

SOLEMNITY OF THE MOST HOLY TRINITY June 7, 2020

Liturgical Color is **White** Liturgical Season is **Ordinary Time**

1st Reading - Ex 34:4B-6, 8, 9

Psalm- Dn3:52, 56

2nd Reading - 2 Cor 13:11-13

Gospel - Jn 3:16-18

Catholics believe in a Triune God. This central mystery of our faith through which all teachings flow from tells us that God is one in three persons; the Father, the Son and the Holy Spirit. Many images have been used to help us understand this mystery, for example, the shamrock, apples, tree, and the different states of water from gas to liquid to solid. The divine persons of the Trinity are distinct from one another and are relative to one another. "It is the Father who generates, the Son who is begotten, and the Holy Spirit who proceeds. The divine Unity is Triune" (*Catechism of the Catholic Church*, 254). As Catholics, we are baptized "in the name of the Father, and of the Son, and of the Holy Spirit". We sign ourselves with the *Sign of the Cross* as a prayer, a blessing, and a reminder that we are baptized into the body of Christ. We celebrate the Most Holy Trinity the Sunday after Pentecost as the "finale to all the preceding feasts. All three Persons contributed to and shared in the work of redemption." As we hear in the Gospel today, "God so loved the world as to give His only-begotten Son." The Son, became man and died for us, and is our redeemer and Savior. After the Ascension of Jesus, God sent the Holy Spirit as our Advocate, Guide, and Counselor. Father, Son and Holy Spirit - One God, Three Persons!

Celebrate @ Home Activities


Feast on Neapolitan ice cream, Vanilla, Chocolate and strawberry - three flavors in one scoop!

Download the poster [here](#) that is seen on the sidebar and place on a mirror for younger children to practice making the Sign of the Cross.

Walk around your neighborhood discovering all the things that nature grows in units of three i.e. shamrocks, flowers, tree leaves etc...

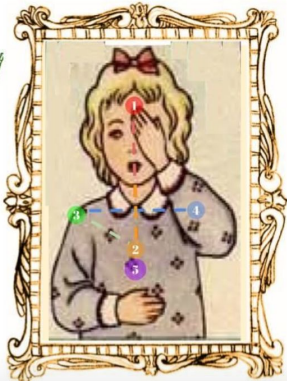
Go fly a kite! The framework of a simple kite is in the shape of a cross, the symbol of Christ. The tail which waives through the wind reminds us of the movement of the Holy Spirit in our lives. The material covering the body of the kite catches the wind and lifts it up in the air reminding us that God the Father is always surrounding us in life and love that guides us.

How to make the
Sign of the Cross



- 1 In the name of the Father
- 2 and of the Son
- 3 and of the Holy Spirit
- 4 Amen

Mirror image!




Learn More - Do More: Links for information and activities

[Catholic Exchange.com](#) - 21 Things We Do When We Make the Sign of the Cross. Stephen Beale (Sept 23, 2019)

[Catholicicing.com](#) - Trinity Resources for Catholic Kids. (June 10, 2019)

[Catholicicing.com](#) - Trinity Resources for Pre-school Kids (Sept. 15, 2010)

[Christiancrafters.com](#) - Trinity Muffins: A Food Devotion to Explain the Trinity to Children. Elizabeth Nielsen (2002)