



Family Faith Formation NEWSLETTER

February/March Issue



Upcoming Events

- 2/8 – Virtual Bingo (HS)
- 2/12 – Piano and Voice Concert
- 2/12 – Sandwich Sunday
- 2/22 – Ash Wednesday
- 2/26 – Class to Mass
- 3/2 – Lenten Prayer Service and Reconciliation
- 3/12 – Sandwich Sunday
- 3/22 – Outdoor Movie Night (YM)
- TBD – Tridium Activity and Stations of the Cross
- 3/25 – Planting and Picnic
- 3/26 – Class to Mass
- 4/6 – Holy Thursday
- 4/7 – Good Friday
- 4/8 – Holy Saturday
- 4/9 – Easter and Sandwich Sunday
- 4/16 – Class to Mass
- 4/23 – First Eucharist
- 4/26 – Earth Day Totes (YM)
- 4/30 – First Eucharist
- 5/14 – Sandwich Sunday
- 5/7 – May Crowning

*For more information about any of these events, please see the parish website or call the Family Faith Formation office at (908) 232-8137



Meet the Catechists

Maria Binetti

I've lived in Westfield since I was 8 years old. I was born in Italy and immigrated to the United States when I was 4. My husband and I have been married for 34 years with 3 sons, 2 daughters-in-law and a 2-month-old granddaughter. I've been a parishioner at Holy Trinity since moving to Westfield. I first began volunteering at HT as a confirmation mentor for my older boys and then moved to catechist

12 years ago for my youngest son when he informed me that he wasn't going to CCD unless I was his teacher. Lord help us all was what I thought at the time and now I do it because I can't imagine not doing it. The kids I've had the honor of teaching over the years have made me a better me. I love to read, watch the Hallmark Channel and of course spend time with my family and friends.

Ideas for Lent for Children

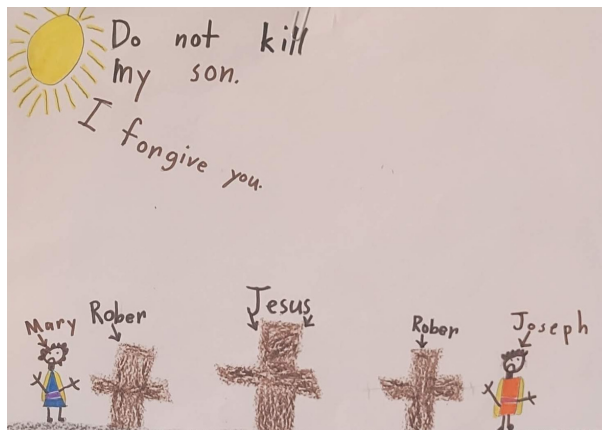
Lent is a liturgical season that focuses on three spiritual pillars: prayer, fasting, and almsgiving. During the 40 days of Lent, we are urged to reflect on our lives, perform acts of charity, and make small sacrifices. Each pillar prepares us for the joyful celebration of Christ's resurrection on Easter Sunday. When helping children think of ways to observe Lent, it is important to remind them that we shouldn't give up something that we need, like vegetables or homework. If we choose to give something up, it shouldn't be something emotionally devastating, like giving up their favorite toy. God doesn't want us to suffer.

Start small. If your child chooses to perform acts of service, think of something to do that your child can realistically maintain for the 40 days. God loves us and will always forgive us, even if we give into temptation and break our Lenten promises. If your child does make a mistake, help them get back on track. Here are some ideas to try:

- Give up a favorite treat
- Donate a portion of allowance
- Play with a younger sibling for 20 minutes daily
- Spend 10 minutes daily making gifts for others
- Say grace before dinner
- Have a "screen fast" and limit or eliminate a favorite screen
- Call a different relative each day
- Dedicate some prayer time for a specific cause of your child's choice
- Take on a new household chore

If your child's Lenten promise stops being a chore and becomes a positive habit, you may find your child continues their great choices even after Lent is over.

Spotlight Artist



We are proud to present the work of our newest spotlight artist, William Adamo. He is a one of our young parishioners who recently received reconciliation and is currently preparing for the sacrament of first eucharist. He chose to depict the moment near the end of Jesus' life that while on the cross, he forgave the people. As Catholics, we are so blessed to be able to receive God's forgiveness through the sacrament of

reconciliation, and William's art is a powerful reminder of that blessing. Don't forget you can always see the masterpieces of our young parishioners by visiting the Faith and Fun center.