



Holy Trinity Catholic Church

Served by the Jesuits in Southern Africa

16 Stiemens Street, Braamfontein, 2001, Johannesburg, South Africa

P.O. Box 31087, Braamfontein 2017, Johannesburg, South Africa

🌐 trinityjhb.co.za ✉️ parish@trinityjhb.co.za ☎️ 011 339-2826

02 FEBRUARY 2025

The Presentation of the Lord

Psalm Response:

The Lord of hosts, he is the king of glory!

This week's liturgies

Sunday 07h30: <i>Pro Populo</i> 09h30: <i>Pro Populo</i> 16h00: <i>Thanksgiving: Tokelo Mojapelo & Leepy Shabangu</i>	Mal 3; 1—4 Ps 24 Heb 2; 14—18 Lk 2; 22—40
Monday 13h15: <i>Pro Populo</i>	(ST. BLASÉ M) & (ST. ANSGR BP) Heb 11; 32—40 Ps 31 Mk 5, 1—20
Tuesday 13h15: <i>Pro Populo</i>	Heb 12; 1—4 Ps 22 Mk 5; 21—43
Wednesday 13h15 <i>Thanksgiving: Mmabatho Phage</i>	(ST. AGATHA V) Heb 12, 4—7, 11—15 Ps 103 Mk 6, 1—6
Thursday 13h15 <i>Pro Populo</i>	(ST. PAUL MIKI & CO. M) Heb 12, 18—19, 21—24 Ps 48 Mk 6, 7—13
Friday 13h15 <i>Pro Populo</i>	Heb 13, 1—8 Ps 27 Mk 6, 14—29

** Italics indicate Mass intention*

PROCLAIMERS

07h30

Gail Faller
Daniel Pretorius

09h30

Francis Zvigo
Patrick Roca_Batista

EXTRAORDINARY MINISTERS OF HOLY COMMUNION

07h30

Roly Adams
Phelistus Tarwireyi
Fiona Pretorius
Jannine Musto

09h30

Marcie Bello
Lorraine Zvigo
Sthandiwe Msomi
Oswald Mokoena

Office Hours

Monday – Friday: 09h00—13h00

Mass Times

Monday - Friday: 13h15

Sunday: 07h30 | 09h30 (*Sung*)

16h00

Morning Prayer

Sunday: 09h00 (*before 09h30 Mass*)

Join in the prayer of the Church

led by our *Schola Cantorum*

Confessions

Monday – Friday: after 13h15 Mass

Exposition

Monday – Friday: 12h00-13h00

Benediction

Friday: 13h00

Weddings and Baptisms

by appointment, contact parish office

Parish Staff

Pastor: Fr. Russell Pollitt SJ

rfrussell@trinityjhb.co.za

University Chaplain: Fr. Matsepene Morare SJ

frmatsepene@trinityjhb.co.za

Deacon: Rev. William Davies

revbilly@trinityjhb.co.za

Director of Music: Mr. Cameron Upchurch

music@trinityjhb.co.za

Administrator: Mr. Tebogo Petja

parish@trinityjhb.co.za

Residence Manager: Mrs. Cathy Setlogelo

resmanager@trinityjhb.co.za

Banking Details

Holy Trinity Catholic Church

Standard Bank, Braamfontein (004805)

Account: **002 294 192**

St. Vincent de Paul, Braamfontein Standard

Bank, Braamfontein (1842)

Account: **22 090 752 8**



Snap here to pay

PARISH NOTICES ~ 02 FEBRUARY 2025

PARISH DATABASE

The parish is busy updating the database, and an email system will be used to strengthen our communication with the broader community. Those who have filled in the census cards and given us their email addresses will receive an email asking them to confirm their subscription. We ask that you help us by confirming.

CATECHISM PARENTS MEETING

Fr. Russell wants to meet all parents whose kids have registered for Catechism this year. The meeting will be on Sunday **16th February** at 08h30 in the Trinity House Hall. All parents are encouraged to attend.

PARISH PASTORAL COUNCIL (PPC) ELECTIONS

Please begin thinking about who you would like to see serve on the PPC. We will begin nominating possible candidates in February. The PPC is an important body that helps respond, with the clergy, to the parish's pastoral needs.

PPC FULL COUNCIL MEETING

This is a reminder to PPC members that the next meeting will be next Sunday **9th February** at **11h00**.

LET IN THE LIGHT

The Parish has launched a website to help fund the window restoration project. You can make payments directly from the site. The website will be updated regularly. Please share the site with family and friends worldwide to help us restore our windows! The site is: <http://letinthelight.co.za>

CATHOLIC SCHOOLS WEEK 2—9 FEBRUARY

Every year, Catholic Schools Sunday is celebrated in the Parish and for the entire week in Catholic schools. This year, we celebrate it earlier than before because of the Jubilee Year. Pope Francis has a particular interest in Education – [listen to what he says in this short video](#). Fortunately, our parish has three Catholic schools in the parish boundaries. Our children can be brought up with good values as each school strives for excellence in all that they do in educating our children. This Sunday marks the start of Catholic School's week. We pray for and remember our parish schools: Holy Family, McAuley House and Mayfair Convent.

JESUIT INSTITUTE RETREAT

The Jesuit Institute offers a 3/5 or 8-day retreat from 24 February to 5 March 2025 in Auckland Park. For more information, please email retreats@jesuitinstitute.org.za

THE POPE'S PRAYER INTENTION FOR FEBRUARY

We pray with Pope Francis that the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's mission in the priesthood and religious life.

MASS INTENTIONS

You can contact the office for Mass intentions. A suggested donation is R50 per Mass. The Mass intentions will be published so that people know which intention or who the Mass is being celebrated for.

LET US PRAY FOR THE SICK

Let us pray for all the sick of the parish. Should you wish to have names added to the list, please email the parish office. We pray, especially for the mother of Bishop Robert Mphiwe, Lehau Stephina Mphiwe, Jenny Howard and Rev Billy Davies.

PASTOR'S CORNER ~ FR. RUSSELL POLLITT SJ

THE IMPORTANCE OF SPIRITUAL FORMATION: ARE YOU GROWING SPIRITUALLY?

A few weeks ago, I wrote that spiritual formation is a priority for our parish this year. The Jubilee Year invites us to seek growth and transformation, so I thought I would say more about spiritual growth this week.

Spiritual formation is an ongoing process of learning and maturing in our understanding and practice of faith. It involves deepening one's relationship with God and transforming our character and behaviour to align with Jesus' vision and mission. The significance of spiritual formation is multifaceted, influencing individuals, communities, and society as a whole.

At the heart of spiritual formation lies personal growth and transformation. Engaging deeply with spiritual practices fosters the development of compassion, humility, and integrity in individuals. Spiritual growth is not merely about personal "betterment"; rather, it seeks to embody the values and teachings of our faith, ultimately drawing both ourselves and others closer to God.

Spiritual formation significantly influences community life. As individuals develop in their spirituality, they become more engaged and active members of their communities. This transformation is evident in their interactions with others, fostering a culture of empathy, understanding, and cooperation. Furthermore, shared spiritual practices and values can strengthen communal bonds and cultivate a sense of belonging and identity among members. Thus, spiritual formation serves as a catalyst for creating healthier, more cohesive, and supportive communities.

From a societal perspective, spiritual formation can offer broader ethical and moral frameworks that guide human behaviour. Well-formed individuals and communities often promote justice, peace, and the common good, addressing societal issues such as poverty, inequality, and violence. The compassionate and ethical actions arising from spiritual formation can lead to meaningful social change and contribute to a fairer and more equitable world.

Furthermore, spiritual formation nurtures a reflective and purposeful life. In a fast-paced world shaped by materialism and instant gratification, spiritual practices such as learning, prayer, meditation, and reflection offer individuals the chance to pause, re-centre, and realign their priorities. This introspection can lead to a more mindful existence in which individuals strive to live authentically and with purpose, often prioritising God, relationships, service, and personal fulfilment over superficial pursuits.

Spiritual formation also serves as an anchor during times of uncertainty and distress. Whether facing personal loss, existential questions, or the broader crises of life, a well-developed spiritual life offers hope and meaning. It connects individuals to a larger narrative and provides a framework for understanding and coping with life's uncertainties.

Starting in Lent, we will provide opportunities for our community to engage in a spiritual formation programme and process. It may be beneficial to begin reflecting on your own life and contemplating how you could gain from deliberately pursuing spiritual growth.

THE JUBILEE PRAYER

Father in heaven,
may the *faith* you have given us
in your son, Jesus Christ, our brother,
and the flame of *charity* enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed *hope*

for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within both humanity
and the whole cosmos
in the sure expectation of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, *Pilgrims of Hope*,
a yearning for the treasures of heaven.

May that same grace spread
the joy and peace of our Redeemer
throughout the earth.

To you our God, eternally blessed,
be glory and praise for ever.

Amen

