

# Most Holy Trinity Parish

Parish Office: 236 Route 390, Cresco, PA 18326

Worship Site: Msgr. McHugh, 212 Route 390, Cresco, PA 18326

Parish Office  
(570) 595-3100

Fax  
(570) 595-3200

Website  
[www.mht-poconos.org](http://www.mht-poconos.org)



Like us  
@mostholytrinitypoconos



Follow us  
@MHTpoconos



Follow us  
MHTpoconos

## Mission Statement

We, the Catholic community of Most Holy Trinity Parish, rich in diversity, strive to achieve the unity that is the essence of God and the heart of the Church. Empowered by the Holy Spirit, we are called to be faithful stewards of the apostolic tradition, to stir into flame the gifts of God the Father, and to evangelize through our action as witnesses to our Lord, Jesus Christ.

## January 31, 2021



## 4th SUNDAY IN ORDINARY TIME

All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." - Mk 1:27

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

### Pastor:

Rev. Gregory Loughney

### Parochial Vicar:

Rev. Jaime Perez-Restropo

### Permanent Deacons:

Alan Baranski  
Jose Mendoza

### In Residence:

Msgr. John Bergamo

### Retired Deacon:

Ron Verkon

### Parish Pastoral Council:

Jen Beers  
Wayne Beers  
Cindy DeLuca  
Gladys Guardia  
Benito Juarez  
Joe Matarazzo  
Barb Page  
Danielle Rake  
Nancy Santi  
Ginger Walsh  
Eileen Ziobro

## Parishioners of the Parish

In the Roman Catholic Church of the United States of America, a member is considered “active” when “one is registered and actively participates in the liturgical and pastoral life of the parish through the generous, sacrificial and proportionate sharing of his/her God-given gifts of time, talent and treasure.”

As a Catholic and registered parishioner of the parish, I am expected to:

- ◆ Regularly attend and participate in Sunday Mass – preferably as a family
- ◆ Regularly participate in the sacramental life of the Church
- ◆ Develop and practice an ongoing personal/family prayer life
- ◆ Witness to the teachings of the Church by my manner of living life
- ◆ Seek to understand and practice what it means to be and live as an active and committed Christian steward in service to the parish and the Church
- ◆ Commit annually to a generous, sacrificial and proportionate commitment of my time, talent and treasure in service to the mission of the parish and the universal Church without counting the cost or any expectation of something in return
- ◆ Recognize, understand, and accept my need to regularly give and share rather than giving and sharing only when there happens to be a need
- ◆ Acknowledge, as a registered parishioner, that I am to participate in the mission of the parish rather than being only a spectator.
- ◆ Realize the necessary and ongoing importance of love, generosity, faith and family.

Let us remember, it is only through God’s love that we receive the gift of life. In the course of our lives, we are the recipients of God’s grace and giftedness. Through our Baptism, we are called to serve as God’s disciples, sharing - *in gratitude* - His gifts and grace in loving service of God and neighbor.

Our expectations within this gift of life must not be allowed to take precedent over what is expected of us in gratitude thereof. “Whoever wishes to come after me must deny himself, take up his cross, and follow me.” (Mt. 16:24)

## Email Addresses

Main Office: mht-poconos@outlook.com

Bulletin: mht-bulletin@outlook.com

## Modified Parish Office Hours

Monday through Friday  
9:00am - 12 noon

*Office is closed to the public.*

## Daily Mass

Monday - Friday 8:15am

## Sunday Mass Schedule

Saturday 4:00pm

Sunday 8:00am, 10:30am  
12:00pm - Spanish

## Reconciliation

Saturday 2:00pm - 3:00pm

*Other times available by appointment.*

## MHT Parish Mass Intentions

2/1	8:15am	Benefactors of Most Holy Trinity	The Pastor
2/2	8:15am	Ann Scrudato	Karl & Madeleine Forssell
2/3	8:15am	William Moore	MHT Catechists
	7:00pm	For the People	The Pastor
2/4	8:15am	Richard Schotka	Skip & Mary Buckman
2/5	8:15am	Thomas & Dolores Short	Karl & Madeleine Forssell
2/6	4:00pm	Marie Latzanich	Carol & Joe Kochis
2/7	8:00am	Caleb Casey	Grandma & Grandpa
	10:30am	For the People	The Pastor
	12:00pm	Deceased Members of Maza, Lojano, Lopez, Comenias & Herrera Families	Fabiola Beltran

# Liturgical Guidelines for Lent

Dear Faithful of the Diocese of Scranton,

With the Christmas season now over, we must quickly turn our attention to Ash Wednesday and Lent.

As we continue to navigate the current circumstances of the COVID-19 pandemic, the following are some of the new liturgical directives for the Season of Lent 2021. While Ash Wednesday, in particular, is not a holy day of obligation and, therefore, there is no requirement for the faithful to receive the imposition of ashes, it is certainly a celebration of high importance to people and many will surely wish to participate even amid the current circumstances.

Please know that as additional guidance is provided from the Holy See regarding Holy Week, additional guidance will be provided.

Faithfully yours in Christ,

*†Joseph C. Bambera*

Most Reverend Joseph C. Bambera, D.D., J.C.L.  
Bishop of Scranton

Prot. N. 17/21

## NOTE ON ASH WEDNESDAY Distribution of Ashes in Time of Pandemic

The Priest says the prayer for blessing the ashes. He sprinkles the ashes with holy water, without saying anything. Then he addresses all those present and only once says the formula as it appears in the Roman Missal, applying it to all in general: “Repent, and believe in the Gospel”, or “Remember that you are dust, and to dust you shall return”.

The Priest then cleanses his hands, puts on a face mask and distributes the ashes to those who come to him or, if appropriate, he goes to those who are standing in their places. The Priest takes the ashes and sprinkles them on the head of each one without saying anything.

From the Congregation for Divine Worship and the Discipline of the Sacraments, 12 January 2021.

Robert Card. Sarah  
Prefect

+Arthur Roche  
Archbishop Secretary



## Liturgical Schedule

Mass with the Distribution of Ashes : 7:00am and 12noon  
Liturgy of the Word with Ashes : 7:00pm

## Ash Wednesday –February 17

Parishes are NOT follow the usual practice of imposing Ashes by thumb on the forehead of parishioners. Parishioners are reminded that receiving ashes is not required. The faithful should recognize that their own internal disposition and intention to repent is the importance of Ash Wednesday and that the ashes are an external sign of that internal reality. Individuals who cannot receive ashes can still enter into Lent with a repentant heart.

In much of the world — and the Vatican itself — the normal way of distributing ashes is to sprinkle ashes on top of the head, with no contact, rather than imposing them on the forehead. This is the way ashes will be distributed this year. As with the reception of Holy Communion, both the minister and the recipient are wearing masks. The minister will sprinkle a small portion of ashes on top of the person's head rather than to trace the sign of the Cross on the person's forehead.

## Stimulus Check

As the pandemic has placed an extra financial strain on many households, some individuals/families do find themselves in a sound financial position. To that end we invite you to consider donating a portion of your government issued Stimulus Check to our parish building fund.

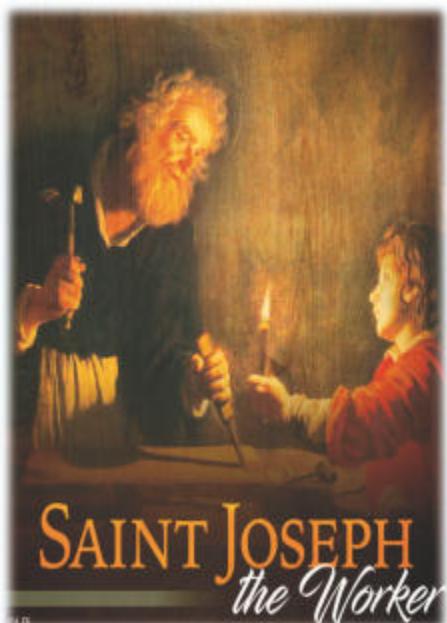
Work is continuing at the Msgr. McHugh Center and in axillary spaces connected to our worship space. As a parish, we have directly taken on the work in multiple areas so as to reduce costs — e.g. management fees and product markups. We have also relied upon and are most thankful to the volunteers who help in some many ways thus eliminating some labor costs. Nevertheless, there remains material and certain labor costs. Any donation that you make will directly support our efforts in these areas. Thank you again, and with your support our dream will soon be a reality.



## Prayer to St. Joseph for our Building Project

Ever blessed and glorious Saint Joseph,  
kind and loving father, and helpful friend of all,  
who labored to provide for the needs  
of Jesus and Mary, hear us in our need.

Obtain for us the grace of generous hearts,  
open minds, greater unity, and renewed vision,  
as we seek to build a house  
for celebration and worship.



May it be a home where all are  
welcomed, nourished, and empowered  
to be Christ for others. Amen.

# LITURGICAL LIFE

# RESPONDING to the Call

## EVERYDAY STEWARDSHIP

Recognize God In Your Ordinary Moments

Embracing Change in Christ

It's officially one month since we popped the champagne, toasted 2021 and wrote down a list of resolutions. This is usually the time when we start to take a good, hard look in the mirror to assess what we have done — or have not done — with the first month of this brand-new year.

New years can be scary, can't they? Full of promise, sure, but also full of room for failure. Full of space for our old baggage, old fears and the continuation of old mistakes.

The same can be said of Christ, and the new life he offers us, if we are brave enough to accept it. Opportunities like that can be intimidating. In that moment, we might find ourselves like the man with the unclean spirit crying out: "What have you to do with me, Jesus of Nazareth? Have you come to destroy us?"

Jesus is a comforter of the afflicted; he is a consoling figure, but he is also a challenging one. Sometimes we have grown attached to our afflictions. The idea of correcting bad habits or forming new ones is frankly terrifying to us. We have a voice deep inside who sees Christ and his invitation to repentance, and it cries out in fear: "I know who you are!"

When we live in the present, disavowing the baggage of the past or fear of the future, we submit ourselves to the promise of redemption. Let us be brave everyday stewards and invite Christ's healing power into our lives. We won't regret it — I'm sure the demoniac never did.

— Tracy Earl Welliver, MTS

## PLEASE CONSIDER ONLINE GIVING

Our parish is grateful for your continued support. Thank you!



## WHY DO WE DO THAT?

Catholic Life Explained:

### Question:

I get annoyed with myself when I am distracted while I pray. Is it a sin? How can I be more attentive?

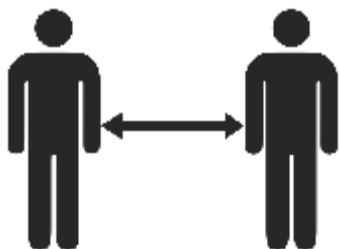
### Answer:

The mind is a marvelous and complex thing, producing amazing thoughts, images, wisdom and inspiration. Yet at times it is like a two-year-old: it does not follow directions, does what it wants and loves to tell us "no!" This is probably the oldest and most common problem in the spiritual life—dealing with distraction. It comes in all forms: good intentions forgotten, wandering thoughts at Mass, daydreaming, etc. A little poem says it all: When the soul begins to pray, the brain always wants to play!

There are many ways to handle distractions. If we are distracted by thoughts about our families or friends, we should pray for them. If we lose our focus, we need just "re-collect" ourselves. If some worry or concern just won't leave our mind, then we deal with it and come back to prayer or make it part of our prayer. And when words just won't come, the only prayer we might offer is our presence, our suffering, and our desire to be close to the Lord. Most importantly, we need to be patient with ourselves. These things are not sinful, but reminders of our human frailty. Our weaknesses and good efforts are all acceptable to God, who reads the love in our hearts and the good intentions of our minds.

# Safety Measures when Attending Mass

# 6 ft Safe, Social Distancing



# Masks On Covering Nose and Mouth



# Sanitize Hands before Communion



Ongoing help is needed at the  
Msgr. McHugh Center!

There are a variety of tasks to complete including cleaning, to painting, to repairs, etc.

We will meet each Tuesday from 8:30-10:00am and 6:00-7:30pm. If you can join us for one of those times please simply show up.

**amazon smile**  
You shop. Amazon gives.

**Please share and encourage family and friends to use AmazonSmile. Post on your Facebook page or tweet the link.**

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

You can support Most Holy Trinity Parish when you shop:  
**[asmile.amazon.com](https://asmile.amazon.com)**



End of Year Tax Donation Statements have been mailed to all parishioners. Thank you for your support over the past year!

**FREE  
AD DESIGN  
WITH PURCHASE  
OF THIS SPACE.  
— 800-477-4574 —**

**THIS SPACE IS  
AVAILABLE**

**AVAILABLE  
FOR A LIMITED TIME  
ADVERTISE YOUR  
BUSINESS HERE**

Contact **Renee Puchalski** to place an ad today!  
[rpuhalski@4LPI.com](mailto:rpuhalski@4LPI.com) or **(800) 477-4574 x6453**

**PROTECTING SENIORS NATIONWIDE  
MEDICAL ALERT SYSTEM**

**\$29.95/MO**  
BILLED QUARTERLY

**PLUS  
SPECIAL  
OFFER**

**CALL NOW! 1.877.801.7772  
WWW.24-7MEDALARM.COM**



**SPREAD THE WORD**  
A Thriving, Vibrant Community Matters



**SUPPORT OUR ADVERTISERS**

# NEVER MISS A BULLETIN !

Sign up to have our weekly parish bulletin emailed to you at **[www.parishesonline.com](http://www.parishesonline.com)**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Most Holy Trinity Parish, Cresco, PA

03-1122

## Dr. Ronald C. O'Boyle, DMD

"We Make Beautiful  
Smiles A Reality"

LUMINEERS & SNAP ON SMILE

**Family & Cosmetic  
Dentistry**

**(570) 839-8065**



Mount Pocono Professional Center

4 Fork St., Ste. 3040 • Mount Pocono, PA 18344

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

## W.S. PEENY, INC.



Serving the  
Poconos  
Since 1944

**570-421-9080**

Heating Oil • Kerosene • Diesel Fuel  
1745 West Main Street, Stroudsburg, PA



## Canadensis Veterinary Clinic

**2560 Route 390  
Canadensis PA 18325**



Give us a Call! **570.595.9081**

## MILLER'S AUTOMOTIVE

**570-839-9539**

Fax 570-839-9578

443 Sterling Rd.,  
Tobynna, PA

**Owen Miller • Dennis Malec  
Warren Colyer**

# Levi's®

**SUPERMARKET**

Route 390 • Box 585 • Mountainhome, PA

**STORE PHONE: 595-7161**

**DELI PHONE: 595-FOOD**

## STROUDSBURG GRANITE COMPANY

570-421-3591 • 1045 Dreher Ave., Stroudsburg

**COLBY BURNETT**

Third Generation Memorial Craftsman  
All Types of Cemetery Memorials  
[www.stroudsburggranite.com](http://www.stroudsburggranite.com)

## Too Sick for Mass?

**SUPPORT OUR PARISH NO MATTER WHERE YOU ARE!**

*Sign-up to get your bulletin delivered*

*right to your inbox!*

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



## ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

Authorized Provider

SafeStreets

**1-855-225-4251**



## Pocono Podiatry Associates

Dr. Carol Latzanich • Dr. Scott Kissell

### **FAMILY FOOT CARE**

Mt. Pocono • E. Stroudsburg

**570-839-3668 • 570-424-1031**



**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Most Holy Trinity Parish, Cresco, PA

03-1122