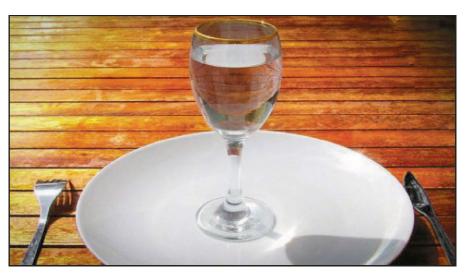


# Blessed Trinity

#### Weekend Magazine

Over 60 YEARS COURAGEOUSLY Living the Gospel

March 5, 2023 • The Second Sunday of Lent



# How fasting can make us less selfish

Philip Kosloski

Fasting during Lent can reorient our lives and make us less selfish and more focused on others.

Fasting is a Lenten discipline that most of us don't enjoy or fully embrace. We don't like to feel hunger pains and would rather fill that void with yummy, delicious food.

However, fasting is an important spiritual discipline that can help us be less selfish and more open to other people.

Pope Benedict XVI highlighted this aspect of fasting in his 2011 message for Lent.

Fasting, which can have various motivations, takes on a profoundly religious significance for the Christian: by rendering our table poorer, we learn to overcome selfishness in order to live in the logic of gift and love; by bearing some form of deprivation – and not just what is in excess – we learn to look away from our "ego", to discover Someone close to us and to recognize God in the face of so many brothers and sisters. For Christians, fasting, far from being depressing, opens us ever more to God and to the needs of others, thus allowing love of God to become also love of our neighbor (cf. Mk 12: 31).

It's tempting to think of fasting as something oppressive and entirely unnecessary, but it can have a surprising spiritual effect if we fully embrace it.

The key is to let fasting open our eyes to the poor among us and to recognize how much God has given us. This realization should then inspire us to serve the poor in our local community and to do what we can to give back to those who are less fortunate.

Whenever we fast during Lent (or other times of the year), may we let God's grace penetrate our hearts and help us become less selfish in our lives.

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Rev. Wayne C. Genereux

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Fr. Jack McDowell, OFM Fr. Anthony Fortunato, OdeM Fr. Victor Bartolotta

#### **MASS SCHEDULE**

Weekday Masses
Monday - Saturday 8:00 AM
Weekend Masses
Saturday Vigil at 4:00 PM
Sunday
8:00 AM, 9:30 Am & 11:30 AM

Follow the Sunday Mass on our website, **btsp.org**.

Confessions will be held Saturdays 2:45-3:45

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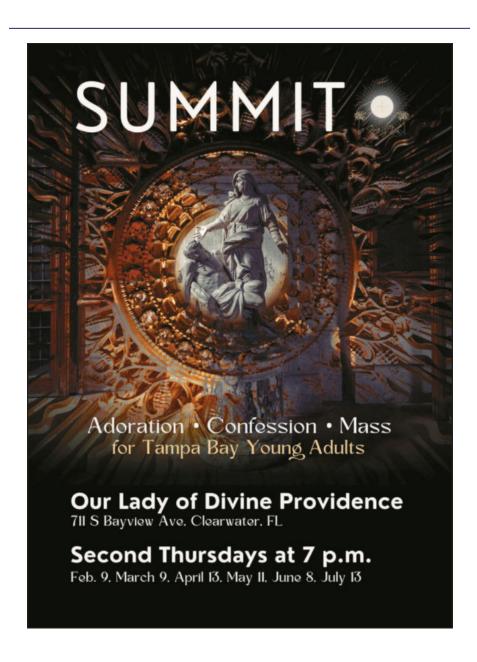
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#### **Apostles' Creed**

At Mass today we are using the Apostles' Creed instead of the Nicene Creed. The origins of the Apostles' Creed are believed to predate the Nicene Creed. It is universally recognized by many Christians as a shared statement of our faith in God the Father, Son and Holy Spirit.

The Apostles' Creed may be used at any Sunday Mass, but the church particularly recommends its use during Lent and Easter time. Why? Because the words of this ancient Creed have been used for centuries as the basis of our baptismal promises, and the seasons of Lent and Easter put a strong focus on baptism. During Lent we prepare those who will be baptized at Easter while readying ourselves to renew our own baptismal promises. As we recite the Apostles' Creed, it will stir up in our hearts our commitment to Christ which was first made at our own baptisms and prepare us to renew our promises this Easter.



#### Thoughts Worth Sharing



March 5, 2023

#### Second Sunday of Lent

Gn 12:1-4a | 2 Tm 1:8b-10 | Mt 17:1-9

Written by THE FAITHFUL

#### GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

As we enter the second week of Lent, today's readings encourage us to place our trust in God when we are dealing with hardship or uncertainty. Last week, we heard about how Jesus resisted the devil's temptations in the desert, trusting in the Father. This week, we follow Peter, James and John up the mountain, where Jesus "was transfigured before them; his face shone like the sun and his clothes became white as light." Jesus had told his followers he would suffer and die. The Transfiguration gave them a foretaste of Christ's glorious coming (CCC 554-56). As we continue on our Lenten journeys, we, too, can place our trust in the Lord. Though we may experience hardships and perhaps even doubts, the Transfiguration reminds us that Jesus has gone before us and prepared a place for us. As Pope Francis reminds us, "by his Transfiguration [Jesus] invites us to gaze at him. And looking at Jesus purifies our eyes and prepares them for eternal life, for the vision of heaven" (Homily, March 2014).

#### GO EVANGELIZE

#### PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

We Catholics like to pray out loud. Whether we're singing the "Holy, Holy" with gusto or quietly reciting the rosary, most of us can say with confidence, "we have a prayer for that." And, of course, prayer is one of the three pillars of Lent (along with fasting and almsgiving). Today's account of the Transfiguration instructs us pretty clearly to listen. As Jesus is transfigured, the disciples hear a voice from the cloud: "This is my beloved Son, with whom I am well pleased; *listen to him.*" As we enter the second week of Lent, many of us have chosen something to "give up" or done something more proactive. Either way, today's readings remind us to enter this penitential season with open hearts – and open ears. We can listen to Jesus by studying Scripture, being especially attentive to the Sunday homily, or quietly soaking in his presence through eucharistic adoration.

**PRAY** Try driving with the radio off this week. Use the time to pray and "listen" to Jesus.



#### Are You Hoping to Receive One of the Seven Sacraments With Us?

#### **Matrimony**

Congratulations on your engagement! Every Diocese in Florida requires at least six months preparation before marriage. Please call our Pastor, Fr. Wayne Genereux, at the Parish Office for an appointment before setting a date.

#### **Baptism**

We are honored that you would like to choose Blessed Trinity Catholic Church for the baptism of your child! We ask that you please call our Pastor, Fr. Wayne Genereux, at the Parish Office for information regarding the pre-baptism class before scheduling a baptism.

#### **Office Hours**

Monday—Friday 9-12 and 1-4 Closed for Lunch Noon to 1 pm



#### Messa in Italiano

Our Lady's Chapel, Cathedral of St. Jude 5815 - 5th Avenue N.

#### March 26 at 4:00pm

Please come to pray and sing in ITALIANO
Celebrant:

Fr. Anthony M. Fortunato, OdeM.

#### **Mass Intentions**

Saturday, March 4, Vigil for the Second Sunday of Lent 4:00 p.m.

James Lawler & Pat Sullivan (Dec)

Sunday, March 5, The Second Sunday of Lent

8:00 a.m. Dennis Dutilly (Dec) 9:30 a.m. Mass for Parishioners 11:30 a.m. Tim Hanlon (Dec)

Monday, March 6, Lenten Weekday

8:00 a.m. Sandy Lawrence (Dec)

Tuesday, March 7, Memorial of Perpetua and Felicity, Martyrs

8:00 a.m. Ron Bento (Dec)

Wednesday, March 8, Saint John of God, Religious

8:00 a.m. Mass for Vocations

Thursday, March 9, Saint Frances of Rome, Religious

8:00 a.m. Edward Varville (Dec)

Friday, March 10, Lenten Weekday 8:00 a.m. Hank Mays (Liv)

**Saturday, March 11, Lenten Weekday** 8:00 a.m. Alice Varville (Dec)

Saturday, March 11, Vigil for the Third Sunday of Lent

4:00 p.m. Rae Covey (Dec)

Sunday, March 12, The Third Sunday of Lent

8:00 a.m. Teri Saimond (Dec)
9:30 a.m. Mass for Parishioners
11:30 a.m. Marlene Romani (Dec)

### Prayer for Priests & Future Priests

Eternal Father, We lift up to you these and all the priests of the world. Sanctify them, heal and guide them. Mold them into the likeness and holiness of your Son Jesus, the Eternal High Priest. May their lives be pleasing to you. In Jesus name, we pray. Amen.

03/05 • Rev. John B. Lipscomb

03/06 • Rev. Sojan Punakkattu, ALCP

03/07 • Rev. Gilberto Quintero

03/08 • For Vocations to Priesthood & Religious Life

03/09 • Shawn Young, Seminarian

03/10 • Rev. Bradley Reed

03/11 • Rev. Robert J. Schneider

These are the names of the active priests and seminarians in our Diocese. Remember our Bishop has designated Wednesdays as Diocesan Day of Prayer for Vocations. Please continue to pray that more young people will hear and answer God's call to the Priesthood and Religious Life.



#### **Regulations on Fasting and Abstinence**

Fasting and abstinence have a long history in the Church. The custom of self-denial is meant to simplify one's lifestyle so that freed from all distractions, we may hear and respond to God's continued call to conversion and holiness.

- ♦ Fasting is to be observed on Ash Wednesday and Good Friday by all Catholics between the ages of 18 to 59 years (inclusive). On days of fasting, one full meal is allowed. Two smaller meals, sufficient to maintain strength, may be taken according to one's needs, but together should not equal another full meal. Liquids are allowed.
- Abstinence from meat is to be observed by all Catholics who are 14 years of age or older. Ash Wednesday, all the Fridays of Lent, and Good Friday are days of abstinence.
- Pastoral Note: Persons unable to observe the above regulations due to ill health or other serious reasons, may practice other forms of self-denial that are suitable to their condition.

#### RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

Catherine Doherty said, "Yes, stewardship pertains to everything and I am responsible for my part of that everything." I am reminded of that quote when I read the words from Paul's Second Letter to Timothy, "Beloved: Bear your share of hardship for the gospel with the strength that comes from God." Both point to our own responsibility as a disciple, as well as the reality that we are not alone. We live with God in community. We each have our part to play in the kingdom of God.

Lent is an important time to focus on how our stewardship way of life causes us to sacrifice and, at times, experience hardship. If we find that we never seem to feel our sacrifice, then it is a good time to ask ourselves if we really are fully living as good stewards, cultivating what we have been given, and then offering it all back to God. If we only give from our excess, then we will never understand the meaning behind the words of St. Paul and Catherine Doherty.

This is why we must challenge ourselves. We must push ourselves to go that extra mile. It really is a way of exercising our stewardship muscles. So as this Lenten season is still in its first weeks, what can you attempt to do that really pushes you out of your comfort zone? Can you double or triple your prayer time during the season? Can you search your household and give to charity more than just things you don't need anymore, but also things you still want? Is there someone to visit a few times before Easter than can no longer get out? Whatever it is, the strength will come from God to take greater care of your part of his everything. Tracy Earl Welliver, MTS © Liturgical Publications Inc

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#### **Record Update Help!**

We need your help to update our parish records. Many folks have disconnected their landlines or changed their cell phone number. If you have moved or changed your phone number, please fill out and return an information card as soon as possible. The cards can be found in the entryway of the church and returned to the parish office or dropped in the collection basket.



#### The Long Walk

By Colleen Jurkiewicz Dorman

The walk down from Mount Tabor after the Transfiguration must have been a long one for Peter, James, and John. How differently they must have viewed the world with the eyes that had seen what they had just seen. How uncertain they must have been.

I think it's important to remember that, on the mountain, they were amazed, yes — but first, they were afraid. We are given the image of these three grown men — these saints, these giants of salvation history — cowering in fear at the voice of God. It was not until Jesus touched them that they could even bear to look up.

Christ was transfigured on Tabor, but in a way, the disciples were transfigured as well. We are all changed by what we see and what we hear. That change can be hard because knowledge is hard. Truth is hard. Sometimes cowering is easier.

Go forth, God told Abram. I will make of you a great nation.

Rise, Christ told his disciples. And do not be afraid.

I spend too much time cowering in fear at the voice of God. I cower even when the voice whispers into my heart instead of booming from the clouds. When it's the start of a hard day or a tough conversation. When it's the middle of a half-finished battle, big or small. When I know where Christ is and what he is asking, but I'm afraid because the walk down the mountain is so long, and the world that awaits me is so uncertain.

"Lord, let your mercy be on us, as we place our trust in you." — Psalm 33

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#### An Act of Contrition

Forgive me my sins, O Lord, forgive me my sins; the sins of my youth, the sins of my age, the sins of my soul, the sins of my body, my idle sins, my serious voluntary sins, the sins I know, the sins I do not know; the sins I have concealed so long, and which are now hidden from my memory.

I am truly sorry for every sin, mortal and venial, for all the sins of my childhood up to the present hour.

I know my sins have wounded Thy Tender Heart, O my Saviour, let me be freed from the bonds of evil through the most bitter passion of my Redeemer. Amen.

O my Jesus, forget and forgive what I have been.



#### **CRS Rice Bowls**

Blessed Trinity is making Rice Bowls with Lenten reflection calendars available for parishioners to participate. You can pick one up in the vestibule at the back of the church. At the end of Lent, please do not bring the Rice Bowls back to the church, but rather, count the money you have collected and write a check payable to Catholic Relief Services and mail to:

Catholic Relief Services CRS Rice Bowl PO Box 5200 Harlan, IA 51593-0700

You may also donate online at www.crsricebowl.org



#### Keep in touch with us!

Text BTSP to 84576 or connect with us online at btsp.flocknote.com



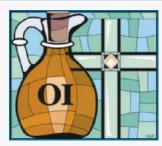
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#### **Anointing of the Sick**

To request the Anointing of the Sick for yourself or a loved one, please contact the parish office, 727-867-3663.

If you or a close family member would like to be added or removed from our prayer list, please contact the parish office at 727-867-3663.



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