

MAY 31, 2026 ~ THE MOST HOLY TRINITY SUNDAY

A TRINITY THOUGHT EXPERIMENT

No one except God can understand how there are three distinct persons in one God. We can, however, understand why it is important to us. Here is a theological thought experiment or analogy to explain the meaning of the Holy Trinity.

Imagine a fan with three blades. On each of the blades picture signs labeled "Father", "Son" and "Spirit." Suppose that the "Father" blade is on top. It represents the one life of God. The Father knows about the Son and loves him, so he gives his entire life to his Son. He does not divide his life, he gives it all. Imagine the "Son" blade turning to the top. When the life is not in the Father and not yet in the Son, it has to be somewhere. It is in the Holy Spirit. Remember that this is only an illustration of something far more complicated. So the "Spirit" blade comes to the top of the fan.

Now how can the one life of God be in all three persons at the same time? Imagine turning on the fan. The blades spin so fast that it is impossible to see which is on top. You might say, from this example, that God is a dynamo of love, constantly sharing one life. If the Father can give his life to two other persons, why not four or ten or a billion? If the Father wants to do this he can. The message of the Trinity is that he wants to do it. The Father wants to include you.

Bishops Appeal

As to date 214 St. Alfred parishioners have donated to the Bishop's Appeal, and we have raised \$20,035.58 for the appeal. We have reached our goal of \$13,152.18 and have a surplus of \$6,883.40 for our Youth Ministry. Your generosity is greatly appreciated. Cheques are to be made payable to St. Alfred Church.

PRAYER TO HOLY TRINITY

O most holy Trinity,
we adore you, who give life
and vigor to every human being and who shed
light where there is darkness.

We offer you our hearts, our souls, and our
whole being, today and on the days to come.

O Father almighty,
we thank you for all the blessings and
graces you
have so generously given us.

O merciful Christ Jesus,
wash away our sins with your most precious
blood. Feel the beating of our hearts and
make them like your own. Oh, dear Jesus,
wipe away our tears and pardon us for our
sinfulness.

Be with us, O Lord, until our dying day that
we may be worthy to meet you.

O Holy Spirit,
our guide and inspiration,
lead us to the right path. Grant us the graces
we need that we may share our blessings with
our brothers and sisters. And when the time
comes, lead us to the place that is secure, full
of joy and eternal peace.

Diocesan Pastoral Plan

The Holy Spirit can also transform our diocese as hearts are set on fire with God's love. This is at the heart of our Diocesan Pastoral Plan. As you know, this plan was first presented to all clergy and then to members of parish pastoral councils and leadership teams. We are now at the stage of making it known to parishioners. Communicating this plan is foundational to its success. People need to know about the plan so that they can respond in faith.

Diocesan Pastoral Plan

<https://www.saintcd.com/documents/diocesan-pastoral-plan-document>

podcast interview of Father Patrick Gilmurray and Bishop Bergie by Ron Huntley.

www.huntleyleadership.com/podcast

The St. Alfred Holy Name Society monthly meeting will be held Wednesday June 3rd 2026 at 7:00pm in St. Mary's room of the Pastoral Centre. All men are called, invited and welcomed.

DAILY MASS INTENTIONS

Monday, June 1 ~ Sunday June 07, 2026

Mon	June 01	8:00 a.mGiovanna Siconolfi/ Lilliana Mucciarelli
Tues	June 02	8:00 a.mNO MASS
Wed	June 03	9:00 a.mNO MASS
Thur	June 04	8:00 a.mNO MASS
Fri	June 05	8:00 a.mNO MASS
Sat	June 06	8:30 a.mJohn Szostak/ Romana Ditto
		5:00 p.mAnna Annette Tran/ Peter Duke Nguyen
Sun	June 07	7:30 a.mJohnny Biancaniello/ Patricia McGean
		9:30 a.mFilomena Tota/ Nicolina DiPaola
		11:30 a.mMissa Pro Populo

SANTISSIMA TRINITÀ

31 MAGGIO 2026

*Battezzate tutti popoli nel nome
del Padre e del Figlio e dello Spirito Santo.*

Nota:

Da martedì 2 giugno a venerdì 5 giugno non ci saranno Adorazione e Benedizione. Il normale orario dell'Adorazione riprenderà lunedì 8 giugno.

Non ci saranno confessioni lunedì 1° giugno.

Non ci saranno Messe da martedì a venerdì di questa settimana perché i sacerdoti sono in ritiro spirituale.

Springing into Summer Festivities

SUNDAY JUNE 14TH 2026

1-4 PM

PASTORAL CENTER, ST ALFRED CHURCH
WE ARE LOOKING FOR SILENT AUCTION
DONATIONS FOR OUR SILENT AUCTION/
RAFFLE (ONLY NEW ITEMS ACCEPTED)
YOU CAN BE DROPPED OFF AT PARISH
OFFICE FOR MORE INFORMATION
CALL-289-687-6472

CWL

The CWL will be having their Potluck Dinner and presentation of pins on Monday, June 8th at 5:00 pm. Come and bring your favourite appetizer, salad, meat, pasta, dessert or other dish as we visit with each other. Don't forget to also bring your own dishes and cutlery. Hope to see you there!

Please Note: There will be no Adoration and Benediction beginning Tuesday, June 2nd to Friday, June 5th. The regular schedule for Adoration will resume on Monday, June 8th.

~There will be no confessions on Monday, June 1st.

~There will not be Mass Tuesday to Friday this week due to the Priests being on retreat.

Preghiera alla SS. Trinità

O Trinità infinita,

*cantiamo la tua gloria in questo giorno
perchè nel Cristo tu ci hai resi figli e i
nostri cuori sono la tua dimora.*

*Eterno, senza tempo, sorgente della vita
che non muore,*

*a te la creazione fa ritorno nell'incessante
flusso dell'amore.*

*Noi ti cantiamo, o immenso, in questo
breve istante del tempo che annuncia il
grande giorno senza sera.*

*A te la nostra lode, O Trinità dolcissima e
beata,*

*che sempre sgorgi e sempre rifluisce nel
quieto mare del tuo stesso amore. Amen.*

SALVA LA DATA!

DOMENICA 14 GIUGNO 2026

PRESTO SARÀ DISPONIBILE UN
NUMERO LIMITATO DI BIGLIETTI!
INCLUDERÀ DIVERTIMENTO, CIBO,
INTRATTENIMENTO E

FELLOWSHIP... PER MAGGIORI
INFORMAZIONI CHIAMA GERARDA

@ 289-687-6472