



Everything You Need to Know About Trinity Sunday


 **What we celebrate:** The Church's official recognition of the Trinity as the three "persons" of the one God — Father, Son, and Holy Spirit.


 **Date:** The First Sunday after Pentecost

 **Established by:** The Early Church Fathers

 **Listen for:** The word "consubstantial" means "of the same substance." You'll hear it used in the Nicene Creed to describe Jesus Christ as "consubstantial with the Father."

 **Interesting fact:** Trinity Sunday is a response to the Arian Heresy of the 4th century, which denied the divinity of Jesus Christ and instead proposed that he was an inferior god (higher than mankind, but lower than God the Father) and not the Son of God.

 **How we celebrate:** During Mass, pay close attention to who we say that Jesus is as we proclaim the Gloria ("Lord Jesus Christ, only Son of the Father") and profess the Creed ("I believe in Jesus Christ, the only Son of God...God from God, Light from Light, True God from True God"). You might also notice that the homily and all of the prayers mention the relationship of the Trinity and all of the songs will mention the Father, Son, and Holy Spirit, as in "Holy, Holy, Holy."

 **Mass Readings:** Exodus 34:4b-6,8-9 — Moses comes face-to-face with God. He affirms God's mercy and invites God to accompany the Israelites on their journey to freedom. 2 Corinthians 13:11-13 — Paul's letter to the Corinthians begins with a greeting that affirms their faith in the Father, the Son, and the Holy Spirit. John 3:16-18 — The well-known "God so loved the world" scripture explicitly states Jesus' relationship to God.

