

Over 60 YEARS COURAGEOUSLY Living the Gospel

January 28, 2024 • The Fourth Sunday in Ordinary Time

Anxious? Here's St. Francis de Sales' calming advice

By Blake Robinson



It's good to know that even those who excel in holiness have to battle with their nerves.

Sometimes, no matter what we've done to avoid it, anxiety sets in. It might be the pass-

ing anxiety from overflowing "to do" lists and looming deadlines. It might be something more serious, requiring professional evaluation and assistance.

But whatever type of anxiety we might be experiencing, it's consoling to know that even saints feel anxious.

Here's what St. Francis de Sales recommends to avoid anxiety and find peace.

Don't underestimate the problem

St. Francis believed that with the single exception of sin, anxiety is the greatest evil that can happen to a soul.

You probably already know anxiety is a problem, but you may think that God isn't that interested in it because He cares more that you evangelize, or do your duty, or pray. After all, shouldn't you be concerned with others and not yourself?

St. Francis wouldn't agree. And neither does God.

Our Lord commanded that we love others as we love ourselves. When you are anxious, loving yourself means doing what you can to remedy the anxiety. It doesn't mean ignoring it in the mistaken belief that God cares little about it. He wants us to have joy in doing His will.

St. Francis writes:

if our heart is inwardly troubled and disturbed it loses both the strength necessary to maintain the virtues it had acquired and the means to resist the temptations of the enemy.

Understand the cause

While it is natural to focus on the circumstances that cause anxiety, St. Francis believes that the cause can be deeper. For him, the root of anxiety is "an inordinate desire to be freed from a present evil or to acquire a hoped for good."

In other words, anxiety arises when we desire something too much. Our desires are good, but they can be too strong sometimes, which causes anxiety. This point is crucial because it makes anxiety something we can have some control over, although it doesn't always feel that way.

Make interior peace the priority

When you begin to recognize that your heart is anxious, he says, look for it before doing anything else and bring it quietly back into God's presence, subjecting all your affections and desires to the obedience and direction of his divine will.

4 Steps to regain peace

Bringing your heart into God's presence isn't a magic formula of course. But, if we follow these four steps, many times anxiety will decrease gradually.

- 1. Ask for God's help.
- 2. "Resolve to do nothing that your desire insists on until your mind has regained peace, unless it is something that cannot be put off."
- 3. "You must meekly and calmly try to check the current of your desires," which is best done by accepting them as they are.
- 4. "If you can reveal the cause of your anxiety to your spiritual director, or at least to some faithful and devout friend, you may be sure that you will speedily find relief."

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PASTOR

Rev. Wayne C. Genereux

DEACONS

Deacon Bill Lovelace Deacon Lionel Roberts, Deacon Emeritus

CLERGY ASSISTANCE

Fr. Jack McDowell, OFM Fr. Randall Roberts, 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

PARISH OFFICE

Monday—Friday 9-12 and 1-4 Closed for Lunch Noon to 1 pm 1600 54TH AVE S. ST. PETERSBURG, FL 33712

PHONE

(727) 867-3663

FAX

(727) 864-2679

WEB SITE

http://btsp.org
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Let's Dance!

January 27th Blessed Trinity Parish Hall 7:00 p.m.

Tickets \$15 each

Tickets are available for purchase from your friendly, neighborhood Knight of Columbus, or by visiting the parish office.



Light Refreshments included.



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.

01/28 • Rev. Joseph P. Chacko

01/29 • Rev. Joseph M. Paek, OSB

01/30 • Rev. William R. Fickel, SSS

01/31• For Vocations to Priesthood & Religious Life

02/01 • Rev. Joshua Bertrand

02/02 • Rev. Theodore Costello

02/03 • Rev. Kazimierz Domek

Thoughts Worth Sharing



January 28, 2024

Fourth Sunday in Ordinary Time

Dt 18:15-20 | 1 Cor 7:32-35 | Mk 1:21-28

Written by THE FAITHFUL

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

Oh, to not be anxious! What would that be like - to not have to worry about how we'll pay the bills or whether our kids are safe or if our health will fail? While anxiety is a very human emotion, we can take comfort in knowing that our God is more powerful than anything that may worry us. It is also important to note that in today's reading from St. Paul's Letter to the Corinthians, what he means by "anxious" is not a modern psychological concept with only a negative connotation. The connotation is more "to be concerned with," or "caring about" something, and can refer to things that are very good - including spouses and families! But when we care for many things, including our relationship with God, it is only natural for us to be anxious at times. But Jesus Christ gives us the assurance that the troubles of this world are temporary, and the peace of God eternal. Paul is encouraging the Corinthians, and us, to understand the importance of an undivided devotion to God, to care for him above all things - no matter if we are married or single - so that our whole life is devoted to holiness.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

I am always thankful when something good that has been anticipated, or predicted, comes to pass: The sunshine and mild weather holds true for that outdoor event I hosted; or the generous gift that a longtime friend mailed arrives unscathed. There is some anxiety in the waiting for, but relief in the fulfillment of, these beneficent promises. And while these are somewhat superficial examples, they do point us in the same direction of hope and gratitude that the divine gifts of God elicit in us. In today's first reading, Moses promises the people that the Lord will raise up for them, from among their own kin, a prophet who will speak God's own words and to whom the people will listen. And the Lord did provide numerous prophets, and kings, and judges, and eventually his only begotten Son, to call his people back to himself, and to save them from the wages of sin and death. The hope and anticipation God's chosen people had was fulfilled in Jesus' life, death and resurrection. We share in that gift of hope and of gratitude for our salvation.

PRAY Today's psalm (Ps 95:1-2, 6-7, 7-9) is a beautiful prayer of thanksgiving and encouragement. It helps us steer our minds from those things which may make us anxious. Spend time in the morning or evening each day of the coming week, praying and reflecting on the words.



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

Journeying Through Grief

"Grief is not a sign of weakness. It is a tribute to the loved one who died, and a healthy response to our heart ache."

If you would like to be part of a Grief-Support "group" or you would prefer "one on one" support, please call Rachel between 1:00 p.m. to 4:00 p.m. at the parish office, 727-867-3663

Mass Intentions

Saturday, January 27, Memorial of Saint Angela Merici, Virgin

8:00 a.m. Merril Leavens (dec.)

Saturday, January 27, Vigil for Fourth Sunday in Ordinary Time

4:00 p.m. Daniel Joseph Ayers (liv.)

Sunday, January 28, The Fourth Sunday in Ordinary Time

8:00 a.m. John Patrick Healy (dec.) 9:30 a.m. Mass for Parishioners 11:30 a.m. Marlene Romani (dec.)

Monday, January 29, Weekday in Ordinary Time

8:00 a.m. Bill and Diane Flanagan (dec.)

Tuesday, January 30, Weekday in Ordinary Time

8:00 a.m. Keith Long (dec.)

Wednesday, January 31, Memorial of Saint John Bosco, Priest

8:00 a.m. Mass for Vocations

Thursday, February 1, Weekday in Ordinary Time

8:00 a.m. Merril Leavens (dec.)

Friday, February 2, Feast of the Presentation of the Lord

8:00 a.m. Norma Bender (dec.)

Saturday, February 3, Memorial of Saint Ansgar, Bishop, and Saint

Blaise, Bishop and Martyr

8:00 a.m. Kay Gendreau (dec.)

Saturday, February 3, Vigil for Fifth Sunday in Ordinary Time

4:00 p.m. Viola Romani (dec.)

Sunday, February 4, The Fifth Sunday in Ordinary Time

8:00 a.m. Fr. Charles "Brum" Donohue (dec.)

9:30 a.m. Mass for Parishioners

11:30 a.m. The Robert T. Smith Family (dec.)

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FULL TIME COOK POSITION

The Missionaries of Africa Retirement Home in St. Petersburg (located near the Cathedral of St. Jude) has an immediate opening for a full-time cook. The hours are Monday - Friday 10:30 am - 6:30 pm, cooking for 8 retired priests. Health, dental, vision and pension benefits apply after a three-month probation period. If you, or someone you know, is interested in this position, please send your resume to: star30@verizon.net
Please contact Denise Starkey at 813-215-9535, if you have any further

questions.

EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

Embracing Change in Christ

It's officially one month since we popped the champagne, toasted the new year 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 brandnew 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.

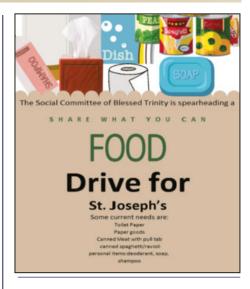
The same can be said of Christ, and the new life he offers us, if we are brave enough to accept it. Opportunities like that can be intimidating. In that moment, we might find ourselves like the man with the unclean spirit crying out: "What have you to do with me, Jesus of Nazareth? Have you come to destroy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

I would like a Tax Statement for 2023 For my Church donations For donations to St. Vincent de Paul
My Name is :
Address and Zip Code:
Phone #
Please fill out and return to the parish office
or drop in the offertory basket.



Thank you!



Our final result for the Catholic Ministry Appeal for 2023 was \$66,862, which was 90% of our goal.

Many thanks to all who contributed. We had 37% participation from our parishioners, which is considered very good in the diocese.

Our goal for 2024 is \$74,517, which is just slightly higher than for 2023. With a few more people contributing, that goal is within reach!

Thank you for your prayerful giving!



Upcoming Events

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Sunday, January 28 9:00 and 10:30 am	Coffee and Donuts	PH
Monday, January 29 6:30 pm	"Life in the Spirit" Prayer Group	СҮН
Tuesday, January 30 10:00-11:30 am	Scripture Class	СҮН
Wednesday, January 31 9:00 am	-	РН
Thursday, February 1	SVD1 Cares Start Meeting	111
6:00 pm Saturday, February 3	Adult Choir Rehearsal	MR
5:00 pm	K.O.C. event: Fish n'Chicken Fry	PH
Sunday, February 4 9:00 and 10:30 am	Coffee and Donuts	PH
Monday, February 5 6:30 pm	"Life in the Spirit" Prayer group	СҮН
Tuesday, February 6	9.1.	CTIT
10:00-11:30 am 7:00 pm	Scripture Class K.O.C. Meeting	CYH PH
Thursday, February 8	CADD W. 4.	CVII 1
4:00-5:00 pm 6:00 pm	SVDP Meeting Adult Choir Rehearsal	CYH-1 MR
Saturday, February 10	Addit Chon Renearsar	IVIIC
10:00 am	Lourdes Virtual Pilgrimage	PH
Sunday, February 11 9:00 am	K.O.C. Pancake Breakfast	PH
Monday, February 12	"Life in the Sninit" Draver Group	СҮН
6:30 pm Tuesday, February 13	"Life in the Spirit" Prayer Group	СІП
	0 1 4 01	CVIII
10:00-11:30 am	Scripture Class	CYH
Wednesday, February 1	4, Ash Wednesday	
Wednesday, February 18:00 am, 10:00 am and 7	4, Ash Wednesday	СҮН
Wednesday, February 18:00 am, 10:00 am and 7 Thursday, February 15	4, Ash Wednesday 00 pm Masses	СН
Wednesday, February 18:00 am, 10:00 am and 7 Thursday, February 15 6:00 pm	4, Ash Wednesday	
Wednesday, February 18:00 am, 10:00 am and 7 Thursday, February 15	4, Ash Wednesday 00 pm Masses Adult Choir Rehearsal Stations of the Cross	СН
Wednesday, February 18:00 am, 10:00 am and 7 Thursday, February 15 6:00 pm Friday, February 16 8:30 am 12:00 pm	4, Ash Wednesday 00 pm Masses Adult Choir Rehearsal Stations of the Cross Followed by Eucharistic Adoration Benediction	CH MR CH
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PH= Parish Hall, MR=Music Room, CYH= Courtyard Hall, CH=Church, CYH-1= Courtyard Hall Classroom #1





Social Group

The Blessed Trinity Social Group is meeting regularly now. Please join us at the Kahwa coffee shop @ 400 45th Ave S, St. Petersburg, FL 33705 after the 8:00 am Mass on the Last Friday of each Month. Bring your ideas!

Please note our next meeting will be Friday, February 23.

All are welcome!

"Life in the Spirit" Prayer Group

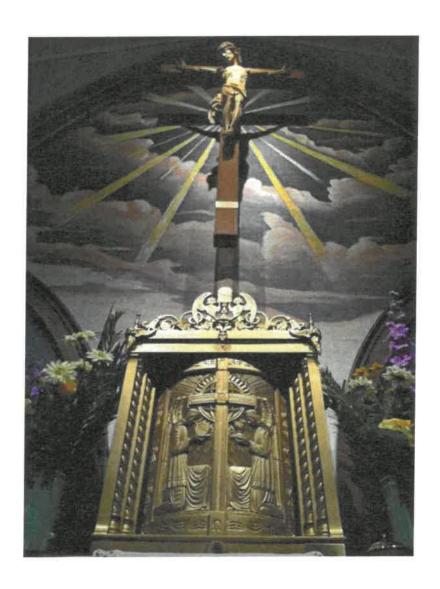
Monday evenings at 7:00 pm in Courtyard Hall.

All are welcome!

For more information please call 727-867-3663.

Journey Through Lent

40 Days of Renewal





Highlights of "The True Meaning of Lent"

By Pope Benedict the XVI edited by Father Roger Landry

Father Landry brings to light Pope Benedict's insights on a catechesis he gave on the real meaning of Lent during his Pontificate that bore all the traits for which his discourses have quickly become renown. As we begin Lent 2024, it would be worthwhile to ponder some of the highlights of what he said.

We are not alone in our Spiritual Journey

Lent is not meant to be primarily an individual journey of self-discipline, sacrifice, and personal prayer. It is an ecclesial pilgrimage. "We are not alone in this spiritual sacrifice, in this spiritual itinerary," Pope Benedict clarified, "because the Church accompanies and sustains us from the start with the Word of God, which encloses a program of spiritual life and penitential commitment, and with the grace of the sacraments." Lent is not a solitary hike from a dark valley up a high spiritual mountain but a journey together with the whole Church in which God's word and very life in the sacraments guide, strengthen and sustain us all. The Pope is calling us all to rediscover this communal dimension of Lent – in families, parishes, dioceses and beyond.

Our Conversion is Radical and Total

The conversion asked of us in Lent is not something small, but radical and total. "To be converted means to change direction along the way of life — not for a slight adjustment, but a true and total change of direction. Conversion is to go against the current where the 'current is a superficial lifestyle, inconsistent and illusory, which often draws us, controls us, and make us slaves of evil, or in any case, prisoners of moral mediocrity. With conversion, instead, one aims to the lofty measure of the Christian life; we are entrusted to the living and personal Gospel, which is Christ Jesus. His person is the final goal and the profound meaning of conversion; he is the way which we are called to follow in life, allowing us to be illumined by his light and sustained by his strength that moves our steps." And so, Pope Benedict stressed, conversion is an exodus from the slavery of moral mediocrity to the high Christian standard of sanctity, defined as a faith-filled decision to seek to live wholly in communion with Jesus in all aspects of our life.

The Process of Conversion Is Not a One Time Event of 40 Days

His third insight was that this process of conversion from mediocrity to transforming communion with Christ is not a one-time event, but a continual process and way of life. Every day is a favorable moment of grace, because each day invites us to give ourselves to Jesus, to have confidence in him, to remain in him, to share his style of life, to learn from Him true love, to follow him in daily fulfilling of the will of the Father, the only great law of life every day.

The Lenten Journey is Death and Rebirth

The Pope said that this process of continual conversion is meant to lead to nothing less than our death and rebirth within the death and resurrection of Christ himself. The second formula for the imposition of ashes, "Remember, man, that you are dust and unto dust you shall return," the Pope declared, "reminds us of our frailty, including our death, which is the extreme expression of our frailty. In the face of the innate fear of the end, the Lenten liturgy on one hand reminds us of death, inviting us to realism and to wisdom, but on the other hand, it drives us above all to accept and live the unexpected novelty that the Christian faith liberates us from the reality of death itself." The way that liberation occurs is in the passage from the "old Adam," who returned to the dust from which he came, to the "new Adam," Christ Jesus. Lent, therefore, is the time for a "more conscious and more intense immersion in the Paschal Mystery of Christ, in his death and resurrection, through participation in the Eucharist and in the life of charity, which stems from the Eucharist and in which it finds its fulfillment. With the imposition of ashes, we renew our commitment to follow Jesus, to allow ourselves to be transformed by his Paschal Mystery, to overcome evil and do good, to have the 'old humanity' in us die, the one linked to sin, and to have the 'new humanity' be born and transformed by the grace of God."

This is the deepest way of all, in which the season of Lent is meant to lead us to experience the full joy of Easter.

Journey Through Lent Calendar 40 Days of Renewal

Ash Wednesday, February 14

Wednesday, February 14: 8:00 a.m. 10:00 a.m. 7:00 p.m.

Beginning on Ash Wednesday, we are on a journey of internal disposition and intention to repent and to start over, and this is the fruit of the season of Lent. The Ashes are an external sign of that internal reality. Let us enter this Lenten Season with a repentant heart.

Daily Mass, and Stations of the Cross During Lent Monday-Saturday 8:00 a.m.

Wednesdays During Lent: Beginning January 24, the Church will be open all day for prayer beginning at 8:30 a.m., Rosary 5:30 p.m., followed by Eucharistic Exposition, and Meditation from 6:00 p.m. to 7:00 p.m., followed by Benediction.

Fridays During Lent: Mass at 8:00 a.m., Stations of the Cross at 8:30 a.m.

Saturday and Sunday Masses

Saturday Daily Mass: 8:00 a.m. Saturday 4:00 p.m. Vigil Mass

Sunday: 8:00 a.m. 9:30 a.m. 11:30 a.m.

Confessions / Penance Service March 14 - 7:00 p.m.

Saturday Confessions are from 2:45 p.m. to 3:30 p.m.

If you prefer to make an appointment for Confession outside of the Saturday schedule, call the office at 867-3663 to make an appointment.

Penance Service Thursday, March 14 - 7:00 p.m. to 8:00 p.m. Brief Service followed by individual confessions. Visiting priests will be available to hear confessions.

Arnold, Barbara
Austreng, Dick
Barr, Bill
Becker, Mary
Brown, Bob & Beverly
Christ, Kathryn
Cisek, Marilyn
Comeau, Teresa
Coston, Robert
Curtis, Sherlyl
Daniels, Joshua
DeZarn, Vickie

D'Azzo, Lina
Feltes, Chuck & Lauren
Ferrara, Antoinette
Fitzgerald, Dan
Gawlik, Frank
Gawlik, Sofia
Genereux, Carol
Grimberg, Carol
Hawkins, Barbara
Helbig, Len
Hoffman, Bette
Huff, Walt

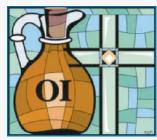
Irvin, John
Joyal, Christina
Kindel, Helen
Kirchgessner, Marie
Klima, Sue
Lanigan, John
Lashley, Diana
Lawler, Matthew
LeVan, George
Lewis, Cynthia
Maharne, Cecile
Manley, Jan
Manley, Paul
Matthews, Daniel

Maharne, Cecile
Manley, Jan
Manley, Paul
Matthews, Daniel
Mays, Susan
Membreno, Mary & Gus
Mesick, Phil & Nancy
Nagy, Matthew
Newcomb, Jeff
O'Connor, Mary
Oliphant, Sean
Parmigiani, Valerie

Powers, Jim

Preeper, Helen

Riley, Marie Roberts, Deacon Lionel Romani, Angelo Schulz, Ingrid Shelby, Montez Stankiewicz, Cy Thompson, Susan E. Vanderbeck, Cindy Vanderbeck, Jay Walsh, Thomas Youngman, Ruth



Anointing of the Sick

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