

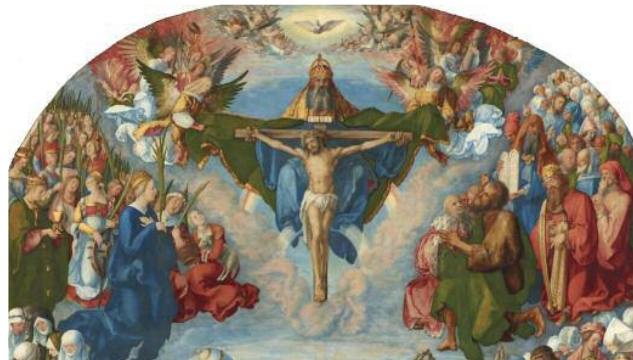
## From St Athanasius

It will not be out of place to consider the ancient tradition, teaching and faith of the Catholic Church, which was revealed by the Lord, proclaimed by the apostles and guarded by the fathers. For upon this faith the Church is built, and if anyone were to lapse from it, he would no longer be a Christian either in fact or in name. We acknowledge the Trinity, holy and perfect, to consist of the Father, the Son and the Holy Spirit.

In this Trinity there is no intrusion of any alien element or of anything from outside, nor is the Trinity a blend of creative and created being. It is a wholly creative and energising reality, self-consistent and undivided in its active power, for the Father makes all things through the Word and in the Holy Spirit, and in this way the unity of the Holy Trinity is preserved. Accordingly, in the Church, one God is preached, one God who is above all things and through all things and in all things. God is above all things as Father, for he is principle and source; he is through all things through the Word; and he is in all things in the Holy Spirit. St Paul teaching in his second letter to the Corinthians says: The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. For grace and the gift of the Trinity are given by the Father through the Son in the Holy Spirit. Just as grace is given from the Father through the Son, so there could be no communication of the gift to us except in the Holy Spirit.

But when we share in the Spirit, we possess the love of the Father, the grace of the Son and the fellowship of the Spirit himself.

## Sunday 31<sup>st</sup> May 2026 The Most Holy Trinity Gospel: John 3: 16 – 18



On the Feast of the Most Holy Trinity, we praise God who ‘lives in the perfect unity of love’. Love is the key that unlocks the mystery of the Holy Trinity. Love must be given and received. It is not real until it is active. The Trinitarian God is at the heart of creation and God’s purpose is to reveal Himself and invite the whole created order into a relationship of love with Him, its source and sustainer. Love flows in an eternal movement among and between the Persons of the Eternal Trinity: God the Father in love creates the world out of nothing; God the Son is the Father’s perfect image and self-expression; and God the Holy Spirit guides us to God and enables us to call him Father through the Son. In our Baptism we are drawn into this Trinitarian exchange of divine love.

Each Person of the Holy Trinity makes themselves known to us in their own way: the Father in creation, the Son in the word and sacrament of the Church, and the Holy Spirit in our interior being where He lifts our heart in prayer and praise.