



# The Solemnity of the Most Holy Trinity

MAY 30, 2021

## The Mystery of the Holy Trinity

*“The Feast of the Most Holy Trinity leads us to contemplate the mystery of God who unceasingly creates, redeems and sanctifies, always with love and through love.”*—Pope Francis, May 27, 2018

The mystery of the Holy Trinity is the central mystery of the Christian faith and life. God reveals himself as Father, Son, and Holy Spirit. The doctrine of the Trinity includes three truths of faith.

First, the Trinity is One. We do not speak of three gods but of one God. Each of the Persons is fully God. They are a unity of Persons in one divine nature.

Second, the Divine Persons are distinct from each other. Father, Son, and Spirit are not three appearances or modes of God, but three identifiable persons, each fully God in a way distinct from the others.

Third, the Divine Persons are in relation to each other. The distinction of each is understood only in reference to the others. The Father cannot be the Father without the Son, nor can the Son be the Son without the Father. The Holy Spirit is related to the Father and the Son who both send him forth.

All Christians are baptized in the name of the Father and of the Son and of the Holy Spirit. The Trinity illumines all the other mysteries of faith.

## The Feast of the Visitation of Mary

Monday, May 31, 2021

This feast commemorates the three-month visit of Mary with her elderly cousin Elizabeth during Mary's pregnancy with Jesus and Elizabeth's with John the Baptist. The story appears in the first chapter of Luke's Gospel. It recounts Elizabeth's Spirit-filled greeting, acknowledging Mary as “the mother of my Lord,” and Mary's beautiful response, the Magnificat, which begins, “My soul proclaims the greatness of the Lord.” Introduced by the Franciscans in 1263, the feast became universal in the 16th century.



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