**SOLEMNITY OF THE MOST HOLY TRINITY**

“A merciful and gracious God, slow to anger and rich in fidelity.”

**Mass Schedule and Intentions**

**Saturday, June 3, 5:00 p.m. Mass - For world peace, the poor and the Parishioners of St. Peter’s**

**Sunday, June 4, 9:30 a.m. Mass + For the Soul of Elisabeth Witteveen by Paula Smith**

**11:00 a.m. Mass - For world peace, the poor and the Parishioners of St. Peter’s**

**Monday, June 5, No Mass**

**Tuesday, June 6, 7:00 p.m. - Healing Mass**

**Wednesday, June 7, 8:30 a.m. Mass**

**Thursday, June 8, 8:30 a.m. Mass**

**Friday, June 9, 8:30 a.m. Mass**

**Saturday, June 10, 5:00 p.m. Mass – Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)**

**Pro - populo**

**Sunday, June 4, 9:30 a.m. Mass - For world peace, the poor and the Parishioners of St. Peter’s**

**11:00 a.m. Mass - For world peace, the poor and the Parishioners of St. Peter’s**

**HOLY TRINITY REFLECTION: The Easter season has come to an end, and we might have expected that the Sunday after Pentecost would be simply one of those Sundays of the year 'in ordinary time'. The Solemnity of the Most Holy Trinity, Trinity Sunday, gives us the opportunity to reflect on the mystery of God, the God who has been revealed to us above all in the death and resurrection of Jesus, the Son of God, and in the outpouring of the Holy Spirit. In our gospel reading Jesus teaches Nicodemus, who is searching for the truth, about the basic motivation of God in sending us the only Son. This motivation is love. In creating us God also makes it possible for us to accept the love of God with complete freedom, for we can refuse this love. Believing in 'the name of God's only Son' means acknowledging the reality of the love of God for each of us. We are challenged to allow the love of God into our lives again and again in the daily decisions we must make to embrace what is good and to shun what is evil. If we reject goodness, it is not God who condemns us. We condemn ourselves. The essence of God's attitude towards human beings is clear already in the first reading from the Book of Exodus, when the Lord is revealed as a 'God of tenderness and compassion, slow to anger, and rich in kindness and faithfulness'. These qualities of God are illustrated as the story of salvation progresses and most fully when, in the fullness of time, God sends the incarnate Son to live and die for us, and pours out the Holy Spirit to be the constant presence of God's love in the world. St Paul's final greeting to the people of Corinth in the second reading sums up our prayer on this feast: 'The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.' Have we accepted in our heart that God is 'a God of compassion'? Do we understand that faith is essentially trusting in God who loves and saves us? Pray for a renewed sense of the awesomeness of God. Pray for those who struggle with the notion of a God who loves them.**

**ARCHDIOCESE’S NEW WEBSITE:** **The Archdiocese of Ottawa-Cornwall has launched its brand-new site and created a new opportunity for parishes to promote their events. Though the Friday Facts will be ending soon, this site will promote events in the diocese to the public. Click the link to visit the Events page to see what is happening in the diocese: https:// ottawacornwall.ca/allevents/.**

**CALLED TO SERVE - Ordinations to the Priesthood:** **With praise and thanksgiving to Almighty God. The Archdiocese announces the ordination of two new priests for service in the Archdiocese of Ottawa-Cornwall, Rev. Mr. Michael El-Nachef and Rev. Mr. Polux Jean-Baptiste, which will held at Notre-Dame Cathedral Basilica on the Solemnity of the Sacred Heart of Jesus, Friday, June 16th at 7:00 p.m. All are welcome to attend this joyful celebration for our archdiocese.**

**83rd Annual Pilgrimage to the Shrine of St. Ann in Cormac, ON**. **July 30, 7:00 pm & Sun July 31. Theme: “Living a Daily Life with the Trinity”. Principal Pilgrimage Mass will be celebrated at 11:00 am with Bishop Guy Desrochers presiding. Exposition of the Blessed Sacrament and Closing Benediction at 1:00 pm. Area priests will bless the faithful with St. Ann’s oil. All welcome! Info:** [**www.cormacpilgrimage.com**](http://www.cormacpilgrimage.com)**.**

**149TH ANNUAL PILGRIMAGE TO STE-ANNE-DE-BEAUPRE & NOTRE-DAME OF THE CAPE: After a long 3 years of pandemic the 149th Annual Pilgrimage to the Shrines of SteAnne-de-Beaupré and Our Lady of the Cape is resuming with buses that will depart from the Dioceses of Ottawa-Cornwall, Gatineau, Pembroke, St-Jérôme/Mont-Laurier and Kingston August 12-13, 2023. Our Weekend Celebrant is Bishop Guy Desrochers, Diocese of Pembroke. Please see posters at the entrance to the church for further details.**

**Diocesan Theme:** **Christ Is Everything For Us. “Lord, to whom can we go? You have the words to eternal life”. (John 6.68)**

**DOORS OPEN OTTAWA:** **Ever wanted a glimpse inside an embassy or a Hindu temple? Curious about what goes on at the OC Transpo Simulator Facility or your local fire station? This weekend is your chance to see inside dozens of the capital’s buildings during Doors Open Ottawa (June 3 and 4). The free event—one of the largest Doors Open events in North America—features everything from a former prime ministerial residence (Laurier House) to the Ottawa Humane Society.**

**SIMPLE LOVE IN DIFFICULT TIMES:** **How should a Christian handle hurt and rejection? The answer is both simple and difficult. Simple, because the answer is always “respond with love”. Difficult because loving the hurtful or hateful we encounter, goes against our basic human nature. We want to hurt back, hit back, and we forget the blessings God has promised for those who love instead, and while He knows our sinful struggles with hate, God still expects an obedient attempt, it doesn’t have to grandiose. Try the simpler solutions. When someone scowls, smile in return. When they curse, whisper a prayer for them. When they push you away, slip an arm under theirs and pull them into a hug. It’s a matter of trying simple love in difficult times, and letting God do the rest.**

**EACH OF US: Is the result of a thought of God. Is willed. Is loved. Is necessary.**

**(Pope Benedict XVI)**

**TRINITY SUNDAY: Many of us would admit that we are more like Nicodemus than we are like any other New Testament character. Like Nicodemus, we have unsatisfied spiritual hunger. We find the demands of Jesus hard to face up to, trying to hide our spiritual timidity behind intellectual doubt. We ask our questions where no one can hear, maybe not even the Saviour, only to have our fears dissolve behind the wonder of John 3:16. This “brotherhood” we feel with Nicodemus is even more relevant as society strays further from Christ and His church. We need to let our spiritual hunger drive us through the world’s darkness to find Jesus again, asking those key questions of faith. And we need to let Jesus’ answer give us the courage of commitment, as we face our crumbling society. Then we need to stand up and carry the message of that new birth to the world.**

**EARLY OR LATE...** **We are one! One of the glories of the Christian faith is that we are all made spiritual equals through salvation. Rich and poor, servant and king, cradle believer and late convert all become the children of God, members of his family. Each soul when placing their trust in Christ, experiences the same new birth, are indwelt by the same Holy Spirit, and share the same hope.**

**Sunday Morning Smile:** **A priest walking down a country lane sees a young farmer struggling to load hay back onto a cart after it had fallen off. "You look hot, my son," said the cleric. "why don't you rest a moment, and I'll give you a hand." "No thanks," said the young man. "My father wouldn't like it." "Don't be silly," the priest said, "Everyone is entitled to a break. Come and have a drink of water." Again the young man protested that his father would be upset. Losing his patience, the priest said, "Your father must be a real tyrant. Tell me where I can find him and I’ll give him a piece of my mind!" "Well, Father," replied the young farmer, "he's under the load of hay.”**

**THE SPIRIT WITHIN...** **When we say, ‘In the name of the Father, Son and Holy Spirit’ most of us get some images of God as Father and of Jesus Christ, the Son of God. But the Holy Spirit often leaves us baffled. Artists have depicted the Holy Spirit as a dove or a flame descending on us from the sky, waiting to be released and spread throughout the world. Rather we can see that with every kind act, word and thought, we awaken the Spirit in us, helping it spread outward to others. We help keep the Spirit alive and active by consciously making daily efforts to serve and sanctify others. God’s Spirit of love and goodness will touch countless others –if we start with a single smile or simple act of kindness.**

**Our Relationship with God Sometimes: it is easier to think of the Trinity in terms of our relationship to God, in terms of the impact of his love upon us. The titles we use are Creator, Redeemer and Sanctifier. To sanctify means to make holy. God - the Holy Spirit - sanctifies us, turns redemption into a concrete, practical reality in our daily lives so we can become totally what we were created to be - truthful images of the Father. We were claimed by Christ for holiness in our Baptism, and the Holy Spirit works in us and with us to bring us to realize our potential, to become fully alive.**

**POPE’S PRAYER INTENTION FOR JUNE:** **For the abolition of torture: Let us pray that the international community may commit itself concretely to abolishing torture, guaranteeing support to victims and their families.**

**SUMMER SOLSTICE INDIGENOUS FESTIVAL:**  **From June 21 - 25, experience some of Canada’s best Indigenous talent through music, dance, workshops, food and more at this free, family-friendly event. The Ottawa Summer Solstice Indigenous Festival celebrates Indigenous peoples’ culture and heritage through a variety of programming such as creative workshops, education days, traditional knowledge, culinary experiences, a movie night, and the popular Competition Pow Wow, featuring live music and dance performances. This festival is one of four seasonal events hosted by and held at Indigenous Experiences’ Mādahòkì Farm, a rural space within the greenbelt just south of downtown Ottawa.**

**MASS INTENTIONS:** **summer approaches, less people seem to be coming to Mass....you are off to the cottage, travelling, vacationing etc. Remember your loved ones who have left us or pray for those you know needing your prayers even though you might not be here. For example, someone who is sick, someone who needs spiritual prayers, the welfare of your family, deceased relatives & friends, to name a few. Mass requests are acceptable whether you are here or not and the community present will pray for your loved one in communion with you wherever you are.**

**Walk Together Retreat August 18 @ 8:00 am - 5:00 pm $300: As a follow up to the recent study day on April 22nd, working together with Kateri Native Ministry we have co-ordinated a multi-day retreat based on the Kateri Native Ministry’s new Kendaasawin Learning program helps both Indigenous and Non-Indigenous participants develop wisdom practices that promote life, love, and respect for all Creation.**[**www.katerinativeministry.ca**](https://katerinativeministry.ca/) **The Retreat will take place on August 18th, 19th, and 20th, 2023 and will be hosted at Galilee Centre in Arnprior for the meals and accommodations, as well as some sessions. There will also be a visit to the Land where Kateri Native Ministry are working to erect the John Corston Healing & Training Lodge.  
We are also responsible to keep vigil of the sacred fire for the duration of the retreat. The Cost of this Retreat would be $300 per person which covers accommodations, meals and facilities as well as the Retreat activities from the elders and Kateri Native Ministries. Please advise if you have any dietary concerns, in addition there are some accessibility restrictions at the Galilee Centre and an outdoor nature hike to the Land. Currently there are about 25 spots available at this time, please book and submit payment by June 3rd, so we can finalize all the bookings. Peace, Deacon Guy Cote, 343-585-4009**

REFLECTION FOR TODAY: “**Hands off Africa! Stop choking Africa: it is not a mine to be exploited, or a land to be plundered. May Africa be the protagonist of its own destiny!” Pope Francis.**

PRAYER TO MARY, UNDOER OF KNOTS: **Holy Mary, full of God’s presence during the day of your life, you accepted with full humility the Father’s will, and the devil was never capable of tying you up with his confusion. Once with your Son you interceded for our difficulties, and full of kindness and patience, you gave us example of how to untie the knots in our life. By remaining forever Our Mother, you put in order and make more clear the ties that link us to the Lord. Holy Mother, Mother of God and our Mother, to you who untie with a motherly heart the knots of our life, we pray to you to receive in your hands (the name of the person), and to free them of the knots and confusion with which our enemy attacks. Through your grace, your intercession and your example deliver us from all evil, Our Lady, and untie the knots that prevent us from being united with God, so that we, free from sin and error, may find Him in all things, may have our hearts placed in Him, and may serve Him always in our brothers and sisters. Amen.**

