



Enter the Mystery!



This Sunday and the next we will touch on 2 great mysteries of our Catholic Church: the Trinity and the Eucharist! June 7 is the feast of the Most Holy Trinity. The idea of one God in 3 persons sounds complicated, and many saints have tried to explain how this can be! Much of our faith is full of mystery and sometimes seems beyond our understanding, but the second reading today in 2 Cor. 13 offers us a simple guide and blessing. *Live the moments of your life seeking peace with God and one another, and allow the healing grace of Jesus, the love of the Father, and the communion of the Spirit to be poured over you and everything you do.* (Leah Perrault, *Living With Christ*) May we not allow ourselves to get too caught up in the mystery of it all, but believe with a simple faith what the Trinity offers to us: LOVE.



Did you know?

Praying can be made through gestures and through words. The simplest prayer we have as Catholics is the sign of the cross: *In the name of the Father, the Son, and the Holy Spirit. Amen.* When these words are combined with the gesture of crossing ourselves we are, in fact, praying twice! So when you don't know what to pray, simply say the sign of the cross. It's powerful!

Praise the Trinity with [this song](#) by St. Francis of Assisi



The Catholic CORNER

The Trinity



In the Youth Catechism (YOUCAT) it explains that "Trinity comes from the Latin: trinitas, meaning the state of being threefold. God is only one, but he exists in three persons. The fact that in English we have two terms, the Triune God and the Trinity for the same reality (one emphasizes God's unity, the other the distinction of persons in him) is an indication of the unfathomable mystery of the Trinity."

May we ask the Holy Spirit to give us understanding of this great mystery!

Watch [this video](#) to learn more about the Trinity.

St. Emile Parish News

*Until restrictions are lifted due to the Covid-19 pandemic, Mass will continue to be televised on line and on TV (please see links below). Once restrictions are lifted all are welcome to join the community to worship at St. Emile Parish in Legal for 9:30 am Mass every Sunday. Please stay informed by checking either the [St. Paul Diocese website](#) or the [Edmonton Archdiocese website](#).

St. Paul Diocese 11:00 am, Sunday: <https://www.youtube.com/channel/UCRyBeUwyXMAgCAtDEce-CUg> Mass with Bishop Paul Terrio

St. Joseph Basilica 10:30 am, Sunday: grandinmedia.ca/livestream Mass with Archbishop Smith

Fort Sask. Our Lady of the Angels: <https://www.facebook.com/FrKrisSchmidt/>

The Light Week of June 7-13

Legal School Faith News



Let Us Pray ...

Glory Be

Glory be to the FATHER,
and to the SON,
and to the HOLY SPIRIT,
as it was in the beginning,
is now, and ever shall be,
world without end,
Amen.

