

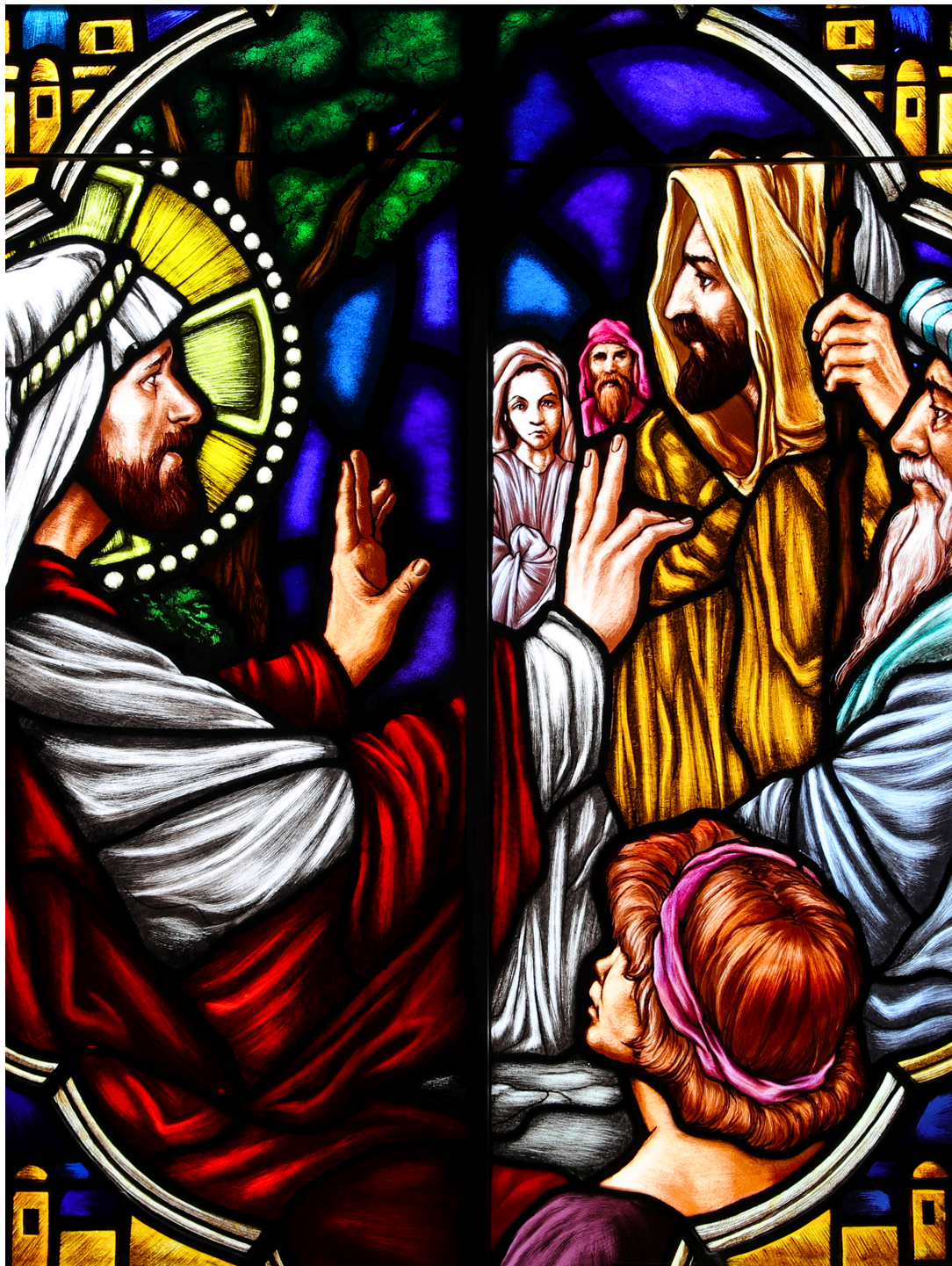


HOLY SPIRIT

CATHOLIC CHURCH

February 8, 2026

Fourth Sunday in Ordinary Time
IV Domingo Ordinario



Sermon on the Mount, Right Side of the Church

MASS TIMES

Monday - Friday
8:30 AM and 6:00 PM

Saturday
8:30 AM and 5:00 PM

Sunday
7:00 AM (Esp), 8:30 AM,
10:00 AM, 11:30 AM,
1:00 PM (Esp) and 5:30 PM

SACRAMENT OF PENANCE

Saturdays
4:00 PM - 4:45 PM

Sundays
9:30 AM - 12:30 PM

Located in St. Mary's Chapel
Bride's Room

CONNECT

4465 Northside Drive
Atlanta, GA 30327
404-252-4513
hscatl.com

OFFICE HOURS

Monday - Friday
9:00 AM - 5:00 PM
Closed daily from
12:00 PM - 12:30 PM

BULLETIN/WEBSITE EMAIL SUBMISSIONS

bulletin@hscatl.com
Bulletin deadline is three
weeks prior to the date
requested.

Welcome.

You Are the Light of Christ!

Living the Gospel as the Body of Christ

About Us

We are a Catholic community united in our commitment to live out the Gospel. We're the hands, feet, and heart of Christ in the world. As the Body of Christ, we each play a role in bringing the Gospel alive, embodying Jesus' teachings, and building God's Kingdom.

Our Clergy



PASTOR
Fr. Luke Ballman
lballman@hscctl.com



PAROCHIAL VICAR
Fr. Cristian Cossio
ccossio@hscctl.com



PAROCHIAL VICAR
Fr. Joseph Nguyen
jnguyen@hscctl.com



SEMINARIAN
Oswaldo Franco
ofranco@hscctl.com



DEACON
Steve Demko
sdemko@hscctl.com



DEACON
Bill McCarthy
bmccarthy@hscctl.com



DEACON
Javier Oliver
joliver@hscctl.com



DEACON
Whitney Robichaux
wrobichaux@hscctl.com



DEACON
Allen Underwood
aunderwood@hscctl.com

This Week's Scripture

"You are the light of the world." - Matthew 5:14

An exercise for this week:

This week, choose one simple way to let your light shine—through kindness, honesty, encouragement, or service. Look for someone who needs hope or support, and offer it generously. When you share your light, you become part of something greater—helping Christ's love be seen in the ordinary moments of daily life.

Giving

PARISH OFFERTORY

Thank you for your generous support. Scan the QR Code if you would like to contribute to our growing parish community.



SECOND COLLECTION - Black and Indian Missions



The Black and Indian Missions support sharing the Gospel among African American, Native American, and Alaska Native communities. Your donation strengthens parish life and encourages evangelization and vocations within these communities.

Mass Intentions

February 9 - February 15

Monday February 9	8:30 AM John R. Collins + 6:00 PM Fred Thompson +
Tuesday February 10	8:30 AM Maria Adrian + 6:00 PM Carmen Aquilar Vasquez +
Wednesday February 11	8:30 AM Juliana Martinez Aparicio + 6:00 PM Julie and Gus Little
Thursday February 12	8:30 AM Lauren Collins + 6:00 PM Brantley Echols +
Friday February 13	8:30 AM Fr. Paul Burke 6:00 PM Fernando A. Echeverry
Saturday February 14	8:30 AM Preeti and Samuel Paul 5:00 PM Tori McCord
Sunday February 15	Esp 7:00 AM Mariluz Nino Olea + 8:30 AM Maria Adrian + 10:00 AM Dr. John and Gian Carlo Munna + 11:30 AM For the People of Holy Spirit Esp 1:00 PM Lamberto Nicacio + 5:30 PM The Gallagher Family +

(+) Deceased

Request Mass Intentions at massintentions@hscatl.com



The Tabernacle in the Church.

Prayers for the Sick

Moira Block, Chuck Bolash, Skeet Fischer, Naomi Harper, Carolyn Hyde, Amanda Kuhlman, Gery Laube, Judy Nieves, Jack Pride, Jan Ruane, Cecilia Rusca, Sherry Sawicki, Judy Scalley, Jack Soltis, Margaret Taylor, Kathy Thompson, Matt Wilson, Tracy Winsor

Prayers for the Sick in the Community

Jack Brodie, James Busby, Ray Dugas, Faye Ellis, Janet Etheridge, Barbara Genner, Lona Gregorich, Stephanie Kittrell Hall, Larry Hardin, Sandy Johnson, Robert Joyce, Debra Kammermann, George Maley, Lance McNeilis, Mark Oprisch, James Regan, Jose Rodriguez, Rosa Newburn Soltis, Jim Staudohar, Kathy Staudohar, Robert Stenzel, Cindi White, Bob Wojciechowski

Prayer List Policy

Contact the parish office to request prayers for parishioners and immediate family members at 404-252-4513 or kschulman@hscatl.com. Prayer requests for friends and non-parishioners may be submitted at the votive candle stands in St. Mary's Chapel / Church or to catherinefuss@comcast.net as part of our prayer line ministry.



New Parishioners

Helen and Mike Halloran
Isabel, Doron and Ava Thomas
Sandra, Hector and Rodrigo Toscano

Baptisms

Noella Jean Gardner
Robert Joseph Miks

Stay Connected with Life at Holy Spirit



@hscatl



@HolySpiritCatholicChurch

Parish News

Ash Wednesday Mass Schedule

The penitential season of Lent begins on Wednesday, February 18. Our Ash Wednesday Mass schedule is as follows:

7:00 AM	4:00 PM
8:30 AM	6:00 PM
12:30 PM	7:30 PM (Spanish)

All Masses will be held in the Church.

Palms Needed for Ash Wednesday

Do you have any palms from last Palm Sunday? Collection bins will be in the parish office until Monday, February 16. The palms will be burned for use in the Masses on Ash Wednesday.

Journey Through Lent with the Little Black Devotional Book

Holy Spirit's Knights of Columbus will distribute "Little Black Books" for Lent in the Narthex after all Masses the weekends of February 15 and 22. These popular books go quickly - be sure to get yours! Donations to offset costs are encouraged.

Lenten Fish Fry-days Return February 20 - Preorder Your Dinner Today!

The Knights of Columbus Fish Frys return February 20. New to the menu this year by request are fish and shrimp tacos! This is in addition to fried fish, grilled salmon, baked shrimp, and an assortment of sides. Fish Frys are held every Friday during Lent from 6:30 PM - 8:00 PM in McDonough Hall. Preorders help ensure the Knights have enough food. Order your meal today!



MARILLAC MOMS

Supporting women with compassion and community,
inspired by St. Louise de Marillac.

This weekend, our Marillac Mom and family move into their new apartment!

Through your generosity, the apartment is ready for her fresh start, and Mom will be presented with a Spiritual Bouquet—prayers from her Holy Spirit family—assuring her she is already wrapped in love, prayer, and care.

In the coming weeks, we're excited to share more about Mom, her family, and the journey ahead. We're so grateful for your generosity and prayers, and we look forward to walking alongside them with your continued support.

This ministry is inspired by St. Louise de Marillac (1591–1660)



Having experienced hardship herself, St. Louise was born out of wedlock, orphaned young, and widowed at 34. She dedicated her life to serving those on the margins, bringing care directly into homes, hospitals, and the streets, and opening Paris's first orphanage. St. Louise is the Patron Saint of social workers and co-founder of the Daughters of Charity with St. Vincent de Paul.

Learn more: hscatl.com/marillacmoms

McDonough Hall Closed for Renovation

Please note that McDonough Hall is closed for a planned renovation through February 14 (please note revised end date). We will pause our coffee and doughnut hospitality until it is complete. We look forward to welcoming everyone to a new and improved McDonough Hall soon. Thank you for your understanding.



Parish News

The Encounter of a Pilgrim and Our Lenten Journey: Fr. Ballman's Reflections on the Camino



The Men's Club is excited to welcome Fr. Luke Ballman as the featured speaker at its meeting on Monday, March 2, at 6:30 PM in McDonough Hall. Fr. Ballman will share reflections from his pilgrimage on the Camino de Santiago in March 2023, connecting the daily challenges of the road - fatigue, simplicity, reliance on others, and perseverance - to our shared Lenten journey. Through his experience, Fr. Ballman will invite us to see Lent not as a test of endurance, but as a steady walk of conversion, brotherhood, and trust in God as we move together toward Easter.

All men are invited to this special Men's Club event. The cost is \$15 and includes dinner. A cash bar is available. RSVP online at hscatl.com/rsvp if you will attend.

Young Adult Upcoming Events

All young adults in their 20s and 30s are invited to the following events. Learn more at Facebook.com/HSCCYAM:

- February 16 - Holy Hour at 7:00 PM (St. Mary's Chapel)
- February 20 - An Night of Organ Music at 7:00 PM (Church)
- February 21 - Board Game Night at 7:00 PM (McDonough Hall)

Lent Pray 40: The Return



This Lent, we are inviting YOU to journey together with US in prayer through Hallow's Lent Pray40 prayer challenge - The Return - which will be available on Holy Spirit's parish page in the Hallow app, with or without a subscription, beginning on Ash Wednesday, February 18.

As a parish, we will journey back home to the Lord - no matter our sins, no matter our struggles, no matter how far we've strayed away. Just as we'll see through the *Parable of the Prodigal Son*, we're all farther away from God than we need to be...but the good news is God is always waiting for us with open arms, running out to us while we are still a long way off. Following one of the most famous novels of all time, *The Brothers Karamazov* by Fyodor Dostoevsky, we will be joined by our Lenten guides: **Sister Miriam, Mother Olga, Fr. Mike Schmitz, Mark Wahlberg, Chris Pratt, and Jonathan Roumie!**

Sign up today on the Hallow App!



Meetings

Our next Council meeting is Monday, February 16, at 6:30 PM in McDonough Hall (we're back to the usual time and place).

If you're a Catholic male over the age of 18, we'd love to have you join us. Come meet the Knights. See for yourself what we're up to - the charities we support; the activities in which we're engaged; the communities we serve. We'll even throw in dinner!

To learn more, contact our Grand Knight, Michael Maley, at 6517gk@gakofc.org.



Knights of Columbus

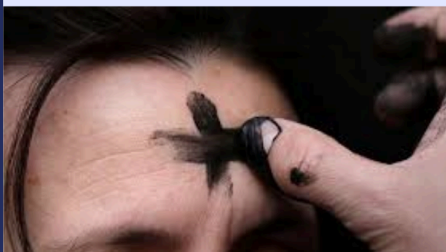
Valentine's Day 2026



That's right. Valentine's Day is next Saturday, February 14. Don't let your Valentine's Day "surprise" be that you forgot. So, make a reservation, order some flowers, find a romantic gift, **TODAY**.

The Knights don't want you to miss the chance to show someone you love, that ... well, you love them. You're welcome.

News & Events



Ash Wednesday is February 18

As you know, it's a holy day of prayer, abstinence, and marks the first day of Lent.

Make time for Mass and wear your ashes as a sign of repentance (we'd say wear them with pride, but pride is a sin).

Welcome to Lent 2026!



Our First Lenten Fish Fry Dinner is February 20

The Knights will resume Lenten Fish Fry dinners in McDonough Hall at 6:30PM every Friday during Lent (except for Good Friday).

We are bringing back your favorites from last year - fried cod, baked shrimp, and grilled salmon. Plus, we'll be introducing fish tacos to our menu this year.

Who loves you? The Knights do!

Parish News

Help Make Valentine's Day Sweet for Our Young Families

Adults in the parish are invited to help make our Young Families Valentine's Day Party a success! We're looking for volunteers to assist with set-up, clean-up, and crafts on Saturday, February 14, from 10:00 AM - 12:00 PM in the Youth Center. Having adults who are not also caring for their own children allows parents to relax and enjoy the celebration, making the party more fun for everyone. Your help would be greatly appreciated! If you are willing to assist, contact Aimee McDonald at amcdonald@hscctl.com.

Tax & Estate Planning Updates for Our Forever Young Community



Parishioners in our "Forever Young" community (those in their 60s, 70s, 80s, and 90s) are invited to an informative and practical presentation designed especially for seniors on recent tax law changes and estate planning opportunities that may affect

your income, home, and family legacy. Bliss Jones CPA, CGMA, will review important new federal tax benefits for seniors, including increased deductions, charitable giving options, and ways to reduce taxes on Required Minimum Distributions. Attendees will also learn about Georgia tax changes and a new Fulton County senior homestead exemption that may lower property taxes.

Join us on Wednesday, February 25, at 10:30 AM in Malta Hall. RSVP at hscctl.com/RSVP or contact Debbie Slinkard at dslinkard@hscctl.com if you plan to attend.

Finding Hope and Healing: Grief Support Program This Spring

Wednesdays | 7:00 PM - 8:30 PM
February 25 - April 22

One experience we all share is the loss of someone we love through death. Yet we live in a society that often avoids acknowledging grief and expects us to "return to normal" within a few short weeks. That simply isn't realistic.

In response to this need, Holy Spirit will offer a Grief Support Group for members of our community who are living with the loss of a loved one. This nine-week journey is dedicated to walking alongside those who are grieving, offering a space to share experiences, learn what to expect in the grieving process, and—most importantly—connect with others who understand this pain and are willing to listen. If you have experienced a loss and are struggling to adjust or feel as though you are not making progress, we invite you to consider joining us.

The program is based on Dr. Alan Wolfelt's book *Understanding Your Grief: The Ten Essential Touchstones for Finding Hope and Healing Your Heart*. Each participant will receive a book and journal at the first session. The cost is \$27.00 for materials, due at the first meeting. This is a closed group, so pre-registration is required. Space is limited.

The group will be led by parishioner Ellen Cocks, a trained facilitator with a certificate in death and grief studies, specializing in companioning others through grief. Rob Adams, also a Holy Spirit parishioner, will serve as co-facilitator. If you are interested or would like more information, contact Ellen at ellen@sweetlittlesoul.com. Ellen will also provide you with the room location.

When We Serve, We Are Changed Too.



St. Vincent de Paul
GEORGIA
FEED. CLOTHE. HOUSE. HEAL.

Miss J. is our neighbor. Living on Social Security, she usually makes it, but over the years there have been moments when life became overwhelming — when her mother was dying, or when winter heating bills grew too high. Each time, St. Vincent de Paul Vincentians walked with her, offering groceries, help with utilities, and presence.

Miss J. calls our Vincentians her "angels." She remembers every visit, every face, every prayer. Her joy is contagious.

Home visits remind us how fragile life can be — and how easily any of us can fall into hardship. We go to serve, but often return having received far more than we gave.



Vincentian
Pat Fischer

Stations of The Cross

Pray the Stations of the Cross with your parish family every Friday during Lent at 5:00 PM (English) in St. Mary's Chapel or 7:30 PM (Spanish) in the Church.



Fish Frys

Hosted By the Knights of Columbus

Choose from fried cod fillets, grilled salmon, baked shrimp, and new this year - fish tacos! Each entrée is accompanied by an array of sides. Wine and beer will be served (donations accepted). Meals are \$15. Pre-order online at: <https://knights-of-columbus-council-6517.squaresite.com>; "walk-ups" are equally welcome.



Confessions

Experience God's mercy and compassion this Lent through the Sacrament of Penance. Confessions are heard on Saturdays from 4:00 PM – 4:45 PM and Sundays from 9:30 AM – 12:30 PM near St. Mary's Chapel. Our Lenten Penance Service is on Monday, February 23.



Adoration

Spend time in prayer before the Blessed Sacrament on Sunday mornings from 9:30 AM – 12:30 PM in St. Mary's Chapel. Our First Friday Adoration is on March 6.



Abstinence / Fasting

Abstinence from meat on Ash Wednesday (February 18), all the Fridays of Lent, and Good Friday (April 3) by all Catholics 14 years of age and older. **Fasting** on Ash Wednesday (February 18) and Good Friday (April 3) by all Catholics who are 18 to 59 years of age. This translates to one main meal and two smaller meals.



OUR JOURNEY
THROUGH
LENT



HOLY SPIRIT
CATHOLIC CHURCH

Parish & Archdiocesan News



Financial Literacy for Women with Tricia Mulcare

Please join the Women's Club for our February meeting "Financial Literacy for Women" on Monday, February 9, at 11:30 AM and 6:30 PM in McDonough Hall. Our parishioner, Tricia Mulcare, will empower you with practical tips and tricks to take control of your finances and achieve your 2026 financial goals. Whether you are navigating a life transition, planning for retirement, or managing a household and trying to figure out how to teach your children about financial literacy, this talk promises to provide actionable takeaways. The cost of the meeting is \$20 and includes either lunch or dinner.



Mark Your Calendars!

- *Tuesday, February 17 - Fat Tuesday / Mardi Gras-themed Social hosted by Lisa Menendez*
- *Wednesday, March 11 - Women's Club to Homeless Shelter; sign up to help online*

Learn more and RSVP for Women's Club events at hscatl.com/women

Atlanta 40 Day for Life Campaign - Pray with Fr. Joseph Nguyen on February 19 and March 6

Atlanta 40 Days for Life Fall Campaign runs from February 18 – March 29. Parishioners are invited to participate through prayer, fasting, and peaceful witness. A free kickoff spaghetti dinner will be held at 6:00 PM on Tuesday, February 17, at Immaculate Heart of Mary, featuring guest speakers and an introduction to the campaign.

The faithful are also invited to sign up for one hour of prayer for the end of abortion during the vigil, including prayer led by Fr. Joseph Nguyen on Thursday, February 19 and Friday, March 6 from 9:30 AM – 10:30 AM, outside of the Feminist Center for Reproductive Liberation at 1924 Cliff Valley Way, NE, Atlanta 30329.

More information and all sign-up links are available on the parish website.

Couples Celebrating 50th and 60th Wedding Anniversary in 2026 Invited to Special Mass

The Archdiocese of Atlanta would like to honor couples married in 1976 and 1966 with an invitation to a golden / diamond Wedding Anniversary Mass on Saturday, February 14, at 11:00 AM at Saint Brigid Catholic Church in Johns Creek. Visit <http://tiny.cc/anniversarymass> to RSVP for this event and for additional information.

Move, Pray, and Renew: SoulCore Retreats this Lent

Interested in SoulCore (praying the rosary through movement)? In addition to the weekly Tuesday 11:00 AM class at Holy Spirit in the Youth Center, Catherine Fuss will co-lead two retreats at Heritage Retreat Center in Sharon: a mid-week retreat March 24–26 and a weekend retreat over Palm Sunday, March 27–29. Enjoy nature, quiet, and deep Lenten prayer—learn more at www.heritagega.org/events or by contacting catherinefuss@comcast.net.

Evangelization & Faith Formation



**DIRECTOR OF
EVANGELIZATION
& FAITH FORMATION**
Aimee McDonald
ext. 257
amcdonald@hscatl.com



**ADMIN. ASSISTANT
EVANGELIZATION
& FAITH FORMATION**
Julie Ravry
ext. 250
jravry@hscatl.com



**YOUTH & YOUNG ADULT
MINISTRY LEADER**
Paul Oakes
ext. 204
poakes@hscatl.com



DIRECTOR OF OCIA
Dr. David King
ext. 246
dking@hscatl.com

Office of Child and Youth Protection
Archdiocese of Atlanta
24-hour Abuse Reporting Hotline:
1-888-437-0764
We are here to listen and take action.

Phoenix in Focus



Phoenix is Holy Spirit's high school youth ministry program open to all 9th - 12th graders. Below are our upcoming events:

**Youth Ministry will not meet on
Sundays, February 8 and 15.**

February 22 - *FireLife Night: Music Faith with Fr. John Klein, LC*

March 1 - *How Far Am I Willing to Go for God?*

March 8 - *Confirmandi party*

Sunday Morning Adult Faith Formation

Looking to grow deeper in your faith? Our Sunday morning Adult Faith Formation program is the perfect place to learn, share, and grow together. Mark your calendar and join us at 10:00 AM on select Sunday mornings throughout the winter and spring. Location TBD during the renovation.

February 8 - Entering the Desert: Living Lent with Purpose
Deacon Bill McCarthy (Location: Youth Center)

March 1 - Discerning the Spirits: Applying the Rules of Discernment
Seminarian Oswaldo (Ozzie) Franco (Location: McDonough Hall)

Save the Date! Vacation Bible School: June 8 - 12



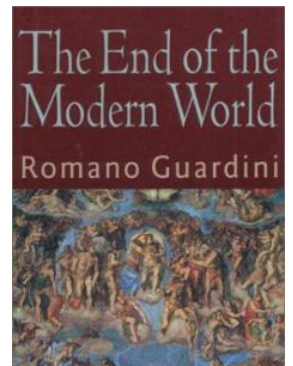
Save the Dates of June 8 - 12 for Holy Spirit's Vacation Bible School where children can take "The Great Journey with Jesus Through the Church Year." Online registration will open March 1. Watch the bulletin for details.

Understanding Modernity Through Romano Guardini with the Great Books Discussion Group

In remarks to the College of Cardinals, Pope Benedict XVI quoted the late theologian Romano Guardini (1885-1968): "The Church is not an institution devised and built by men, but a living reality." This was Benedict's final citation of a theologian he often referenced in his homilies, encyclicals, and books.

Guardini's *The End of the Modern World*, first presented as lectures in the late 1940s, compares ancient, medieval, and modern cultures, concluding that the modern age has reached its end. Join us for an in-depth discussion of this influential work and one of the twentieth century's leading theologians.

The Great Books Discussion Group will meet on Thursday, February 12, at 7:00 PM in Side B of McDonough Hall. For more information, please contact Patrick Carey at 770-241-2511 or careyph@bellsouth.net.





**ALL FAMILIES WITH YOUNG CHILDREN
ARE INVITED TO A**

Valentine's Day Party

SATURDAY, FEBRUARY



14

**10:00 AM - 12:00 PM
YOUTH CENTER - NEW LOCATION**

RSVP AT HSCCATL.COM/RSVP

Phoenix - Youth Ministry - Events

Our parish teens have been busy this month serving dinner at St. Francis' Table Soup Kitchen and attending a retreat to prepare them to receive the Sacrament of Confirmation.



HOLY SPIRIT CATHOLIC CHURCH

BIENVENIDOS
¡HAY ALGO MÁS EN LA VIDA!

Cena Baile

Apoya y diviértete

14
FEBRERO

6:00 - 12:00
PM AM

¡Será una noche espectacular llena de sorpresas!

DONATIVO \$30
HSP GYM
4465 NORTHSIDE DRIVE, NW,
ATLANTA, GA 30327

Ayúdanos a cumplir nuestra misión

Viacrucis

Rezo de las Estaciones de la Cruz todos los viernes durante la Cuaresma a las 5:00 PM (en inglés) en la Capilla de Santa María o a las 7:30 PM (en español) en la Iglesia.



Fish Frys

Organizado por los Caballeros de Colón

Usted podrá elegir entre filetes de bacalao frito, salmón a la parrilla, camarones al horno y tacos de pescado. Cada plato estará acompañado por diferentes guarniciones. Se servirá vino y cerveza (se aceptan donaciones). Las comidas cuestan \$15. Todos son bienvenidos tengan reservación o no hagan su pedido anticipadamente. Viernes 6:30 PM en McDonough Hall.



Confesiones

Experimente la misericordia y compasión de Dios esta cuaresma a través del sacramento de la penitencia. Hay confesiones en español todos los domingos de 8:30 AM - 9:30 AM cerca de la Capilla de Santa María. Nuestro servicio penitencial de cuaresma será el viernes 13 de marzo a las 7:00 PM en la iglesia.



Adoración

Pase un tiempo en oración ante el santísimo sacramento el domingo por la mañana de 9:30 AM a 12:30 PM en la Capilla de Santa María. La adoración del primer viernes es el 6 de marzo.



Abstinencia y ayuno

Abstinencia de carne todos los viernes de cuaresma para todos los católicos de 14 años o más. El miércoles de ceniza (18 de febrero) y viernes santo (3 de abril) ayuno y abstinencia. Ayunar significa una comida completa y dos comidas más pequeñas en el día para todos los católicos de 18 a 59 años de edad.



Ministerio Hispano

Nuestro Personal



**DIRECTORA DEL
MINISTERIO
HISPANO**

Ximena Capinegro
ext. 601
xcapinegro@hscatl.com



**ASISTENTE
ADMINISTRATIVA DE
EDUCACIÓN RELIGIOSA**

Elvira Castro
ext. 600
ecastro@hscatl.com



**COORDINADOR
ADMINISTRATIVO**

Parker Ransom
ext. 602
pransom@hscatl.com



DIRECTOR DE MÚSICA

Jorge Alvarez
jalvarez@hscatl.com

IGLESIA CATÓLICA DEL ESPÍRITU SANTO

404-303-9927
hscatl.com/Centro-Catolico/

HORARIO DE OFICINA

lunes - viernes
9:00 AM - 5:00 PM

SANTA MISA

domingo: 7:00 AM y 1:00 PM
en la iglesia y en línea
hscatl.com/LiveStream/Spanish/

CONFESIONES

(español / inglés)
domingos a las 8:30 AM

OFERTORIO SEMANAL

25 de enero - \$450

Talleres de Oración y Vida

Del Padre Ignacio Larrañaga

Aprender a orar para aprender a Vivir

Inicia el jueves, febrero 5

Lugar: Malta Hall de 7:00 PM a 9:00 PM
Duración 15 semanas

Taller Sobre La Pasión de Señor

Conozcamos más sobre la semana santa. El taller inicia el martes 3 de febrero de 7:00 PM a 8:30 PM en Malta Hall.

Para más información llamar a la oficina del ministerio hispano.

Miércoles de Ceniza - miércoles 18 de febrero, misa en español a las 7:30 PM

El miércoles de ceniza es un día especial para los católicos, en el cual se debe poner en práctica el ayuno y la abstinencia para dar inicio a los cuarenta días de penitencia, durante los cuales los católicos buscan purgar sus pecados y dedicar tiempo a Dios. La ceniza que se utiliza para la imposición de la cruz en la frente de las personas se obtiene de la incineración de los ramos bendecidos durante el domingo de Ramos del año litúrgico anterior.

Ayuno y Abstinencia

Recordemos: hacer **abstinencia** de carne el miércoles de ceniza, todos los viernes de Cuaresma y viernes santo para todos los católicos mayores de 15 años; ayuno el miércoles de ceniza y viernes santo, para católicos entre 18 y 59 años. Durante el **ayuno**, a una persona se le permite comer una comida completa y dos comidas pequeñas. El ayuno no es una obligación para quienes padecen una afección médica complicada.

Las cenizas serán distribuidas en las misas únicamente.

Para Reflexionar en Nuestros Hogares

Cita Bíblica

*"Ustedes son la luz del mundo."
- Mateo 5:14*

Reflexión de la semana:

Esta semana, elija una manera sencilla de dejar que su luz brille—mediante la bondad, la honestidad, el ánimo o el servicio. Busque a alguien que necesite esperanza o apoyo y ofrézcalo con generosidad. Cuando comparte su luz, pasa a formar parte de algo más grande: ayudar a que el amor de Cristo se haga visible en los momentos ordinarios de la vida diaria.

Por favor, consulte las páginas 12 y 13 para obtener más información.

El Regreso: Un Camino de Oración en Cuaresma

Esta cuaresma, te invitamos a unirte a nosotros en oración a través del desafío de oración de cuaresma de Hallow, "El Regreso", que estará disponible en la página de la parroquia de Holy Spirit en la aplicación Hallow, con o sin suscripción, a partir del miércoles de ceniza, 18 de febrero. Como parroquia, emprendemos juntos el camino de regreso al Señor, sin importar nuestros pecados, nuestras dificultades ni cuán lejos nos hayamos alejado. Como veremos en la parábola del hijo pródigo, estamos lejos de Dios, pero la buena noticia es que Dios siempre nos espera con los brazos abiertos, corriendo a nuestro encuentro incluso cuando todavía estamos lejos. Inspirándonos en una de las novelas más famosas de todos los tiempos, *Los hermanos Karamazov* de Fiódor Dostoevsky, nos acompañarán en este camino cuaresmal nuestros guías espirituales. Muy pronto compartiremos más anuncios emocionantes sobre los guías y mucho más.