

“I vow and consecrate to God all that is in me: My memory and my actions to God the Father; My understanding and my words to God the Son; My will and my thoughts to God the Holy Spirit.”

— **St. Francis de Sales (from a consecration prayer to the Trinity)**

Dear Brothers and Sisters in Christ,

Happy Trinity Sunday!

This weekend, we celebrate one of the most beautiful aspects of our faith: the mystery of the Holy Trinity. I know that the idea of "Three Persons in One God" can sometimes feel like a complicated theology lesson. But when you strip away the big academic words, the message is actually very simple and incredibly warm: **God is a family, and God is love.**

Think about how the Trinity shows up in your normal week:

- **The Father** is there in the beauty of a sunrise or the quiet moments of gratitude.
- **The Son (Jesus)** walks right beside you in your daily stresses, understanding exactly what it feels like to be human.
- **The Holy Spirit** is that quiet nudge of peace or strength you feel when you need to make a tough choice or comfort a friend.

Thank you for being the heartbeat of our parish family. I am so grateful to share this journey of faith with all of you.

Have a wonderful, blessed week!

Fr. Jacob

May 31, 2026 - The Solemnity of the Most Holy Trinity

"Glory and praise for ever." Daniel 3



Sat. May 30	5:00pm	J. P. Proulx
Sun. May 31 (65)	9:00am	For the People
Sun. May 31	10:30am	Blair Bingley
Mon. June 1	No Mass	9am - 9pm Adoration
Tues. June 2	4:30-5:30pm	Holy Hour
Tues. June 2	5:30pm	Mary Huard
Wed. June 3	8:30am	Irene & Vern Rutherford
Thurs. June 4	8:30am	Francine Rabouin
Fri. June 5	8:30am	Elizabeth & Patrick McGlade
Fri. June 5 (1st Fri.)	9:00-10:00am	Adoration & Benediction, Confession
Sat. June 6 (1st Sat.)	9:00am	Carmen Vachon
Sat. June 6	5:00pm	For the People
Sun. June 7 (65)	9:00am	Stephen Tysick
Sun. June 7	10:30am	Blair Bingley

The Solemnity of the Most Holy Trinity - Reflections

The mystery of the most Holy Trinity is a basic doctrine of Faith in Christianity, understandable not with our heads but with our hearts. It teaches us that there are three distinct Persons in one God, sharing the same Divine Nature, co-equal and co-eternal. Our mind cannot grasp this doctrine which teaches that 1+1+1 = 1 and not 3. But we believe in this Mystery because Jesus, Who is God, taught it clearly, the Evangelists recorded it, the Fathers of the Church tried to explain it, and the Councils of Nicaea and Constantinople defined it as a dogma of Christian Faith.

Life Messages

Respect ourselves and others because everyone is the temple of the Holy Spirit where all Three Persons of the Holy Trinity abide.

Have the firm conviction that the Trinitarian God abides in us, that He is the Source of our hope, courage and strength, and that He is our final destination.

Practice the Trinitarian relationship of love and unity in the family relationships of father, mother, and children because by Baptism we become children of God and members of God's Trinitarian family.

Practice the **I-God-my neighbor** vertical and horizontal Trinitarian relationships in this life by loving God.

The Catechism of the Catholic Church: Sins

In how many ways may we either cause or share the guilt of another's sin?

We may either cause or share the guilt of another's sin in nine ways:

1. By counsel
2. By command
3. By consent
4. By provocation
5. By Praise or Flattery
6. By concealment
7. By being a partner in sin
8. By silence
9. By defending the ill done.

Which are the six sins against the Holy Spirit?

The six sins against the Holy Spirit are:

1. Presumption
2. Despair
3. Resisting the known truth
4. Envy of another's spiritual good
5. Obstinacy in sin
6. Final impenitence

Prayer for the Repose of the Souls of: Let us remember those who have recently died, especially *Aline Robert, Melchor Sison Gonzales, Debbie Shea, Vincent Stevens, Edward Bates, France Giguere, Fr. Stan Alanen, Hugh McDougall, Sabu J. Chelamootil, Beverly Nadeau, Stephen Tysick, Keith Cassell, Jean Pierre Proulx, Fr. Bill Steacy, Suzanne Johncox, Edie Cordick, Mary Huard, Mary Kacur, Jack McConnell, Joseph Peningelil, Fidelis Ajawara, Marion Lukow, Norma Cordick, Robert Linton* and those whom we hold within the silence of our minds and hearts.

Prayer for the Healing of our Family & Friends: Let us call to mind and include in our prayers, those who are in need of God's aid and grace, especially *Pierre Charrier, Raymond Mason, Ross Mayer, Maroel Stevens, Brigitte Berube, Pat McGlade, Kathy Tysick, Elaine Black, Dan Boyle, Svitlana Kulish, Jean Brady, Robert Stevens, Diane Lockett, Calvin Prince, Fr. Leo Byrne, Scott St. Jean, Ian Kemp, Fr. Michael McCarthy, Fr. Mac Burke, Fr. Don Cummings, Sean Conway, Sylvain Hébert, Denis Richardson, Jennifer Hamilton*

Upcoming Events/Meetings

May 31	First Communion Sunday
May 31	Confirmation Prep (lower HH)
June 4	CWL Social
June 4	Adoration, Benediction, Confession 9-10am Movie 10am lower HH
June 4	Choir Practice 1:30pm Ecumenical Choir Practice 2pm
June 7	Confirmation Prep 11:30am lower HH
June 7	SF Cemetery Service 2:30pm
June 10	COR Meeting 7pm
June 11	CWL Executive Meeting 6pm lower HH
June 12	Choir Practice 1:30pm
June 13	Confirmation Retreat
June 14	Celebration of the Sacrament of Confirmation
June 16	Broadview Mass 11am
June 16	K of C 4th Degree Meeting 7:15pm
June 17	K of C 3rd Degree Meeting 7pm
June 20	Catechism Meeting St. Joseph's, Kingston 9am-1:30pm
June 21	BS Cemetery Service 2:30pm
June 23	Van Horne Mass 10:30am

Into the Future Candle will be lit the week of May 31, in loving memory of **Mullins & Collier Families**.

Devotion of the Month: Our Lady

May is dedicated to the Month of Mary, a time to honour the Blessed Virgin through special devotions, prayers, and the "May Crowning" of her statues with flowers. Notable Feast Days: Our Lady of Fatima (May 13), Mary Help of Christians (May 24), and the Visitation (May 31). This month serves as a time for special focus on Mary's intercession and to turn to her for guidance.

Pope's Prayer Intention for May

That Everyone Might Have Food

Let us pray that everyone, from large producers to small consumers, be committed to avoid wasting food, and to ensure that everyone has access to quality food

Collection Counters	Rosary Leaders
June 7 Stella D'Souza, Melanie & Chris Poirier	June 6 Will Spencer June 7 Bena MacMillan
Lectors	Eucharistic Ministers
5:00pm June 6 Mike Clifffen Marsha Houlahan	David Houlahan
9:00am June 7 Mike Ross	Shirley McCaw
10:30am June 7 Jenny Komorowski Dan Komorowski	Carol Stanzel

Running out of Mass Intentions for our Daily Masses

Offering intentions during Mass is a deeply rooted Catholic practice that serves as two beautiful purposes: they apply the infinite graces of the Eucharist to your specific intention, and they provide vital support for the material needs of the altar. Common types of intentions are: repose of a soul, health and healing, special occasions or special petitions. Please reach out to the parish office, as offering a Mass is the greatest gift we can give. Thank you to those who responded to our call for Mass Intentions.

First Communion - May 31

This Sunday 14 candidates celebrate the Sacrament of First Holy Communion in our parish. Let's remember to keep them in our prayers. Thank you to Myra Cordos and Claire Oostrom for leading the Sacramental preparations.



Congratulations to the following candidates:

Elizabeth Bowlby, Maxime Dompierre, Payton Gauthier, Blair Lightbody, Heidi Mackey, Thomas Merrifield, Elijah McCullough, Vivian McEvoy, Abigail McKay, Sebastian Petrangelo, Louie Saludes, Essemæ Van Stralen, Juliette Williams, and Posey Wiltsie

1st Friday Exposition of the Blessed Sacrament & Adoration & Movie

On Friday June 5, following 8:30am Mass there will be the Exposition of the Blessed Sacrament, Adoration & Benediction from 9-10am. During this time, you will have the opportunity for confessions. At 10am, please join us in lower Hanley Hall for a movie. The movie will be 12 Years a Slave.

Solemnity of the Most Holy Body and Blood of Christ & Eucharistic Procession

Next Sunday, we celebrate the Feast of Corpus Christi also known as the Solemnity of the Most Holy Body and Blood of Christ. It is a liturgical solemnity celebrating the real presence of Christ in the Eucharist. At the end of our Holy Mass, we will have the Eucharistic procession of the Blessed Sacrament around the block of the church. At the end of the procession, you will receive the blessings of the Eucharist. The procession is followed by the Benediction of the Blessed Sacrament. Afterwards, all are welcome to join in our after Mass social. In case of inclement weather, the procession and social will take place inside the Church.

St. Francis de Sales Cemetery Service

You are cordially invited to attend the Annual Memorial Service at St. Francis de Sales Cemetery on **Sunday June 7 at 2:30pm**. Please join our community as we gather in prayer and remembrance to honour our departed loved ones. Remember to bring a lawn chair and head covering. To assist our groundskeepers in maintaining the beauty and dignity of the cemetery, please observe the following guidelines when placing floral stand arrangements or tributes: Ensure all items remain **elevated off the turf**. Position all arrangements **closely against the monument base**. Adhering to these practices prevents damage and allows for proper grass maintenance around the stones. We greatly appreciate your cooperation and consideration.

Columbarium Blessing and Dedication

St. Francis de Sales Cemetery will be having Fr. Jacob bless the new columbarium that was recently installed. This will take place during the Sunday June 7 service at 2:30pm. All are welcome to the service. It is a time to reflect on the past parishioners and families and their contributions to the parish community over the 180 years as well as remembering all who have gone before us during the 200th Anniversary of the Archdiocese of Kingston.

Knights of Columbus Council 2444 is celebrating National AccessAbility Week (NAAW)

NAAW is an annual event that promotes accessibility and inclusion to celebrate the contributions of Canadians with disabilities and will be taking place from Sunday May 31 to Saturday June 6. You can participate in Red Shirt Day (Wednesday June 3rd), a day when people across Canada come together and wear red to create a visible display of support for disabled people and their families, and to bring attention the needs of a barrier free society. This year our Council will be recognizing two individuals from our parish who work tirelessly as volunteers in the parish and our community and who live their lives with disabilities. They are both excellent role models for all of us. Please keep all persons who require accessibility in your prayers.

K of C May 50/50 Winners

Ontario Lottery License #885902

\$ 55.00 - Karen Hallinan, Nick Tysick, Peter and Nancy Yunker
\$100.00 - Brad Stannistreet

Thank you all who took part in the 50/50. Good luck to all in the June Jackpot draws. Prizes ranging from \$75.00 to two \$500.00 draws.

Ladies Thursday Lunch Club

All Ladies of the Parish are invited to the "Thursday Lunch Club" Thursday June 4, at the Lighthouse Cafe on Russell Street, 11:30am.

Bad Things Always Come in Threes

An old adage warns, "Bad things always come in threes." Have you found this true in your own experience? That bad things (and good things), like to happen in community, in bunches? You say: we invent this connection by suddenly realizing that we got a flat tire on the same day that a computer glitch devoured our hard drive, shortly after our last contact lens just slid down the drain. I say: there seems to be something significant about the power of three. – On this Sunday, "Trinity Sunday," the Church celebrates the Triune God, Father, Son, and Holy Spirit, affirming the Truth that good things also come in threes. We recognize God as Creator (the Father), God as Redeemer (the Son), and God as Sanctifier (the Holy Spirit).



Holy God, faithful and unchanging; enlarge our minds with the knowledge of Your truth and draw us more deeply into the mystery of Your love, that we may truly worship You, Father, Son and Holy Spirit, one God, now and forever. Amen.

At confirmation, the Archbishop asked the children for a definition of the Holy Trinity. A girl answered very softly – "The Holy Trinity is three persons in one God." The Archbishop, who was rather old and almost deaf, replied, "I didn't understand what you said." And the young theologian standing in front of him replied: "Well, Your Excellency, you are not supposed to. The Trinity is a **JOKE OF THE WEEK** mystery. Nobody understands it."

The Holy Trinity

Today we are celebrating the feast of the Holy Trinity. "Trinity" means "three" and tells us that there are three Persons in God. There is only one God, but God is a relationship of the Father and the Son (Jesus) and the Holy Spirit.

Each of the Persons in the Holy Trinity is really God, so the Father is really God, and Jesus is really God, and the Holy Spirit is really God. But they are not all the same Person. Each of the Persons in the Holy Trinity is also equal to all the others. So the Father is not greater than the Son or the Holy Spirit; they are all equal.

Sometimes we can understand the Holy Trinity as if it were like a family. Each of the persons is different, but the family wouldn't really exist if any one of them were missing. The Holy Trinity is also a relationship of love. Because God is so full of love He wanted to share it with others, so that is why He made us! When we live the way God wants us to we are joining in the life of the Holy Trinity. Isn't that amazing?

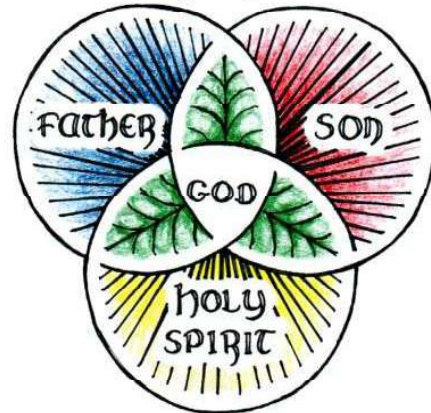


Answers to Cross-Word Puzzle: Across: 1 send 3 gave 5 he 6 condemn 8 life 10 loved 12 not 13 perish 15 only Down: 2 everyone 3 God 4 world 7 eternal 9 into 11 who 14 in

Answer to puzzle on front page: Three Persons in One God
www.thekidsbulletin.com

The Kids' Bulletin

Solemnity of the Most Holy Trinity
 May 31st, 2026

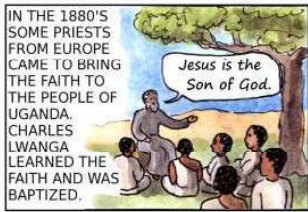


What does the word "Trinity" say about God?
 Use the code to find out!

Y H F E E E T E F J O A J
 I A O A E U O X
 D E G H I N O P R S T
 X E U H T V O I F J Y


Saint Charles Lwanga And Companions June 3

IN THE 1880'S SOME PRIESTS FROM EUROPE CAME TO BRING THE FAITH TO THE PEOPLE OF UGANDA. CHARLES LWANGA LEARNED THE FAITH AND WAS BAPTIZED.



Jesus is the Son of God.

WHEN THE KING HAD SOME PROTESTANT MISSIONARIES KILLED THE CHIEF PAGE REPRIMANDED HIM, SO THE KING HAD HIM KILLED TOO.



It was unjust!

Kill him!

CHARLES WAS MADE THE NEW CHIEF PAGE. HE SECRETLY TAUGHT THE FAITH TO THE OTHERS.



We will meet tonight. Tell the others!

If he tells you to do a sin, find an excuse to leave.



HE ALSO PROTECTED THEM FROM THE SINFUL DESIGNS OF THE KING.

WHEN THE KING REALIZED WHAT WAS HAPPENING HE CONDEMNED THE CHRISTIANS TO DEATH.



If you believe in Jesus, stand over there!

THEY WERE FORCED TO WALK 37 MILES, AND SOME WERE KILLED ON THE WAY.



AFTER BEING IMPRISONED FOR SEVEN DAYS, ON JUNE 3RD, 1886 THE CHRISTIAN PAGES WERE BURNED TO DEATH FOR REFUSING TO GIVE UP THEIR FAITH.



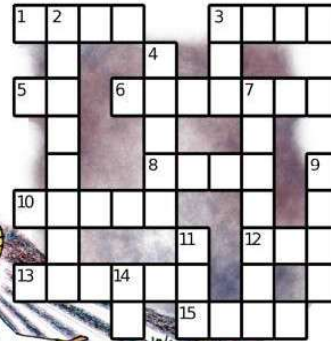
SAINT CHARLES AND HIS FELLOW PAGES DID NOT LET THE FEAR OF DEATH STOP THEM FROM FOLLOWING GOD AND DOING WHAT WAS RIGHT. IF EVER YOU ARE TEMPTED TO SIN OR TO MAKE AN EASY CHOICE THAT IS WRONG, PRAY TO SAINT CHARLES AND HIS FRIENDS FOR STRENGTH TO MAKE THE RIGHT DECISION.

theidsbulletin@gmail.com

God So Loved The World Cross-Word

___(3d) so ___(10a) the world that he ___(3a) his ___(15a) Son, so that ___(2d) ___(11d) believes ___(14d) him might not ___(13a) but might have ___(7d) ___(8a) For God did ___(12a) ___(1a) his Son ___(9d) the ___(4d) to ___(6a) the world, but that the world might ___(5a) saved through him.

Use the words in the list to fill in the blanks in today's Gospel reading. Then fit them into the cross-word





BE
GAVE
GOD
IN
INTO
LIFE
LOVED
NOT
ONLY
PERISH
SEND
WHO
WORLD
CONDEMN
ETERNAL
EVERYONE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9am-9pm Eucharistic Adoration The Table Community Lunch St. Justin	2 Hanley Hall Closed 4:30-5:30pm Holy Hour 5:30pm Mass	3 8:00am Rosary 8:30am Mass Sacristans Get-Together after Mass Community Lunch 12pm HH St. Charles Lwanga & Companions	4 8:00am Rosary 8:30am Mass CWL Social	5 8:00am Rosary 8:30am Mass 9-10am Adoration & Benediction, Confession 10am 12 Years a Slave Movie (HH) 1:30pm Choir Practice 2:00pm Ecumenical Choir Practice	6 8:30am Rosary 9am Mass 4pm Confession 5pm Mass
7 9am Mass 10:30am Mass Confirmation Prep 2:30pm SF Cemetery Service The Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)	 8 9am-9pm Eucharistic Adoration The Table Community Lunch	9 4:30-5:30pm Holy Hour 5:30pm Mass	10 8:00am Rosary 8:30am Mass Community Lunch 12pm HH 7pm COR Meeting	11 8:00am Rosary 8:30am Mass 6pm CWL Executive Meeting (lower HH) St. Barnabas	12 8:00am Rosary 8:30am Mass 1:30pm Choir Practice World Day of Prayer for the Sanctification of Priests Solemnity of the Most Sacred Heart of Jesus	13 4pm Confession 5pm Mass 10am-2pm Confirmation Retreat St. Anthony of Padua
14 9am Mass 10:30am Mass Celebration of the Sacrament of Confirmation Most Reverend Michael Mulhall, Archbishop of Kingston	 15 9am-9pm Eucharistic Adoration The Table Community Lunch	16 11am Broadview Mass 4:30-5:30pm Holy Hour 5:30pm Mass 7:15pm K of C 4th D. Meeting	17 10am Mass (St. Francis School) Community Lunch 12pm HH 7pm K of C 3rd Degree Meeting	18 8:00am Rosary 8:30am Mass	19 8:00am Rosary 8:30am Mass	20 9am-1:30pm Catechism Meeting at St. Joseph's Church, Kingston 4pm Confession 5pm Mass
21 9am Mass 10:30am Mass 2:30pm BS Cemetery Service 	22 9am-9pm Eucharistic Adoration The Table Community Lunch	23 10:30am Van Home Mass 4:30-5:30pm Holy Hour 5:30pm Mass St. Luke's Grad all day set up, 4-6pm (upper HH)	24 8:00am Rosary 8:30am Mass Community Lunch 12pm HH The Nativity of St. John the Baptist	25 8:00am Rosary 8:30am Mass	26 8:00am Rosary 8:30am Mass	27 4pm Confession 5pm Mass
28 9am Mass 10:30am Mass 11:30pm Baptism (1)	29 9am-9pm Eucharistic Adoration The Table Community Lunch Sts. Peter & Paul	30 4:30-5:30pm Holy Hour 5:30pm Mass	<h1>June 2026</h1>			

News From Other Parishes

 **Kingston 200 Years of Faith**  Celebrate the 200th anniversary of the Archdiocese of Kingston with this inspiring article from *The Catholic Register*: catholicregister.or
Discover how our faith community continues to grow and “endure” with hope.

MARK YOUR CALENDARS & SHARE THE NEWS!

3rd Annual Summer Spectacular Outdoor Market Fundraiser
St. John the Evangelist Catholic Church, Flinton
Saturday, **June 6th, 2026**
10:00 AM – 2:00 PM