

Living the Gospel



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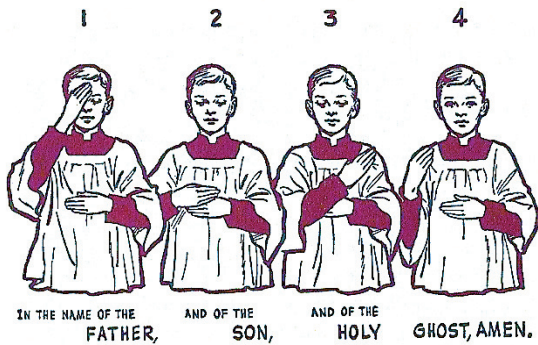
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Signing Ourselves with the Trinity
The Commissioning of the Disciples
Matthew 28.16-20

Today, we celebrate the Solemnity of the Most Holy Trinity. The Catechism says that *the “mystery of the Most Holy Trinity is the central mystery of Christian faith and life ... It is therefore the source of all the other mysteries of faith”* (CCC 234). As Christians, we profess the mystery of the Trinity every time we make the sign of the cross, in the name of the Father, and the Son and the Holy Spirit.



The practice of signing ourselves with the cross is an ancient tradition that likely dates back to the time of the Apostles. Around the year 200, Tertullian wrote that, *“we Christians wear out our foreheads with the sign of the cross.”* By signing ourselves, we are joining the countless saints that have gone before us. We can be a witness to the world whenever we sign ourselves in public. For example, the next time we eat in public, let us strive to make the sign of the cross as we pray our grace before meals.

Additionally, often times the sign of the cross is the quickest prayer we can muster in times of great stress. St. Francis de Sales, Doctor of the Church, recommends that we *“make spiritual aspirations to God by short, ardent movements of [our] hearts.”* We can do this by invoking all three persons of the Trinity and marking ourselves with the cross, which is the sign of our salvation. Therefore, the next time we experience a difficult moment, let us not despair but boldly make the sign of the cross. This will allow us to continually raise up our minds and hearts to the Blessed Trinity, the greatest mystery of our faith.

Summary

Today is the Solemnity of the Most Holy Trinity which we profess every time we make the sign of the cross saying *“in the name of the Father, and the Son and the Holy Spirit.”* St. Francis de Sales recommends that we *“make spiritual aspirations to God by short, ardent movements of [our] hearts.”* Therefore, the next time we experience a difficult moment in our lives or ministries, let us not despair but boldly invoke all three persons of the Trinity and make the sign of the cross.

~ Stewardship Bulletin Reflection – Archdiocese of Toronto ~



Mass Intentions

Monday, May 27th
St. Augustine of Canterbury

12:05 pm † Antonio & Aurora Villalon
requested by the Laranang family

Tuesday, May 28th – St. Germanus

12:05 pm Healing intentions for Merlinita Castro Mayor
requested by Libby Tillo

Wednesday, May 29th
St Paul VI, St Maximinus

12:05 pm In thanksgiving to St. Philomena
requested by Veronica Ferreira

Thursday, May 30th – St. Joan of Arc

12:05 pm In thanksgiving & for the intentions of Jose Paolo & Cherelle Mallares on their 25th Wedding anniversary
requested by The Sevilla family

Friday, May 31st
Visitation of the Blessed Virgin Mary

12:05 pm Blessings & Intentions of Rev. Jibin Joy
requested by Mary, Queen of Martyrs Praesidium

Saturday, June 1st - St. Justin

9:00 am † Dalisay Tecson on her 1st death anniversary
requested by the Santiage family

5:00 pm † Alice Silverio
requested by Andy & Alta Santos

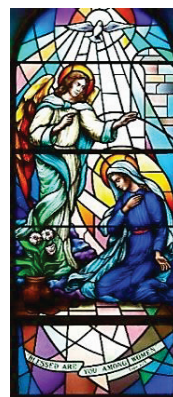
Sunday, June 2nd - Corpus Christi

9:00 am For the People of the Parish

11:00 am † Dalisay Tecson on her 1st death anniversary
requested by the Masses for Life Project

Stained Glass Preservation

We are in great need of donations for the preservation of the Stained Glass windows which has been completed.



Special envelopes are available at the front & side entrances of the church. Kindly contact the parish office if you are interested in donating to one of the windows for a special intention **or** in memory of a loved one. Families or individual ministries are also invited to take part in this fundraising project. The name of the benefactor will be inscribed on a plaque for each of the following.

- ◆ Top window - \$5,500
- ◆ Bottom window - \$1,700
- ◆ Donation - \$500

Your support is greatly appreciated!

WHAT IS THE TRINITY?

by Mike Hayes

The Trinity is the manner in which Catholics believe God is revealed to the world. The Catechism of the



Catholic Church tells us, “The mystery of the Holy Trinity is the central mystery of the Christian faith and of the Christian life.” (CCC, #261)

The Church shows that

because God is “mystery,” meaning that we just can’t pin God down — we’re unable to know everything there is to know about God — God has tried to communicate to us just who He is. Traditionally, the Church expressed this as, God being revealed as Father, Son, and Holy Spirit, three expressions or “persons” of one divine essence. The Trinity is one. Catholics do not believe in three Gods but rather one God in a unity of three persons with one divine nature.

God the Father

The church uses the image of the Father - the Creator from which everything flows and has its being - to express the first person of the Trinity. While the Son and the Holy Spirit are not “lesser gods” they do proceed from the Father as God’s own self-gift to humanity.

God the Son

The second person of the Trinity is the Son - Jesus himself, God become man. Catholics believe that God freely chooses to come into human history in the person of Jesus. God becomes like us and dies our human death for us. But, because Jesus is God, He cannot be held by death and rises to a new life, supremely better than human experience.

God the Holy Spirit

The third person of the Trinity is the Holy Spirit, who proceeds from both the Father and the Son. Jesus announces that his Father will send the Holy Spirit to be with and in the disciples, to teach and guide them. The Spirit is God’s real presence living within all of us, which brings us inspiration (which literally means “to draw in the Spirit”).

God is three “persons” but one “essence.” The Father is just as much “God” as the Son and neither is “more God” than the Spirit.

CORPUS CHRISTI MASS & PROCESSION

St. Michael’s Cathedral Basilica

Date: Sunday, June 2, 2024 (following Noon Mass)

All are welcome! All are welcome to join the Most



Reverend Francis Leo, Archbishop of Toronto, for a Corpus Christi Mass & Procession at Saint Michael’s Cathedral Basilica (65 Bond St.) on Sunday, June 2, 2024 following the Noon Mass. A

short procession (30-45 minutes) will take place in the vicinity surrounding the cathedral followed by Solemn Benediction followed by fellowship.

1st SATURDAY



Devotions to our Lady of Fatima will take place next week Saturday following the 9 am Mass.

Join us!

BOOK BARROW EVENT



This event will be held by the Legion of Mary next Sunday from 9:30 am to 12:30 pm.

Borrow book for free!

Deepen your faith, learn about saints and more !



FREE CATHOLIC ESTATE PLANNING WEBINAR

Date: Saturday, June 8, 2024, at 9:00 a.m.

Learn:

- How to avoid problems: in your Will, in the Powers of Attorney, and through proper Estate Trustee selection
- How to create your own legacy
- About our Catholic traditions around cremation, burials and funerals

3 WAYS TO REGISTER:

1. Scan this QR code:
2. Follow this QR link: qrco.de/WebJune08
3. Send an email to: Development@ArchToronto.org and write “webinar June 8” in the title line + your name(s) in the body of the message.



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