

Mass Intentions (May 30-June 5, 2026)

Sat. May 30/4:30 p.m. Nick Baird - Teresa Baird

Sun. May 31/10:00 a.m. Nick Baird - Teresa Baird
Eileen Shanahan - Shanahan & Scott families
Honesto, Estela & Ray Angelo Taguinod & Richard Gélinas - Guia Gélinas

Memorial - St. Charles Lwanga and Companions

Wed. Jun 3/10:00 a.m. Rosa & Giuseppe Pavoni - Mario Danesi

Thu. Jun 4/10:00 a.m. Francesco Nardi, Francesco Andreacchi & Giovanni - E Nardi

Memorial - St. Boniface

Fri. Jun 5/10:00 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 Sunday (Year A)
“Glory and praise forever.”**

First Reading (Exodus 34:4-6. 8-9)

The Lord, a GOD merciful and gracious.

Second Reading (2 Corinthians 13:11-13)

The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with all of you.

Gospel (John 3:16-18)

Jesus reveals GOD’s purpose: “GOD loved the world so much he gave his Son” so that the world might be saved.

Reflection:

The readings today are not theological explanations of the mystery of the Holy Trinity (that is, that there is only One GOD, yet three persons in the One GOD). Rather they give us a glimpse of some of the characteristics of our Triune GOD. Obviously, even these are only our human way of trying to relate to a GOD Who is far beyond our understanding, yet so close to us as our next breath.

Our One GOD is a relationship of persons. The way the three person of Blessed Trinity relate to each other is unique and yet so uniting that we have a Trinity of Person in the Oneness of our GOD. The Trinity is a mystery. The Trinity is not something which can be explained, but the mystery of the Trinity can be experienced. We are not to try to solve the mystery, but to live and be united with our One GOD Who is three distinct Persons.

The more we relate to our GOD, the more we apprehend (not comprehend) Who this GOD is. We are drawn into this relationship and will be able to enjoy this relationship not just now, but for all eternity. How awesome is our GOD! The fullest and most remarkable revelation of GOD comes from Jesus, the Word of GOD made flesh, who alone has come from heaven.

Jesus tells us of GOD’s purpose and plan for our world. GOD wants humanity to be saved, not condemned.

May you be drawn more and more into the relationship with the One GOD Who is Abba-Father, Son, and Holy Spirit!

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.

We will never fully comprehend the Trinity with our mind, but we can apprehend (hold on to the relationship with) the GOD Who is Abba-Father, Son, and Holy Spirit.

Blessed are You, LORD GOD, uniquely one, yet also a relationship of three. Through Your Goodness, You reveal Yourself to us over the course of our human history, inviting us to come into Your relationship – Your essence. In Your loving parental care, You have created us. Yet because of Your giving us the freedom to choose, we have sometimes chosen to not accept Your love and therefore have sinned. In Your continuing love, You have sent the Son to reveal the relationship that exists within Your very being. By His life, ministry, death, and resurrection, He demonstrates Your mercy and graciousness. In His human nature, He freely chose to be fully in relationship with the fullness of Your Triune Being and to fulfill Your plan of salvation through His giving of Himself completely by dying on the cross and rising from the tomb. As a further sign of Your love for us, You have given us the Your gift of another facet of Your nature – the Holy Spirit – so that we could continue the mission of Jesus by helping to draw more people into relationship with You Who are Abba, Son, and Holy Spirit.

We want to give You glory, honor, and praise and exalt in Your Name – Abba, Son, and Holy Spirit. We make this prayer, calling upon Your Name from Whom all love and life originates, and that of Jesus, from Whom all grace and salvation flow, and the Holy Spirit, in Whom we have life, fellowship, and communion – our one and only GOD now and for ever. Amen.



The Sanctuary Lamp will burn this week giving thanks to the Lord.

By - Ernest Clump.

Fr. Sijo Jose Arikkat will be arriving at the parish on Monday, June 1st. between 12:30 and 1:30 pm. Parishioners who are free can pass by for meet & greet reception.

Fr. George will be celebrating a mass on Tuesday, June 2 at 8 am and will be leaving thereafter.



St. Richards Parish is looking for a volunteer WEB DESIGNER to maintain and keep our parish website updated. We are hopeful a few of our TECH-SAVVY parishioners will be able to help out. Our website is www.strichards.ca

Please contact the parish office 514- 488 0778 or feel free to meet the parish secretary Hannah on Sundays after mass.

Thank you in advance for always supporting your parish.

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.

**Every Friday 9 to 10 am
Exposition of the Blessed Sacrament
&
Chaplet of The Divine Mercy followed by mass at 10 am.**

**New office hrs; Wednesday & Thursday - 9 am to 12 pm.
Friday - 9 am to 1 pm.**