

Mass Intentions from May 25-31, 2024

Sat. May 25/4:30 p.m. Gladys Harvey - Daphne Pinto

Sun. May 26/10:00 a.m. Nick Baird - Teresa Baird
Eileen Shanahan - Shanahan & Scott family
Dr. Celine Rodrigue - Leila & Ian Henriques & family
Carlo, Valentine & Francesco Cicchino - Nick cicchino
Giuseppe Venanzi & Joe Giancola - Angela Venanzi
Francesco Nardi, Francesco Andreacchi & Giovanni - E Nardi
Estela & Ray Angelo Taguinod & Richard Gélinas - Guia Gélinas
Deceased members of Chung family - Jacqueline & Jenine Chung

Wed. May 29/10:00 a.m. Nick Baird - Teresa Baird

Thur. May 30/10:00 a.m. Nick Baird - Teresa Baird

The Visitation of the Blessed Virgin Mary

Fri. May 31/10:00 a.m. Living & Deceased Members of the Baird, Shanahan, Scott, Ryan, Malone, Faherty, McGarry & Kostner families - Teresa Baird

THE SOLEMNITY OF THE MOST HOLY TRINITY - (Year B)

“And know that I am with you always; yes, to the end of time.”

First Reading (Duet: 4:32-34. 39-40)

Moses reminds his people of the wonderful things God has done for them and for their descendants. He calls on them not to forget the Lord.

Second Reading (Romans 8:14-17)

Through uniting with the Spirit we become one with the family of God.

Gospel (Matthew 28:16-20)

The disciples had spent three safe, secure years with Jesus where they were his followers. Now the time has come when they are to be leaders bringing others the message of eternal life.

Reflection:

Our readings present to us a view of the Most Holy Trinity, whose solemnity we celebrate today. The First Reading enables us to see the actions which could be attributed to God the **Abba**-Father.

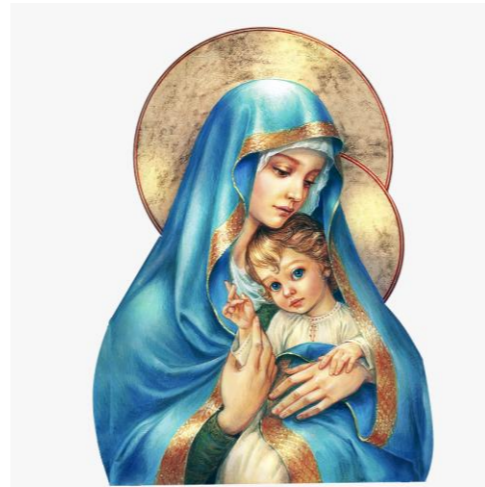
The Second Reading focuses on the power of the Holy Spirit.

In the Gospel, Jesus commissions His disciples to carry on His work.

Yet in all the readings there is evidence of the Triune God in action.

The mystery of the Trinity is both simple and complex. Simply stated it is that there is only one God, yet that one God is three persons: **Abba**-Father, Son, and Holy Spirit. The complexity comes from the struggle our mere human minds have when trying to adequately understand Who God is.

Yet Trinitarian Life is not meant to be a problem to be solved or an understanding to be figured out. The Trinity and the adoption into the family of the Triune God is a mystery to be lived. We are invited to participate in the very being or essence of God and have our lives enriched and lifted up to the divine level. God's relationship is first and foremost a relationship within the divinity itself. The **Abba** relates to the Son and the Spirit, just as the Son relates to His **Abba** and the Holy Spirit, in turn the Spirit is the relationship between the **Abba** and the Son. Yet the divine loving relationship is so powerful that God has chosen to let that loving relationship spill out into all creation, especially humanity which has been made in the image and likeness of God.



MAY IS THE MONTH OF THE BLESSED VIRGIN MARY Marian Prayers

HAIL HOLY QUEEN

Hail, holy Queen, Mother of mercy,
our life, our sweetness and our hope.
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs, mourning and
weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy upon us,
and after this, our exile, show unto us
the blessed fruit of thy womb Jesus
O clement, O loving, O sweet Virgin Mary! Amen



The Sanctuary Lamp will burn this week Giving Thanks to the Lord and for Special Intentions.

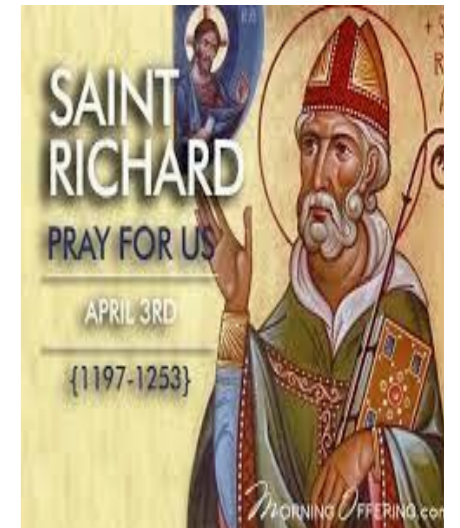
By - Kahawita family.

Sick and Shut-Ins

If you have a family member or know of a friend who is shut-in and wish to receive Holy Communion or a visit from our pastoral home care team please call the parish office.
We are here to serve you.

What does the Holy Trinity Symbolize

The Holy Trinity, is a way of describing God the Father, God the Son and God the Holy Spirit. and Lord over all the universe. God the Son refers to how we believe that God chose to come to earth as a human being in the form of Jesus, the son of Mary.



MARK YOUR CALENDAR FOR JUNE 16TH AS WE CONTINUE CELEBRATING ST. RICHARDS 60TH ANNIVERSARY...

The 60th Anniversary luncheon will take place on June 16th after the 10am mass. The ticket cost 10\$ for adults and children over 12 years old. Children under 12 enjoy for free. If you cannot attend, please make a donation. Please see Teresa Baird for your tickets. This year, consider celebrating Father's Day at St. Richard's with your parish family!

The Life of St. Richard

St. Richard of Chichester (1197-1253), also known as Richard de Wyche, who became **Saint Richard**, was a man of strong character, an accomplished scholar, energetic, kind, modest about his own powers, cheerful, courageous and highly ethical individual. He loved people and was greatly beloved by them.

15/15 The Prayer of St Richard of Chichester

St Richard, who was Bishop of Chichester for eight years in the mid-13th century, was well acquainted with both hard work and suffering. Though a gifted scholar and lawyer, he did not flinch from physical labour; and as Bishop he found himself a homeless outcast in his own diocese, until King Henry III finally accepted his appointment by the Pope. His prayer reflects the commitment and 'stickability' needed by anyone who seeks to be a true follower of Jesus.

Richard is widely remembered today for the popular prayer ascribed to him:

Thanks be to you, our Lord Jesus Christ, for all the benefits which you have given us, for all the pains and insults which you have borne for us. Most merciful Redeemer, Friend and Brother, may we know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.