

Saint Augustine Catholic Church

Oakland, California

• The Most Holy Trinity •

May 26th, 2024

Dear Friends of St. Augustine Parish.

I don't watch many movies, but I took a couple of days of this past week and I saw a movie with my sister called "Boys in the Boat." It was an inspirational movie, and I would recommend it. It was about an 8-man rowing team like we might see at Aquatic Park along Highway 80 in Berkeley. At the end of the movie, one of the main characters said "we are not eight, but one." This Sunday we celebrate the **Solemnity of the Most Holy Trinity**, where we confess our belief that we believe in one God who is three persons: the Father, the Son Jesus Christ, and the Holy Spirit. The rowers may act as one while they are rowing, but God is truly and eternally one though three distinct persons. A mystery to us, but a model for us in true love since the Father, Son, and Holy Spirit are one by their perfect love for one another.

On June 2, we will have our second **Corpus Christi Procession** walking from St. Ambrose Church to St. Joseph the Worker Church. We will begin about 1:30 p.m. It is a two-mile walk that takes about an hour. Food will be provided at St. Joseph the Worker. All are welcome to join us.

We congratulate Fr. **Alberto Perez** as today (Thursday, May 23) he celebrates 10 years of ordination. We thank Fr. Alberto for his service to God's people. May he be filled with much joy, and may the Holy Spirit continue to guide and strengthen him.

May you be blessed by the Most Holy Trinity!
Fr. John Prochaska

WOODMINSTER SUMMER MUSICALS

Group Season Tickets on sale now for \$99 (half price)

June 23: Guy & Dolls

July 21: Jersey Boys

August 8: Sister Act

Sundays at 8:00 p.m. with Potluck/Tailgate at 5:30 p.m.

Joaquin Miller Park in the Oakland Hills (outdoor amphitheater)

For more information or to reserve tickets contact Suzy Arnhart at sarnhart@gmail.com

Friends Pope's Monthly Intention for May

We pray that religious women and men, and seminarians, grow in their own vocations through their human, pastoral, spiritual and community formation, leading them to be credible witnesses to the Gospel.

RACHEL'S VINEYARD RETREAT

Friday, June 28, 4:00 PM - Sunday, June 30 in Cupertino

This program offers a weekend of support to women, men and couples whose lives have been impacted by reproductive loss, abortion, or miscarriage. It is an opportunity to reflect on the experience, identify ways it has affected your life, and start the healing process. The weekend includes two nights lodging, meals, and all retreat materials. All information remains confidential. Contact us at hope@realoptions.net for more information or go to this link: [June 28-30th Retreat \(fundeasy.com\)](https://www.fundeasy.com)

400 Alcatraz Ave Oakland, CA 94609 • www.staugustineoakland.com

Weekend Mass schedule

Saturday: 5:00 pm Vigil Mass
Mass: Sunday, 10:00 am & 6:00pm

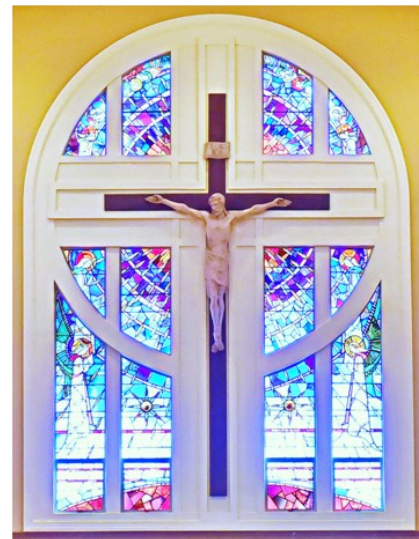
• Weekday Eucharist •

Tuesday, Thursday, Friday, 8:30 a.m.
Communion Service: Wednesday, 8:30 a.m.

• Sacrament of Reconciliation •

Saturday at 4 p.m.
Also upon Request

"We are called by Christ to love Him, to follow Him and to bring Him to the world."



St. Augustine Catholic Church

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www.staugustineoakland.com

Parish staff

Parochial Administrator
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Douglas Castro/
Maintenance

PARISH NEWS

If you recently moved into the neighborhood and have been attending our parish, we would love to invite you to pick up a registration form located on the table in the back of the church next to the hospitality table. You may drop it off in the collection basket at your convenience.

Donations

For anyone who would like to donate to our parish via PayPal, please go to the website and click the Donate link.

If you would like to mail a check, you may send it to 400 Alcatraz Ave. Oakland, CA 94609

If you would like to drop it off at the rectory, you may put it in the slot by the rectory front door. It is located on the bottom left side wall. Please do not leave an envelope in the mail box.

Important Websites and TV Channels

EWTN—Masses televised daily.
AT&T UVerse—Channel 562—No HD.
Comcast: 33 (SD), 291 (SD), 1668 (HD)

Vatican website: Vatican.va

United States Conference of Catholic Bishops: usccb.org

Bishop Barron: wordonfire.org

This week's second collection is for Catholic Charities of the East Bay.

Young Catholics, here is a link to the Grapevine, a monthly newsletter of activities taking place in the Bay Area:



[ISSUE #85: Golden Gate Bridge Pilgrimage, Harbor Party, & more \(mailchi.mp\)](#)

Question of the Week

For Adults: What signs of God's love have you witnessed in your life?

For Children: How can you be a sign of God's love to others this week?

The Great Commission

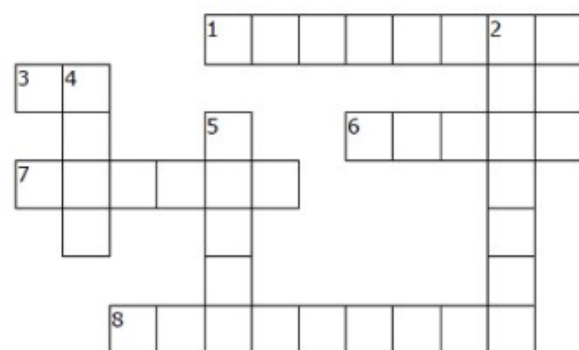
Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matthew 28:19-20 (NIV)

Based on Matthew 28:16-20



M X H H S W K T E A C H I N G
 O D E L Y O B E Y L L O U O J
 U A A U B A P T I Z I N G P I
 N I V T G A I T H V F R H M E
 T G E N C R W M H L K S L R L
 A T N P O I A O S E B T L C E
 I B C H A W B N R J X K L S V
 N V T O I L O B V S T L E K E
 D U Y Z M I W X Q E H L R H N
 A J B A T M K A K G P I T X X
 O E O A Z C A A Y I C R P Y F
 N S N T K R M N C S A U I E Z
 J U Q A I J W S D E E R Z D D
 H S Z N J C I F B E G D D L Z
 G I V E N D K B T H D I B R S

OBEY	DISCIPLES	EARTH	AUTHORITY
JESUS	MOUNTAIN	ALWAYS	TEACHING
BAPTIZING	HEAVEN	COMMANDED	ELEVEN
NATIONS	MAKE	WORSHIPED	GIVEN



ACROSS

- 1. Giving instructions to a group of students
- 3. The opposite of stop
- 6. The planet on which we live
- 7. The place where God lives
- 8. Followers of Jesus

DOWN

- 2. Groups of people living in a certain area; countries
- 4. To follow the commands, rules, or guidance
- 5. The Son of God

EARTH	TEACHING	GO	HEAVEN
JESUS	DISCIPLES	OBEY	NATIONS

WEEKLY CALENDAR

- 8:30 am Holy Mass
Thursdays
- 4 pm Reconciliation
Saturdays
- 5:00 pm Vigil Mass
Saturdays
- 10:00 am Sunday Holy Mass
- 6:00 pm Sunday Holy Mass
- 7:00 pm Weekday Rosary on Zoom

May 19th Collection:
\$6,706. Thank you for your generosity.

IN OUR PRAYERS

Please remember in your prayers those who are ill:
Sam Wolfe, Laura Patterson, Ron Kowalski Jr. and Ron Dirito

And those who have died:
All the souls in Purgatory who have no one to pray for them.

Mass Intentions

5 pm Saturday Holy Mass
Parishioners & Benefactors

10 am Sunday Mass
Maria Hill (-)

What Is the Holy Trinity?

What does the mystery of the Trinity tell us? And why is it a mystery? Because we can't know it unless God reveals us. God is one substance and three persons. God is love. All three persons in the Trinity are the same divine substance: It tells us that God is relationship. In fact, God is such a perfect relationship in unity that God is truly one.

Father, Son, and Holy Spirit

Catholics profess that there is one God in three persons: The Father, the Son who is Jesus Christ, and the Holy Spirit. The divine persons do not share the one divinity among themselves but each of them is God whole and entire: "The Father is that which the Son is, the Son that which the Father is, the Father and the Son that which the Holy Spirit is, i.e. by nature one God." (Catechism of the Catholic Church 253)

Lover, Beloved, and Love

This is certainly difficult to grasp. But remember that God is relationship. It might be easier to think of the Trinity this way: The Lover (The Father), The Beloved (The Son), The Love flowing between them (The Holy Spirit). So, we might pray prayers of thanksgiving to the Father at the beauty of creation which he has provided for us. We might pray to Jesus when we need to be forgiven or to need to feel that God understands what we are going through. We might pray to the Spirit for inspiration or the right words to say to a friend who is hurting.

Formlessness, Form, Energy

Another way to think of the Trinity is Formlessness (The Father), Form (The Son), The living and loving Energy flowing between them (Holy Spirit). This is not to reduce the Trinity to some sort of physics. In fact, this presents God as the force behind all creation. This is still three distinct persons who are creating and loving.

A Love Triangle

The Trinity is often depicted as a Triangle, sometimes made of intertwined arcs. This is also a useful image. This is also related to the shamrock, which St. Patrick promoted as a way to think of the Trinity.

Historically we usually view the triangle image with the Father at the top and the Son and the Holy Spirit at the bottom. This can make our minds think that the Father "rules" over the Spirit and Son. So, if you like the triangle image, try mixing it up. Put the Son or the Holy Spirit at the top and see if that helps contemplate this mystery.

A Water Wheel of Flowing Love

Consider this quote from St. Bonaventure:

Trinity is like a water wheel with three buckets on it. Same water flows through all three buckets, shows the unity of three persons in Trinity; the flowing water is love, what God is; God is flowing love.

This image of the Trinity includes the dynamic nature and that one person flows endlessly into another.

A Movement of Love

It can be helpful to think of the Trinity as more of a verb than a noun. It is after all a relationship. Instead of the static triangle model, think of a circle of movement: Father, Son, and Holy Spirit holding hands in a spinning dance, each moving and reaching toward the others in a joyful swirl of love.

We are invited into that perfect relationship. Join in the dance of the Trinity!

Pope Francis said, "The mystery of the Most Holy Trinity tells us that we do not have a solitary God up there in heaven, far away; no, He is the Father who gave us his Son, who became man like us, and who sends his own Spirit to be even closer to us."

<https://young-catholics.com/1709/what-is-the-trinity/>