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TRINITY TRIANGLE

Stewardship - A Way of Life

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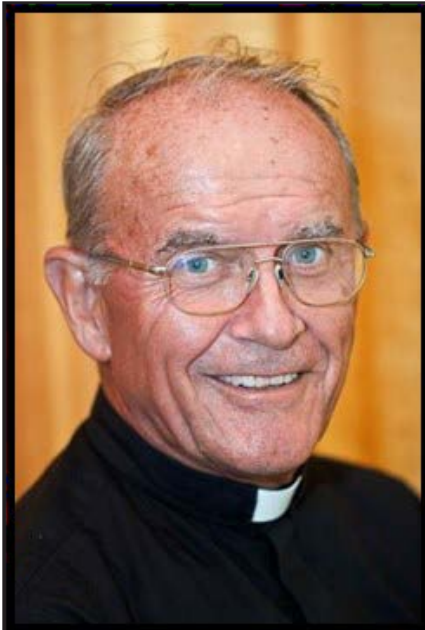
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Blessing of King of Kings: March 5, 2023



Fasting?!

During the International Stewardship Convention in Orange County, California in October 2022, I picked up a little book called “Becoming Eucharistic People” since we, as a church, were spending two years refreshing and renewing our faith in the real presence of Christ in the Holy Eucharist. Our parish ended up giving out 75 of those books. At the same time, I picked up a book entitled “Healing and Liberation through Fasting.” At the time I had no concrete plan yet to go back to Medjugorje. I had no idea that this little book was mostly about a neglected powerful traditional and fruitful part of our Catholic faith.

Our Lady in Medjugorje, issues a cry for help and a cry of distress. She says, “you have abandoned fasting.”

Through the Medjugorje visionaries, she has been pointing out five fundamental points that we need to practice that are basic in our path to God. We do reasonably well with four of them.

Those five points are:

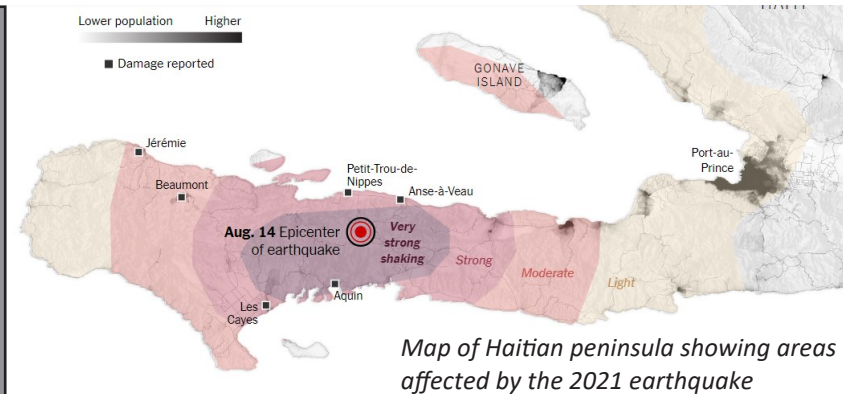
- Attending and participating in Sunday Mass.
- Reading and praying the sacred word of God regularly.
- Going to confession on a planned basis.
- Praying the rosary daily and
- Fasting.

Most often fasting is the one point people do not want to even consider. It is mostly the “rejected message.” No matter where you go in the world, you will easily meet people, especially fervent devotees of Mary’s messages in Medjugorje, who seriously undertake the first four points above but, for the most part have given up or do not even consider fasting. The reason is we have not understood what fasting is and its power to work extraordinary wonders for us in obtaining what we truly need on the road to salvation. This article is too short to give you the true and full insight to Christian fasting.

Remember, fasting has been and still is a big part of the Jewish tradition – on Tuesdays and Thursdays. Our Lady, with St. Joseph, fasted on those two days. Christians, from the time of Christ, have fasted on Wednesdays and Fridays. The scriptural origins for fasting are found all over the Old Testament and the New Testament (e.g., Jesus spent 40 days fasting). The Catechism of the Catholic church says a lot about fasting. The Popes, especially John Paul II and Paul VI, detailed the need to fast. If we are to imitate the lives



New Aid Request from Haiti



On August 14, 2021, just after 8:30am, a 7.2 magnitude earthquake shook southwest Haiti causing more than 2,200 deaths and catastrophic damage. Just 2 days later, the same area was impacted by Tropical Depression Grace. UNICEF estimates that over half a million children were affected by this disaster and over 70% of the schools in the area were either damaged or destroyed.

In November 2021, Fr. Pat contacted Fr. Gary Ocgenor, the pastor of St. François Xavier of Gilles, Haiti. Fr. Gary identified 12 deserving families that needed homes at a cost of about \$4,000 each. Generous parishioners surpassed the original request and sent enough funds to reconstruct 20 homes!



Fr. Gary Ocgenor, Pastor

Recently, Fr. Gary got back in touch with Fr. Pat to request assistance again. In his plea for funds to help rebuild the area school that was destroyed he said:

“God sends us on a mission, and he never stops inviting us to his banquet of love. Indeed, sending on mission is the ultimate cause allowing the ecclesiastical authorities to create a new Parish. So, the parish of Saint François Xavier is an old chapel of Saint Benoit de Dessources. It was recently erected as a parish on June 23, 2019, in the Diocese of Anse-à-Veau/Miragoâne, by His Excellency Monsignor Pierre André Dumas, Bishop

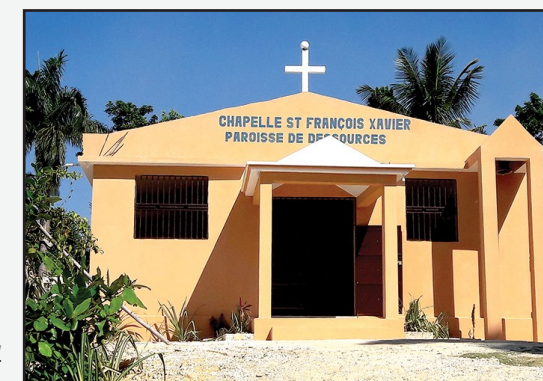
of Anse-à-Veau/Miragoâne. The Gilles Zone is in the 3rd section of the municipality of Miragoâne. [It is] An exceedingly difficult mountainous area, [with] no health center or treated water. The inhabitants of the area live on Agriculture. They are very dynamic but exposed to all kinds of difficulties. They are left to their own devices. And now we are invoking people’s vulnerability to health and clean water. It is a communal section with a total population of around 2,500 according to the last general population census carried out in 2020. Within the Gilles Zone, this population is located at very distant distances. People have difficult access to school. You must travel more than **15 to 20 kilometers** to find the nearest school.”

Fr. Gary delivered his plea with a budget attached. He estimated that reconstruction would cost \$75,000.

“I don’t blame him for getting back in touch with me,” said Fr. Pat. “He has a big need. He believes we might be a solution or partial solution.” The project was submitted to the BT staff, who concluded that it should be presented to the parish. Immediately upon hearing the need, a BT parishioner stepped forward with \$25,000 to kick start the project!

So, let’s see if together, BT parish and God, can make this happen for Fr. Gary. “Don’t worry if it cannot be in your budget presently,” said Fr. Pat. “If you can manage to include a donation, make the check out to Blessed Trinity and mark it for ‘Haitian School.’”

St. François Xavier chapel prior to the earthquake on August 14, 2021





Our Nation's First Black Priest

Mary Liz and Ralph Ranieri

On February 28th we were privileged to have the production **TOLTON: From Slave to Priest** presented live here at Blessed Trinity.

Augustine Tolton was born into slavery in Missouri in the mid 1800's. He along with his mother, sister, and baby brother escaped across the Mississippi River and ended up in Quincy, Illinois. An Irish priest, Fr. Peter McGirr, befriended him and made it possible for him to attend the parish school, even though some white parishioners objected. Augustus had always wanted to be a priest but was rejected by every American seminary he applied to. Fr. McGirr tutored him with his studies and he was finally accepted to Pontifical Urbaniana University in Rome. He was ordained there and said his First Mass in St. Peter's on Easter Sunday before being sent back to the United States.

Father Tolton served in parishes in Illinois and New York. In some places he met with resistance from white Catholics and from Black non-Catholics. In Chicago, Fr. Tolton founded St. Monica's Church for the negro community. It grew from a congregation of 30 to 600. Because of his eloquent sermons and his beautiful singing voice, many Whites attended Mass there, angering the pastors of the surrounding churches.

The production **Tolton**, by St. Luke Productions, a Catholic theater company, is a powerful multi-media live production, filled with music, drama, and inspiring performances. It brings a message of hope and healing for the wounds that plague our culture. The two-man production took place right on the Blessed Trinity altar as we were transformed into a slave plantation, classrooms, Vatican City, and other places depicting Father Tolton's life. Eileen and Rich Lovelace, who know theater, thought the innovative production was wonderfully done. Our Sisters Juliet and Theodosia felt it was an important message for people to realize the struggles Blacks endured in this country. Of course, they especially liked the Vatican scenes! Our Life Teen kids who helped with the setup, couldn't believe the whole presentation was done by two men, Jim Coleman, the actor and Nick Pape, the video editor.

Tolton was also presented at Trinity Catholic. Liz Cook, Campus Minister, said it was met with mixed emotions. The students and faculty were challenged in cultural, societal, political, and spiritual ways while walking through the life of Father Tolton. "It was very encouraging for all our students to hear the main takeaway message of not letting anything stop you from achieving your vocation," she said.

Many of the St. Luke audio visual productions on saints can be streamed on Formed.org. You can access Formed as a subscriber through Blessed Trinity for free – just contact the parish office for the code!

We are grateful for the opportunity to have experienced this production and we pray for continued blessings and success for the ministry of St. Luke Productions.

A Prayer to the Venerable Augustine Tolton

Venerable Father Tolton, when confronted with the hatred of a brother and the taunts of a few, you imitated the Lamb of God and did not open your mouth against them.

Help us, Father Gus, to follow your example of long-suffering compassion and silent perseverance, to love our enemies and to pray for our persecutors.

Teach us to be noble servants of Christ until he calls us into the presence of his majesty, there to look upon the Master's loving face.

Who lives and reigns with the Father and the Holy Spirit, one God, forever and ever.

Amen.

of the Saints, such as St. Benedict, St. Francis of Assisi etc., we need to take on fasting.

The goal is to fast on bread and water every Wednesday and Friday. Start slowly – maybe fast one meal on Wednesday the first week, then add a second meal on Friday the second week. Work your way up. Use good nutritional bread. You will not be hungry. You will find that to be true as you proceed.

True fasting is always accompanied by prayer. You will discover many great advantages to fasting with prayer.

1. It will help you have a much deeper appreciation for food.
2. It will improve your health.
3. It will help you put God in the first place.
4. It will help you to have a deeper, growing yearning for God.
5. It will bring much peace to your life.
6. It will deepen your gratitude and humility.
7. It will motivate you to do more good deeds.
8. It will make you strong in the face of evil.



If you have serious health problems, consult your doctor for his advice on fasting on bread and water on Wednesdays and Fridays.



Meet Scott Bolton

My name is Scott Bolton and I am the new Director of the Angels in Arms Early Learning Center at Blessed Trinity. I have been in the position for 6 months and I have enjoyed working with some amazing and dedicated people.

I was born and raised in New England. I have been married for over 32 years to my wonderful wife Michele and have 2 grown children who live in Virginia and Tennessee. I also have one beautiful grandchild. I enjoy time with family and the outdoors. If I am not with the family, you can find me out on the golf course or listening to and playing music or at a concert.

I moved to Virginia when our kids were school aged and this is where I began my ministry working in a Catholic school setting. I have been an administrator for over 17 years and all of those years were in a Catholic school. I have worn many hats in this role - Technology Administrator, Assistant Principal, Principal, Development Director, Associate Athletic Director to name a few. I have always enjoyed the challenges in a Catholic school setting because not only do you do the day to day tasks of administrator, but this is also a time to live out my vocation and help bring others to know Jesus Christ.

I moved to Florida almost a year ago and I live at On Top of the World. I enjoy these new adventures that are ahead of me and I am fortunate to be working for Blessed Trinity. There are so many outreach programs here and I am glad I can be a part of it. I feel blessed to form these young minds at Angels in Arms and help them grow to be disciples of Jesus Christ.



Come to the Feast

by Tom Hippelheuser

The Catechism of the Catholic Church tells us the Eucharist “is the source and summit of the Christian Life. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself. By the Eucharistic celebration we already unite ourselves with the heavenly liturgy and anticipate eternal life, when God will be all in all.”

A dear friend once simplified this by describing the Eucharist as **Jesus, the Christ, giving the true Body of Christ, to the Body of Christ (the Church), to unite and nourish the Body of Christ (all his people), to be the Body of Christ for the salvation of the world.**

I was the youngest of three boys. I was baptized when I was only a few days old, but I never even met my god parents. I never went to Sunday school, and I did not receive any other sacraments as a child.

All I knew about “our religion” was that mom told me from a very young age, “We were Catholic.” But I didn’t know what that meant. We rarely went to church when I was young, except on Palm Sunday, Good Friday, and occasionally Easter.

Every Easter, however, my mom would make us watch the movie *The Greatest Story Ever Told*. As a child the most memorable scene from the movie for me was the Last Supper scene when Jesus held up the bread for his friends. I didn’t understand what he was doing.

When I was a freshman in high school my big brother Bob, my hero, lost his battle with cancer. My first detailed recollection of a mass was Bob’s funeral. The church was full of hundreds of people sharing my grief and supporting me and my family. I had no idea what was going on during the service until the priest raised the host during the Eucharist prayer. I remembered the priest used to do that when I went to church as a child. **And** I remembered that from the movie. While I had very little understanding of what it meant, I knew it was special. Then all those people started walking up to receive it. I was moved, **and I wanted it.**

Several months later, my mother also died. Her funeral was probably the next time I went to Church. Again, the church was full of people who loved her and us, and there was a mass. When Father raised the host, I had a tremendous sense of peace. Mom and Bob were together, and they were with us doing this thing we were doing. When Father started distributing communion I almost went forward to receive, but somehow, I knew that wasn’t right. **My hunger grew.**

John tells us in his Gospel that Jesus said, “Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled,” and then, “**I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die. I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.**”



3/5/2023



Paying Homage to the King of Kings

by Michelle Hernandez

I first heard about the structure that would become the King of Kings building during my tenure on Parish Council (2015-2018). Blessed Trinity had been approached by ORMC, now HCA Ocala Medical Center, to purchase part of the soccer field and walking track behind the then basketball court. When Father Pat presented the project to Parish Council, one of the selling points was that BT essentially would not lose any current amenities but would gain enough funds to build a freestanding youth/Spanish building.

What followed was several years of negotiations between the hospital and the Diocese of Orlando to agree on logistics and price. ORMC would not be able to gain access to their tract until several things happened: the old Spanish building had to be demolished, the old playground and basketball court had to be moved across the street behind the rectory, the old storage shed had to be moved closer to the Knights building, and the soccer field had to be turned 90 degrees so that it ran east-west rather than north-south.

Over the years, many things had to fall into place for the King of Kings Youth/Spanish building to be realized. Father Pat gives all the credit to God because BT didn't have a plan. The building houses 3 offices, 3 rooms for adult Bible study or other meetings, and a large room that can accommodate youth gatherings of 100+ middle- or high- schoolers.

Father Pat wishes to convey his thanks to all who made the King of Kings building possible, but especially:

Anthony DiPaola & Scott Ferguson, Diocese of Orlando	Tom & Cindy Lafferty, Air hockey table	ColTech, Colton Singletary
Dinkins Construction and all of the sub-contractors	Brother's Keeper, Bumper pool, fooseball, & ping pong tables	Jeanne Cardinal Tom & Jane Kitchen
Elizabeth Obregon, Minami Granite Designs, Inc.	Tony Piccirilli, copy machine Dean Uminski, roll top desk	Janice Royer Fran Cerniglia
Bob & Janice Ferguson, Castle Carpets & Interiors	Pool table—friend of Allen Geddings	Marie Norbury John & Carol Blackstock
Bill & Philip of Del Zotto Products	Building Committee & Church Office Staff	Michael & Deborah Kelch Louise Zoccoli, table & chairs
King of Kings statue, Sean & Ann Marie Thornton	ComforTek, Doug Graber Joyce Lemek, conference table	Tom & Erin Buss
Dr. Claire Griffin, Crucifix and St. John Paul II photo	Marianne Geddings Phillip Weissburg	Andy & Dee Mazzurco
Cartigliano Arts, picture framing	Peggy Watts, Bible timeline Steve & Rita Conn	Barbara & Gerald Wesolowski, table and chairs
Gilbert Martinez, architect & Chuck Pigeon, engineer	Rosalinda Pinerio Edward & Kathleen Donovan	Fred & Barbara Hassen Paul & Linda Miller
Randy Scott, security cameras Tilton Boutwell, Marion Rock	Gerald & Teresa Brown Jim Maguire, refrigerator	Lois Leighton Patti & Peter Palermo
Doris Feliciano & Parish Council	Mike & Mary Taccetta, tables Lori Rapelye, sofa	Anne Cormey

A few years after my mother's funeral, I was a student at the University of Florida, and I decided to learn more about God and my Catholic roots. I started attending Church. However, since I had not ever received my First communion I rarely stayed through communion. I mistakenly thought the readings and the sermon were all that were important. However, over several years as my understanding of the teachings of the church improved, my hunger for full communion returned. So, I joined RCIA to complete my preparation for receiving the rest of my sacraments, especially the Eucharist.

In First Corinthians St. Paul writes: "The cup of blessing that we bless, **is it not** a participation in the blood of Christ? The bread that we break, **is it not** a participation to the body of Christ? Because the loaf of bread is one, **we, though many, are one body**, for we will all partake of the one loaf."

That Easter Vigil of 1988 is a night I will never forget. When I received Jesus - body, blood, soul, and divinity - into my body for the first time, I truly felt part of the body of Christ. It was exhilarating. That night I learned a short prayer that I still say every time I receive him. When Father raises the host: "May your body feed and nourish me, and your entire holy body, so we can do your will in the world. When he raises the cup: May your holy blood cleanse us, heal us, and unite us to be your holy body."

To me the most profound reality of the Eucharist is the connection between the miracles of the **Body of Christ** and the **Communion of the Saints**. For the Church teaches us, and we pray during the first Eucharistic prayer - what **we** are doing at the altar here, **they** are doing at His altar in heaven. During mass I am united with not only my mom and Bob, but with all who have gone before us to his loving bosom.

A few years later I got the humble honor to serve as a Minister of Holy Communion and distribute the body and blood of our Lord to the community. It was during the training to be an MHC that the same dear friend taught me **not only how, but why** we do what we do.

She explained that Eucharist starts before you arrive at mass when you are preparing yourself for mass. It starts to get going when you encounter the first person at the door or in the pew and recognize Jesus in that person. It starts cooking when the book of the word of God is processed in with God's holy priest to his holy altar. It builds as we hear God speak to us in the scriptures in the liturgy of the Word. The preparation reaches its climax when we turn to our brothers and sisters, **the Body of Christ**, and extend a sign of Christ's peace.

Then after all of that, we, as the Body of Christ, give the Body of Christ to the Body of Christ, so that we can be the fully healthy, nourished, and united Body of Christ. So that we can go out into the world and do His work.

For several years I stopped regularly attending mass. It was my hunger for the Eucharist that brought me back. Now each time I receive him, I am renewed, and fed, and I feel I am truly a member of the Body of Christ, just like that first time all those years ago.

I have been given the opportunity to once again be a Minister of Holy Communion. Every time I give out Jesus, whether cup or host, **and say** "the Body of Christ" I see him both in what I am giving and to whom I am giving Him. In that moment we are united, as the **TRUE BODY OF CHRIST**.

For, indeed, his flesh is true food, and his blood is true drink. Come and taste the goodness of the Lord.



Inaugural International Picnic: March 5, 2023

“When Father Pat suggested that Parish Council organize an International Picnic, I was very excited! We have people here from around the world and for me that’s a big blessing that needs to be celebrated,” said Doris Feliciano, Spanish Liaison for Parish Council. “After I did a Christ Renews His Parish retreat a few years ago, I understood how much we can learn from each other when we share. It doesn’t matter where we go, our roots are part of who we are. It’s wonderful to share a little bit of who we are with others.” Fueled by this passion for sharing, Doris took point in bringing the first International Picnic to fruition. Relying heavily on the Spanish community for support and logistics, when March 5th arrived, fourteen countries were represented on the soccer field! Several countries also contributed entertainment!

The picnic started off with 11 am Mass on the field. Bishop John Noonan was the presider and Fr. Pat, Fr. Bernard, and Fr. Mike concelebrated. Bishop Noonan was also at Blessed Trinity to bless the new King of Kings building. Maria Elena Bosque, the Communications Commission Head for Parish Council said, “Bishop Noonan so graciously walked around getting something to eat. He stopped at our Cuba kiosk and asked for Cuban coffee, which we sadly couldn’t serve due to not having the electricity required to brew it!” Maria continued, “I think it was a very good opportunity to mingle with “the other half” of the Blessed Trinity community and to taste some of the really good food that all the different countries so willingly volunteered. It was also great to mingle with people we see at church, but don’t get to socialize with regularly.”

Carol Blackstock, another Parish Council member, staffed the Polish tent. “Not to brag, but we had the best Polish Haluski (a native Polish casserole), lots of kielbasa on a stick, and of course, sauerkraut! I hope our International Picnic will become a tradition with our Parish. A huge thank you to Doris Feliciano who did such a terrific job coordinating this event!”

Parish Council President Vicky Moore said, “I had so much fun at the picnic seeing people proud of their heritage! Also seeing our Blessed Trinity family & community coming together as one. Watching Bishop Noonan enjoying the food and interacting with people made me proud to be a parishioner. I’m looking forward to our next picnic and I hope more people will dig out the family recipes and join in the fun.”

