



DIOCESE OF SACRAMENTO
Office of Family & Faith Formation

2110 Broadway Sacramento, CA 95818-2541 (916) 733-0177

The Solemnity of the Most Holy Trinity

with Fr. Michael Vaughan, Pastor

Good Shepherd Parish, Elk Grove



<https://www.cathopic.com/photo/20666-santisima-trinidad>

Gospel, Matthew 28:16-20

The eleven disciples went to Galilee,
to the mountain to which Jesus had ordered them.
When they all saw him, they worshiped, but they doubted.
Then Jesus approached and said to them,
"All power in heaven and on earth has been given to me.
Go, therefore, and make disciples of all nations,
baptizing them in the name of the Father,
and of the Son, and of the Holy Spirit,
teaching them to observe all that I have commanded you.
And behold, I am with you always, until the end of the age."

Reflection Matthew 28:20

"And behold, I am with you always, until the end of the age."

This Sunday is the Solemnity of the Holy Trinity. We thank God for who he is. God is love itself. There is complete self giving between the three distinct persons of the Trinity. God happy in himself, created us in order to share with us his divine life. We can say that the measure of love is that it has no measure. It is superabundant.

God can never be outdone in generosity. When we calculate our gift to God and others we are the ones who end up being short changed. By truly loving God, we end up truly loving ourselves.

Questions for Reflection:

Do I meditate often on God's gifts to me
(*Creation, Redemption, The Church, The Sacraments, etc.*)?

Have I experienced the joy of giving until it hurts?

Have I discovered that there is more joy in giving than in receiving?

Psalm

33:4-5, 6, 9, 18-19, 20, 22

Upright is the word of the LORD, and all his works are trustworthy.

He loves justice and right; of the kindness of the Lord the earth is full.

By the word of the LORD the heavens were made; by the breath of his mouth all their host.

For he spoke, and it was made; he commanded, and it stood forth.

See, the eyes of the LORD are upon those who fear him, upon those who hope for his kindness, To deliver them from death and preserve them in spite of famine.

Our soul waits for the LORD, who is our help and our shield.

May your kindness, O LORD, be upon us who have put our hope in you.

Η ΑΓΙΑ ΤΡΙΑΣ



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