

MOST HOLY TRINITY REFLECTION AND PRAYER

The Solemnity of the Most Holy Trinity reminds us of one of the greatest mysteries of our faith: One God in three Persons - Father, Son and Holy Spirit. The Trinity is not a puzzle to be solved but a mystery to be loved and lived.

At the heart of the Trinity is love. The Father loves the Son, the Son loves the Father, and the Holy Spirit is the bond of that eternal love. We are created in the image of this God of communion and love. Therefore, we too are called to live in unity, love and relationship with one another.

Every time we make the Sign of the Cross, we profess this mystery: In the name of the Father, and of the Son, and of the Holy Spirit. We place our lives into the life of God Himself.

The Trinity reminds us that we are never alone. The Father watches over us, the Son walks with us, and the Holy Spirit lives within us.

Prayer

Heavenly Father,

We thank You for revealing Yourself to us as Father, Son and Holy Spirit. Help us to live in the love that flows from Your divine life. Draw our parish closer to You and to one another. Teach us to reflect Your unity through love, kindness, patience and forgiveness. Bless our families, strengthen our faith, and fill us with the grace of Your Holy Spirit. May we always live as Your children and one day share in the joy of Your eternal presence.

We ask this through Christ our Lord. Amen.

Shalom,

Fr Anthony Onoko
Pastor

Fr. Anthony's Office Hours

If anyone wants to meet with Fr. Anthony please call to set up an appointment. He could be available at St. Sebastian on Wednesdays from 10:30 AM until 3:00 PM. He is available at Epiphany of Our Lord, (724-684-7661) Tuesdays and is at St. John the Baptist, (724-736-4442) Mondays. Please call first.

A NOTE FROM THE PASTOR

Entering Ordinary Time: A Season of Growth and Fruitfulness

As we come to the end of the great celebrations of Easter, Pentecost, and the beautiful solemnities that follow, we prepare to enter what the Church calls Ordinary Time. The word "ordinary" does not mean dull, common or unimportant. It comes from the word ordinal, meaning "numbered", because the Sundays and weeks are counted.

Ordinary Time is a beautiful season in the life of the Church because it is a season of growth, blossoming and fruitfulness. During this season, the priest wears green vestments. Green is the color of life, growth, hope and flourishing. Just as plants and trees grow steadily and quietly, the Church invites us to grow steadily in our spiritual lives.

Not every season of life is dramatic. Most of life is lived in ordinary days. Jesus Himself spent many years in the ordinary rhythms of life before His public ministry. Yet those ordinary years were not wasted years. They were years of growth and preparation.

Ordinary Time reminds us that God is still at work in the hidden and simple moments of our lives. Through prayer, the Eucharist, acts of kindness, faithfulness in our duties, love for others and daily sacrifices, we gradually blossom into the people God calls us to be.

God does not simply want us to remain spiritually alive; He wants us to bear fruit. Jesus tells us:

"By this my Father is glorified, that you bear much fruit and so prove to be my disciples." (John 15:8)

As we enter this season, let us ask ourselves: What fruits is God producing in my life? Am I growing in love, patience, goodness, forgiveness and holiness?

May this Ordinary Time become for all of us a season of blossoming, growth and abundant spiritual fruitfulness.

Shalom,
Fr Anthony Onoko
Pastor