

Notes from the Liturgist...

Holy Trinity: The Communion of Overflowing Love

Today we commemorate the feast of the Most Holy Trinity. The Trinity emphasizes to us the true meaning of unity of love. The communion of each person in the Trinity: the communion of the Father to the Son and to the Holy Spirit. So, the trinity is an image or a great example of a good relationship, there is a collaboration/communion to one another. The Trinity reminds us that we should also be like them.

Let me share with you the meaning and importance of the Holy Trinity from the **Catechism of the Catholic Church** which I quote:

261 The mystery of the Most Holy Trinity is the central mystery of the Christian faith and of Christian life. God alone can make it known to us by revealing himself as Father, Son and Holy Spirit.

262 The Incarnation of God's Son reveals that God is the eternal Father and that the Son is consubstantial with the Father, which means that, in the Father and with the Father the Son is one and the same God.

263 The mission of the Holy Spirit, sent by the Father in the name of the Son (*Jn.* 14:26) and by the Son "from the Father" (*Jn.* 15:26), reveals that, with them, the Spirit is one and the same God. "With the Father and the Son, he is worshipped and glorified" (Nicene Creed).

264 "The Holy Spirit proceeds from the Father as the first principle and, by the eternal gift of this to the Son, from the communion of both the Father and the Son" (St. Augustine, *De Trin.* 15, 26, 47: PL 42, 1095).

265 By the grace of Baptism "in the name of the Father and of the Son and of the Holy Spirit", we are called to share in the life of the Blessed Trinity, here on earth in the obscurity of faith, and after death in eternal light (cf. Paul VI, *CPG* § 9).

266 "Now this is the Catholic faith: We worship one God in the Trinity and the Trinity in unity, without either confusing the persons or dividing the substance; for the person of the Father is one, the Son's is another, the Holy Spirit's another; but the Godhead of the Father, Son and Holy Spirit is one, their glory equal, their majesty coeternal" (Athanasian Creed: DS 75; ND 16).

267 Inseparable in what they are, the divine persons are also inseparable in what they do. But within the single divine operation each shows forth what is proper to him in the Trinity, especially in the divine missions of the Son's Incarnation and the gift of the Holy Spirit.

So, the challenge for us today my dear friends is that, we should imitate the common goal of each person in the Blessed Trinity to be united, that there should be a communion/collaboration within our community as always. Let us begin that goal within our families, to our neighbors and to our community. Here at Our Lady of Perpetual Help Parish, we are diverse, but we are one big family praising Him.