

St. Patrick Catholic Church

San Francisco's Historic Landmark #4

(Founded in 1851)

756 Mission St. (between 3rd and 4th Streets) San Francisco, CA 94103 | Tel (415) 421-3730

www.stpatricksf.org

May 31, 2026 - The Most Holy Trinity

God so loved the world that he gave his only Son.

~ John 3:16a

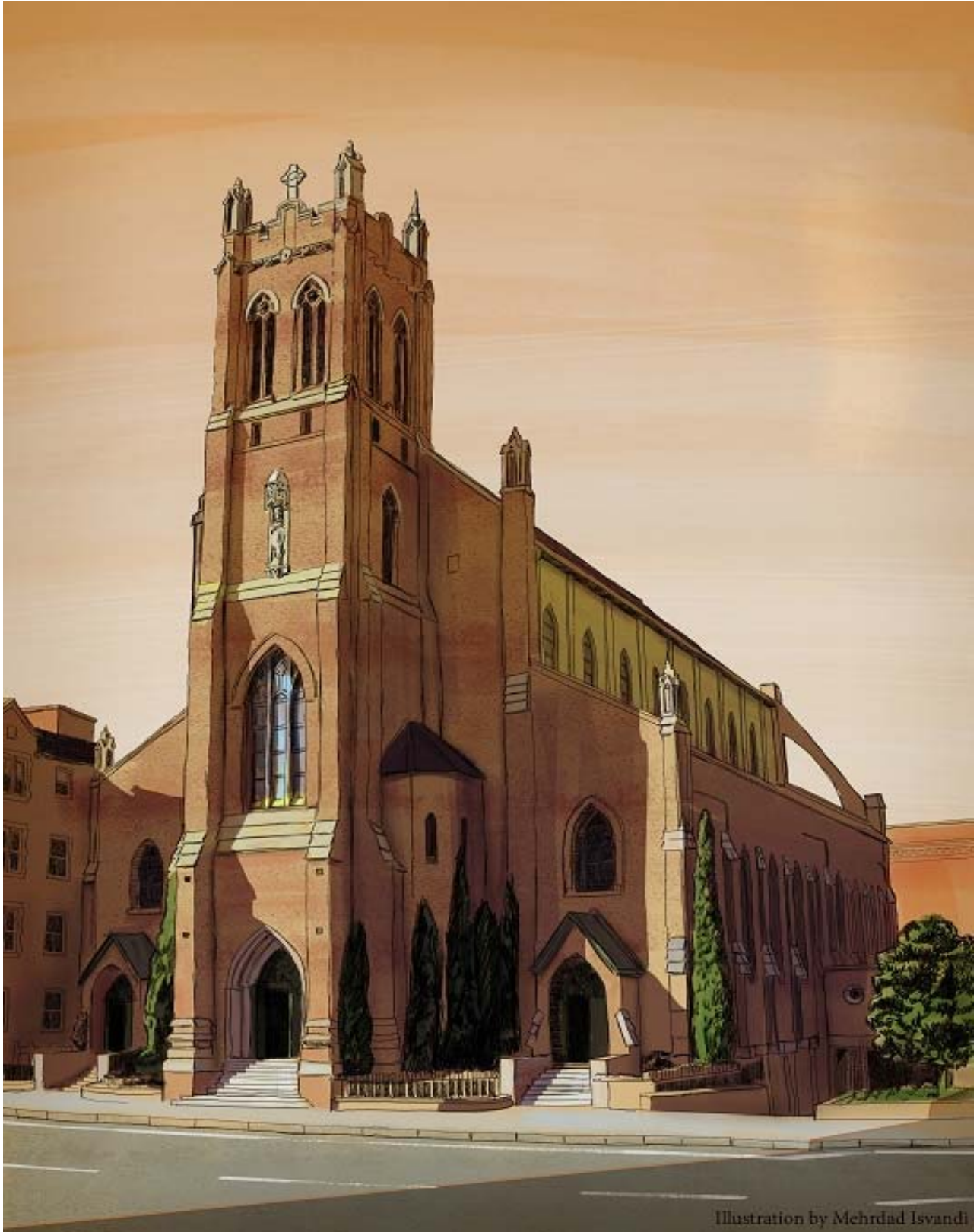


Illustration by Mehrdad Isvandi

Pastoral Staff

Rev. Andrew Spyrow - *Pastor*
Rev. Teodoro “Fr. Ted” P. Magpayo - *Parochial Vicar*
Rev. Celestine Tyowua - *Parochial Vicar*
Deacon Ferdinand Mariano - *OCIA Coordinator*

Parish Staff

Charles Corpus - *Music Coordinator*
Nora Regaspi - *Office Manager*
Camelle Sudario - *Parish Receptionist*

Mass Times

Monday - Friday: 7:30 a.m., 12:10 p.m., 5:15 p.m.
Saturday: 7:30 a.m., 12:10 p.m. 5:15 p.m. *Vigil Mass*
Sunday: 7:30 a.m., 9:30 a.m., 12:00 p.m., 5:15 p.m.
Tagalog Mass: 1st Sunday at 2:00 p.m.
Family Mass: 2nd Sunday at 12:00 p.m.
Charismatic & Healing Mass: 3rd Sunday at 2:00 p.m.

Parish Schedule

Parish Office Hours

Monday through Friday
9:00 a.m. - 1:00 p.m. and 2:00 p.m. - 5:00 p.m.

Sacrament of Reconciliation (in the church)

Monday through Friday
11:30 a.m. –12:00 p.m.

Novena to Our Mother of Perpetual Help

Every Tuesday after the 12:00 p.m. Mass

Sacred Heart

First Friday of the month at 4:00 p.m..

Sto. Niño Devotion

Every Friday after the 12:00 p.m. Mass

Our Lady of Fatima

First Saturday of the month at 11:30 a.m.

Grace and Eternal Life

Moses is a man after our own hearts, for haven't we all dealt with more than our share of stiff-necked people? Indeed, haven't we all gotten a little stiff-necked ourselves at times? Complaining . . . impatient . . . quick to anger. How lucky for Moses—how lucky for all of us—that God is exactly the opposite! And we don't even have to guess about it. The Lord tells us so directly. Accordingly, Moses does what we all need to do. Even with the tablets in hand, he bows down and asks for God's forgiveness and grace.

Encouraging us to live together in peace—and in God's favor—the Apostle Paul knows all about this grace, joyfully invoking Christ's grace on us along with God's love and the Holy Spirit's. “Rejoice,” he says. And when it comes to rejoicing, John offers us the gladdest words of all: the assurance of eternal life through Jesus.

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Damaged Blessed Items

If you have any damaged blessed items, including statues and Bibles, as well as sacramentals, such as crucifixes and rosaries, please feel free to drop them off in our gift shop. We'll make sure they are disposed of properly and respectfully.

God's Life and Love

Throughout the liturgical cycle of Sundays and seasons, there are certain days that invite us to focus on particular aspects of our faith. Today is such a day, when we celebrate the solemnity of the Most Holy Trinity. On this Sunday after Pentecost, we reflect on the mystery of our Triune God—Father, Son, and Holy Spirit. From the moment of creation, through the encounter of Moses with God on the mountain, through Christ's life, death, and resurrection, with the outpouring of the Holy Spirit, our understanding and appreciation of God's very life has unfolded and deepened. Jesus came into the world to make God's life and love known, the love of God, Father, Son, and Holy Spirit, the love of God that brings us peace.

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Our Fascinating Faith

Depicting the Holy Trinity

The first Sunday after Pentecost, the Church celebrates the Solemnity of the Most Holy Trinity: Father, Son, and Holy Spirit. This dogma concerning the reality of God is the key to understanding the truth of our Christian faith. The God of Israel is revealed to us as Creator, Redeemer, and Sanctifier in the life and mission of Jesus Christ. Through the power of the Holy Spirit, the Father sent his Son as Savior of the world. In a way that we can scarcely comprehend, these three Persons are only one God.

The doctrine of the Most Holy Trinity is a mystery of faith. It is not easy to understand, much less to imagine or portray the Trinity in sacred art. Nevertheless, many artists have tried to paint symbolically the truth of the Most Holy Trinity. In numerous images artists imagine the Father carrying Jesus on the cross and breathing the Holy Spirit over him in the form of a dove. In other representations, the Father and the Son are depicted as enthroned together above the clouds, breathing the Holy Spirit into existence. The wings of the dove are touching the lips of the Father and the Son, recalling the words of the Creed that it is the Holy Spirit “who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified.” In some images the Father, the Son, and the Holy Spirit are shown in heaven receiving humanity, represented by Mary. Whatever the image, they all seek to express the inexpressible, profound truth of the Most Holy Trinity.

~ Friar Gilberto Cavazos-González, OFM, Copyright © J. S. Paluch Co., Inc.

AAA Update *(as of 26 May 2026)*

2026 AAA Goal	\$43,252
Received	\$14,154
Amount Remaining	\$29,098
% of Goal	33%

Happy Birthday!!

Happy Birthday to our Parishioners celebrating a birthday this week.

Petronila Hernandez	5/31	Olivia Belocura	6/3
Tyler Perlas	5/31	Nicu Listana	6/3
Jesus Sahubre	5/31	Alma Raymundo	6/3
Wesley Garside	6/2	Juan Carlos de Borja	6/5
Quintin Montemayor	6/2	Ulaine Signio	6/5
Princess Real	6/2	Rufina "Ophie" Oviedo	6/6

St. Patrick Church Lifetime Donors

You can still make a donation by going to our parish website: www.stpatricksf.org. On our homepage scroll down and click Online Giving. Create an account if you don't have one. Once you have created an account, please choose the Lifetime Donor option. We are asking a Lifetime Donor to donate a minimum of \$20 a week or \$80 a month. Your privacy and financial information are safe with us. And we recommend that you use your credit card for an easier and faster transaction.

Thank you for your generosity and support.

For more information,
email us at information@stpatricksf.org
or call us at 415-421-3730

We have 86 Lifetime Donors as of 28 January 2026

In Memory of Nicomedes & Juanita Abello	Eleanor Lawsin
Cristina Agbayani	Felicitas Locsin
Marilou Alegre	Merly Lorete
Corazon M. Ambata	Fe Macatangay
Roberto Andrey	Beltran C Marces
Joy, Jen & Jackie Bandelaria	Corazon Mariano
Eufemia Barcelona	Loren Masangcay
Evelyn Bird	† Dionisio Mendaros, Si Cora Cuison
Dr. Beverly Lynn Bolinger	Evelyn Mendoza
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Mercedita Cadiz	Jeff & Nenetete Murata
Mamerto (Mc) Canlas	Vilma Nangca
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In Memory Of William Cotter, Jr.	Estrellita Perez
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Evangeline Viray De Leon	Lolita Ramos
† Rosalinda Del Rosario	Alma Raymundo
Brian Dela Pena	Hersie Rosales
Jiasmin Delago	Matthew Rothschild
Justin Edwards	Rosalina San Diego
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Lilian Gomez	Veronica Tayo
Josefa Gonzales	† Jo Tjin Thoy
Rodil, Ruby Gonzales & Children	Derek Tillotson
Alvin Gonzalez	Precious & Ryan Tizon
Therese Guinto	Victoriano & Carmen Uchi & Family
Norma Gumawid	Laura Vanmunching
Ina Howard	Boying & Rosie Vasquez
† Ponciano & Marlene Icarar	Alden, Mercy Ventigan & Kids
Georgina Jose	Vida Ventura
Kaiser Permanentesf, 4Center & Oncology	Josephine Villa
Agnes Kumi	Rianty Winarta
Judy Neri Labaria	Edwin, Rosalie, Krista, Ezra & Juliana
Tita Labaria	Cielito Littaua Yoma
Dan And Annie Lacap	† Charlie A. Yparraguirre

An expanded color version of our printed bulletin, with online-only content, is available on our website: www.stpatricksf.org

St. Patrick 175th Anniversary Gala

From humble beginnings on 4th St here in San Francisco way back in 1851, we will be celebrating our 175th anniversary as a parish on June 6, 2026.

Raffle tickets are still available from the parish office (\$25 for a booklet of three, sold as booklets only)

Sponsorships are also available in our Gala program. Please contact the parish office for more details.

As part of our Gala celebration, on Sunday, May 31st, we will serve coffee and donuts after the 7:30 a.m., 9:30 a.m., and 12:00 p.m. Masses which will coincide with our ministry fair. Come and see what's going on ministry-wise at St. Patrick. You just might find something that will inspire you to join. See some old friends, make some new friends, have some coffee and donuts, and maybe join a parish organization. What could be better than that!!

The God Squad Catholic TV Mass

FATHER HARRY
God Squad PRODUCTIONS
The God Squad Catholic TV Mass, aired every Sunday, provides inclusion for those who are homebound, hospitalized, incarcerated and/or unable to attend Sunday Mass. Monsignor Harry Schlitt began broadcasting the TV Mass in the late 1970s and it has been airing ever since. Please watch the TV Mass on Sunday mornings on the following stations:

In San Francisco
KTSF (CH 26) at 6:00 a.m.; KRON (CH 4) at 5:30 a.m.;
and in Sacramento
KTXL (Fox 40) at 5:30 a.m.

You may also view the Mass at any time by going to FatherHarry.org. You may also find the program beneficial to you, someone in your family, or a friend.

We need your participation and support to continue this valuable ministry.

Feast of Faith Liturgy and the Holy Trinity

The Trinity is the central mystery of our faith. We believe that God is one, yet three: total unity and rich diversity. God is not a monolith, but a dynamic community of persons, a perfect, loving harmony of three. And the liturgy is the work of the Trinity. We begin all our liturgical celebrations with the sign of the cross, a reminder of our Trinitarian baptism, and the simplest of all professions of our faith. We believe that God is Father, Son, and Holy Spirit, and we gather in the name of this triune God. Throughout the Mass, we address our prayers to God the Father, through Christ our Lord, in the Spirit's power. And the Father hears our prayer, transforming bread and wine into the Body and Blood of his Son by the Holy Spirit. The Church is "the sacrament of trinitarian communion" (*Sacramentum Caritatis*, 16). It is the Trinity who holds us together as well. In the words of Saint Cyprian, we are "a people made one by the unity of the Father, the Son, and the Holy Spirit" (quoted in *Sacramentum Caritatis*, 16).

Corinna Laughlin, © Copyright, J. S. Paluch Co.

Catholic Prayer Corner

The Glory Be

Glory be to the Father, and to the Son,
and to the Holy Spirit,
as it was in the beginning, is now,
and ever shall be, world without end. Amen.

Mass Intentions for May 31 - Jun 06

Date	Time	Intention
Sunday 31	7:30 a.m. 9:30 a.m. 12:00 p.m. 5:15 p.m.	SI All Parishioners of St. Patrick SI Hersie Rosales SI Georgina Jose † Jo Tjin Thoy
Monday 01	7:30 a.m. 12:10 p.m. 5:15 p.m.	† Jason Sawal † Larry Acay † Johnny Ferreras
Tuesday 02	7:30 a.m. 12:10 p.m. 5:15 p.m.	† Lanie Dumaal † Poor Souls In Purgatory † Anita Amagna
Wednesday 03	7:30 a.m. 12:10 p.m. 5:15 p.m.	† Apolinar & Lita De Guzman BD Erin Jules Castro † Nicasio Benzon
Thursday 04	7:30 a.m. 12:10 p.m. 5:15 p.m.	TG Wilson Abaoag FH David Sun † Anita Amagna
Friday 05	7:30 a.m. 12:10 p.m. 5:15 p.m.	† Marilyn & Lorenzo Sumulong BD Zenaida Parayo † Cirila & Albert Sudario
Saturday 06	7:30 a.m. 12:10 p.m. 5:15 p.m.	† Lanie Dumaal BD Susy Sun † Anita Amagna

Who Is a Good Steward?

Good Stewards...

Receive God's Gifts Gratefully

We recognize God as the origin of life, giver of freedom and source of all things. We are grateful for these gifts and are eager to use them to show our love for God and one another.

Use God's Gifts Responsibly

As stewards, we see ourselves as caretakers of all of God's gifts. We carefully cultivate our time, talent and treasure, using our gifts to love and serve God and our neighbors.

Share God's Gifts with Others

As stewards, we share God's gifts in justice and love with others. We have each received different gifts from God ~ all of us must share our gifts for the benefit of others.

Return God's Gift in Fullness

As stewards, we return God's gifts with increase to the Lord. We give freely of our gifts out of a sense of gratitude and joy.



Upcoming Events in the Archdiocese of San Francisco

June 5-7 Struggling in your marriage? Retrouvaille has helped 1000s of "hopeless" marriages heal and become better than ever. The weekend is run by couples who've overcome their own challenges, and are healing their own marriages. Next local weekend will be held in Mountain View. Questions/registration, contact Harvey or Cortne at 415-893-1005 or HarveyAndCortne@helpourmarriage.org.

June 23 Learn about the Cristero wars – "The Cristero Counterrevolution," with Father Javier Ravasi. A Religious Freedom Week event. 7 p.m., St. Raymond, Menlo Park. More here.

Life, the Universe, and Everything



Why does God love us so much? And why are we able to love others? The answer to these questions is found in the meaning of today's feast. Trinity Sunday celebrates not so much an idea of three-in-one as the relationship of the Persons of the Trinity with each other and with us.

The idea is that the Father expressed himself as the Word. Since it was a perfect expression, the Word is his Son and equal to the Father. The love of Father and Son is expressed as the Holy Spirit. Being a perfect love, it too is equal to Father and Son. So even the idea of the Trinity is based on love. But God's love was so great, God went even further. God created us to be loved by God.

In the second reading Paul blesses the Corinthians with the "love of God and the fellowship of the Holy Spirit." The book of Genesis (3:18) says that it was not good for man to be alone. So God created woman, and through man and woman all humanity, to be able to love each other. Though human love is not perfect, the love of man and woman can produce another person, a child. The three Persons of the Trinity share one life in God. But through baptism, we also share in God's life. Just as parents love to see how their children look like them, so God loves to see the divine in us.

The first reading reminds us of God's closeness to humanity. Moses can speak to God and God responds by granting his request. The Gospel tells how much God loves the world, that God's own Son was sent to die for us. But we sometimes forget that God's love comes first. We think that the more loving we are, the more God will love us. But love comes from God (1 John 4:7-11), so when we love someone it doesn't make God love us more; we love because God loves us first. Our decision to love is a response to God's love, and our ability to love is itself a gift from God. The meaning of life, the universe, and everything is Love, the love of the Trinity for each other and for us. The question now is, how well do we use that gift of God's love by loving each other?

~ Tom Schmidt, Copyright © J. S. Paluch Co.

Holy Trinity

The Father is my trust, the Son is my refuge, the Holy Spirit is my protection. O holy Trinity, glory to Thee.

~ Byzantine Horologion, Troparion at Nocturns, sixth century

June

And what is so rare as a day in June? Then, if ever, come perfect days.

~ James Russell Lowell

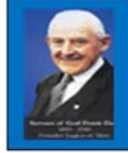
LEGION OF MARY - ST. PATRICK CHURCH

JOIN THE LEGION OF MARY, OUR LADY OF MT. CARMEL **PRÆSIDIUM**



Meeting - Sunday at 1:30 p.m. in Bitanga Hall

The Legion Family Worldwide
On all continents
In over 170 countries
4 million active members
5 million auxiliary members



The Founder Frank Duff
1889 - 1980

Legion of Mary's History

The Legion of Mary was founded in Dublin, Ireland on the 7th of September in 1921.

It is a lay Catholic organization giving service to the Church on a voluntary basis in almost every country.

Legion of Mary's Aim

The object of the Legion of Mary is the glory of God through the holiness of its members developed by prayer and active co-operation in Mary's and the Church's works.

Legion of Mary's Unit

The unit of a Legion of Mary is called a praesidium, which holds a weekly meeting where prayer is intermingled with reports and discussions. Persons who wish to join the Legion must apply for membership in a praesidium.

Legion of Mary's Active Works

The Legion sees as its priority the spiritual and social welfare of everyone. The members participate in the life of the parish through visitation of families, the sick, both in homes and hospitals and through collaboration in every apostolate and missionary undertakings sponsored by the parish. The works are more of spiritual works of mercy.

Legion of Mary's Active Membership

This membership is open to all faithfully practicing Catholics. Members attend weekly meetings and engage in prayers and active works. Candidates under 18 years of age can be received in a Junior Praesidium.

**St. Charles Lwanga
and His Companions
(martyred 1886-87)**

June 03

"Master of Pages," reputedly the handsomest man in all Uganda, Charles Lwanga, lay catechist, courageously led about forty teenaged boys, Catholics and Anglicans, on a forty-mile forced march to martyrdom for their common Christian faith. Teaching each other the hymns of their different churches, they strengthened one another for the ordeal ahead. King Mwanga, himself barely twenty, had ordered them executed for being "those who pray." But these royal pages were the king's male harem, who, now Christians, refused what pious accounts demurely describe as his "unreasonable demands." Some were clubbed to death, most burned alive; the youngest, thirteen-year old Saint Kizito, whom Charles had often shielded from the King's lust; the most tragic, Saint Mbagwa, whose father was his executioner! In 1964, Paul VI canonized the young Catholics and praised their Anglican companions, recalling the heroism of early Christianity's African martyrs, which we modern Christians of far less faith never expected to see repeated. Forty years after the pope's words, what does our faith cost us? Heroism aside, how generous is our response?

~ Peter Scagnelli, Copyright © J. S. Paluch Co.



**Letters
from Heaven**



Start with the letter in the shaded square. Draw a path from letter to letter to complete the Biblical statement. Move one square at a time, up, down, right, left and diagonally until all letters are used once. Ignore any black squares.

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might ...

	E	R	N
T	V	E	A
E	E	A	L
F	I	L	H


H _____

Answer: *have eternal life*

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saint snippets




Our faith
is our life.

Bl. Iuliu Hossu
Romanian Greek-Catholic bishop who was arrested by the Communist authorities in 1948 and lived under house arrest until his death in 1970.

June 2

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saint snippets




Please repent and
become a Christian
like me.

St. Charles Lwanga
19th-century Ugandan and a page in the king's court. When the king ordered the massacre of Christians in his kingdom, Lwanga sought baptism and was martyred.

June 3

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saint snippets

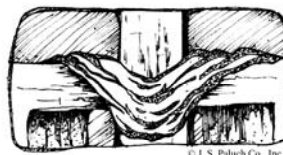


To enjoy the sweetness
of quiet prayer, we must
shut our minds to all
wordly desires.

St. Norbert of Xanten
12th-century wealthy German who gave all he had to the poor, zealous bishop and founder of a religious order

June 6

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**The Most Holy Trinity
May 31, 2026**

God so loved the world that he gave his only Son.

— John 3:16a

CATHOLIC CORNER

MAKER OF HEAVEN AND EARTH

Today we celebrate the Solemnity of the Most Holy Trinity. At every Mass we pray the Nicene Creed together. This prayer is one way we profess our belief in the Trinity.

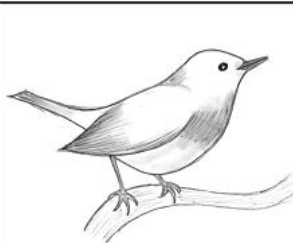
The Creed begins with a threefold statement:

"I believe in one God, the Father almighty, maker of heaven and earth,"

"I believe in one Lord Jesus Christ," and

"I believe in the Holy Spirit, the Lord, the giver of life."

Let us think about God, "the maker of heaven and earth." Take some time to name all the things in heaven and on earth that have been given to us as gifts from God the Creator. Today is Father's Day in the United States, so think about the gifts and love our fathers, grandfathers, uncles, and other important men in our lives have given us.



Thank you, Creator God,
for the colors and songs
of birds.

Summer begins next week. We all enjoy being outside in the warm sunshine, swimming in pools and lakes, and traveling to see places and people we haven't seen before. Invite your family to help you begin collecting pictures for a book you will title *Our Creation Collection*. Take pictures or draw beautiful or unusual plants you notice. If you visit a zoo or a farm this summer, take a picture or draw your favorite animals. You might even be able to take a picture of a bird perched on a tree or bush near your home. If your family likes to go fishing, you can take a picture or draw the fish you see or catch. Take pictures or draw lovely scenes of mountains or lakes. Take pictures or draw the people you love.

Put your pictures in an album or create a video collection. Under each picture write a few words thanking God for the created wonders we all get to share. You might want to bring it to school with you at the end of the summer to share with your classmates.

Excerpt from the English translation of *The Roman Missal* © 2010, International Commission on English in the Liturgy Corporation. All rights reserved.

The Little Ones

Jim Burrows

LEARNING TO JUGGLE AND
UNDERSTANDING TRINITY
ARE BOTH ABOUT SEEING
THREE AS ONE



The grace of the Lord Jesus Christ
and the love of God and the fellowship of the
Holy Spirit be with all of you. 2 Cor 13:13

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Scripture from the *New American Bible*, rev. ed. © 2010, 1991, 1986, 1970, CCDB. Used with permission.

THE MOST HOLY TRINITY



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May 31, 2026

God so loved the world that he gave his only Son,
so that everyone who believes in him
might not perish but might have eternal life.

John 3:16

Pastor Al™



"I realize you're both avid bird watchers, but I won't come over and baptize your baby in your birdbath."

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The Most Holy Trinity

The Holy Trinity is one of those mysteries that we will never understand, yet we still believe. A homiletics teacher once warned never to speak of the Trinity for more than ten minutes, or for sure you would get into heresy. Good advice. It is easy to talk in circles around this great mystery and never get close to understanding three Persons in One God. We are only one person each, and never one in being with another person. So how can we possibly understand this? We can't. But we can contemplate the varied faces of Father, Spirit, and Son as they are presented to us in today's scriptures, and give glory to God and believe.

Glory and Praise Forever

When Moses went up Mount Sinai, God revealed the divine Self to him by name. "The LORD, the LORD, a merciful and gracious God" (Exodus 34:6). In the Old Testament, we are accustomed to assuming that the "Lord God" indicates the Father only. But in the retrospect with which we look at these readings, we can see that the title is inclusive of the three persons of the Trinity. Never has there been any separation of the three persons in one God, and although there may be mention of only one person, it is understood that all three persons are present. Jesus taught many times that he and the Father are one, and that the Holy Spirit would come upon us and remind us of all things. We believe in God, creator of all that is, the Son, redeemer of our human lives and giver of eternal life, and the Holy Spirit, inspiration of the prophets and lover of all humanity; holy Wisdom, inspiring in us the understanding of all things holy.

God So Loved the World

When we hear in the oft-quoted text in John 3:16 that "God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life," we begin to see how language that expresses the sending of the Son fails to express the unity of the Holy Trinity. This failure of human language in the presence of the mystery of the Trinity is what makes it so hard to explain and comprehend.

So how can we respond when we see a reference to "God"? We can strive to remember that God is three persons, not just one as we are, but one in being. Our best response is praise to the Holy Trinity. "Glory to the Father, the Son, and the Holy Spirit, to God who is, who was, and who is to come." And we can bless each other when we pray with Saint Paul, "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you" (2 Corinthians 13:13).

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Living Stewardship Now

Volunteer to be trained as a catechist so you can share the truths of our faith with children, teens, or adults in your parish. Be a sponsor and befriend a candidate or catechumen in the Rite of Christian Initiation of Adults (RCIA).

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The Most Holy Trinity

May 31, 2026

God so loved the world
that he gave his only Son.

~ John 3:16a

Prayer

They pray best who do not know that they are praying.

~ St. Anthony of Padua

Mystery Solved?

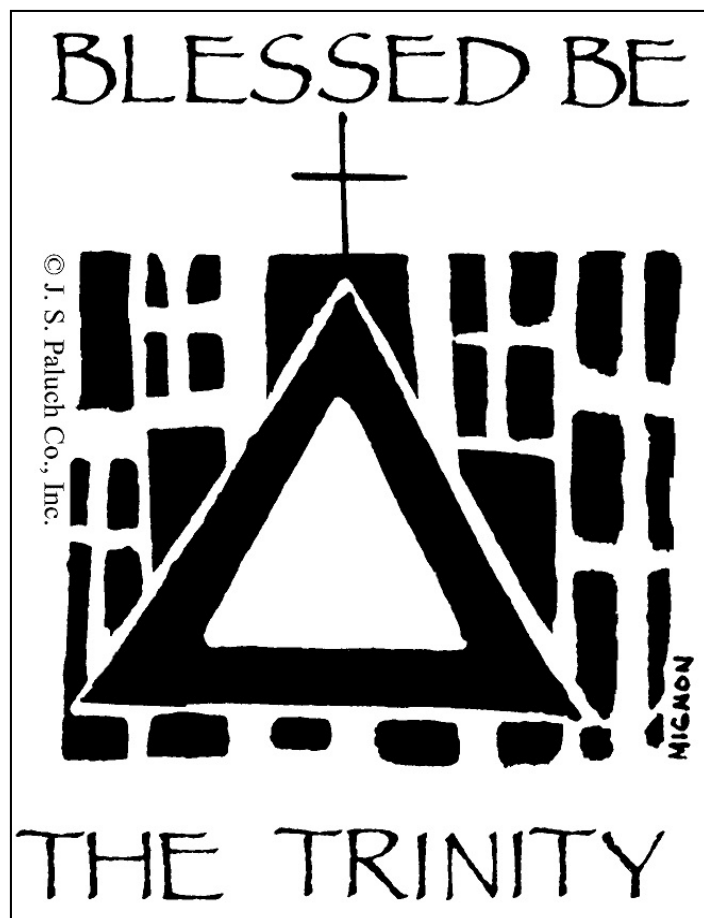
The scriptures for this feast give us important clues to help us grasp, if not solve, the mystery of God. In the reading from Exodus God's name is revealed to Moses. God is "the LORD, a merciful and gracious God, slow to anger and rich in kindness and fidelity" (Exodus 34:6). Thus, unimaginable as it may be, the Lord of the whole universe cares intimately for humanity and treats us always with merciful love. In fact, the Gospel tells us that God "so loved the world that he gave his only Son" that we "might have eternal life" (John 3:16). And that is not the end of God's loving-kindness. The reading from Second Corinthians reminds us that "the God of love and peace" (2 Corinthians 13:11) is in our midst when we live in love and peace. God shares divine life with us by pouring out the Holy Spirit of grace, love, and holiness into the community of those who believe.

Mystery Lived!

While we can never fully understand the mystery of God, we do receive clues to the nature of God through our *experiences* of God moving in our lives. And those experiences reveal to us that what the scriptures say is true. Little by little we realize with awe that God is indeed the Lord of the universe, creating and ordering all that is good. We recognize with humble gratitude the ways in which Christ's immense love has saved and brought us to life. Finally, we experience with joy the Holy Spirit alive in the community of believers, filling us with a love and peace that could only come from God.

The mystery of the Trinity is meant to be experienced, believed, and lived. And we ourselves are called to be living clues that reveal to others the mysterious love of the Most Holy Trinity. How are you being called to reveal the mystery of the Trinity more fully in your life?

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Life in the Trinity

The name of the Trinity is, without a doubt, the most familiar sacred name to us. We speak it every time we make the sign of the cross, and it forms the heart of our Creed. Trinity Sunday is a good day, however, to stop and reflect on the unique role of each of the three persons we name so often in the Trinity and in our own lives. When we celebrate the Eucharist on Sunday, we come together as the Body of Christ through our baptism, and through the power of the Holy Spirit we offer the whole prayer of the Mass to God the Father. This presence of the Trinity does not stop when we leave church on Sunday. We are—always and everywhere—members of the Body, and every thing we do as members of that Body is empowered by the Holy Spirit, all of it offered to the glory of our loving Father.

Take a moment each day this week to reflect on how the persons of the Trinity were present to you during the day, and how other people came to see the presence of the Trinity in your witness to the Good News.

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Reflecting on God's Word

Can you remember a time when you heard an *a cappella* choir sing in perfect harmony? Perhaps you have sung in a choir like that. The many voices blend into one voice, the many parts into unified chords, the many notes into a single song. If we can imagine that harmony for an instant, we might hear an echo of the perfect harmony uniting our one God. The three-part harmony in God sings a single song of love. It sings of the merciful, faithful love of the Father who nurtures and protects this weak, beloved human family. It sings of the self-giving love of Jesus that liberates us from slavishly repeating our sins. It sings of the unifying love of the Holy Spirit that binds us together in love and unity and peace.

As we imagine that harmonious hymn of praise, we might also hear a summons to live in the harmony that the Holy Spirit empowers in us. Our God's love is so powerful that it resounds in the Christian community and invites the whole world to sing along in the never-ending hymn of love.

~ Virginia Stillwell

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The Inexpressible Mystery

The God of the universe is mysterious. Science has not been able to solve the mystery of how the universe came into being or explain exactly what continues to give it creative energy and masterful design. No religion asserts that it has found words to name fully the ineffable mystery of God, for no matter what name we use, God always transcends our limited ability to understand. God is a mystery to be believed, not known. And yet, we Christians believe that our name for God best expresses that inexpressible mystery: God is the Most Holy Trinity of three persons united in a communion of love, pouring forth that creative, saving, sanctifying love into the world. Today's scriptures celebrate the mystery of the Trinity and give us clues for living that mystery in our lives.

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On a Summer's Day

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

~ John Lubbock

A Question of Faith

It is never a question with any of us of faith or no faith; the question always is, "In what or in whom do I put my faith?"

~ Anonymous

Treasures From Our Tradition

It is often heard that today's observance is an "idea feast," and that it is somewhat difficult to grasp its meaning. Other great solemnities, such as Christmas and Easter, have an easily grasped core. Yet, even though the Trinity is at the heart of our faith, firmly declared in the Creed since the Council of Nicea in 325, we are used to having people shrug and say, "Well, it's a mystery."

Perhaps it is more helpful to think of this as a "relationship feast," since it unveils our deepest identity. Dorothy Day was a great social reformer, pacifist, and ardent lover of the Trinity. When people told her that she would certainly be canonized one day (the process is indeed underway), she protested dismissively by remarking that people were raising a fuss just because she was not afraid to talk about God. She loved the Trinity, and treasured the traditional icon for the feast, also known as "The Hospitality of Abraham," depicting the three angelic beings seated at a table tilted toward the viewer and laden with bread and wine. For her, the Trinity revealed the heart of the Catholic life, three C's if you will: community, communication, and communion. That was not an "idea" for her, but what it means to be created in the image of the Triune God, Father, Son, and Holy Spirit.

~ Rev. James Field, Copyright © J. S. Paluch Co.

Relevant Radio

Tune your radio to 1260 AM or 101.7 FM for 24-hour broadcasts concerning Catholic teachings and prayers.

Living God's Word

The Corinthians didn't always show forth the love of the Trinity in their community. That is why Paul reminds them to "mend your ways." How shall we respond to Paul's encouragement to "agree with one another, live in peace" so that "the God of love and peace" will be with us today?

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Grace and Eternal Life

Moses is a man after our own hearts, for haven't we all dealt with more than our share of stiff-necked people? Indeed, haven't we all gotten a little stiff-necked ourselves at times? Complaining . . . impatient . . . quick to anger. How lucky for Moses—how lucky for all of us—that God is exactly the opposite! And we don't even have to guess about it. The Lord tells us so directly. Accordingly, Moses does what we all need to do. Even with the tablets in hand, he bows down and asks for God's forgiveness and grace.

Encouraging us to live together in peace—and in God's favor—the Apostle Paul knows all about this grace, joyfully invoking Christ's grace on us along with God's love and the Holy Spirit's. "Rejoice," he says. And when it comes to rejoicing, John offers us the gladdest words of all: the assurance of eternal life through Jesus.

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Treasures From Our Tradition

The liturgy seems reluctant to return to Ordinary Time from the joys of Easter, and so the festivities extend to today's celebration of the mystery of God's relationship to us as Father, Son, and Holy Spirit. The Gospel today centers the question of our relationship with God in the struggle of Nathaniel to believe that it is possible to experience "rebirth" in the Spirit. The answer of Jesus is that God's response to the messes of this world is the mystery of saving love in Jesus Christ and the outpouring of an empowering Spirit.

Western church architecture often tops a church building with a spire, indicating humanity's reach to a transcendent God. The Eastern Church responds with onion-shaped domes, indicating the Spirit's being poured down upon humanity precisely at this locale, the gathering of the faithful for the Divine Liturgy. This familiar design encodes a great mystery: here, at the Lord's table, we experience the outpouring of the Spirit for the life of the world. Nathaniel came to Jesus by night, since he was still working out the meaning of his life. A life attuned to the inner life of the Trinity must always be given to the light of day.

~ Rev. James Field, Copyright © J. S. Paluch Co.

Please Pray for Priests

Dear Lord,
we pray that the Blessed Mother
wrap her mantle around your priests
and through her intercession
strengthen them for their ministry.
We pray that Mary will guide your priests
to follow her own words,
"Do whatever He tells you" (Jn 2:5).
May your priests have the heart of St. Joseph,
Mary's most chaste spouse.
May the Blessed Mother's own pierced heart
inspire them to embrace
all who suffer at the foot of the cross.
May your priests be holy,
filled with the fire of your love
seeking nothing but your greater glory
and the salvation of souls. Amen.
Saint John Vianney, pray for us.

No Surprises

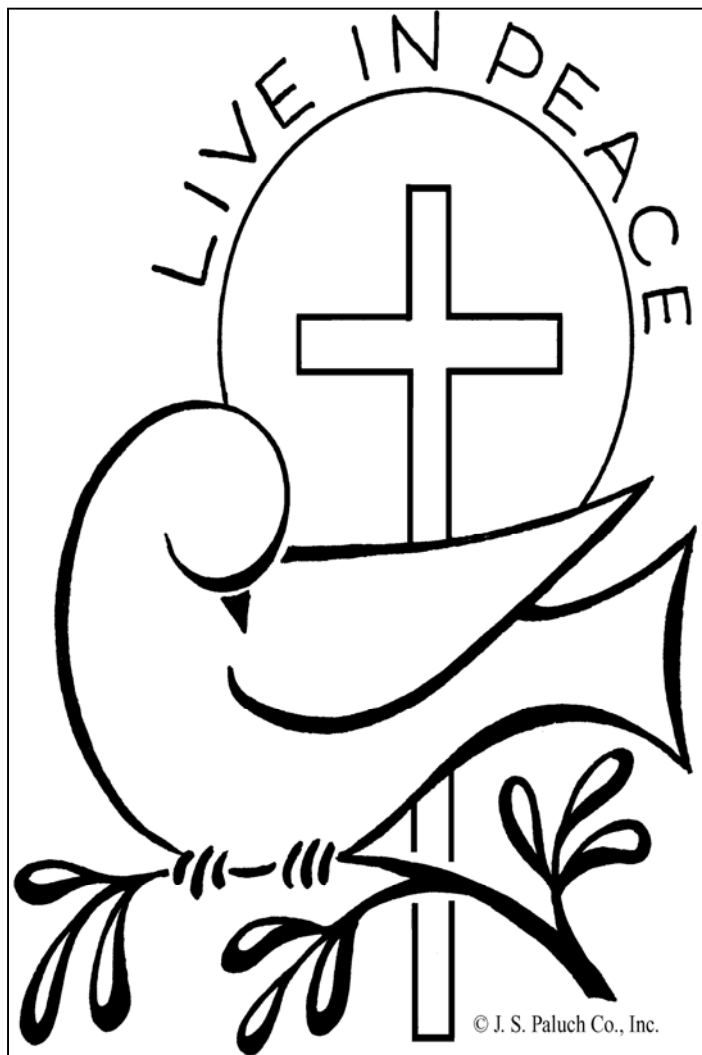
We are told by all spiritual writers that one important point to bear in mind, as we seek to attain humility, is not to be surprised by our own faults and failures.

~ François Fénelon, Archbishop of Cambrai

Three in One

Trinity Sunday is one of the few feasts that celebrates a reality and belief of the Church, rather than an event or person. Today we honor the eternal God: Father, Son, and Holy Spirit. Essentially, we believe that God is one being yet three distinct persons. Most people have a hard time wrapping their minds around this doctrine. Don't let the word "person" fool you. Person here means "that which stands on its own," or "individual reality," and does not mean the persons of the Trinity are like three human persons. How can the Father, Son, and Holy Spirit be distinct from one another yet completely united? Well, think of your eyes: each eye is distinct, yet together they are one and undivided in their sight. Another illustration is a musical chord. Think of a C chord. The C, E, and G notes are all distinct notes, but joined as one chord make the sound richer and more dynamic than if the notes had been played individually. The notes are all equally important in producing the lovely sound, and the sound is lacking and thin if one of them is left out. Yet again, the Trinity could be compared to ice, steam, and water. Jesus was solid, like ice: he became fully human so we could see him in our world. The Holy Spirit, like steam, is something that cannot be seen, but has great power. The Father is like water, without which there would be neither steam nor ice. However, all of these explanations fall short. The Trinity is a mystery but by the word "mystery," the Church does not mean a riddle to be solved, but a reality beyond our human ability to grasp. Ultimately, it is a truth we can only begin to know through worship, symbol, and faith.

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IMMIGRANT KNOW YOUR RIGHTS

IN THIS COUNTRY, EVERY INDIVIDUAL HAS RIGHTS, REGARDLESS OF THEIR COUNTRY OF ORIGIN, RACE, LEGAL STATUS, NATIVE LANGUAGE, RELIGION, SEXUAL ORIENTATION, OR GENDER IDENTITY.

1. THE RIGHT TO NOT OPEN THE DOOR

Ask for warrant under the door; verify details first.

2. THE RIGHT TO REMAIN SILENT

Give only your name; speak with an attorney present.

3. THE RIGHT TO MAKE A PHONE CALL

Call your attorney or family; keep a number ready.

4. THE RIGHT TO A HEARING BEFORE A JUDGE

You can ask for a judge to hear your case.

5. THE RIGHT TO HAVE YOUR PHYSICAL INTEGRITY RESPECTED

No one can abuse you physically or verbally.

6. THE RIGHT TO NOT SIGN ANY DOCUMENTS

Only sign documents with attorney approval.

7. THE RIGHT TO EVALUATE WHETHER YOU QUALIFY FOR ANY IMMIGRATION PROCESS

Ask an attorney if you qualify for relief program.

ADDITIONAL RIGHTS

There are additional laws and policies in place for Immigrant Tenants and Workers in CA. To learn more, please contact us!



SCAN THE QR CODE TO LEARN MORE ABOUT YOUR RIGHTS AND RESOURCE INFORMATION FOR SUPPORT.



(415) 552-5637 | www.somcan.org | info@somcan.org

On Popes Leo XIII and XIV

From Constitutional Forms to Social Justice

Does modern Catholic Social Teaching have robust guiding principles regarding governing order and the status of the nation? This lecture will consider reflections on modern republics latent in the thought of Leo XIII but not yet fully developed in the subsequent tradition.



Dr. Russell Hittinger is a distinguished scholar of Catholic social and political thought. He has served as Warren Chair of Catholic Studies at the University of Tulsa, Director of the Institute for Human Ecology at Catholic University of America, and on the Pontifical Academy of Social Sciences.

Tuesday, June 2

5:30 PM

St. Patrick's Seminary, Sancta Maria Hall

A reception will follow the lecture.

**Sponsored by *First Things*, St. Patrick's Seminary,
and the Institute for Philosophy, Technology, and Politics**

2026

Silent Ignatian Retreats

God's Mercy



Father Ed Broom, OMV,

Renowned retreat master and expert in Ignatian Spirituality, author of 5 books, guest on EWTN. Discover new ways to discern God's will, experience personal conversion, and find God in all things.

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Reservations required

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MAY 29, 30 & 31

JULY 10, 11, 12

Experience a peaceful weekend of silence, reflection, and deep spiritual renewal. Guided by the time-tested wisdom of St. Ignatius of Loyola. This retreat invites you to encounter God personally in the stillness - through Scripture, guided meditations, and the beauty of silence. Whether you're spiritually seasoned or simply seeking rest, you'll return home refreshed, grounded and more aware of God's presence in your daily life.

Weekend Retreat Rates:

Single Occupancy, private or shared bathroom
(based on availability) \$295.00
Double Occupancy, private bathroom: \$ 295.00 each
Saturday Commuter (No lodging) \$85.00

May 2026



July 2026



**Deliver Father's Day
Cards in
San Francisco County
Jails
Thursday, June 18, 2026**



11:00 AM CJ#2

425 7th Street, San Francisco, CA 94102

1:00 PM CJ#3

1 Moreland Dr, San Bruno, CA 94066

Complete volunteer registration and background check form at
www.sfarch.org/rjvolunteer

IF YOU HAVE ANY QUESTIONS, CONTACT JULIO ESCOBAR
AT ESCOBARJ@SFARCH.ORG OR CALL (415) 614-5572



ARCHDIOCESE OF
SAN FRANCISCO

Filipino Ministry

COME AND JOIN US SUMMER DINNER & DANCE

CELEBRATING THE SPIRIT OF
FAITH & FRIENDSHIP

SATURDAY, JUNE 20 AT 6PM

ST. CATHERINE OF SIENA PARISH CENTER
1310 Bayswater Avenue, Burlingame, CA 94010

Featuring
The Levites



Fr. Arnold Zamora | Fr. Ray Reyes | Fr. Mark Reburiano
Fr. Roland de la Rosa | Fr. Peter Eugenio | Fr. Boie Espeleta

ADMISSION: \$85
Proceeds to benefit Filipino Ministry
of the Archdiocese of San Francisco
and NAFP-USA

SEATS ARE LIMITED.

Scan the QR Code to reserve & pay for your ticket
or call/text: 415.702.5694 | 415.317.5481.



Honoring
Fr. Francis Garbo

For his "GIFT OF LIFE" to Fr. Ray Reyes



Don't miss out on an
unforgettable night— enjoy great
company, live music, dancing,
and exciting raffle prizes !



Save the Date

Cultural Heritage Night

October 4, 2026
5:00 PM

Cathedral of
St. Mary of the Assumption
San Francisco

Hosted by::



ARCHDIOCESE OF
SAN FRANCISCO
FILIPINO MINISTRY

Stay tuned for additional information.

www.filipinoministrsf.org | filipinoministrsf1@gmail.com



**Sto. Niño
Devotion**
(every Friday
after the
12:10 p.m. Mass)

*Judy Labaria
Alma Raymundo
Cathy Bohol
Sheila Montemayor
Anonymous*



**Black
Nazarene**

**Feast Day
January 9**

*Rosie Drapiza
Lydia Cagampan
Rene & Elsa Tuazon
Celia & Paul Gravador*



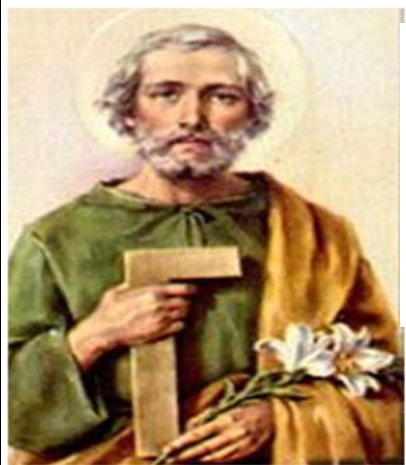
**Our Lady of
Perpetual Help
Devotion**
(every Tuesday
after the
12:10 Mass)

*Raya & Gamboa
Families*



**San Lorenzo Ruiz
First
Filipino Saint
(Sep 28)**

*Fe Macatangay
Jeanette Chafe
John & Gemma O'Donnell
Evelyn Grande
Mely Saavedra*



**Saint
Joseph**

**Feast Day
March 19**

Xenia Villamejor

**St. Anne
Feast Day
July 26**



PRAYER TO
St. Anne

O GOD, You
bestowed on St.
Anne such grace
that she was found
worthy to become
the mother of
MARY, who
brought forth
Your only
begotten SON.
Grant that we may
be helped by her
intercession,
Amen.

Photo: THE HOLY ROSARY Daily
www.Rosary.com

**Sacred
Heart**

**First Friday
Schedule**

**4pm Holy Hour
5:15 Mass**



**OUR
LADY
OF
FATIMA**

**Pray the
rosary**

The Gracious Chapter

Psalm 23

1 The LORD is my shepherd, I lack nothing.

2 He makes me lie down in green pastures, he leads me beside quiet waters,

3 He refreshes my soul. He guides me along the right paths for his name's sake.

4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

The Gracious Chapter

Yap Family



St. Patrick Charismatic Prayer Group

Charismatic & Healing Mass:
Every 3rd Sunday at 2:00 p.m.

Matt Dorsey
SAN FRANCISCO SUPERVISOR



I'm proud to represent you in City Hall — and grateful for the faith community we share at St. Patrick's. For help with city matters, feel free to call my office at (415) 554-7970 or email Matt.Dorsey@sfgov.org.

Best,

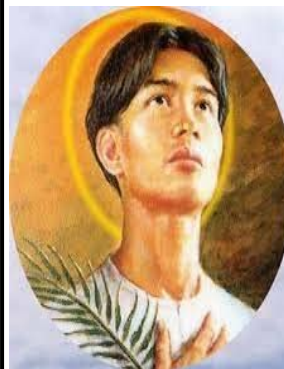
Matt Dorsey

Our Lady of Guadalupe

Feast Day
December 12



St. Pedro Calungsod 2nd Filipino Saint (October 21)



Elena & Mark Ramoran Gayapa Family,
Romeo & Antonina Real Family,
Dan & Annie Lacap Family,
Jesus, Jr. & Malou Paningbatan,
Vida Ventura,
Nenette Murata,
Cristin Salangang