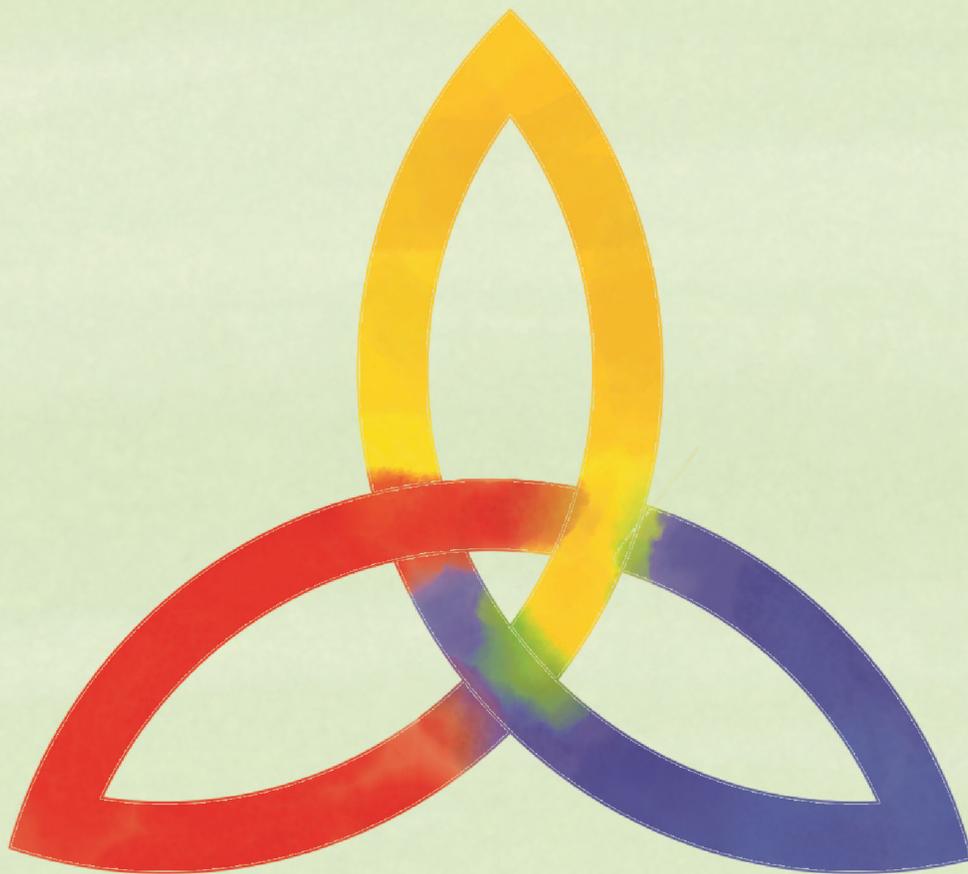


THE LORD IS GOD
IN THE HEAVENS ABOVE
AND ON EARTH BELOW;
THERE IS NO OTHER.

DEUTERONOMY 4:39



THE MOST HOLY TRINITY

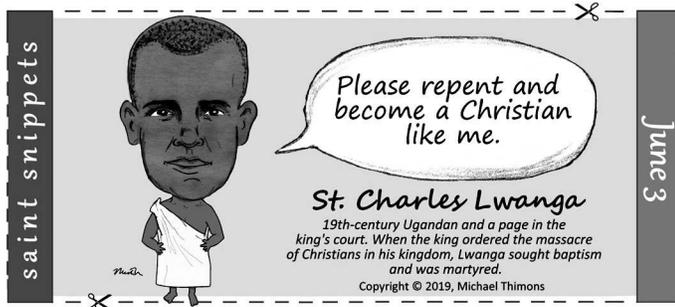
MAY 30, 2021

Feast of Faith

Liturgy and the Holy Trinity

The Trinity is the central mystery of our faith. We believe that God is one, yet three: total unity and rich diversity. God is not a monolith, but a dynamic community of persons, a perfect, loving harmony of three. And the liturgy is the work of the Trinity. We begin all our liturgical celebrations with the sign of the cross, a reminder of our Trinitarian baptism, and the simplest of all professions of our faith. We believe that God is Father, Son, and Holy Spirit, and we gather in the name of this triune God. Throughout the Mass, we address our prayers to God the Father, through Christ our Lord, in the Spirit's power. And the Father hears our prayer, transforming bread and wine into the Body and Blood of his Son by the Holy Spirit. The Church is "the sacrament of trinitarian communion" (Sacramentum Caritatis, 16). It is the Trinity who holds us together as well. In the words of Saint Cyprian, we are "a people made one by the unity of the Father, the Son, and the Holy Spirit" (quoted in Sacramentum Caritatis, 16).

—Corinna Laughlin, Copyright © J. S. Paluch Co.



The Mystery Of The Blessed Trinity

Today we celebrate the solemnity of the Most Holy Trinity. The Church sets aside this Sunday to focus our attention on the mystery of the Blessed Trinity, God who is one, but three persons—Father, Son, and Holy Spirit. The first reading from Deuteronomy emphasizes both God's awesome greatness and amazing nearness. It might seem beyond belief, but the God of all creation speaks to us, protects us, and guides us. The second reading from Saint Paul's Letter to the Romans describes how we are to relate to the three persons who are one God. We are led by the Spirit to meet God the Father as adopted children. Our adoption is such that we are even heirs with our brother, Christ, the second person of the Trinity, in whose sufferings we must also share. In Matthew's Gospel, Jesus speaks with his authority as God and sends us to teach and baptize in the name of the Trinity.
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Readings for the Week

Monday:	Zep 3:14-18a or Rom 12:9-16; Is 12:2-3, 4bcd-6; Lk 1:39-56
Tuesday:	Tb 2:9-14; Ps 112:1-2, 7-9; Mk 12:13-17
Wednesday:	Tb 3:1-11a, 16-17a; Ps 25:2-5ab, 6-7bc, 8-9; Mk 12:18-27
Thursday:	Tb 6:10-11; 7:1bcde, 9-17; 8:4-9a; Ps 128:1-5; Mk 12:28-34
Friday:	Tb 11:5-17; Ps 146:1b-2, 6c-10; Mk 12:35-37
Saturday:	Tb 12:1, 5-15, 20; Tb 13:2, 6efgh-8; Mk 12:38-44
Sunday:	Ex 24:3-8; Ps 116:12-13, 15-18; Heb 9:11-15; Mk 14:12-16, 22-26

Saints and Special Observances

Sunday:	The Most Holy Trinity; Julian Calendar Pentecost
Monday:	Visitation of the Blessed Virgin Mary; Memorial Day; Ninth Week in Ordinary Time
Tuesday:	St. Justin
Wednesday:	Ss. Marcellinus and Peter
Thursday:	St. Charles Lwanga and Companions
Friday:	First Friday
Saturday:	St. Boniface; First Saturday



Today's Readings

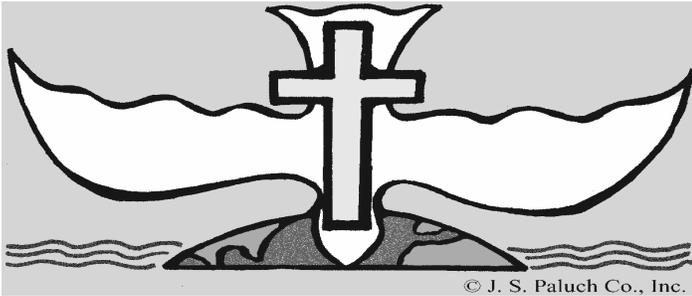
First Reading — The Lord is God in the heavens above and on earth below (Deuteronomy 4:32-34, 39-40).

Psalm — Blessed the people the Lord has chosen to be his own (Psalm 33).

Second Reading — You received a Spirit of adoption, through whom we cry, "Abba, Father!" (Romans 8:14-17)

Gospel — Baptize them in the name of the Father, and of the Son, and of the Holy Spirit (Matthew 28:16-20).

The English translation of the Psalm Responses from the Lectionary for Mass © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.



The Most Holy Trinity

May 30, 2021

**Go...and make disciples of all nations,
baptizing them in the name of the Father,
and of the Son, and of the Holy Spirit.**

—Matthew 28:19

Treasures From Our Tradition

Even though the Easter season has drawn to a close, today's feast still basks in the glow of Easter's twilight. To believe that we are made in the image and likeness of God—a God whose inner life is described in terms of community—is to recognize that we are in relationship with one another. In the language of the liturgy, we do not each stand alone before God, but constantly affirm this truth in the very words of our prayers. "We believe, we offer, we ask you," we say, or "have mercy on us, hear us, listen to our prayer," and in preparation for Communion, we pray the perfect prayer to "Our Father."

To be baptized is to enter into the life of a community of faith. Nowhere is this sense of community more focused than at Sunday Mass, when we respond to the love of the Father by being together in Christ, embraced by the Spirit, for the sake of the world. Today has been called an "idea feast," and impossible to grasp fully. Yet, as the readings today explore, the Trinity is not a concept traced like a triangle on a blackboard. It is the air we breathe, the sign we trace on our bodies as a pledge and promise of God's love.

—James Field, Copyright © J. S. Paluch Co.

Cowardly

To know what is right and not to do it is the worst cowardice.

—Confucius

True Riches

They are rich enough who are poor in Christ.

—St. Jerome

Three-in-One Love

When I was much younger, I used to think that God was totally invisible, not to be experienced as the people in the bible did. After all, they heard God's voice in the fiery cloud; they saw the waters parted so they could pass through--all the things that Moses talks about in the first reading. But then I ask myself, do I want my faith to be based on special effects? Do I want to be like the people who believe in extra-terrestrials because they saw a light in the sky that they could not explain? Or do I want to trust Jesus, who told Thomas, "Blessed are they who have not seen and have believed." (Jn 20:29)

Jesus was referring to his resurrection appearances, but it also applies to the Holy Trinity. When we see a newborn child, she can remind us of God the Father creating the earth and all living things. When we see the cross, we recall Jesus saving death and resurrection. When we share our faith with someone, we know that it is the Holy Spirit who gives us the words to speak and the courage to speak them. Without seeing the pillar of fire that lead the Hebrew from Egyptian slavery, nor the wounds in Jesus' hands after his resurrection, nor the tongues of flame over the apostles at Pentecost--we can still experience God in Three Persons.

The three are not just equal parts of God, one-third of God each. No, they each are totally God. That is why we say God is love: Three infinite Persons are united in one substance or being, so the love they have for each other is infinite. The actions that show each Person's qualities are not done by that person alone. Everything God does is done by all three Persons. So you could say that everything the Trinity does, is done out of love.

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