



June 4, 2023 | Solemnity of the Most Holy Trinity

Ex 34:4b-6, 8-9 | 2 Cor 13:11-13 | Jn 3:16-18

Written by THE FAITHFUL DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

GROW: Last Sunday the Church celebrated the Solemnity of Pentecost: the birthday of the Church and the outpouring of the Holy Spirit into the world. Today we celebrate the Solemnity of the Most Holy Trinity, giving adoration and glory to the three divine persons in our one God: Father, Son, and Holy Spirit – three in unity, or Triune. In the Gospel we heard, John tells us: **“God so loved the world that he gave his only-begotten Son.”** If you’re going to write one Bible verse on a piece of cardboard and hold it up at a football game, this is it! John 3:16 encapsulates a Christian belief: We are loved by the Father beyond measure, and that love is incarnated – takes human flesh – in the divine person of his Son. But there is something deeper within this verse that comes to light much later in the Gospel: Jesus revealed that when he, the Son, returned to the Father, he would not leave us alone. (Jn 14: 26-28) Instead, the Holy Spirit came to be with us and remain with us. This is our God whom we celebrate and give thanks to: one in being, three in person. His love is unceasing and his Spirit dwells within and among us to guide us, advocate for us, and draw us ever closer to himself in that love.

GO EVANGELIZE | PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

GO: When it comes to evangelization, you could write a Bible verse on a piece of cardboard, hold it up in a crowded place and hope it piques someone’s interest. But we can take a cue from St. Paul in the second reading as well. He encourages us to mend our ways, encourage one another and **“greet one another with a holy kiss.”** And then he offers a prayer for the Corinthians: **“The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.”** Imagine what the world would be like if we all lived like that – if we worked to mend our mistakes, encouraged each other, and earnestly prayed for the grace, love, and fellowship of God to be upon every person. That would be a true witness to God’s presence in the world.

PRAY: This week, pray a Holy Trinity novena. The word “novena” comes from the Latin word for “nine,” and they typically include nine days of prayer, asking God for a specific intention, and beginning or ending on a feast or solemnity. Trust in the Triune God who loves you and offer him your heart. You may find the comfort or wisdom you seek.



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DEACON: **Wilbur Victoria**

JOHN 3:16
FOR GOD SO
LOVED
the world that He gave His only
BEGOTTEN SON
that whosoever
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LIFE

MASS SCHEDULES

WEEKDAYS: 9:00 am

SATURDAYS: 9:30 am & 5:00 pm

SUNDAYS: 9:00 am & 11:00 am

CONFESSION SCHEDULES

SATURDAYS: 4:30 pm—4:55 pm

10 minutes before Daily Mass

June 4, 2023

Holy Trinity Sunday

Liturgy of the Word

The Trinity is a mystery of faith and a communion of love.

In the first reading, God proclaims himself to Moses as the gracious, merciful, and loving God of Israel. In the second reading, Paul instructs the Corinthian community to live in encouragement, agreement, love, and peace and ends with a blessing of the Trinity. John proclaims in the Gospel that God gave the world *his only begotten Son, so that everyone who believes in him...may have eternal life.*

Today’s Readings:

1st: Exodus 34.4b-6, 8-9

Psalm: Daniel 3

2nd: 2 Corinthians 13.11-13

Gospel: John 3.16-18



PROJECT ADVANCE 2023

“Empowering Our Parish Vision” is this year’s appeal. The vision for our parish is doing our share in energy consumption by retrofitting the lighting system to LED. Our archdiocesan goal is \$23,400 and plus administrative expenses. Our parish goal is \$35,000 which goes toward the LED lighting in the Upper Room, the Parish Centre and Office. Thank you for your participation in PA2023!

CONFIRMATION

On Saturday, June 3, 11:30am Mass, our PREP 7 will receive their confirmation. Your prayers are welcome!

VACATION LEAVE

Joseph, our parish office administrator, will be away from June 8 to June 30. We will have temporary help. Thank you for your patience and understanding.

FAREWELL CELEBRATION

The celebration for Fr. Robert is on Friday, June 30, 6pm – 8pm, in the Parish Hall. Tickets are now available from the volunteers after Mass. Buffet dinner, \$30 per person.

Man's Destiny: Catholic Men's Conference 2023

Every man, father and son is invited and encouraged to attend *Man’s Destiny*, an annual men’s conference that provides an opportunity to step deeper into our faith, discerning the reality around us and affirming a faith-based approach to dealing with the chaos we witness daily in our world. With the theme *Finding Light in the Darkness*, the conference will feature Mass, keynote speakers, interactive group activities and time for Adoration and Confession. On Saturday, June 17, from 8:30 a.m. to 3:45 p.m. at St. Matthew's Parish Centre in Surrey. Cost is \$25. Fee covers breakfast, hot lunch and snacks/refreshments throughout the day. Learn more and register at beholdvancouver.org/events.

The Pope’s Prayer Intention for June 2023

For the abolition of torture: We pray that the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families.

Mass Intentions | Jun 4-10, 2023

Mon, Jun 5 - D’Mello Family (+)	Thu, Jun 8 - Alan Thome (+)
Tue, Jun 6 - Rosa Agregado (+)	Fri, Jun 9 - Eugene Martinez (+)
Wed, Jun 7 - Roberto Kalaw (+)	Sat, Jun 10 - Anthony Palma (INT)

A Stewardship Moment

“For God so loved the world that He gave His only Son...” John 3:16

Is your love conditional? Is there a price others have to pay to receive your love and forgiveness? Are you generous with your time, skills, money and possessions? If you give someone something, do you expect something in return? Do you give your time freely or do you “fit it in” when it's convenient for you? God desires a personal relationship with us so much that He gave us His Son, unconditionally! Pray for a grateful and generous heart.

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Preparing to Receive the Eucharist [Preparing to Receive the Eucharist \(creighton.edu\)](http://Preparing to Receive the Eucharist (creighton.edu))

Does it sometimes seem that we come up to Communion like we are coming up in line to get tickets for a ball game, and with considerably less excitement? How should we receive the Eucharist and how should we prepare to receive it? How can we let the Eucharist carry much more powerful grace for us and receive it consciously and with greater awareness of what is going to happen?

It isn't directly a matter of "worthiness," really. We say that wonderful prayer, "Lord, I am not worthy to receive you, but only say the word and my soul will be healed." Of course, we must be free from serious mortal sin (broken Communion). The reality is that we are all sinners and when we approach this sacrament, we need to be aware that we are receiving our Lord and Savior, who made us, who came to this earth to save us and who died for us. It is an overwhelming gift. If, when we come up to Communion, the minister gave a thousand dollars to everyone in the communion line, there would be much excitement in the church. But, when each of us receives Communion with - the body and blood, soul and divinity of - our Savior, we should be quite thrilled and show it. But, that takes a little work and preparation, and a little focus as we come to the Eucharist.

If Jesus himself, our risen Savior walked into the church and shook our hands, our hearts would be beating out of our chests and our lives would be transformed for a long time. We wouldn't have a hard time thanking him or being nicer to the people around us, or being more heroic in living our faith. The reality is that each time we receive the Eucharist, we are holding that same Lord in our hands and receiving him in our hearts.

If we receive this Communion with more awareness of what is happening and let it touch our hearts and, if we let this Communion with Jesus push out the other stuff that is "pre-occupying" our awareness - the anxieties, the conflicts, the fears, etc. - we will be free to love as we have been loved.