



Blessed Trinity

CATHOLIC CHURCH



All Are Welcome



SEPTEMBER 10, 2023

TWENTY-THIRDSUNDAY IN ORDINARY TIME

**14040 PURITAS AVENUE
CLEVELAND, OHIO 44135**

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CLEVELAND, OHIO 44135

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Web: <https://blessedtrinitycleveland.org>

<https://instagram.com/btp216>

Facebook: facebook.btp216.org

RECTORY OFFICE HOURS

Monday–Wednesday: 9am—8pm

Thursday & Friday: 9am—5pm

(Closed for lunch 12:30–1:00pm)

Saturday: 1pm—3:45pm

MASS SCHEDULE

Saturday Vigil: 4:00pm

Sunday: 9:00am and 11:00am

Monday: 11:00am

At Westpark Healthcare Campus

4387 W. 150th St.

Tuesday: 8:30am

Wednesday: 8:30am

Thursday: No Mass

Friday: 8:30am

RECONCILIATION

BY APPOINTMENT ONLY AT THIS TIME

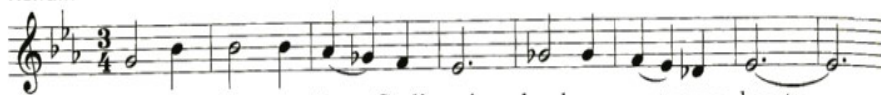
OUR MISSION STATEMENT

Blessed Trinity Parish is an open and welcoming Catholic community, centered in the Eucharist and celebrating God's gift of Diversity. We bring God's love to one another and support one another in responding to the challenge of living the Gospel. We strive to deepen participation and encourage all parishioners to take ownership for the everyday life of their church, especially Spiritual Growth, Community Life, the Building of a Just Society, and Service to All God's People.

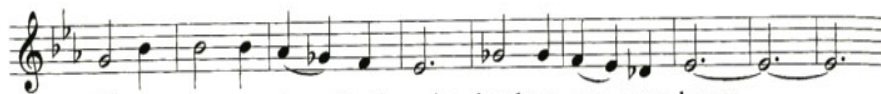


Psalm 95: If Today You Hear God's Voice

Refrain



If to - day you hear God's voice, hard-en not your hearts.



If to - day you hear God's voice, hard-en not your hearts.





**APOLOGIES, FORGIVENESS,
AND INNER PEACE**

“Forgiveness is the fragrance the violet sheds on the heel that has crushed it.”

How many times were you told as child to say you’re sorry to a sibling? Or, how many times did YOU tell your kids to apologize to each other. Probably 70x7. That is what Jesus told Peter. We must forgive our neighbors an infinite number of times. Jesus forgave the good thief as they were both dying on the cross, “Truly I tell you, today you will be with me in Paradise.” Jesus also told us in the Our Father, “forgive us our trespasses as we forgive those who trespass against us.”

Forgiveness and acceptance is so important to our physical and mental health. Recent studies at Johns Hopkins’ Adult Mood Disorders Consultation Clinic have found that forgiveness can reduce our cholesterol levels and blood pressure and decrease risks of getting a heart attack and diabetes. It also plays a part in increasing our immunity levels and sensitivity to pain. Releasing the stress of holding onto old grudges and forgiving those who hurt us helps us to be less depressed, less anxious, and helps us to sleep better. And, it is important for our INNER PEACE.

When parishioner Lisa Friel found out that Peace and Justice Committee was celebrating United Nations Peace Day on September 21st, she sent us an article on how to make an apology that she used in her classroom and in her own relationships. The article is A Better Way to Say Sorry, in the blog cuppacocoa (March 30, 2014) by Joellen. We found an updated version for adults in Verily magazine that was updated October 13, 2016 by Joellen Poon. The article is when ‘I’m Sorry’ Isn’t Enough: How to Apologize Properly.

Here are Joellen’s 4 steps:

1. I’m sorry for.../I apologize for.../I feel really bad about....Start with any of these and be specific.
2. This was wrong because.../It made you feel.../I wish I hadn’t because...Address the consequences that resulted, including the other person’s emotions. Show that you can appreciate the unhappy emotions you caused.
3. Next time.../In the future, I will....Start with a clear plan to change.
4. Will you forgive me? Very humbling words and very powerful.

When offering an apology, be mindful of what you are saying, your body language, facial expressions and tone of voice. As we work our way through various top-

ics in the month of September, we can perhaps think about the above dialogue as we address poverty, hunger, and prejudice.

The above dialogue is just for starters. Forgiveness can be a complicated process and take a long time depending on the grievance. An individual should not be forced to live with an abuser. It is a process that one might have to work through gradually. It takes time to receive or give forgiveness. Be patient with yourself, too. Working through to forgiveness may require professional help.

The following are some books and quotations you might find helpful. As always, please reach out to Fr. Doug with suggestions that might be helpful to others.

QUOTATIONS

1. “In our own ways we are all broken. Out of that brokenness we hurt others. Forgiveness is the journey we take toward healing the broken parts.” Desmond Tutu
2. “We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies.” Martin Luther King, Jr.
3. “As I walked out the door toward the gate that would lead to my freedom, I knew if I didn’t leave my bitterness and hatred behind, I’d still be in prison.” Nelson Mandela
4. “The weak can never forgive. Forgiveness is the attribute of the strong.” Mahatma Gandhi
6. “Forgiving isn’t something you do for someone else. It’s something you do for yourself. It’s saying, ‘You’re not important enough to have a stranglehold on me.’ It’s saying, ‘You don’t get to trap me in the past. I am worthy of a future.’” Jodi Picoult

MOVIES

1. THE FORGIVEN - Archbishop Desmond Tutu assesses murderer Piet Blomfield’s bid for amnesty. Bloomfield looks for redemption for his actions through his meetings with the Archbishop.
2. DEAD MAN WALKING - Sister Helen Prejean becomes a spiritual advisor to a man on death row. The book was adapted as a movie in 1995 and explored the effects of the death penalty on everyone involved.

BLOGS

1. REVIVE OUR HEARTS BLOG: Topic: Forgiveness and Bitterness <https://www.reviveourhearts.com>.
2. SUSTAIN RECOVERY: LEARNING TO FORGIVE FAMILY (July 03, 2023) <https://www.desiringgod.org>.



AROUND THE PARISH & OTHER PARISH NEWS



PASTORAL TEAM

216-671-5890

Rev. Mr. Dick Beercheck, *Deacon*

dbeercheck@blessedtrinitycleveland.org

Mrs. Katie Corbett BS Ed., *Pastoral Associate*

kcorbett@blessedtrinitycleveland.org..... Ext 20

Ms. Sonia Hu, *Music Minister*

soniaxinyuanhu@gmail.com

Fr. Doug Koesel, *Pastor* Ext 21

dkoesel@blessedtrinitycleveland.org

OFFICE STAFF

Mrs. Krystal Rodriguez, *Office Manager*..... Ext 10

office@blessedtrinitycleveland.org

Mrs. Linda Wilson, *Business Manager* Ext 26

linda@blessedtrinitycleveland.org

Society of St. Vincent DePaul @Blessed Trinity Ext 14

Stephen Ministry Ext 19

E-MAIL BULLETIN NOTICES TO:

bulletin@blessedtrinitycleveland.org or deliver them to the rectory office. Notices MUST be in by **Monday** of the week before the bulletin is distributed.

E-MAIL PRAYER LINE REQUESTS TO:

tntriedel@sbcglobal.net

Please pray for:

Joan Andrews, Thomas Ausnehmer, Doris Eikens Az-zarello, Lisa Baus, Lenore Begin, Vincent Bontempo, Charlene Boyer, Mary Brennan, Adele Burke, Ann Busch, Callie Carley, Gladys Castro, Pat Chapin, Romualdo Cipro, Alex & Ashley Cornet, McKayla Coyne, Teri Crowe, Scherrie Damm, John Darmstadt, Martin Patrick Dugan, Dukles Family, Joseph Dunn, Barb Dylag, Edward Dzuro, Scott Eidam, Shirley Fago, Donald Flanagan, Joan Francis, Will Gibson, Vesna Goverdovski, Michael Graham, Dottie Green Family, Donald Haluska, Robert Hardman, Catherine Heidinger, Susanne Heisey, Agnes Hocevar, Anna Hvizdos, John Itayem, Eileen Kelly, Nicola Jandric, Roubir Jesri, Jr., Vicki & Rudy Juris, Joanne Kauchuk, Dan Kemer, Tony Kernan, Karen Kraus, Linda Kreon, Fr. Dennis Kristancic, Ken Lesko & Family, Marilyn Lombardo, Karen Long, Mary Lynch, Eileen Mangan, Sr. Rita Marra, SND, Roy McInerney, Jr., George McKee, Margaret McMahon, Molly McQuillan & family, Andrea Medina, Betty Ann Menzing, Mary Jo Menzing, Tony Miller, Charles Miller, Michael Mitchell, Jim & Steve Moravcik, Dave Norris, Tom O'Boyle, Terri Pastura, Lisa Prokopius, Carol Roberts, Matthew Rossman, Ron Ruble, Mary Salamon, Marilyn Samonte, Betty Schmidt, Vic Scigliano, Brandy Shuttera, Larry Sowders, Bernie Sprenger, Evana Stanonik, Christopher Stein, Roberta Steinbacher, Janet Tang, Kevin Thompson, Sherrie Thompson, Celine Whelpley, Noreen Williams, Karin Wishner, Monica Woodman, Jay Yesenko, Eileen Young, Jeala Youssefi, Jacqueline Zambarano

Thank you for your generous support!

Sunday 8/27	\$ 3,969.00
Special Gifts 8/27	\$ 1,490.00
Gift Card Profit 8/27	\$ 196.95



**May the Peace of Our Lord be with
Delores Cler**

May God grant comfort to her family and friends.

**We Welcome Into Our
Blessed Trinity Family:
Sharon Tressel**

**COMMUNITY MEAL SUNDAY,
Sept 10 Noon—1 p.m.,** in Fogarty Hall. All are welcome. Come enjoy a free meal and wonderful hospitality!



Blessed Trinity's Holy Name Society is participating in the 6th annual Men's Sock and Underwear Drive from Sept 16—24. Donations can be placed in the boxes in the main entrance. Money accepted in S and U Drive envelopes too.

Please pray for all who are serving in the military, especially the men and women connected to our parish:

- * Brook Robinson (Navy), son of David & Michelle and grandson of Dolores Coleman
- * Kyle A. Riley (Air Force), nephew of Robert Hollowell
- * Greg Koch (Air Force), nephew of Nancy Koch
- * James Ashenhurst (Navy), stepson of Stephen Flynn and son of Jenny Simons
- * Francisco Cacho (Police), son of Medel Cacho and Stepson to Marianne Cacho.
- * Michael Duniec (Air Force), grandson of Dottie Schultz and nephew of Margie Pavone
- * James Andrews (Navy), nephew of Bob and Kathy Grega

Advertiser of the Week:
Mazella Lifting Technologies



This Week at Blessed Trinity

Saturday, Sept 9

9:30am-11:00am Ragamuffin Faith Sharing Group
(R Livingroom)

Sunday, Sept 10

12:00pm-1:00pm Community Meal
(Fogarty Hall)

Monday, Sept 11

9:00am-10:30am Legion of Mary (Church)
4:00pm-6:00pm Stephen Ministry Peer Group
(RLib)

Tuesday, Sept 12

8:00 am - 8:30 am Novena - Rosary (Church)
9:00 am – 11:00 am IDCC (Joseph Center)
9:30 am - 12:00 pm Bountiful Basement (BB)
10:30 am -12:00 pm A. A. Meeting (Rectory Basement)
6:30pm– 8:00pm Centering Prayer Group (JC Lg)
7:00pm– 8:30 pm LGBTQ Faith Sharing Group
(R Living room)
7:00pm– 8:30pm Taize Practice (Church)

Wednesday, Sept 13

3:00 pm - 3:45 pm Witness for Ukraine (BT Grounds)
4:00 pm - 6:00 pm IDCC (Joseph Center)
5:00 pm - 6:45 pm Bountiful Basement (BB)

Thursday, Sept 14

11:00 am - 12:00 pm A. A. Meeting (Rectory Basement)
7:00pm-8:30pm Bible Study (R Livingroom)

Friday, Sept 15

Have a Blessed Weekend!!

Saturday, Sept 16

Relaxing Saturday

CPO Raffle Winners For August:

Terry Gorges
Teri Crowe
Cas Robertson
Anna Marie Parker
James Soposky

FREE EYE HEALTH & VISION CLINIC

Beginning September 1st schedule appointments at medworksusa.org or call 216-201-9325. Appointments are required. Free on September 23rd, 2023 7:30am-12:30pm @ the Cleveland Clinic Cole Eye Institute 2022 E. 105th Street. Cleveland, Ohio 44106

WORSHIP

Saturday, September 9

4:00 pm Blessed Trinity

Sunday, September 10

Twenty-Third Sunday in Ordinary Time

Ez 33:7-9 Rom 13:8-10 Mt 18:15-20 (127)

9:00am Thomas L. Salem Jr. (Family)

11:00am Jim Burke (David Cutshall)

Monday, September 11 All Souls

11:00am At West Park Healthcare Campus
4387 W.150th St.

Tuesday, September 12

8:30am All Souls

Wednesday, September 13

8:30am All Souls

Friday, September 15

8:30am All Souls

Saturday, September 16

4:00pm Carlos Zevallos Sr.

Sunday, September 17

Twenty-Fourth Sunday in Ordinary Time

Sir 27:30-28:7 Rom 14:7-9 Mt 18:221-35(130)

9:00am Blessed Trinity

11:00am Florence Gooding (Son)

PSR Grades 4-8: ADULT HELP NEEDED Sundays, Sept. 24 - Apr. 28, 9 – 10:45 am, in the rectory basement. Adult assistant needed. Are you available weekly? Only once a month? Please prayerfully consider if God is calling you to share your faith with a great group of youth. **Substitutes needed**, on-call, for all levels, ages 3 through grade 8. Contact Katie.

Children's Liturgy of the Word (CLW), Sundays, 11 am, needs Leaders and adult assistants. During CLW, Sunday scriptures are read from a children's lectionary and through an interactive homily youth connect the readings to their life experiences. **Are you interested** in leading CLW for ages 5-10 and breaking open scripture with them? Training and resources will be provided. Please call Katie Corbett with questions or to say, "Yes!" We will not be able to offer this program without more Leaders and assistants.



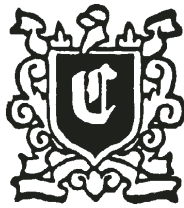
For the month of September the Bountiful Basement could use toilet paper and sanitary products. Thank you!

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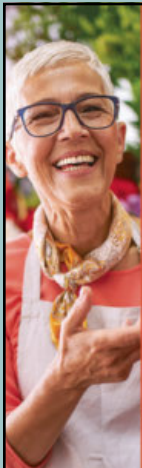
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