

# THE HOLY TRINITY

## Father

ONE GOD  
and Father of all,  
who is over all  
and through all  
and in all.  
*Ephesians 4:6*

## Son

THE WORD  
became flesh and  
made his dwelling  
among us, and we saw  
his glory, the glory as  
of the Father's only  
Son, full of grace  
and truth.  
*John 1:14*

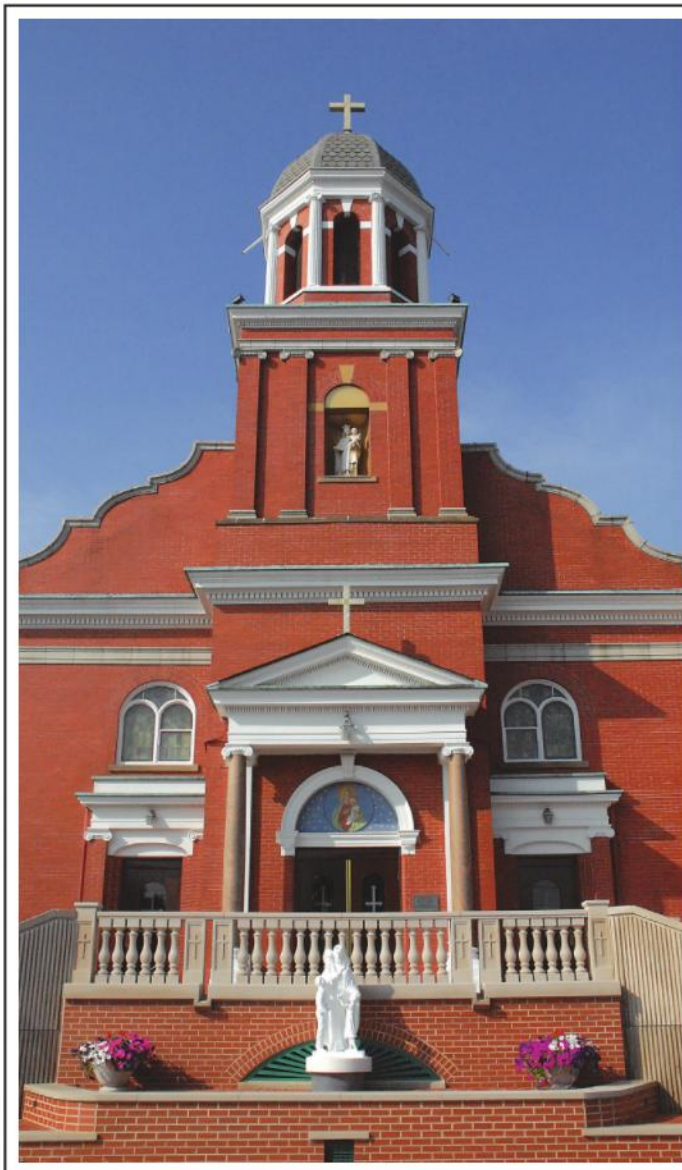
## Holy Spirit

THE ADVOCATE,  
the holy Spirit that  
the Father will send  
in my name ~ he will  
teach you everything  
and remind you of all  
that I told you.  
*John 14:26*

© Diocesan

# OUR LADY OF MOUNT CARMEL BASILICA

Our Lady of Mt. Carmel - St. Anthony of Padua Parish  
343 Via Mt. Carmel • Youngstown, Ohio 44505

**Pastor:**

Rev. Msgr. Michael Cariglio.....Ext. 103

**Church Phones:**

Office & Rectory.....(330) 743-4144  
Religious Education .....743-3508  
Church Hall .....743-7740  
Lower Church Hall.....Ext. 114  
Fax .....743-1035

**Church Secretaries:**.....743-4144

Office .....Ext. 100  
Mrs. Marie Ronyak.....Ext. 101  
Ms. Barbara McOwen.....Ext. 141  
Mrs. Cathy Zack .....Ext. 100

**Office Hours:** Mon. thru Fri. .. 8:30 a.m. - 3:00 p.m.**Permanent Deacons:**.....743-4144

Mr. Anthony Palasca, Jr .....Ext. 142  
Mr. Mark Izzo .....330-533-1857

**Director of Music:**.....743-4144

Mr. Craig Ziobert.....(330) 770-6504

**Director of Religious Education:**

Mrs. Therese Ivanisin.....Ext. 121  
olmcTherese@gmail.com or 330-743-3508  
Youth Ministry Coordinator, Melissa Varso. Ext. 122  
olmcMelissa@gmail.com

**Church Caterer:**.....743-7740

Mr. Louis Fusillo.....Ext. 131  
or 759-4010 (H)

**Parish Council Chairperson:**.....743-4144

Mr. Louis Fusillo.....Ext. 143

**Business Manager/Accountant:**

Mr. John Didek, Jr.....Ext. 100

**Sunday Masses:**

Saturday Evening.....5:00 p.m.  
Sunday.....9:00 a.m., 11:00 a.m.

**Weekday Mass:**.....Daily at 12:00 noon

**Baptisms:** Saturday after the 5:00 p.m. Mass  
and Sunday after the 11:00 a.m. Mass.

**Sacrament of Penance:** Saturday 11:00 - 11:30 a.m.  
or by personal request.

**Weddings:** Please schedule marriage at least 6 months  
in advance.

**E-mail:** olmc343@aol.com

**Website:** www.OLMCSTA.com



**Masses  
For The Week**

**Sat., May 29:** *St. Paul VI, Blessed Virgin Mary*  
12:00 noon Joseph W. D’Ramo by Tom & Char  
Rupbert & Phylliss DiCenzo  
5:00 p.m. Rose M. DiBacco  
by Ron & Edie DiBacco

**Sun., May 30:** *The Most Holy Trinity*  
9:00 a.m. Rose Ruggeri by Daughters, Sandra,  
Alberta, Rosemary & Debbie  
11:00 a.m. Simon & Philomena Zabala by Family

**Mon. May 31:** *The Visitation of the Blessed Virgin Mary*  
12:00 noon Bill Elmo by Elmo Family

**Tues., June 1:** **12th Week of St. Anthony Novena**  
*St. Justin*  
12:00 noon James Talley by Deacon Mark & Susan  
Izzo

**Weds., June 2:** *Sts. Marcellinus and Peter*  
12:00 noon Mr. and Mrs. Robert Lenton by Gayle  
Ferraro

**Thurs., June 3:** *St. Charles Lwanga & Companions*  
12:00 noon Catherine Busin by Granddaughter

**Fri., June 4:** *First Friday*  
12:00 noon Anthony & Esperina DeLuco by Family

**Sat., June 5:** *St. Boniface - First Saturday*  
12:00 noon Bishop George Murry (A)  
by Craig Ziobert  
5:00 p.m. Bob Zack by Cathy & Family (B)

**Sun., June 6:** *The Most Holy Body and Blood of Christ  
(Corpus Christi)*  
9:00 a.m. Bishop George Murry by Craig Ziobert  
11:00 a.m. Angela M. Cimminero by Family

**WEEKEND ASSIGNMENTS—June 5/6  
Ordinary-Extraordinary Ministers of the Eucharist**

5:00 p.m. Deacon Mark Izzo, Fran Klanica  
9:00 a.m. Deacon Anthony Falasca, Jr., Patty Dawson  
11:00 a.m. Deacon Anthony Falasca, Jr., Joseph Nohra, Jr.

LECTORS

5:00 p.m. Ron DiBacco  
9:00 a.m. James DeToro  
11:00 a.m. Alfred DeChurch

ALTAR SERVERS

5:00 p.m. Anthony Micco, Alex Micco  
9:00 a.m. Alex Carano, Gianna Mediati  
11:00 a.m. Scott Cross, Dominic Cross, Louis Cross

**Friday The Day Christ died for us**

**Every Friday the Basilica will broadcast for the  
homebound the following spiritual exercises on  
Face Book:**

12 noon Daily Mass  
3:00 p.m.. The Hour of Divine Mercy with  
The Chaplet of Divine Mercy and Benediction



*Parish Support*

May 23 (214 envelopes) \$8,072.00  
St. Anthony Shrine/Novena \$ 603.00

**Outdoor Sunday Mass**

Beginning Memorial Day Weekend, the 11 a.m. Sunday Mass will be offered at the outdoor Shrine of St. Anthony of Padua on the eastside of the Basilica. We do keep the thermostat reading of between 68 & 78 with near zero chance of rain; otherwise, the 11 a.m. Mass will be in the Basilica proper. The 9 a.m. Mass is always offered in the Basilica proper.

**Notice**

**The Solemnity of St. Anthony of Padua**

The Sunday of June 13 is the Feast of St. Anthony of Padua. Since the parish-basilica bears both the name of Our Lady of Mt. Carmel all the Masses on the weekend will be the Solemnity of St. Anthony of Padua with Scripture reading of the Sunday. At St. Anthony of Padua Church, the 10 a.m. Mass will be celebrated by His Excellency the Most Reverend Bishop David Bonnar. May St. Antony bless all of you. Love, Msgr. Cariglio

**The Hour  
for the whole  
World!**

"At three o'clock, implore My mercy, especially for poor sinners; and, if only for a brief moment, immerse yourself in My Passion, particularly in My abandonment at the moment of agony. This is the hour of great mercy for the whole world. I will allow you to enter into My mortal sorrow. In this hour, I will refuse nothing to the soul that makes a request of Me in virtue of My Passion..." (Diary, 1320)

**3 p.m.  
of Mercy**

**Of the Most Blessed Sacrament.  
Basilica is open for in person worship during  
the above times. Welcome!**

## THE MOST HOLY TRINITY



Earl Duca, Martha Aliberti, Regina Altiero, Melinda Amon, Peter Angelides, Karen Banic, Fred Batcha, Sandy Battaglia, John Beene, Madelyn Brudis, Zayne Bryce, Isabelle Corradi, Kim Bowser, Marko Calko, Dominic Calko, Janice Marinelli Campbell, Lori Capone, Michael (Cal) Calipare, Carl J. Carbon, Roseann Cencia, Joseph Cencia, Anthony, Cathy Chimento, Joseph Chimento, Stephanie Chimento, Christopher Centofanti, Damian Chordas, Joseph R. Cioffi, Mary Rose Colucci, Johnny D., Ed Derek, John Didek, Anna DeLuco, Michelina DiVito, Greg Diorio, Grace Duca, Angela Elmo, JoAnn Elmo, Roberta Elmo, Dolores Elston, Deacon Anthony Falasca, Gina Fecko, Jason, Monroe, Mara Frease, Sebastian Green, Margie, Joseph Haus, John, Reese, Lisa, Joshua, David, Carl Jr., Kaylee, JoAnn George, Emily Gerome, Rose Giampetro, Donald "Duke" Girardi, Dante Greco, Dominic Greco, Josie Greco, Jennifer Greco, Michael & Carol Gromada, Claudia Hernandez, Gail Hubbert, George Iati, Loretta Julian, Mark Julian, Peter Julian, Kerri, Glory & Family, Jeff Knorr, Dennis Kopnisky, Jackie Golden, Gerard Kopnisky, Hillary, William & Melinda Kopnisky, Agnes Kowis, Rocco Kovacs, Lenny & Cheryl, Lavonne, Lucille, Linda Maiorana, Cheryl Maniccia, Allan Maniccia, Mary Louise Mancini, Bill Marcavish, Missy Marrie, John Mascardine, Jennifer McCon, Paul and Greg Medina, Jean Medina, Livia Marinelli, Ellen Monroe, George Panno, Beverly Poidmore Pariza, Mary Pesa, Ronald Pesa, Phil Pillin, Ron Pondillo, Sr., Brielle, Vincent, Paul III, Giovanna Pace, Isabel Pupino, Joseph Pizzola, Charles Richards, Joseph Richards, Joseph Ridel, Chris Ritter, Scott Rodgers, Marti Runyan, Mark Roberts, Richard Rouan, Ben Russo, Chuck Saulino, Mark Stilson, Carmel Scocca, Ellie Sullenberger, Chris Sultan, Greg VanSuch, Paula VanNest, Rita Varacali, Valerie Villani, Jodi Walters, Kathleen Wienand, Lilah Dovie, Todd Zamar, Skevos Zimbillas, **Mary, Help of the sick, pray for us! Please let us know when the person is well. Thanks be to God.**

### DAILY MORNING OFFERING PRAYER

Jesus, though the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.

### THE WORLD OF FINANCE

Let us pray for those in charge of finance will work with governments to regulate the financial sphere and protect citizens from its dangers.

**Congratulations! To Dr. Alessandra Jovan Corradi.** The granddaughter of Mrs. Clara Foti and daughter of Ines Foti-Corradi received her Doctorate Degree in Physical Therapy on May 8th, 2021. With joy, we would like to share her accomplishments. We are so proud of you, Doctor. We love you with all our hearts and know you will continue doing great things. Love Nonna, Mom, Joey, Silvana and the entire family.

### St. Anthony Shrine and Novena

**\$100.00 GIFT**

ANONYMOUS

**\$50.00 GIFT**

In memory of TOM CARAVELLA, ANTHONY PALLANTE, SON, TOM & VIRGINIA PALLANTE

by Mr. and Mrs. Michael Bury

In memory of JAY NAPOLI, GREGORY NACKINO

by Mr. & Mrs. Anthony J. Napoli

**\$20.00 GIFT**

In loving memory of MARY ANN PELLEGRINI by Cleto

Ms. Cynthia A. Dellick

Dr. Cathy Mastropietro

**\$25.00 GIFT**

In memory of JOHN J. KUZMAN, JR. by wife, Colomba

Ms. Helen Furnish

Mr. Chelsey N. Santucci

**\$10.00 GIFT**

In memory of THOSE WHO GAVE THEIR LIVES FOR OUR FREEDOM by Phillip Pillin

Mr. & Mrs. Ron DiBacco,

Mr. & Mrs. Leonard A. Perry

Mr. & Mrs. William DiFrangia

M/M Robert Schulick

Mrs. Grace Duca

Mrs. Diane M. Sheets

Mrs. Cecilia LaBruno

### Stewardship Thoughts:

"The Spirit itself bears witness with our spirit that we are children of God, and if children then heirs, heirs of God and joint heirs with Christ..." Romans 8:16-17

If we are heirs to the kingdom of God, shouldn't we work to build up His kingdom? Shouldn't we be good stewards of our inheritance, using our time in prayer, our talent in charitable works and our treasure to care for the church that God has left to us? Our Church is a treasured heirloom from God. Do we treat it that way?

### Intercession for Vocations:

That the mystery of the love of the Blessed Trinity will strengthen many men and women to respond to that love as priests, deacons, and in the consecrated life, **We pray to the Lord. Lord hear our prayer.**



**IN YOUR CHARITY,** please pray for repose of souls, **CLARA PASCALE, age 90, BARBARA JEAN POGHEN, age 80, JAMES POGHEN, age 57,** whose Masses of Christian burial were this past week. **May their souls and all the souls of the faithful departed through the Mercy of God rest in peace. Amen**



**NOTE: In observance of Memorial Day the office will be closed Monday, May 31st.**



**Birthdays for the week of May 30-June 5**

Thomas Bottorff, Gina Furano, Rose Monaco, Anna Nagy, Edward Ross, Elise Tareshawty, Lauren Carissimi, Beth Cooper, Christina Hassey, Daniel Klase, Diane Berardi, Robin McCormack, Sandra Wolf, Laurie Herdzyk, Jennifer LaRocca, Daniel Catello, Adrianna Marsco, Nicholas Brown, Donald Cheffo, Donald Caspary, Dennis DeMain, Marissa DeVincent, Frank Arundel, Joseph Bettura, Callista Whorten, Isabella Hull, Deborah Rouan, Sharon Carbon, Stephen Petrinjak, Stephen Malkovits, Jr., Linda Terrago, Diane Surko, Francis DeLuco, Fred Passarelli, Virginia Cannone, Nicolette Marsco, Diana Wrataric, Dion Pomponio, Nicole Whorten, Destiny Foltz.



**BLESSED SACRAMENT LIGHT: May 30-June 5**

In memory of CLARA PASCHAL by Ann Desimone

**GUARDIAN ANGEL LIGHT: May 30-June 5**

In memory of the VETERANS OF SMOKY HOLLOW by John & Judi Mascardine

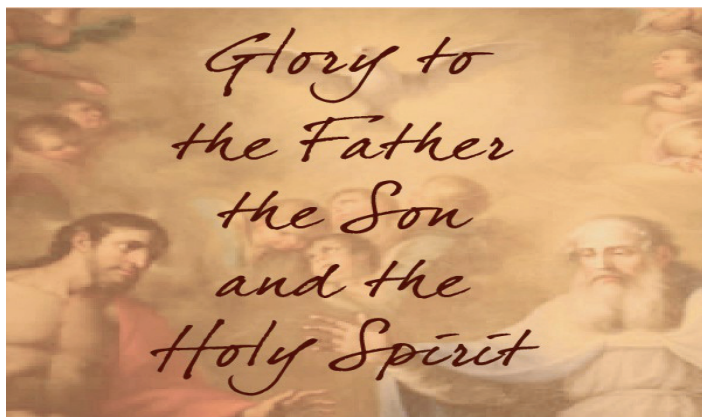
**INFANT JESUS LIGHT: May 30-June 5**

In memory of FRANK & HELEN PUGLIESE (WA) by Bob, Bonnie, Cindy, Nicole, Zack, Dena, Matt, Caleb

**CHURCH AT HOME COMBINED COLLECTION**

**June 6, 2021**

Next weekend parishes in the Diocese of Youngstown will hold the annual **CHURCH AT HOME** combined collection. This three-in-one collection supports the national and local work of the Catholic Campaign for Human Development, the Catholic Communications Campaign, and the Catholic University of America/Newman Campus Ministries collection next weekend for the ministries of the **CHURCH AT HOME**.



**Craig's Corner**  
**A note from our Music Director**

The first ecumenical council of the Catholic Church occurred in the year 325AD in Nicaea (which is in present-day Turkey). This council was called to convene Church leaders and discuss the doctrine of what we know of as the Trinity. It was in response to the Arian heresy proposing that Jesus was not divine but rather a created being. Eventually the end result of the council was the creed that we still say today at Mass, the Nicene Creed, condemning Arius and affirming our belief in the Trinity: one God in three equal persons. The location of Nicaea also became the hymn tune name for our opening hymn this weekend, "Holy, Holy, Holy," because its text praises the Trinity.

Another Trinity text is the *Te Deum*. Many scholars agree that the text of this hymn goes back to Nicetas, Bishop of Remesiana / Romatiana in what is now Serbia, born around 335 and died in about 414. It is sung or recited often at the end of the Liturgy of the Hours most Sundays and feasts of the year outside of Advent, Lent, and Holy Week. It is also used for days of special blessing, such as the election of a Pope. Most Christians would recognize the English metrical translation to be that of the hymn, "Holy God, We Praise Thy Name." Jean Langlais was a Twentieth Century composer who often took these old Gregorian chant melodies and made them very new in his organ and choral works. Jean's *Te Deum* is the postlude this weekend (except 11AM if it is outside).

As I elude to on multiple occasions, the texts and hymns of the Mass aren't just something we are supposed to pass by, especially when it's something we hear every time we assemble. Consider the opening of the Mass when the priest says, "the grace of our Lord Jesus Christ, and the love of God and the communion of the Holy Spirit be with you all." Each Mass we are invited right there to be in the presence of the Trinity and we offer that same greeting to the priest in our response of "and with your spirit." Saint Athanasius interprets this line perfectly by stating, "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."

This Spirit is that which we celebrated last week at Pentecost. This weekend is a fitting weekend to celebrate this mystery of our faith of one God in three persons now that our celebration of the Paschal Mystery is complete. Our Christian love is rooted in the Trinity, strengthened by the Spirit empowering us to go forth from our celebrations renewed in the Eucharist to give praise to God in what we say and what we do in our week ahead.

**Solemnity of the Most Holy Trinity**

Prelude: Introduction, Theme and Variations on *Nicaea* – Piet Post

Postlude: Hymne d' Actions de grâces: "Te Deum" – Jean Langlais

## THE MOST HOLY TRINITY



### APOSTOLATE OF PERPETUAL ADORATION

This past year has presented many obstacles to the beautiful Apostolate of Perpetual Adoration which has been in effect at Our Lady of Mount Carmel Basilica for the past 27 years. As we enter our 28<sup>th</sup> year of Adoration of the Blessed Sacrament, we now have an abbreviated schedule for adoration. As we work to rebuild a full schedule of 24 hours a day 7 days a week, we need your help.

We wish to acknowledge all the steadfast, loving people who have dedicated hours praying and keeping company with Our Blessed Lord. As of April 11, 2021, Divine Mercy Sunday, we have resumed adoration.

We are inviting each of you to come spend one hour with Our Risen Lord truly present body, blood, soul and divinity. The King of the Universe is waiting for YOU! You may come at any time to adore our Lord, but the **following hours need to be filled:**

**Sunday: 4-5p.m., Sunday: 5-6 p.m., Monday, 3-4 p.m., Monday, 7-8 p.m., Tuesday, 10-11 a.m., Tuesday, 11 a.m. - 12 p.m., Wednesday, 2-3 p.m., Thursday, 11 a.m. - 12 p.m., Thursday, 3p.m.- 4 p.m., Thursday, 5 p.m. - 6 p.m.**

#### **Our present schedule is:**

Sunday	4pm-8pm
Monday:	1pm-8pm
Tuesday:	8am-8pm
Wednesday:	1pm-8pm
Thursday:	8am-8pm
Friday:	1pm-4pm (Divine Mercy Devotion and Benediction at 3pm)

**To schedule a time call, Jean Talley 330-758-3335 or**

**Maria Panozzo @ 330-372-5141.**



Holy St. Anthony, gentile and powerful in your help. Your love for God and charity for His creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your work, which you were always ready to request for those in trouble or anxiety. Encouraged by this thought, I implore you to obtain for me (request). The answer to my prayer may require a miracle. Even so, you are the Saint of miracles. Gentle and loving Saint Anthony, whose heart is ever full of human sympathy, take my petition to the Infant Savior for whom you have such a great love, and the gratitude of my hear will ever be yours. Amen.



### ST. ANTHONY MASS & NOVENA

Twelfth Tuesday at 12 noon and ending on June 8th. **Our Lady of Mt. Carmel—12 noon Mass and Novena. At 7:00 p.m. there will be Benediction and Novena.**

### *The Extraordinary Story of St. Anthony's Brief*

This devotion began in the 13th Century. It seems that a certain woman was grievously afflicted, so much that she determined to put an end to her life by drowning. While on her way to carry out this sinful purpose, she passed a Franciscan Church. It happened to be the Feast of St. Anthony. She entered the church and while I prayer, she seemed to see St. Anthony standing near her, hold in his hand a piece of parchment. He gave her this parchment, telling her to arise and keep it and she would be cured. When the vision passed she found the parchment in her hand and looking at it saw it bore these words...

"Ccce Cruuem Domini; Fugit partes adbersae!  
Dicit Leo de Tribu Fudae, Raoiz David, Alleluia, Alleluia."  
These words mean:

"Behold the cross of the Lord; fly, all hostile powers,  
The Lion of the Tribe of Juda, Root of David, hath conquered, Alleluia, Alleluia."

The woman returned home cured of her terrible affliction, which was no less than possession by a demon. The king of the country where this incident occurred, hearing of it, induced the woman to give him this parchment. When she had parted with it, the affliction returned. Finally the woman's husband through whereupon she completely recovered. The Franciscan Fathers realized the power of this parchment and a protection against all dangers. The word /brief is in this sense used to indicate a document of importance. Another incident proving power of St. Anthony's Brief is to be found in the experience of the crew of a naval vessel which was caught in a terrific storm. The crew being Catholic, had recourse to St. Anthony. The chaplain wrote out the words of the Brief on a piece of paper and cast it into the sea. Immediately the sea calmed down and vessel was saved.

**REGISTRATION:** Members of the parish should be formally registered. If you are not receiving Our Lady of Mt. Carmel envelopes, please call the rectory Monday through Friday, 8:30 a.m.—2:00 p.m. For a change of address or telephone number, please call the rectory at 330-743-4144.

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*Our Lady of Mt. Carmel Basilica ~  
St. Anthony of Padua Parish*

*Would like to acknowledge the following  
2021 High School Graduates.*

*Congratulations! Best wishes as you  
continue to grow and use the gifts, fruits  
and talents God has given you.*

*Boardman High School*

*Salvatore Buonamici & Anthony Micco*

*Girard High School*

*Jayden Maggs*

*Lakeview High School*

*Calista Hall*

*Lowellville High School*

*Francisco Giovanni Rivera- Ocasio*

*Ursuline High School*

*James Cafaro, Louis DeVicchio &  
Zachary Pipala*

*Not known*

*Tommaso Gianni Graewe*



*Let us Welcome*

Samuel Kennedy Krell, Jr who was fully Initiated into the Catholic Church this weekend through Baptism, Confirmation and the Eucharist.

*First Communion*



Congratulations to Isabella Ann Krell and Liam Michael Wagner for receiving their First Holy Communion this weekend.

**Baptisms**

Expecting or adopting a child? Now is the time to call and schedule their Baptism.

*The most asked question is,  
"Who can be a Godparent?"*

\*Godparents need to be a fully Initiated member that is active and in good standing with the Catholic Church. Meaning he or she has been Baptized, Confirmed and received the Eucharist in the Catholic Church. \*Must have 2 Godparents or 1 Godparent and 1 Christian Witness. A Christian Witness must be Baptized in a Christian Faith and active in their faith.



\*Visit our parish website [www.olmcsta.com](http://www.olmcsta.com)  
**WeShare** Click **Give Online**  
Thank you for your continuous support.



## THE MOST HOLY TRINITY

# Good News

INSPIRATION FOR DAILY LIFE

## Feast of the Most Holy Trinity

Deut 4:32-34,39-40  
Ps 33:4-6,9,18-20,22  
Romans 8:14-17  
Matthew 28:16-20

**Monday May 31**  
**Visitation of Virgin Mary**  
Zephaniah 3:14-18a  
or Romans 12:9-16  
Isaiah 12:2-6  
Luke 1:39-56

**Tuesday June 1**  
**St. Justin**  
Tobit 2:9-14  
Ps 112:1-2,7-9  
Mark 12:13-17

**Wednesday June 2**  
Tobit 3:1-11a,16-17a  
Ps 25:2-9  
Mark 12:18-27

**Thursday June 3**  
**St. Charles Lwanga & co.**  
Tobit 6:10-11;7:1,9-17;8:4-9  
Ps 128:1-5  
Mark 12:28-34

**Friday June 4**  
Tobit 11:5-17  
Ps 146:1b-2,6c-10  
Mark 12:35-37

**Saturday June 5**  
**St. Boniface**  
Tobit 12:1,5-15,20  
Tb 13:2,6e-8  
Mark 12:38-44

You are very special to God. You belong to God – all of God: Father, Son and Holy Spirit.

The reason why it's so important to be baptized in the name of the full Holy Trinity, as Jesus instructs in the Gospel reading, instead of only through Jesus our Savior as a few Protestant sects do, is because God in his fullness – all three Persons of the triune nature of God – wants to have a personal relationship with you, a true friendship.

Are you aware of living in a special love relationship with each Person of the Trinity? Can you sit and chat with God as Father, God as Savior, and God as Holy Spirit? When you're feeling hurt, can you sit in the Father's lap and receive his comfort? When you're fighting temptation, can you feel the strength of Jesus coming to your rescue? When you're worried or confused or struggling to have faith, are you aware of the Spirit's gentle guidance?

The Father of Jesus is our own, very special Divine Daddy or Abba in the reading from Romans. Is he a fearsome punishing authority who barely understands you? No, he gladly adopted you during your baptism, because he's a doting daddy who provides for our needs.

The Holy Spirit assures us of this. God's Spirit embraces us and comforts us and teaches us everything



we need to know so we can live in the joy of a life that's full of love. And in that love, Jesus sacrificed himself for us so that we can be free from the punishment of sin and live holy lives with the

help of his Holy Spirit.

God is a trinity of helpers, healers, strengtheners, faith-builders. He wants you to live in the fullness of his divinity! He wants you to benefit from all that he is.

As baptized Christians and as sacramental Catholics, we lack nothing that really matters!

### Reflect & Discuss:

1. Who is the easiest Person of the Trinity for you to feel close to?
2. Why do you not feel as close to the other two? What will you do to remedy this? (Hint: ask the Holy Spirit to help you with it!)
3. How does the Holy Spirit help you know that Jesus is with you always, just as he promised he would be?
4. And how does this help you understand the goodness of being adopted by God the Father?

In your answers, it's best not to refer to the Father as "God", since Jesus is also God and so is the Holy Spirit. To prevent confusion, it's good to say "the Father" or "Daddy-God" when talking about the Father.

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