



Blessed Trinity

Weekend Magazine

Over 60 YEARS COURAGEOUSLY *Living the Gospel*

January 25, 2026 • The Third Sunday in Ordinary Time

6 Easy ways to pray if you're spiritually tired in 2026

Cerith Gardiner - published on 01/14/26

If prayer feels hard right now, these simple ways can help you stay close to God – even on tired days.

Let's be honest: not every season of life feels particularly prayerful. You might believe in God deeply and still feel distracted, dry, rushed, or simply worn out. And as 2026 begins, many people are carrying quiet fatigue – from the pace of life, from worry about the world, from personal struggles no one else sees.

So if prayer feels hard right now, you're not failing. You're human. And the good news is this: Prayer isn't reserved for moments when you feel holy, calm, or inspired. In fact, some of the most honest prayer begins precisely when you don't feel spiritual at all.

Here are a few gentle ways to pray in 2026 – even when your heart feels tired or distant:

1 Start where you are, not where you think you should be

Prayer doesn't require the right mood or perfect words. You don't need to "get yourself together" before turning to God. If all you can manage is, "I'm exhausted," or "I don't know what I'm doing," that's already prayer.

God meets you in your reality, not your performance.

2 Keep it short – really short

When life is busy or overwhelming, long prayers can feel impossible. That's okay. A simple phrase repeated throughout the day can be enough:

"Lord, be with me."

"Jesus, I trust you."

"Help me."

These brief prayers slip into the cracks of daily life – while driving, folding laundry, waiting in line – and gently keep your heart turned toward God.

3 Let silence count as prayer

You don't always need words. Sometimes prayer is simply sitting in God's presence, even if your mind wanders. Silence is not empty; it's an act of trust.

If all you can do is sit quietly for a minute and breathe, believing God is near, that still matters. Silence allows God to work beneath the surface – even when you don't feel anything happening.



Continued on page 2

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4 Borrow the words of others

On days when your own words fail, let someone else pray for you. Scripture, the Psalms, the Our Father, or familiar prayers can carry you when your faith feels thin.

You don't have to invent prayer. You're allowed to lean on the Church's wisdom — especially when you feel weak.

5 Pray with your body

Prayer doesn't only happen in your head. Light a candle. Make the sign of the cross slowly. Walk quietly. Sit in a church, even briefly. Physical gestures can ground prayer when thoughts are scattered.

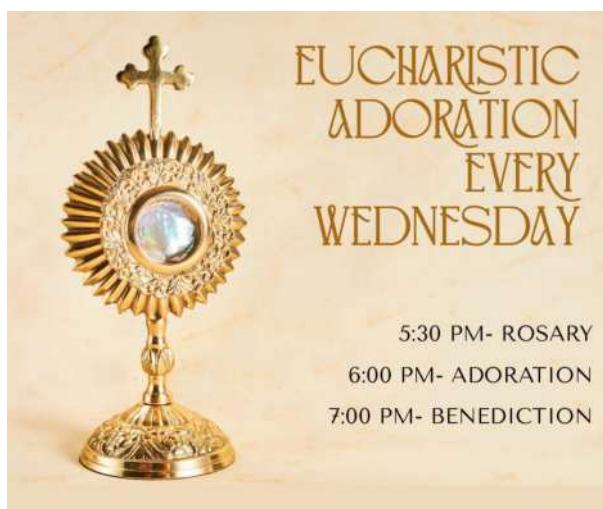
Sometimes your body leads your heart back to God before your emotions catch up.

6 Be patient with dryness

Not feeling spiritual doesn't mean God is distant. Often, it means your faith is deepening in ways you can't yet see. Dry seasons are not failures — they're invitations to trust without reassurance. And remember, faith that stays even when feelings fade is strong faith.

As 2026 unfolds, remember this: prayer is not about *feeling* close to God every moment. It's about choosing to turn toward Him — again and again — exactly as you are. Even tired prayer counts. In fact, especially tired prayer. And sometimes, that's the prayer God uses most.

Originally published at [Aleteia.org](https://www.leteia.org), reprinted with permission



Mass Intentions

Saturday, January 24, Vigil for Third Sunday in Ordinary Time

4:00 p.m. Burt Mead (dec)

Sunday, January 25, Third Sunday in Ordinary Time

8:00 a.m. Michael Hannafee (dec)

9:30 a.m. Mass for Parishioners and Carol Forcier (liv)

11:30 a.m. John Patrick Healy (dec)

Monday, January 26, Memorial of Saints Timothy and Titus, Bishops

8:00 a.m. Tim Baldwin (dec)

Tuesday, January 27, Weekday in Ordinary Time

8:00 a.m. Kaiden Hosford (liv)

Wednesday, January 28, Memorial of Saint Thomas Aquinas, Priest and Doctor of the Church

8:00 a.m. Mass for Vocations

Thursday, January 29, Weekday in Ordinary Time

8:00 a.m. Walter Huff (dec)

Friday, January 30, Weekday in Ordinary Time

8:00 a.m. Josh Cornwell (liv)

Saturday, January 31, Vigil for Fourth Sunday in Ordinary Time

8:00 a.m. Communion Service (no Mass)

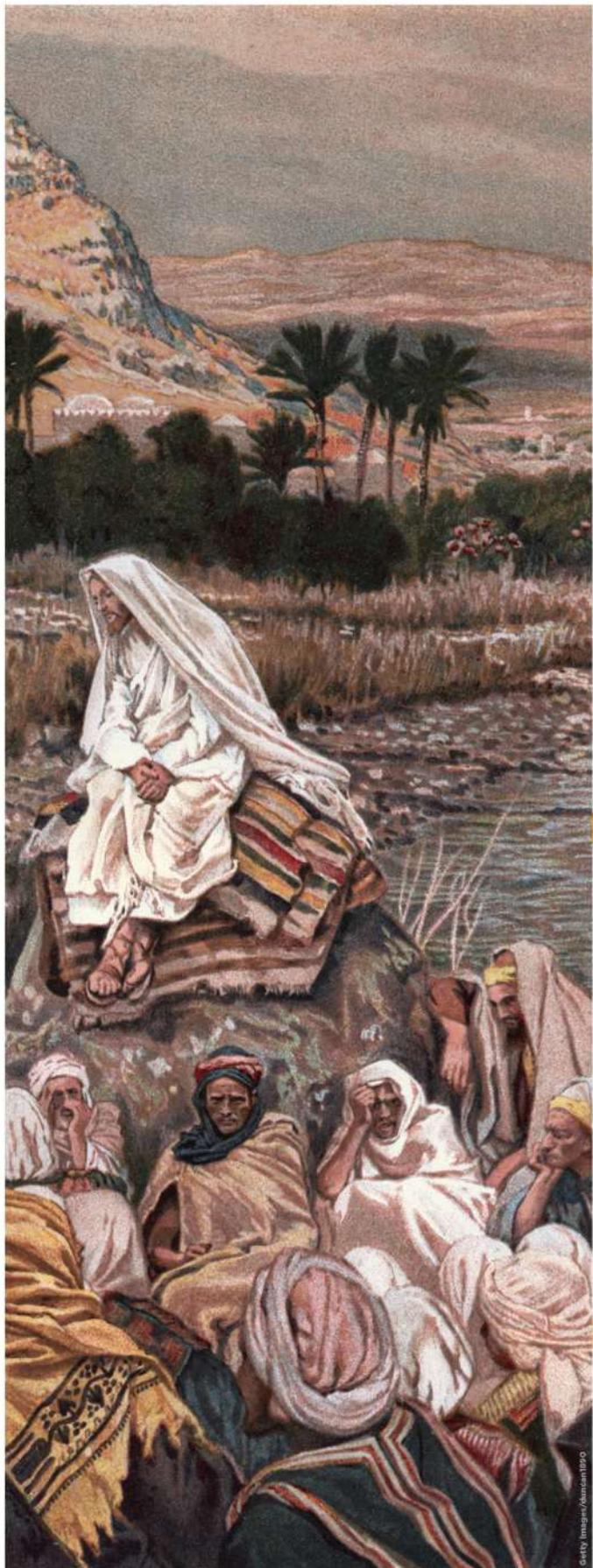
4:00 p.m. Deacon Lionel Roberts (dec)

Sunday, February 1, Fourth Sunday in Ordinary Time

8:00 a.m. Bernie Young (dec)

9:30 a.m. Mass for Parishioners

11:30 a.m. TBD



January 25, 2026

Written by
THE
FAITHFUL
DISCIPLE

Third Sunday in Ordinary Time

Is 8:23—9:3 | 1 Cor 1:10-13, 17 | Mt 4:12-23

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

"Repent, for the kingdom of heaven is at hand." For most of my life, any time I have heard these words of Jesus, the emphasis has always been on "Repent." Recently, I've started to pay more attention to the second half of Jesus' proclamation: "The kingdom of heaven is at hand." Through his coming into our world and the beginning of his public ministry, Jesus' reign has begun. The signs of his kingdom's arrival are striking and immediate; we see Jesus "curing every disease and illness among the people." This is cause for great rejoicing, like the rejoicing we hear of in today's reading from Isaiah: "Anguish has taken wing, dispelled is darkness ... upon those who dwelt in the land of gloom a light has shown." Jesus' miracles reveal that the reign of darkness, sin, and death is coming to an end; this is good news, indeed! It's also a major part of our call as disciples. We're called to pray ("thy kingdom come") and to work to advance Jesus' reign on earth.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Like the Apostles Peter, Andrew, James, and John in today's Gospel, we, too, have been called to help build God's kingdom on earth. We do this in a particular way by continuing the works of Jesus here on earth. As Pope Leo XIV reminds us in *Dilexi Te*, "The signs that accompany Jesus' preaching are manifestations of the love and compassion with which God looks upon the sick, the poor and sinners ... The Church, if she wants to be Christ's Church, must be ... a place where the poor have a privileged place." (21) Part of the way we bear witness to the inbreaking of God's kingdom on earth is to put those who are ill and marginalized at the center of our concern. Then the kingdom of God will be manifest and visible in the world, drawing others to Christ.

SERVE

This week, spend some time researching ways you can work with other Christians to serve the sick and the poor of our world. As we conclude this Week of Prayer for Christian Unity (which ends Jan. 25, 2026), there's no better witness we can offer to the dawn of the kingdom of God than being "united in the same mind and in the same purpose" (as Paul calls us to be today) in serving those in need.

join the Choir!

- SUPPORT THE SINGING OF THE ASSEMBLY AT THE WEEKLY 9:30 AM MASS
- WEEKLY REHEARSAL THURSDAY AT 6:30 P.M.
- ALL VOICE PARTS NEEDED
- A POSITIVE SPIRIT AND DESIRE TO SERVE IS ALL YOU NEED!

[CONTACT LISA SCREETON](#)



lss@btsp.org

[CONTACT LISA SCREETON](#)

Join the St. Patrick's Day Festival Choir!

Help us Entertain at the Knights of Columbus St. Patrick's Day party on Saturday, March 14, 2026. Four 45-minute rehearsals on Thursdays from 6:30 p.m. - 7:15 p.m. in the Music Room beginning February 19, 2026.

Contact Lisa Sreeton
lss@btsp.org



Music Instrumental Ensemble

Begins January 25, 2026 at the 9:30 a.m. Mass!

Contact Lisa Sreeton to join or with questions
lss@btsp.org



PARISH PILGRIMAGE TO ITALY

DECEMBER 28, 2026 -
JANUARY 4, 2027

- PAPAL MASS ON JANUARY 1, 2027
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Are You Hoping to Receive One of the Following 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 to schedule an appointment.

Faith Community Nursing

The Faith Community Nurse Ministry will be implemented at Blessed Trinity Church. Faith Community Nurses are licensed, registered nurses who practice holistic health for self, individual, and the community using nursing knowledge combined with spiritual care. We will be available for blood pressure screening on **Sunday, January 25 after the 800 am, and 930 am Masses** in the Parish Center. There will be handouts regarding high blood pressure, stroke, etc. For information contact, Carol Davis at 727 385 2528



Weekly Offering

Updated

Weekly Giving 01/11/26

Offertory	\$ 11,723
Other Donations	\$ 172
Restoring the Sacred Catholic Ministry	\$ 26,823
Appeal	\$ 20
St. Vincent de Paul	\$ 395

Thank you for your generosity!

WE ARE LOOKING FOR MEMBERS FOR THE NEW **RESURRECTION FUNERAL CHOIR**

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EVERYDAY STEWARDSHIP - RECOGNIZE GOD IN YOUR ORDINARY MOMENTS

Drop Your Nets and Be Free

There are times I wish I had no obligations. It would be great to take my wife's hand, hop in the car, and drive into the sunset. Where we were going would not matter as much as the fact that we would have nowhere we *had* to be. There would be nothing we *had* to do. No bills. No commitments. No problems. *Freedom!*

Life doesn't work like that, however. When Jesus came along and asked some fishermen to drop their nets and follow him, they did just that. Wow! In some ways, they experienced true freedom. That is what Jesus offers all of us. Yet, true freedom looks quite different than my dream scenario.

In living in the true freedom that Jesus offers, there are things we must do and places we must go. That is because freedom only exists in following God's will, not our own. We are called to be and called to give ourselves completely to God without reservations. We always have the free will to not respond to His call, but we will find that a negative answer may complicate our lives even further. God's path for us calls on us to give freely of what we have been given. Saying no to that call means we carry the weight of those gifts. We were never meant to keep them. The path of God's will may seem long and winding, but it is the one that leads us into that sunset. It is the way to true freedom.

— Tracy Earl Welliver, MTS ©LPI



*Lord, You lead
and I will follow.*

Children of God

The 2026 Catholic Ministry Appeal Commitment Sunday is next weekend! Once a year we are asked to make a gift to sustain the good works funded by the appeal which offers vital services and assistance to those in need across our communities. We are asking every family to participate to help our parish make our goal. By participating in the appeal, we renew our commitment to the Lord with a response to His call to serve our brothers and sisters. Donate at: SupportMinistry.dosp.org or scan the QR code. Thank you!

Upcoming Events

Saturday, January 24

Fr. Wayne's 75th Birthday Jubilee after the 4:00 pm Mass PC

Sunday, January 25

Faith Community Nursing Event &
Coffee and Donuts after the 8:00 am and 9:30 am Masses PC

Monday, January 26

6:30 pm Life in the Spirit CYH

Tuesday, January 27

10:00 am Scripture Class CYH

Wednesday, January 28

Adoration

5:30 pm	Rosary	CH
6:00 pm	Eucharistic Exposition and Meditation	CH
7:00 pm	Benediction	CH

Thursday, January 29

5:00 pm	Handbell practice	MR
6:30 pm	Choir Practice	MR

Friday, January 30

BT Social Group Meeting after the 8:00 am Mass
@ The Salty Pup Coffeehouse, 5004 Tangerine Ave S, Gulfport

Sunday, February 1

Coffee and Donuts after the 8:00 am and 9:30 am Masses PC

Monday, February 2

6:30 pm Life in the Spirit CYH

Tuesday, February 3

10:00 am Scripture Class CYH

Wednesday, February 4

Adoration

5:30 pm	Rosary	CH
6:00 pm	Eucharistic Exposition and Meditation	CH
7:00 pm	Benediction	CH

Thursday, February 5

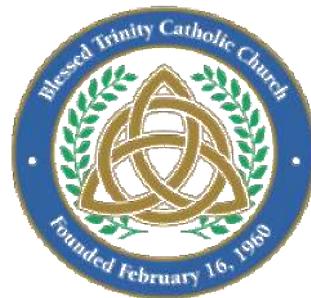
5:00 pm	Handbell practice	MR
6:30 pm	Choir Practice	MR

Sunday, February 8

Coffee and Donuts after the 8:00 am and 9:30 am Masses PC

Key for Events

PC= Parish Center, MR=Music Room, CYH= Courtyard Hall, CH=Church,
CYH-1= Courtyard Hall Classroom #1, CR=Choir Room, FF=Faith Formation Room,
PL=Parking Lot



Pastor

Rev. Wayne C. Genereux

Clergy Assistance

Fr. Jack McDowell, OFM
Fr. Randall Roberts, OFM
Fr. Anthony Fortunato, OdeM
Fr. Ken Breen, OdeM
Fr. Victor Bartolotta
Fr. Eric Peters

Mass Schedule

Weekday Masses

Monday - Friday 8:00 am

Weekend Masses

Saturday Vigil at 4:00 pm

Sunday

8:00 am, 9:30 am and 11:30 am

Follow the Sunday Mass on our website, btsp.org

Confessions

Saturdays 2:45-3:45 pm

Parish Office

Monday-Friday
9:00 am-12:00 pm and 1-4 pm
Closed for Lunch Noon to 1:00 pm

1600 54th Ave S

St. Petersburg, FL 33712

Phone, (727) 867-3663

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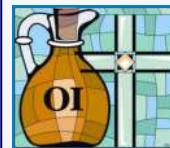
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Anointing of the Sick



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

Grief Support

At this time, individual/one-on-one Grief Support is available by calling Rachel at the church office. Group support meetings will take place when a group is formed. For more information call 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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