

CELEBRATE SABBATH

The Most Holy Trinity

Allow things to unfold at their own speed rather than drive yourself to make things happen at your pace and you will find serenity.

Exodus 34:4-6, 8-9

Moses had gone up the mountain and was in deep conversation with God on Mount Sinai. His people became impatient and made a golden calf and began to worship the image. Moses came down the mountain with God's directives written on two tablets and found his people impatient and unfaithful. In anger, Moses broke the tablets of the law and destroyed the golden calf.

Moses pleaded with God to come down and be with his people and the Lord came down again in a cloud. The Lord asked Moses to cut two stone tablets and go up Mount Sinai alone and Moses followed God's directive early next morning.

In this excerpt, we have the intimate conversation between God and Moses. God declared himself to be "merciful, gracious, slow to anger, rich in kindness and fidelity and so on. Moses bowed down to the ground and worship the Lord, his God and asked the Lord to be with his people in spite of their wickedness.

Daniel 3:52-56

**Blessed are you, O Lord, the God of our fathers,
Praiseworthy and exalted above all forever;
And blessed is your holy and glorious name,
Praiseworthy and exalted above all for all ages.**

2 Corinthians 13:11-13

This excerpt carries the last few verses of the last chapter of the second letter to the Corinthians. In this chapter, Paul made it clear to the Corinthians that he was coming to settle the problems once and for all, exerting his authority if needed; expressed his desire to settle matters amicably without having to exert his authority and shared his hope that they would live in peace and harmony.

In this excerpt, we have Paul's sincere prayer and wish for the Corinthian Church: the Grace of Jesus, the Love of the Father and fellowship of the spirit. It is with this blessing that he closed his second letter to the Corinthians. How noble it is to close the letter to a troubled community with blessing and prayer for Grace, Love and fellowship.

John 3:16-18

Verse 16 of this Scripture passage is one of the most frequently quoted scripture verses, displayed on banners, signs and bumper stickers.....“God so loved the world that he gave his only son, so that everyone who believes in him may have eternal life”. This verse is worth memorizing, remembering and contemplating. This is the central message of the Gospel. This is the good news. It tells us that God loved first and salvation comes from him as his gift. It tells us that God loved the world – not a few favorite people or nation, not even a few good people – but the world. God’s love is an all-embracing love.

We are invited to ponder this all-embracing love of God for the world! As Saint Augustine says, “God loves each one of us as if there was only one of us to love.”

God’s love, his abiding presence, his intimacy has the power to change people and things and the universe. It is this intimacy that brings peace, God’s gift of peace. We long for a sense of oneness, a union and communion with others like us and communion with God. We long for the liberation which Jesus proclaimed, which only he can offer. It is this communion that brings peace. Jesus is our door to intimacy with God, others, the universe and self. In Jesus, we discover our freedom and our salvation – Jesus is our freedom and our salvation.

We are called to become witnesses to the mystery of God’s presence: God’s Light, Truth, Life, Love...in the world - in us the world must see the “sign” of the “presence” of the “heart” of God - mercy, peace, joy, justice, compassion, love.

Baptized in the name of the Triune God, we are called to be models, witnesses, living examples of intimacy with God, Father, Son and Spirit.

Saint of the Day, May 31 - Feast of the Visitation and 14 other saints are remembered this day.

The first chapter of the Gospel of Luke describes the first missionary journey of Mary, bringing “Good News” to her cousin Elizabeth. Mary had just learned the amazing news from Angel Gabriel that she will bear the “Son of God” by the power of the Holy Spirit and that her cousin, in her old age, also would bear a child. Mary went “with haste” to her cousin to share the “Good News”. They blessed each other with the “Good News”. Even the baby in the womb rejoiced.

This is a fairly late feast, going back only to the 13th or 14th century. It was established widely throughout the Church to pray for unity. The present date of celebration was set in 1969, in order to follow the Annunciation of the Lord and precede the Nativity of Saint John the Baptist.

Like most feasts of Mary, it is closely connected with Jesus and his saving work. The more visible actors in the visitation drama (see Luke 1:39-45) are Mary and Elizabeth. However, Jesus and John the Baptist steal the scene in a hidden way. Jesus makes John leap with joy - the joy of messianic salvation. Elizabeth, in turn, is filled with the Holy Spirit and addresses words of praise to Mary - words that echo down through the ages.

It is helpful to recall that we do not have a journalist's account of this meeting. Rather Luke, speaking for the Church, gives a prayerful poet's rendition of the scene. Elizabeth's praise of Mary as "the mother of my Lord" can be viewed as the earliest Church's devotion to Mary. As with all authentic devotion to Mary, Elizabeth's (the Church's) words first praise God for what God has done to Mary. Only secondly does she praise Mary for trusting God's words. Then comes the Magnificat (Luke 1:46-55). Here, Mary herself - like the Church - traces all her greatness to God.

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