Pre-K - 8th Grades & Adults

Denise Remick*
School Ministry Principal

Rob Sabino
Director of Music Ministries

Loretta Steichen
Administrative Assistant

* Member of Senior Leadership Team

OUR PURPOSE:

To proclaim the Gospel so that all will be one in Christ for the glory of God.

OUR VISION:

Holy Trinity Parish is a Catholic community forming missionary disciples who live as stewards committed to hospitality, prayer, formation and service.

April 25, 2021 • Fourth Sunday of Easter

Please read our bulletin and visit our website for updated information:

www.holytrinityparish.org

- Church hours: Sundays 7:30 AM-4:00 PM; Monday-Saturday 8:00 AM-4:00 PM
- Parish Office hours: Monday-Friday 8:45 AM-4:00 PM

Upcoming Events:

- Apr. 25 Giving Garden blessing bags pick up
- Apr. 29 Living Marriage as Sacrament 7:00 PM
- May 1 First Saturday Mass 8:15 AM
- May 4 Cancer Support Ministry 5:30 PM
- May 8 First Communion Celebration 5:30 PM Mass
- May 9 First Communion Celebration 9:00 AM & 11:00 AM Masses
- May 15 First Communion Celebration 5:30 PM Mass
- May 16 First Communion Celebration 9:00 AM & 11:00 AM Masses
- May 20 Living Marriage as Sacrament 7:00 PM
- May 30 Parish Family Picnic
- Jun. 5 First Saturday Mass 8:15 AM
- Jun. 14-18 Vacation Bible School
- Jun. 19 Sip N Sunset

Holy Trinity Parish • 3111 Tierra de Dios Drive • El Dorado Hills, CA 95762-8008

email: holytrinity@holytrinityparish.org • web: holytrinityparish.org

phone: (530) 677-3234 • fax: (530) 350-4080 • For emergencies, call (530) 677-3234, press 6



HOSPITALITY

Acting as Christ the Shepherd, a parish committed to stewardship is a true community of faith that welcomes, honors, and involves every person in the life and work of the Church, acknowledging the blessing of our richly different backgrounds and experiences.

Livestream Team

Are you ready to become a part of the fastest growing and furthest reaching team at Holy Trinity Parish? Our Livestream Team continues to serve our parish and our larger community having reached over 400,000 searches and 71,000 views since we began in March 2020. This team is providing a most necessary service that nearly every parishioner has benefited from during the pandemic. No experience needed, but basic knowledge of computers and video/photography would be a plus. If you are interested in helping Holy Trinity take a next step in achieving our purpose, please contact Richard: htp@holytrinityparish.org

Living Marriage as Sacrament

Are you married, considering marriage? Ever wonder how couples stay together for 40, 50, 60 years!? What if there was a way to grow closer as you grow older? What if there was a way to remain “in love” instead of “falling out of love”? We always go to the “experts” in life, why not go to the “experts” on marriage too? Married couples will share their experiences both good and bad, and what it is that keeps their marriage alive and full of love - **April 29 and May 20** from 7:00 – 8:30 PM. Questions: paul.stephanie.francois@wwme.org

Vocations Cross

Please consider this opportunity to pray as a family and sign up to accept the Vocations Cross for a week. The Church depends on committed young people to answer the call to the vocation as a priest, religious brother or sister and all young people to consider the vocation of a life committed to Jesus. As a family you would receive the Vocations Cross at one of the weekend Masses you attend and make time daily to pray as a family. Your family is not praying just for your own children, but that you are asking for the Holy Spirit to guide all young people as they discern God’s call in their lives. There is a sign-up sheet in a binder at the back of the Church. For questions: Deacon Bob and Grace Shauger at 530-672-0488 or email bobgraceshauger@att.net

Respect Life Ministry

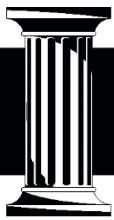
Are you or someone you know concerned about an unexpected or unplanned pregnancy? Holy Trinity’s Respect Life Ministry has a list of resources that provide free and confidential services that may guide you through this important period. Resources include:

- Sacramento Diocese’s “Building a Culture of Life” (a Four-Part Plan for Pro-life Activities) and the Office of Family & Respect Life (916) 733-0133. They also have the Project Rachel (healing for those who had an abortion), Contact Coordinator Paula Segno at 916-733-0161 or projectrachel@scd.org.
- The Sacramento Life Center (www.svclinic.com or 916-451-2273) includes pregnancy testing, ultrasound examinations, women’s and men’s advocacy and pregnancy education (and more), all free of charge.
- “Before you choose...learn the facts of life” brochure is printed in English and Spanish. They list several 800 telephone numbers and are available 24 hours / day and 7 days / week.
- Locally, the Pregnancy Counseling Services (free of charge) located at 3105 Cedar Ravine Road in Placerville (near Marshall Hospital) includes self-administered pregnancy tests, options counseling, ultrasound referrals, “Earn While You Learn Parenting Classes”, and Reproductive Loss Counseling.
- “40 Days For Life” - contact Doyle or Kathy Winchester at 530-677-0881.

If you need further information, please contact Ed Lewandowski with the Respect Life Ministry: fasted1019@sbcglobal.net (530) 626-4248

Alpha Virtual & In-person

Summer Alpha will begin in May with offerings both virtual and in-person. Look for more sign-up information coming soon. Contact Deacon Dan at 916-517-6558 or dthaverty@aol.com for more information.



PRAYER

Acting as Christ the Priest, a parish committed to stewardship strives to nourish each person through prayer, strengthening our relationship with the Father, Son, and Holy Spirit and focusing on the Eucharist, the "source and summit of the Christian Life."

First Saturday Mass

First Saturday devotion to the Immaculate Heart of Mary. On **Saturday, May 1**, Holy Trinity will begin to offer Mass on the first Saturday of each month. Mass will be at 8:15 AM. The need for and benefits of this devotion were first explained by Our Lady of Fatima to Sr. Lucia dos Santos, one of the Fatima visionaries, on December 10, 1925. Our Lady called for this devotion to include reception of the Sacraments of Reconciliation and the Eucharist, and praying the rosary on the First Saturday of five successive months. After mass, please stay and help us offer a Rosary to our Blessed Mother. Please join us for this very special devotion as requested by Our Lady of Fatima. More information is available from Joan Houston at joanieh47@yahoo.com.

Military Photo/Prayer Board

We are seeking additional or updated photos of our loved ones serving on active military duty. If you have a photo to add to the board, or if you want to update an existing photo, please contact Zak Hall at 530-417-6218 or email at zak.hall@att.net. Pray for our troops!

Faith Partners

Have you ever had those times when you wish you had someone you could share your Faith thoughts and questions with? You came home from Mass and really wanted to discuss something in the readings or the homily that day? You may be single or divorced or widowed or in a relationship, but that partner isn't walking the same Faith path as you. Well Holy Trinity recognizes that there are plenty of folks with that need so we now have a place for you to come together with others who are wanting the same experience as you. We meet in the View Room every other Tuesday morning at 9:00 AM and share time for prayer, discussing Scripture and our personal relationship with our Lord as we walk our Faith path. For more information, please contact Barbara Edgar at 916-939-3964 or barbedgar@aol.com or Deacon Dan at 916-517-6558 or dthaverty@aol.com.

MASS INTENTIONS

Monday, April 26

8:15 AM Betty Krueger, deceased, by Patty & Joe Miguel

Tuesday, April 27

8:15 AM Amante Abarientos, deceased, by Ed & Liza Abarientos

Wednesday, April 28

8:15 AM All Souls

Thursday, April 29

8:15 AM Anita O'Shea, deceased, by Joe O'Shea

Friday, April 30

8:15 AM Robere Kempisty, deceased, by Valerie Jackson & Andrienne Fernandes

Saturday, May 1

8:15 AM Holy Trinity Priests & Deacons, special intention, by Joan Houston

5:30 PM Esmeraldo Quianbad, deceased, by Ed & Liza Abarientos

Sunday, May 2

7:30 AM David Macys, deceased, by John & Linda Macys

9:00 AM Robert Matranga, deceased, by Kathy Matranga-Cooper

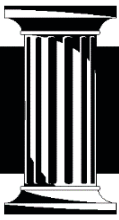
11:00 AM Parishioners of Holy Trinity

For DAILY READINGS

Please visit us @ holytrinityparish.org or www.usccb.org/bible/readings/042521.cfm

Adoration of the Blessed Sacrament

Holy Trinity Parish has *weekly* Adoration of the Blessed Sacrament from 9:00 AM – 5:00 PM every Thursday (also listed on front page of the bulletin). To sign up, please email Loretta Allsup: lorettaallsup@mac.com or text 4089669424 to sign up.



FORMATION

Acting as Christ the Teacher, a parish committed to stewardship emphasizes, through evangelization and catechesis, the development of households of faith, where our Catholic story as the Body of Christ is lived and shared with one another.

Questions for Faith Sharing May 2, 2021 Fifth Sunday of Easter

In next week's Gospel, John 15:1-8, we hear so vividly expressed the one essential condition to living a Christian life – our lives must be lived in Christ, dependent on Him as a branch is dependent on the vine. Since Christ is so intimately united to humanity, it is only in unity with each other that Christians bear fruit.

Reflection for families:

- How do you see yourself as part of the true vine?



Pick of the Week:

Did you know that FORMED has a book club?! Join Catholic experts and book lovers with decades of experience in publishing for in-depth weekly discussions of relevant Catholic texts. Hosted by Fr. Joseph Fessio, SJ (Founder of Ignatius Press), Vivian Dudro (Senior Editor at Ignatius Press), and Joseph Pearce (Director of Book Publishing at Augustine Institute). These discussions are part of an online community that discusses a different book each month: www.formedbookclub.ignatius.com to sign up for free!

Current books discussed: *Chance or the Dance* by Thomas Howard and *Real Philosophy for Real People* by Fr. Robert McTeigue, SJ. There is also a vast collection of archived discussions in audio format.

To learn more about **FORMED.org** go to:
www.holytrinityparish.org/formed

RCIA – New Group Forming!

If you are interested in becoming Catholic or know someone who is, please contact Cynthia in the Faith Formation Office: cmulcaire@holytrinityparish.org or call 530-677-3234, option 5.

Confirmation Groups Update

<https://www.holytrinityparish.org/sacraments>

St. Oscar Romero Group (Year 2):

- Last Opportunity to attend our in-person April Session is Sunday, April 25 (12:25-2:00 PM). This session, "United," for candidates only will be offered at the Social Center (or outside, weather permitting). The link to sign up has been sent by email.
- **SAVE THE DATE:** Candidates and sponsors please plan to attend our **mandatory** Morning of Reflection on October 16, 2021, prior to receiving the Sacrament of Confirmation on October 17, 2021. More information to follow.
- Service Hours: Service hours should be completed by May 2021. Opportunities are emailed monthly. Turn in your completed Confirmation Service Log to the Faith Formation Office.
- All Confirmation forms are now due! Turn in your Certificate Form, Sponsor Form, and Confirmation Service Hours Log (found in the back pocket of your Confirmation folder) to the Faith Formation Office.

St. Perpetua Group (Year 1):

- Our next activity is a meeting for parents ONLY in May. Information will be sent by email.
- Saint Letter and Saint Project are now due! Submit your completed project and letter to the Faith Formation Office.
- If you have a student who would like to prepare for the Sacrament of Confirmation, please contact Linda Macys:
LMacys@holytrinityparish.org



SERVICE

Putting into action our commission as Christ the Shepherd, Priest, and Teacher, a parish committed to stewardship serves the many needs of its own parish family, as well as the needs of the larger community and the world.

Stewardship...

"Did not our hearts burn within us while He talked to us on the road, while He opened to us the scriptures?" (Luke 24:32)

How often do we take the time to discern what Jesus wants from us? Are our prayers always petitions, asking Jesus to do things for us? If so, that's a one-sided relationship. Living our faith means developing a personal relationship with Jesus. Just like any friendship, there is give and take, each side listening to each other and helping each other out. Take time in silence to listen to what Jesus is asking of you.

Consider making your gift electronically:

~Sign up for EFT www.holytrinityparish.org/donate

2nd Collection this weekend

Support the Catholic Home Missions Appeal today! Over 40% of dioceses in the United States and its territories are considered mission territory, because they are unable to fund essential pastoral activities needed in their communities. Your support funds religious education, seminary formation, lay ministry training, and other programs that build vibrant faith communities right here in the United States. More information at: www.usccb.org/home-missions.

Mother Teresa Maternity Home

The Mother Teresa Maternity Home in Placerville is seeking a new Director for the home. This is a full time position. Mother Teresa Maternity Home provides a temporary residence, in a safe environment, for pregnant women in need to help them complete their pregnancy in safety and comfort. We also assist them with referrals to existing community services and encourage communication with families. For more information, please call Jane Meuser: 530-306-5621.

Cancer Support Ministry

Do you feel like you may be alone in facing cancer?

This ministry provides opportunities for spiritual, emotional and physical support for those people affected by cancer at all stages including diagnosis, treatment and post treatment care. If you are a cancer survivor, current cancer patient, caregiver, or loved one of a cancer patient, you are invited to join others who may be searching for answers to the challenges presented by this disease. Prayerful support is at the top of the list of needs. Our 60-minute gatherings begin with a prayer to St. Peregrine, the Patron Saint of those with Cancer, we speak of our needs in dealing with this disease and its lasting effects, and then move into Lectio Divina (Divine Word) to see how God speaks to us through the Sunday Gospel. Please join us on the first Tuesday of the month, 5:30–6:30 PM on ZOOM—**May 4** is the next meeting. Please contact Deacon Dan Haverty: dthaverty@aol.com 916-517-6558 or Mr. Gene Haydu: gene@haydulaw.com 530-676-7122. To connect to our Zoom session:

<https://us02web.zoom.us/j/81458327559>

Giving Garden

The Homeless Care bags will be available the last Sunday of every month. This is an opportunity for Holy Trinity Parish to help those in need by providing a few basic necessities. We are asking for donations of personal items such as: socks, Sani-wipes, hand sanitizer, toothbrush/paste, and feminine hygiene products. We are also accepting nonperishable food items such as: protein bars, boxes of raisins, beef sticks, etc. Bags will be put together for the homeless and will be made available for our parishioners to have on hand and to distribute when they encounter a person without shelter. These bags will be available in the Narthex after the **11:00 AM Mass** the last Sunday of every month – for this month it will be **April 25**. More information can be found on the bulletin board outside of the Youth Center. You can also contact Amanda at 408-442-6617 or Deacon Dan at 916- 517-6558. Thank you for your kindness and generosity.

Holy Trinity Parish - Healthcare Corner

Brought to you by the Health Education Ministry



Brains and Bellies - What's the Connection?

"Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering." ~ 3 John 1:2

"If you've ever 'gone with your gut' to make a decision or felt 'butterflies in your stomach' when nervous, you're likely getting signals from an unexpected source: your second brain. Hidden in the walls of the digestive system, this 'brain in your gut' is revolutionizing medicine's understanding of the links between digestion, mood, health and even the way you think." - Johns Hopkins Medicine

The link between the brain and the gut is undeniable, and we are learning more all the time. It can be safely stated, with what we know now, that caring for your gut health is of utmost importance if you want your brain (processing information, concentrating, sequencing, remembering, mood) at top functioning levels. Johns Hopkins recommends 5 ways to support gut health:

1) Eat the right foods! You may wonder what the best "diet" is for best brain/belly health and most doctors would agree: The Mediterranean Diet. A new study shows that older people who followed a Mediterranean diet retained more brain volume over a three-year period than those who did not follow the diet as closely. The study is published in the January 4, 2017, online issue of *Neurology*®, the medical journal of the American Academy of Neurology. Need a quick reference guide? Check this out: Some "Yes" foods include: vegetables, fruits, whole grains, nuts, seeds, fish, olive oil. Some "No" (or greatly limited) foods include: red meat, white bread, white pasta, pastries, sodas, candy, deli meats, hot dogs.*Check with your physician prior to making serious diet changes.

2) Get more sleep! Not getting enough sleep is linked to a higher prevalence of obesity, which sets you up for digestive system disorders.

3) Move more. As with other aspects of health, exercise is the best way to lose weight and maintain a healthy body weight to ward off digestive system problems.

4) Manage stress. Reducing stress is fundamental to reducing heartburn.

5) Get help for issues like anxiety and depression. Mood and digestive system health (especially disorders like irritable bowel syndrome) are closely linked via the brain-gut connection.

References: hopkinsmedicine.org / aan.com / medicalnewstoday.com

Happy April from your Health Education Ministry Team! The more you know, the healthier you can be!

Vacation Bible School June 14-18

9 a.m. - 12 p.m.



Join us on this Rocky Railway adventure as we learn about how Jesus' power pulls us through!

<https://vbspro.events/p/events/holytrinity2021>

We need the following support:

Organizing and prepping material

Creating the Donation Board to put in the Narthex at church

Adult Leader/Supervisor during the week long summer camp

(8 a.m.-1 p.m. Volunteer hours)


Creating name tags and set design

Creating/ordering shirts for our campers

VBS will primarily be outdoors, so we could use pop up tents to borrow.

Any questions contact Amy Hagens at htpvbs@gmail.com or 916-934-6909.

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