

Blessed Trinity

All Are Welcome


FEBRUARY 15, 2026
SIXTH SUNDAY IN ORDINARY TIME

**14040 PURITAS AVENUE
CLEVELAND, OHIO 44135**

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Facebook: <http://facebook.com/BlessedTrinityCleveland>

RECTORY OFFICE HOURS

Monday–Wednesday: 9 a.m.–8 p.m.
Thursday, Friday: 9:00 a.m.–5:00 p.m.
(Closed for lunch 1:15-1:45 p.m.)
Saturday: 1:00–3:45 p.m.

MASS SCHEDULE

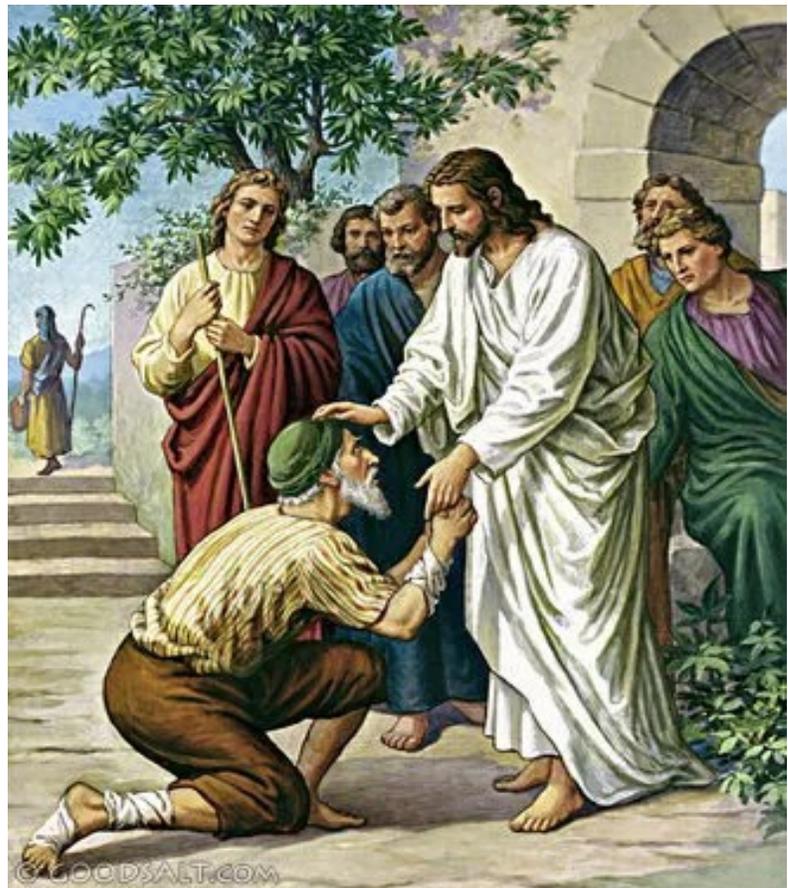
Saturday Vigil: 4:00 p.m.
Sunday: 9:00 a.m. and 11:00 a.m.
Children's Liturgy of the Word: 11 a.m.
Monday: see worship calendar
for time & location
Tuesday, Wednesday, Friday: 8:30 a.m.

RECONCILIATION

Anytime by appointment only

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 128: Blest Are Those Who Love You

Refrain

Blest are those who love you, hap - py those who
fol - low you, blest are those who seek you, O God.

Text: Psalm 128:1-2,3,5; Marty Haugen. Music: Marty Haugen © 1987, 1993, GIA Publications, Inc. Reprinted with permission under ONE LICENSE #A-702576. All rights reserved.



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Lent and Fasting

Last week I was invited to Baldwin Wallace University to sit on a panel of religious leaders to discuss our understanding of fasting. The other leaders were an Orthodox priest, a Methodist minister, a Muslim leader, a female Muslim bodybuilder and a nutritionist.

I laid out our Catholic understanding of fasting. Just to review, the purpose of fasting between meals is to develop a hunger for God -when you feel physically hungry, it reminds you of that. We also fast as a penance to overcome sin, to unite ourselves with the hungry around the world and for spiritual growth. (The value of delayed gratification and absence makes the heart grow fonder).

There has always been a close connection between fasting and almsgiving; the money saved on food should be given to the poor. To that end we will once again collect money for Water for Life to build wells in Africa.

The Church requires all Catholics from ages 14-59 to fast on Ash Wednesday and Good Friday. If you are in good health, this means that you should only eat one full meal, plus two smaller meals that do not equal a full meal.

Another powerful invitation to grow in your spiritual life is abstaining from meat. Catholics age 14 and older do not eat meat on Ash Wednesday and all Fridays during Lent, including Good Friday. Instead of meat many Catholics choose to eat fish—which is why many parishes around the country have fish fries on Fridays during Lent. These are great opportunities for a parish community to come together to pray and fast.

The Catholic Church teaches that all people are obliged by God to perform some penance for their sins, and that these acts of penance are both personal and corporeal. Bodily fasting is meaningless unless it is joined with a spiritual avoidance of sin and spiritual growth. People with medical conditions such as diabetes need not fast, but they should try some other kind of penitential sacrifice. Maybe more prayer time.

While the Orthodox have similar purposes for fasting, the priest said that in general fasting was part of a bigger picture, to lead a simpler lifestyle. For them that means a simpler diet, as well as taking time to get rid of some of the clutter in one's life. (I

immediately thought of my two desktops and how they are cluttered.)

The Methodist priest said that fasting from food was not something they pushed. However, Methodists have a strong social justice mission. He quoted last Sunday's first reading from Isaiah as an example. That passage read in part, "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter - when you see the naked, to clothe them, and not to turn away from your own flesh and blood?"

My Muslim friend, Isam Zaiem, said, following the eighth month of the Islamic calendar comes the month of Ramadan, where Muslims worldwide refrain from consuming food in the hours of dawn and dusk to focus on their spirituality. During these 30 days, all Muslims will read the Qur'an from start to finish.

All through daytime hours, Muslims refrain from consuming anything. When it comes to fasting, it also applies to conquering personal opposing ideas, behaviors, and remarks.

Most folks think of Ramadan as a period of fasting and hardship; however, for Muslims, it's essential to regroup with loved ones and break their fast together as the sun goes down each night. Self-discipline and constraint are taught to Muslims via the practice of fasting throughout the month of Ramadan.

Fasting for the whole day teaches tolerance and instills patience with yourself and others and empathy for those who are less privileged. Fasting is a great way of developing these characteristics.

The female powerlifter talked about the relationship between food, energy and powerlifting. The nutritionist described what benefits fasting has on the body and its many benefits.

Fasting can move mountains. Both Cesar Chavez and Mahatmas Ghandi used fasting, not as a protest against their oppressors, but to move their followers to non-violence. Both fasted until their followers abandoned their acts of violence.

May you find a "fast" that brings spiritual rejuvenation to you this Lent.

AROUND THE PARISH & OTHER PARISH NEWS

PASTORAL TEAM

216-671-5890

Pastor: Fr. Doug Koesel..... Ext 21
dkoesel@blessedtrinitycleveland.org

Deacon: Rev. Mr. Dick Beercheck.....
dbeercheck@blessedtrinitycleveland.org

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bhines@blessedtrinitycleveland.org

Business Manager: Devra Konjura Ext 26
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tpastura@blessedtrinitycleveland.org

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OFFICE STAFF

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Stephen Ministry..... Ext 12

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.

ASH WEDNESDAY SOUP SUPPER IS

February 18 at 6:00—7:30 pm in Fogarty Hall. Parishioners are asked to bring a **crook pot of meatless soup** and a ladle marked with your name. The crook pot will keep the hot soups warm during dinner time (crook pots will not be plugged in). Sign up at the back table or call the rectory to let us know what soup you will be bringing to share. Disciples are also needed at 5 pm to organize and set up. Please contact Tina Raiff for more information (tmraiff61@gmail.com).



Thank you for your generous support!

Sunday, Feb 8	\$ 4,975.42
Haiti Missions	\$ 30.00
Bountiful Basement	\$ 440.00
St. Vincent de Paul Society	\$ 50.00
Capital Improvements	\$ 30.00
Education	\$ 30.00
Pastoral Ministry	\$ 30.00
Memorials & Special Gifts	\$ 3,485.00
Latin America	\$ 45.00
Good Samaritan Fund	\$ 200.00

Please pray for our sick:

Jim Beesley, Kathy Betz, Mary Ann Bowers, Charlene Boyer, Adele Burke, Gladys Castro, Pat Chapin, Romualdo Cipro, Teri Crowe, Scherrie Damm, John Darmstadt, Al Delattre, Diane Dorenkott, Dukles Family, Joseph Dunn, Barb Dylag, Scott Eidam, Erma Eifel, Terry Evans, Jenny Flynn, Will Gibson, June Grace, Michael Graham, Louise J. Hall, Thomas Heim, Susanne Heisey, Agnes Hocevar, Gail Iseli, Jeanne Jarus, Eileen Kelly, Nicola Jandric, Annette Janetzke, Vicki & Rudy Juris, Joanne Kauchuk, Dan Kemer, Ralph & Judy Kobus, Marilyn Lombardo, Karen Long, Liz Mahon, Eileen Mangan, Jerry Masek, Claudette Matero, Andrea Medina, Betty Ann Menzing, Mary Jo Menzing, Michael Mitchell, Jim & Steve Moravcik, Genevieve Noar, Dave Norris, Steven Povlis, Jose Rivera, Carol Roberts, Matthew Rossman, Liz Rosa, Ron Ruble, Mary Salamon, Marilyn Samonte, Rob Salvaore, Betty Schmidt, Catherine Sesztak, Evana Stanonik, Christopher Stein, Richard Stein, Jacqueline Zambarano, Kathy Vasko, Tom Vasko, Noreen Williams, Jesse Wilson, Monica Woodman, Maggie Wooley, Mary Pat Wynne.

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
- * 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
- * A.J Butler (Army) Grandson of Nancy Butler



To our fellow parishioner and the academic honor they achieved for the 2025-2026 1st Semester Honors at Saint Ignatius High School:

Brendan Friel '26, Grade 12, First Honors

THE BOUNTIFUL BASEMENT is looking for volunteers who can drive a 26 ft U-Haul truck to the Cleveland Food Bank and back to Blessed Trinity with a Bountiful Basement representative. Commitment would generally be Mondays from 8:30am to 1pm. Just sign up for weeks you are available. For questions, please contact Anna Marie Parker at 440-734-3704 or parkeram56@gmail.com.



This Week at Blessed Trinity

SATURDAY FEB. 14	
SUNDAY, FEB. 15	
9:00am-10:45am	CGS Level 1 (A)
9:00am-10:45am	PSR 1-3 (A)
10:00am-10:45am	PSR 4-8 (RB)
10:00am-10:45am	Breaking Open the Word (R Lib)
10:00am-1:00pm	Coffee & Donuts (FH)
11:00am-11:15am	CLW (CH)
12:15pm-2:00pm	Taize Music Practice (CH)
MONDAY, FEB. 16	
	Office Closed
9:00am-10:30am	Legion of Mary (CH)
5:00pm-6:30pm	OCIA (R Lib)
7:00pm-8:30pm	St. Vincent DePaul Society (R Lib)
7:00pm-9:00pm	Peace & Justice Comm. (JC Lg)
TUESDAY, FEB. 17	
8:00am-8:30am	Novena (CH)
9:00am-11:00am	IDCC (JC Lg)
9:30am-12:00pm	Bountiful Basement (JC Lg)
10:30am-12:00pm	A.A. Meeting (RB)
6:30pm-9:30pm	Holy Name Society (JC Lg)
7:00pm-9:00pm	Bell Choir Practice (CH)
WEDNESDAY, FEB. 18	
4:00pm-6:00pm	IDCC (JC Lg)
5:00pm-6:45pm	Bountiful Basement (JC Lg)
6:00pm-7:30pm	Ash Wednesday Soup Supper (FH)
6:30pm-7:30pm	Tai Chi (FH)
7:00pm-9:00pm	Choir (CH)
THURSDAY, FEB. 19	
11:00am-12:30pm	A.A. Meeting (RB)
7:00pm-8:30pm	Women's Faith Sharing (JC Lg)
7:00pm-9:00pm	Bell Choir Practice (CH)
FRIDAY, FEB. 20	
5:30pm-7:30pm	Fish Fry (FH)
SATURDAY, FEB. 21	
SUNDAY, FEB. 22	
9:00am-10:45am	CGS Level 1 (A)
9:00am-10:45am	PSR 1-3 (A)
10:00am-10:45am	PSR 4-8 (RB)
10:00am-10:45am	Breaking Open the Word (R Lib)
11:00am-11:15am	CLW (CH)

Food for the Spirit and the Body
 Joining us for Lenten Fish Fry? How about coming a half hour early or staying a half hour later? We are offering a short prayer service at 5 pm and 7:30 pm in the Church where we can pray for the issues of our time, our personal needs and one another's intentions. Hope to see you there!

Advertiser of the Week:
Catholic Cemeteries Association

WORSHIP

SATURDAY, FEB. 14	4:00pm All Souls
SUNDAY, FEB. 15 SIXTH SUNDAY IN ORDINARY TIME	Sir 15:15-20 1 Cor 2:6-10 Mt 5:17-37 or 5:20-22a, 27-28, 33-34a, 37 (76)
	9:00am Blessed Trinity
	11:00am Women of Blessed Trinity (Women of BT)
MONDAY, FEB. 16	
	11:00am at West Park Health Center 4401 West 150th, Cleveland, Ohio
TUESDAY, FEB. 17	8:30am All Souls
WEDNESDAY, FEB. 18 ASH WEDNESDAY	12:05pm All Souls
	7:30pm Service
THURSDAY, FEB. 19	No Mass
FRIDAY, FEB. 20	8:30am All Souls
SATURDAY, FEB. 21	4:00pm All Souls
SUNDAY, FEB. 22 FIRST SUNDAY OF LENT	Gn 2:7-9; 3:1-7 Rom 5:12-19 or 5:12, 17-19 Mt 4:1-11(22)
	9:00am Joseph Greene (Mary Kreager)
	11:00am Blessed Trinity

The Catholic Cemeteries Association's next Sunday Grief Support Group will be Sunday February 15th. In-person will meet at 3pm, virtual at 5pm. In a welcoming and supportive setting, find fellowship among others who share their experiences and understand the pain of loss. Meetings are being held on the 3rd Sunday of the month, at no charge to you. Please join us for an hour of listening, healing, and finding comfort with others who understand. For details, call Renee at 216-930-4866 or visit: www.clecem.org/Events
In person Location:

- Holy Cross, Brook Park | 14609 Brookpark Road

ANNUAL CONTRIBUTION STATEMENT FOR 2024
 To request the amount of your annual contribution to Blessed Trinity, please complete the following information and return to the rectory via collection basket, mail or drop-off. **Or call the office at 216-671-5890, M-F 9am-5pm.**

PLEASE PRINT CLEARLY

NAME _____

ADDRESS _____

PHONE _____

Check one of the following:
 I will pick up my statement at the rectory.
 Please mail my statement.

Email to: _____