



Blessed Trinity

Weekend Magazine

Over 60 YEARS COURAGEOUSLY *Living the Gospel*
October 25, 2026 ~ Thirtieth Sunday in Ordinary Time

Why “loving thy neighbor” is actually the easy part of the Golden Rule



Published on 11/05/18 - Updated on 06/15/21 *Calah Alexander*
It's the other critical part that can be difficult ...

Everyone knows the Golden Rule: “Do unto others as you would have them do unto you.” For Christians, it's the second part of the greatest commandment given by Christ: “Love the Lord your God with all your heart, and love your neighbor as yourself.”

What no one really talks about is the problem with the underlying assumption: namely, that we do, indeed, love

ourselves and treat ourselves well.

For many of us, the opposite is true. **We tend to be far harder on ourselves than on others, even to the point of harshness.** This tendency isn't necessarily a bad one — as the New York Times points out, it's a trait that has evolved to help us notice our mistakes. What makes it problematic is when we go from noticing those mistakes to criticizing:

“Our brains equip us with a mechanism to monitor our mind and our behavior,” Dr. Davidson said, so that when we make errors, we are able to notice the mistake. “In order to recover, we first must notice that a mistake has occurred,” he said. Just noticing that we've deviated from our expectations or goals — whether that's eating too much or not completing a daily to-do list — isn't necessarily the same thing as degrading ourselves into a shame spiral. In some cases, like when our safety or moral integrity are on the line, it's crucial that our brains tell us *good* from *bad* so that we learn the right lessons from our experiences.

But sometimes, assigning negative value to our experiences and behaviors can “ensnare” us, Dr. Davidson said, into cycles of unhelpful rumination — like when you lie in bed at night needlessly replaying an awkward interaction or repeatedly revisiting that minor typo. This is where we get into the harmful, counterproductive side of self-criticism.

This was a problem for me for a long time. I must have believed that if I could only make myself feel bad *enough*, that shame would finally compel me to change my behavior. This mostly played out in the area of weight, where I would take brutal stock of every flaw (real and imagined) and absolutely berate myself for them. I was convinced that the key to real change was making me hate myself thoroughly enough to make the hard choices — put down the chocolate, run an extra mile, etc.

[...Continued on next page](#)

Continued from cover....

I'm sure you can imagine how well that played out. Unsurprisingly, this shame spiral had the opposite effect. The more I beat myself up about being overweight, the more I self-soothed with food. It was a brutal cycle that took decades to correct.

What finally helped change my mindset was finding a positive goal rather than a negative one, and being proud of the achievements I made along the way. For me, it was taekwondo — I loved the art, discipline, and athleticism of it enough to want to become better at it. I was focused on the positive goal of mastering something I enjoyed, and I started taking more care with my diet to help me get there. Along the way I began to shed fat and build muscle, but those developments were almost surprising to me. They were like bonus points, welcome side-effects that accompanied an entirely new way of living.

I still struggle with self-criticism from time to time, and combating it requires me to flip the Golden Rule — I have to remember to be as kind to myself as would to another person. Honestly, it's much harder than indiscriminate kindness toward family, friends, and strangers, but it's necessary. **The only way to live a joyful life and love fully is to be at peace with yourself.** So the next time you're tempted to beat yourself up for a mistake you made or a bad habit you can't quite shake, remember to practice the Golden Rule: be kind to yourself, as you would be to your neighbor.

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Invites You to a Special Event

A Life in the Spirit Day Seminar

- Learn about living a life in the power of the Holy Spirit
- Establish, re-establish or deepen your relationship with God
- Yield to the ongoing presence of the Holy Spirit in your life
- Come and learn how to have a more personal relationship with Jesus Christ through the power of the Holy Spirit

 **DATE:** Saturday, October 31st, 2026

 **TIME:** 9:00 AM to 3:00 PM

 **WHERE:** In Parish Hall at St Jude's Cathedral
5815 5th Ave N St Petersburg, FL 33710

All Are Welcome!

Please Register by phone
Call Frank (727) 480-2610

If you cannot attend in person
please join us on Zoom
Zoom Meeting ID: 870 4813 1125
| PASSCODE: 164234

*Please remember to bring your own lunch to the Seminar. We will be providing water.

Mass Intentions

Saturday, October 24, Vigil for Thirtieth Sunday in Ordinary Time
4:00 p.m. The Comeau and La Rosa Families (dec)

Sunday, October 25, Thirtieth Sunday in Ordinary Time
8:00 a.m. John Joseph Burgess (liv)
9:30 a.m. Mass for Parishioners
11:30 a.m. Karen Robichaud (dec)

Monday, October 26, Weekday in Ordinary Time
8:00 a.m. Robert Wilson (dec)

Tuesday, October 27, Weekday in Ordinary Time
8:00 a.m. Theodore Doroski (dec)

Wednesday, October 28, Feast of Saints Simon and Jude, Apostles
8:00 a.m. Mass for Vocations

Thursday, October 29, Weekday in Ordinary Time
8:00 a.m. Larry and Cynthia Getgen (liv)

Friday, October 30, Weekday in Ordinary Time
8:00 a.m. Robert Wilson (dec)

Saturday, October 31, Vigil for Solemnity of All Saints
4:00 p.m. Eileen Kelly Kramer (dec)

Sunday, November 1, Solemnity of All Saints
8:00 a.m. Martha Burgess (dec)
9:30 a.m. Mass for Parishioners
11:30 a.m. Klebert Seraphin (dec)



October 25, 2026

Thirtieth Sunday in Ordinary Time

Ex 22:20-26 | 1 Thes 1:5c-10 | Mt 22:34-40

Written by
THE
FAITHFUL
DISCIPLE

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

"You shall love your neighbor as yourself." Sounds simple, right? Not so much. Jesus' words in today's Gospel can't help but take us back to that age-old question: "And just who is my neighbor?" According to the Lord's words in the reading from Exodus, our neighbors are the alien, the widow, and the orphan. Documents from the USCCB such as "Welcoming the Stranger Among Us: Unity in Diversity" and its writings on the Life and Dignity of the Human Person clearly reflect the position of the U.S. Bishops that it is essential for public policy to respect the dignity of all. While challenging at times, our faith doesn't offer guidance only for interior, spiritual realities. Indeed, our Church proclaims that we must let the demands of the Gospel shape the whole of our society. We are – to use St. John Paul II's phrase – to work to build a "culture of life," a "civilization of love." In the end, Catholic Social Teaching is nothing but the Church's effort to live Christ's call to love our neighbor as ourselves in the wider human community.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

In response to the scholar of the law's question about which commandment is the greatest, Jesus responds by saying that it is to "love the Lord, your God, with all your heart, with all your soul, and with all your mind." Heart, soul, and mind are words that describe the innermost self. The Lord – it is clear – wants to be loved fully, by all that we have and are. He wants to be loved as the only Lord in our lives; there can be no other. St. Paul praises the Thessalonians for turning "to God from idols to serve the living and true God." In other words, they underwent a change of heart, where they turned away from loving things that were not God to loving and serving the only true God. This change of heart has enabled them to become witnesses to others of Christ's love. In our own lives, we must also undergo conversion if we wish to bear authentic witness to the Lord and to our faith. What are the idols we need to let go of to surrender our hearts, souls, and minds more fully to the Lord?

STUDY

As Catholics, we all have a responsibility to form our consciences and deepen our knowledge of the Church's teaching surrounding critical issues facing our world today. Spend some time this week familiarizing yourself with the Seven Themes of Catholic Social Teaching, which are "a rich treasure of wisdom about building a just society and living lives of holiness amid the challenges of modern society." (USCCB)

YOU'RE INVITED 40 DAYS FOR LIFE

Wednesday, September 23 - Sunday, November 1st.

Blessed Trinity's Day for
Peaceful Prayer:
Thursday, October 29th

Monday-Friday: 8 am to 6 pm
Saturdays 1 pm to 6 pm



For Information Call: Cathy Browne
phone: (646) 552-8015
Email: cathy6browne@yahoo.com



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.

Prayer for Protection during Hurricane Season

O God, Master of this passing world, hear the humble voices of your children. The Sea of Galilee obeyed Your order and returned to its former quietude.

You are still the Master of land and sea. We live in the shadow of a danger over which we have no control: the Gulf, like a provoked and angry giant, can awake from its seeming lethargy, overstep its conventional boundaries, invade our land, and spread chaos and disaster.

During this hurricane season we turn to You, O loving Father. Spare us from past tragedies whose memories are still so vivid and whose wounds seem to refuse to heal with passing of time.

O Virgin, Star of the Sea, Our beloved Mother, we ask you to plead with your Son on our behalf, so that spared from the calamities common to this area and animated with a true spirit of gratitude, we will walk in the footsteps of your Divine Son to reach the heavenly Jerusalem, where a stormless eternity awaits us.

Amen.

Come join the Social Group
November 15, 2026 from 12:30-4:30 pm

PICNIC AT MAXIMO PARK

Pinellas
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Sunshine
Skyway Ln S.
Shelter #5

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Bring a dish to share, we will provide hot
dogs, plates, cups, utensils and water.
Don't forget to bring a serving utensil for your dish,
lawn chair, and sunscreen!

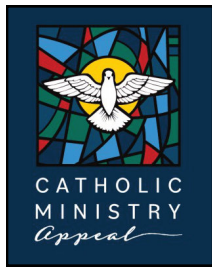
Weekly Offering

Weekly Giving 10/18/26

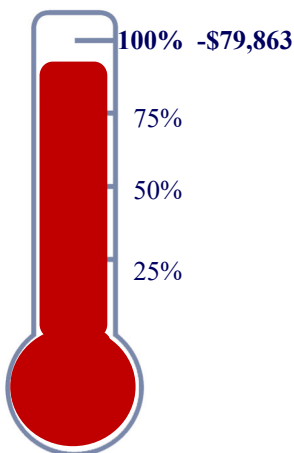
Offertory	\$9,289
Other Donations	\$2,700
Restoring the Sacred	\$ n/a
St. Vincent de Paul	\$ 570
Catholic Ministry Appeal	\$ 10
Worls Mission Sunday	\$1,289

**Thank you for your
generosity!**

Catholic Ministry Appeal



2026 GOAL



Collected to date:
\$73,606.00 which is 92%
Amounts pledged or expected:
\$82,233 which is 103%!

**Thank you for your generosity!
Keep up the good work!**

Everyday Stewardship

I read an interesting article about how tolerance has become a substitute for love. As Christians we often talk about tolerance toward others when truly the call of Jesus Christ is to love others, not simply tolerate them. The truth is tolerance is a lot easier than love.

In tolerance, we are asked to give nothing away. It costs us nothing to simply allow people to be who they are, where they are, and stay in the state in which they find themselves. Love requires us to step outside of our comfort zone and to offer a part of ourselves to others. This makes us vulnerable and open to possible pain and discomfort. Those whom we seek to love could take advantage of us. It is easy to see why tolerance seems a bit more popular these days.

Jesus could have tolerated the religious hypocrites of his day. He could have tolerated the Romans who oppressed the Jews. He could have simply tolerated the tax collectors, prostitutes, and outcasts of his day. Instead, he loved them. He made himself vulnerable and open to pain. When we look at the cross we see what can be the true price for love. It is easy to see why a policy of tolerance looks more desirable to many.

-Tracy Earl Welliver, MTS

All Are Welcome To Join The
Blessed Trinity Social Group

*Happy
thoughts
and coffee.*

*Pour and Decor
2210 Central Ave.
Friday, October 30th
after the 8:00 mass*

Upcoming Events

*Church closed due to renovations, Masses will be held in Parish Center.

Saturday, October 24

2:30-3:30 pm Confessions MC
Chili Cookoff after the 4:00 pm Mass CYH

Sunday, October 25

Coffee & Donuts after 8 am Mass CYH
Faith Community Nurses- BP checks CYH
Blessed Trinity's Distinguished Service Awards
given out at the 9:30 am Mass PH

Monday, October 26

6:30 pm "Life in the Spirit" Prayer Group CYH

Tuesday, October 27

10:00 am Scripture Class CYH

Wednesday, October 28

4:00 pm St. Vincent de Paul Meeting FF
5:30 pm Adoration PH

Thursday, October 29

Blessed Trinity's Day of Peaceful Prayer @
All Women's Health Center: 4131 Central Avenue

Friday, October 30

Rosary after the 8 am Mass PH
BT Social Group Meeting after the 8 am Mass @
Pour & Décor: 2210 Central Ave.

Saturday, October 31

2:30-3:30 pm Confessions MC

Sunday, November 1

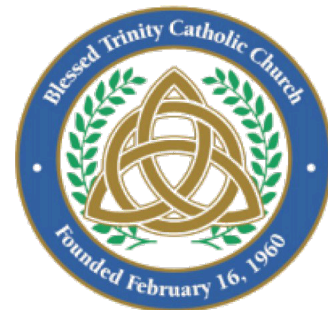
Coffee & Donuts after 8:00 am Mass CYH

Key for Events

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



A special Thank You to our 2026 Distinguished Service Award Winners for their exceptional service to Blessed Trinity.



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 2:30-3:30 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

FAX, (727) 864-2679

Website, [http:// btsp.org](http://btsp.org)

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btsp.flocknote.com

Arnold, Barbara
Baker Family
Barhorst, Brady
Barhorst, Rosemary
Becker, Mary
Boetger, Carole
Brown, Bob & Beverly
Burns, Larry
Christ, Kathryn
Clark, Christine and
Henry
Clark, Brittany Noel
Clark, Matthew Pierce
Comeau, Teresa
Cortez, Patrick
Coughlin, Bernadette
Curcio, Louis
Daniels, Joshua
DeLong, Judy
DeLong, Todd
Dietrich, Wayne
Distefano, Michael
Ellis, John
Feltes, Lauren

Fitzgerald, Dan
Flanigan, Jack
Gawlik, Frank and Sofia
Genereux, Carol
Grimberg, Carol
Gutske, Karl
Hawkins, Ashlyn
Hawkins, Barbara
Helbig, Len
Hoffman, Bette
Hoskins, Kevin
Hurley, Scott
Joyal, Christina
Kartsaklis, Michael
Klima, Sue
Kraynak, Gary
Lague, Norbert
Lashley, Diana
LeVan, George
Lewis, Cynthia
Mays, Hank
McDowell, Jack
Merinar, Betty
Membreno, Mary & Gus

Narinelly, Sarah
Newcomb, Jeff
O'Connor, Mary
Parillo, Ceil
Parillo, Dave
Parmigiani, Valerie
Preeper, Helen
Riordan, Donald
Riordan, Mary
Romani, Angelo
Sacks, Laura
Shelby, Montez
Smith, Elizabeth
Stankiewicz, Cy
Thiele, Rosemarie
Vanderbeck, Cindy
Vanderbeck, Jay
Wagoner, Diane
Walsh, Thomas
Watson, Linda
Weselowski, Chris
Youngman, Ruth

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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