

Useful Resources

Scan the QR codes with your smart phone camera.



The Trinity – Catholic Central.
<https://youtu.be/wkYM9OvX7f8>



The Meaning of the Trinity –
Bishop Robert Baron
<https://youtu.be/5l-Lv9tGQwl>



The Holy Trinity – Dr. Brant Pitre.
<https://youtu.be/XjuFeDa69YQ>



The Persons of the Trinity (Aquinas
101) – The Thomistic Institute
<https://youtu.be/TLqvM2Pcpl4>

Feast of the Holy Trinity

This Sunday we celebrate The Solemnity of the Most Holy Trinity (or Trinity Sunday) as we begin Ordinary Time. This great Solemnity follows Easter, the Ascension and Pentecost because only after the Father raised the Son from the dead, after the Son ascended into Heaven, and after the Holy Spirit descended upon the Apostles (and upon us at our Baptism) was the Mystery of the Trinity fully revealed to us. Which is not to say that any human being can *understand* this Mystery of one God in which the Father is the first Divine Person; the Son is the second Divine Person, begotten of the Father from eternity; and the Holy Spirit is the third Divine Person, proceeding from the Father and the Son. It is by faith and not by reason that we

believe $1+1+1 = 1$ and not 3. But we believe in this Mystery because Jesus who is God taught it clearly, the Apostles proclaimed it, the Evangelists recorded it, and the Councils of Nicaea (325 A.D.) and Toledo (589 A.D.) declared it as a dogma of Catholic faith. Since we lack the capacity to fully understand this Mystery, we can only pray for the faith to believe. Three very simple prayers which focus on the Mystery of the Trinity are the making of the Sign of the Cross, the *Gloria Patri* ("Glory be to the Father, Son and Holy Spirit. As it was in the beginning, is now and every shall be") and the *Trisagion* ("Holy God, Holy Mighty One, Holy Immortal One, Have mercy on us.")

Ordinary Time

The Mystery of Christ unfolds through the cycle of the Liturgical Year, marked by Advent, Christmas Time, Lent, the Sacred Paschal Triduum, and Easter Time. Ordinary Time – divided into two periods (one spans the 4-8 weeks between the Epiphany and Ash Wednesday, and the other from Pentecost to Advent) but considered one season – is when the faithful consider the fullness of Jesus' teachings and works among His people which calls us to live out His Mystery in our own lives.

However, Ordinary Time is far from ordinary. Ordinary Time contain the majority of Jesus' earthly ministry and some of the major events of the Gospels we have come to know and love. The miracles, the parables, the calling of the Twelve, the Sermon on the Mount, the Bread of Life discourse. . . we get all that and more during Ordinary Time. Truly, there is much to celebrate.



St. Casimir at Canton &
Patterson Park Website
<https://stcasimir.org/>



St. Casimir at Canton &
Patterson Park Facebook
<https://www.facebook.com/stcasimircantonMD/>



St. Elizabeth of Hungary
at Patterson Park Facebook
<https://www.facebook.com/StLizBmore/>

So why the word Ordinary? Ordinary, in this sense, comes from the Latin term *ordinalis*, which means “numbered” or “ruled” and simply refers to the ongoing and rhythmical nature of the season. The ordinary sense of the word “ordinary,” as something being plain, unimpressive, or unexciting, doesn’t reflect the true meaning of the season.

The liturgical color for Ordinary Time is green. This is to represent the time of growth and expansion of the Church following the life, death, and resurrection of Jesus. Green is a very natural color, and is often a symbol for growth and new life.

Like all liturgical seasons, Ordinary Time is meant to be lived! We shouldn’t be “relaxing” the spiritual practices we grew during Lent and Easter Time. According to the United States Council of Catholic Bishops, “The Sundays and weeks of Ordinary Time, on the other hand, take us through the life of Christ. This is the time of conversion. This is living the life of Christ. Ordinary Time is a time for growth and maturation, a time in which the mystery of Christ is called to penetrate ever more deeply into history until all things are finally caught up in Christ.”

How can we get caught up in Christ? Well, your “Ordinary” life is often just a series of habits. If we want to change our lives to be more like Christ’s, we need to change our habits. Here are some ideas you can embrace during Ordinary Time to get caught up in Christ:

1. Start attending daily Mass at least once a week;
2. Start reading the daily Gospel;
3. Start listening to a Catholic Podcast;
4. At the family dinner, ask each person to name one thing for which they are grateful to God that day;
5. Set aside an extra time for prayer break during your work day (and put it in your

calendar). Ordinary Time can become extraordinary if you make it so.

Saints of the Week

Scan the QR codes with your phone to read and listen about the lives of the Saints.



June 4 – Blessed Angelina of Marsciano (1377–1435). Founded 16 Third Order Franciscan communities to help the poor.



June 5 – Saint Boniface (c. 675–754). Benedictine monk who devoted his life to the conversion of the Germanic tribes.



June 6 – Saint Norbert (c. 1080–1134). Founded Praemonstratensian Order to combat heresies regarding the Blessed Sacrament.



June 7 – Blessed Franz Jägerstätter (1907–1943). Austrian farmer and father executed for refusing to fight for Nazi Germany.



June 8 – Saint William of York (1090 –1154). Died from poisoning after becoming Archbishop of York.



June 9 – Saint Ephrem (c. 306–373). Poet, teacher, orator, and only Syriac Christian doctor of the Church.



June 10 – Saint Joachima (1783–1854). Widowed Spanish mother established the Carmelite Sisters of Charity.