

The Most Holy Trinity

My brothers and sisters in Christ,

Happy Feast Day! Today we celebrate the Solemnity of the Most Holy Trinity. It is a special feast day for our parish as we are named after the Most Holy Trinity. As we celebrate our feast day, I ask every parishioner to reflect on how the mercy and grace of the Trinity have touched and impacted your lives, and say a prayer for one another in our parish so that each of us may be filled with more graces from the Trinity and strive toward a bond of unity in our families, parish, and nation.

The Most Holy Trinity which we celebrate today is the mystery of One God in three distinct Persons. Although in God there is one nature, there are three distinct Persons in that nature: the Father, the Son who proceeds from the Father, and the Holy Spirit who proceeds from the Father and the Son.

One of the distinguishing marks of the Catholic Church is the sign of the cross. Whenever we see someone at a restaurant make the sign of the cross before meals or athletes use it during games to celebrate a goal or basket, we assume that the person has had some exposure to the Catholic faith. We make such assumptions because in our faith, every liturgical action and prayer begins "in the name of the Father, and of the Son, and of the Holy Spirit." Our prayers are often accompanied by an ascription of praise to God, such as "Glory be to the Father, and to the Son, and to the Holy Spirit." Our Christian life, which begins at baptism is anchored in the Trinity as evidenced in the words of the priest when he says: "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit." At weddings, a celebration of the Sacrament of Marriage from which life also comes, spouses not only exchange consent, but also pledge their love and fidelity to each other. While placing rings on each other's fingers as a sign of that pledge, they call upon the Trinity to be witnesses of their pledge and commitment. Husband and wife say to each other: "Take this ring as a sign of my love and fidelity, in the name of the Father, and of the Son, and of the Holy Spirit." When we say the Creed, we powerfully profess our belief in the Trinity as we say "I believe in one God the Father Almighty, maker of heaven and earth.... I believe in one Lord Jesus Christ, the Only Begotten Son of God.... I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified.... In all these instances and many more, we acknowledge that by creating us, God the Father gave us life; by dying on the cross, God the Son redeemed us from sin and restored our life to its original dignity; and by anointing, God the Holy Spirit sanctified and empowered us.

How, then, can we participate more fully in the life of the Most Holy Trinity? We first need to give thanks to God for precious gift of life he has given each of us. Secondly, it is important for us to remember that the life of the Trinity is a life of community. The Father does not cease to be the Father, and Jesus does not cease to be Jesus because they are one. The only reason they are one is because they love. And the uniting bond of love between the Father and the Son is the Holy Spirit. If we are to live up to our trinitarian faith, we are invited today to let our lives show and emphasize a communal spirituality, lives that strive to be the bond of unity.

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I pray for every parishioner, that your life be blessed and strengthened now and always in the name of the Father and of the Son, and of the Holy Spirit. Amen.

- Fr. Anthony Ahamefule, Parish Priest

Happy Father's Day

On behalf of our parish community, I wish all the fathers in our parish a Happy Father's Day. To be a father is a blessing from God and a big responsibility. As you continue to fulfill your vocations in the family, may you be strengthened by God the Father, may the light of Christ always shine upon you and bring you peace, and may you be blessed by the power of the Holy Spirit who guides us. Once more, Happy Father's Day!