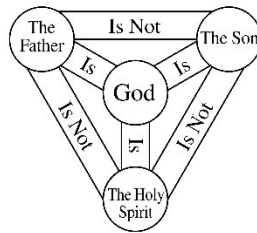


LITURGY BYTES

Trinity Sunday



The first Sunday following Pentecost, the Church celebrates the feast of the Most Holy Trinity. Initially, this feast was not celebrated after Pentecost and took a few centuries to find its place onto the Church's calendar.

After the feast of Pentecost, the Church continues to meditate on the great mystery of God through the feast of Trinity Sunday. Another interesting point about this feast is that it is one of the few celebrations of the Christian year that commemorates a reality and doctrine rather than an event or person.

Trinity Sunday is a solemn celebration of the belief in the revelation of one God, yet three divine persons. According to the Catholic Encyclopedia, initially this Sunday had no specific focus or theme. There was, at that time, no particular feast celebrating the Trinity, but soon enough the need arose for the Church to add it. A heresy known as the Arian heresy began to spread in the 4th century, disputing the traditional Christian belief of one God in three divine persons. The bishops of the Church decided to compose a Mass in honor of the Trinity to reaffirm the belief, but it was not given a specific date on the calendar. By the 8th and 9th centuries, the Church found the perfect place. My old Sunday missal explains why Sunday is a fitting day for this feast in these words: *"Sunday is consecrated throughout the year to the Holy Trinity because God the Father began the work of creation on the first day, the Son made man rose from the dead on a Sunday morning, and the Holy Spirit came down on the Apostles on Pentecost Sunday."*

Celebrating the Trinity after Pentecost allows the Church to reflect on the mystery of God after receiving the gift of the Spirit. This helps us see the connection that if we truly want to understand the Trinity, we need to have the gift of the Holy Spirit. We can never fully understand who God is on our own and need his guidance and inspiration.

Have a spirit-filled, blessed, safe and healthy week!~ *Michele Hall*