



The Solemnity of the Most Holy Trinity

The Mystery of the Trinity

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 Visitation of the Blessed Virgin Mary—May 31

Feast Day—May 31

Luke 1:39-45

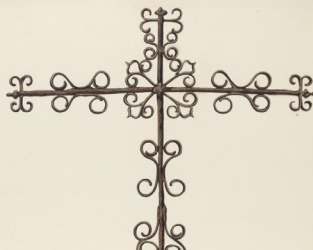
Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me?"

For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."



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.

"God is a 'family' of three Persons who love each other



so much as to form a single whole."

—Pope Francis, May 2016