



THE MOST HOLY TRINITY

May 31, 2026



Mission Statement

“Good Shepherd Parish, under the guidance of the true Shepherd Jesus Christ, is a Catholic faith based community seeking to proclaim and live the gospel message. Recognizing our diversity, we strive to bring together a church family, welcoming all people as we grow together in faith, hope and love.”

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SERVED BY

Rev. Valentine Ugwuanya Pastor
Denise Perry Secretary
Christian Veliz Music Minister

For more information on our parish please go to:
Goodshepherdnj.com
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The Pastor’s reflection on the Most Holy Trinity. May 31,’26.

This Sunday the Church celebrates the Feast of the Most Holy Trinity. This Feast is difficult for us to understand and celebrate. For it is already difficult for us to figure out God. Now we are told that God consists of three persons – Father, Son, and the Holy Spirit – being equal in power & sharing the same substance. As I was trying to reflect on this aspect of the Triune God, a phone call came in. It was my niece, who asked me, Father could you explain the Holy Trinity for me because our Religion teacher asked us to explain our understanding of the Holy Trinity. I said, ‘what a task! So, I get to explain to her on the most mysterious aspect of our Christian faith – the Holy Trinity!’ Because the mystery of God is totally beyond our comprehension. Trying to comprehend God is like trying to fit the entire ocean into a little bucket. And St Augustine said that, if you think you have an understanding of God, then it’s not God. Nonetheless, God does want to be known, very much so! After my explanation she said, Father, still I can’t understand the nature of the Holy Trinity. My response to her was, it is a Mystery.

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 is not the mathematical equation which gives us the answer 1+1+1=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.

In the first reading from the Book of Exodus, Moses pleaded with God: ‘Let me see your face!’. God’s response was: no, you won’t be able for it, but I will give you something – I will give you an intuition of who I really am. And so, as we have in today’s reading, the Lord passed before Moses and proclaimed, ‘The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.’ Another translation of the same Hebrew words speaks of ‘a God of tenderness and compassion’. When we look at the vast mystery of the universe, the amazing wonder of biology, the mystery of reality at a sub-atomic level, isn’t it extraordinary to think that, pulsating at the heart of it all, is tenderness, compassion, steadfast love and faithfulness...

Moses however moves this beautiful language into very concrete territory: we are a headstrong people, he says. We have complained and bickered and refused to believe, but if your tenderness, compassion, steadfast love and faithfulness towards us are real, please be with us and adopt us as your own. Maybe each of us could issue a similar plea to God; each of us knows the ways in which we seem undeserving of such special treatment, but we can invite God’s love in nonetheless, with the absolute certainty that we will get a positive response.

Moses’ request was answered by God, centuries later, in a way that went beyond his wildest imaginings. God decided to be with his people by becoming one of them, and here the Trinitarian life of God begins to spill out openly into the world. The only-begotten Son becomes human. The tenderness, compassion, steadfast love and faithfulness of God become flesh in our world. God adopts us as his own by becoming one of us! Moses was so intimate with God but he came forward to use this intimacy to win God’s favor for his people when they sinned.

Thus, the doctrine of the Trinity is as much about us as it is about God. It is the intimate relationship that exist between the Triune God. It is about how God relates with us and how we are called and challenged to relate to one another. It is about what it means to be persons created in the image of the One who is Love. Hence the Trinity is profoundly relevant to our everyday lives. To be human means to be like the God who created us; the God in whom we live and move and have our being; the God who chose to make his home among us through his Son; the God who lives within us through his Spirit. To become like this God of love means to live in relationships of love and respect, not only with our fellow humans, but with all God’s creatures – all with whom we share the gift of life. Therefore, God is relational and is a mystery.

Yes, the Trinity is a mystery. However, just because it is a mystery doesn’t mean we forget about it. This was what led Rene Descartes, a French priest and a philosopher in trying to prove the existence of God, whereby he couldn’t prove it, he ended up with this “*Cogito Ergo Sum*,” - I believe because I exist. So, in faith we believe.

Good Shepherd Parish Schedule for Mass & Worship (schedules are subject to change)

Saturday (anticipated) 5:30pm
Holy Day TBD.

Sundays —9:00am, 11:00am
Reconciliation: Saturdays 4:45-5:15pm

National Holidays —9:00am
Adoration Mo-Fri 7:30am-5:00pm

Mass Intentions For the week of May 30, - June 6, 2026

Saturday 5:00PM For the Repose of the Soul of Godwin Victoria Ibedu
May 30

Sunday 9:00am For the Protection of Babies in the Womb and Their Families
May 31 11:00am Thanksgiving for the Birthday of Kirk Petgrave

Monday 7:00am For the Repose of the Soul of Brenda Julien
June 01

Tuesday 7:00am For God's Guidance and Protection of Miton Hinton
June 02

Wednesday 7:00am For Strength and Health of Fr. Valentine Ugwuanya
June 03

Thursday 7:00am For the Birthday of Giancarlo Perilla
June 04

Friday 7:00am For God's Guidance and Protection of Judith Kuzma
June 05

Saturday 8:30am For God's Loving Care on the People of Good Shepherd Parish
June 06 5:30pm For God's Loving care on the People of Good Shepherd Parish

Kindly keep our parishioner's family, with health and other challenges, in your prayers

Let us always remember in our prayers the sick members of our Parish

Paul Kocum	Sandi Mosley	Debbie Watson	Rihanna Scott	Venus Matthews
Curtis Richards	Carlos Quinones	John Valfour	Corizon Abuzied	Margarete Victor
Bob and Barbara Nezlick	Patrick Roylance	Graylan Banks	Aloysius Patrick Osuji	Avenelle Samaroo

* Please advise if any names should be added or delete from the list

Hospital Privacy | Please remember that current privacy laws regarding patients in hospitals do not allow hospitals/ pastoral care offices to contact parishes. If you or a loved one are in the hospital and want a priest to visit, please call the I office at (973)375-8568

ANNUAL ²⁰²⁶ APPEAL

The Annual Appeal is ongoing, your contributions to the appeal will help so many lives.

Breaking Bread Covers:

Do you have an event you would like to acknowledge or a remembrance of a person. You can have an announcement on the cover of a Breaking Bread for \$20.00 Please complete the flyer on the ledges in the back of the church.

The Shrine of St. Joseph is hosting a Men's Morning on Saturday, June 6, from 8:00–11:30 AM.

The morning includes Mass at 8:00 AM in the Chapel followed by breakfast, a talk, witness, prayer, and a small-group discussion. The featured presentation, *"What it means to be a Catholic Man in Today's World,"* will be given by author and speaker **Kevin Wells**. The morning will also include a witness by **Br. Ken Apuzzo** of the Brotherhood of Hope on the many young people who entered the Catholic Church this Easter through campus ministry and the growing renewal of faith among young adults at Seton Hall University and Rutgers University. There is no cost to attend, but registration is required. To register, please visit. shrineofsaintjoseph.com/menofsaintjoseph

Collection Report May 24, 2026

GSP EVENT CALENDER

Weekly Target	\$6,500.00
Collection (Offering+ Fuel & Energy)	\$ No Data
Surplus (Deficit)	\$
Fiscal Year to Date	
Budget:	\$379,864.00
Actual:	\$ 79,909.00
Surplus (Deficit)	\$
Rolling 4 Week Averag	
Average Collection:	\$Incomplete
Average Surplus (Deficit)	\$

Sunday May 31
THE MOST HOLY TRINITY
Monday June 01
Saint Justin
Tuesday June 02
Saints Marcellinus and Peter
Wednesday June 03
Saint Charles Lwanga and Companions
Thursday June 04
Friday June 05
Saint Boniface
Saturday June 06
Saint Norbert

Minister Assignments June 6, - June 7, 2026

Saturday	Lectors	Eucharistic Ministers	Presiding
06/06 5:30pm	Denise Perry	Denise Perry Nelli Bate Barbara Banks	Fr. Val
06/07 9:00AM	TBD	Augustine Boakye Stanislaus Egeolu- Obimezie Lorita Onyegbule	Fr. Val
06/07 11: 00am	Sylvia Edozie	Jerome Hule Luer Drewes Janet Drewes	Fr. Val

Good Shepherd Parish Information

RECTORY HOURS: Monday Thru Wednesday 10:00AM-2:00PM; Thursday / Friday 9:00AM-12:00PM

Parish Registration Forms can be found at the back of the church or call the rectory at (973) 375-8568

THE SACRAMENT OF RECONCILIATION Saturday 4:45PM - 5:15PM

THE SACRAMENT OF BAPTISM In order to have your child baptized at Good Shepherd, the parents must be registered and active members of our parish. Godparents or sponsors must meet qualifications as to have received both sacraments of Communion and Confirmation, attend Mass regularly and been a registered parishioner at a Catholic Church Baptisms will be held the third Sunday of the month. For more information please call the Rectory at (973) 375-8568

THE SACRAMENT OF MATRIMONY Couples who are planning a wedding should call the parish office to meet the priest, to choose the date of the wedding and before any other arrangements are made call (973)375-8568

PASTORAL OF THE SICK Notify a priest of all who are hospitalized, home-bound, or Emergencies call (973)375-8568

ORDER OF CHRISTIAN INITIATION OF ADULTS, RCIA. Adults interested in becoming members of the Catholic Church and Catholics in need of Sacraments, Confirmation or Eucharist; inquire at the Rectory. To register please call the rectory at (973-375-8568

RELIGIOUS EDUCATION Sunday of October-April from 10:00-11:00 am in the Church building. For more information please call the Rectory at (973-375-8568. Children’s mass will be every second Sunday of the month, at the 11AM mass.

POPE FRANCIS
St Peter's Square
Feast of the Most Holy Trinity
Sunday, 22 May 2016

Dear Brothers and Sisters, Good morning!

Today, the Feast of the Holy Trinity, the Gospel of St John gives us part of the long farewell discourse pronounced by Jesus shortly before his Passion. In this discourse, he explains to the disciples the deepest truths about himself, and thus he outlines the relationship between Jesus, the Father and the Holy Spirit. Jesus knows that the fulfillment of the Father's plan is approaching and will be completed with his death and resurrection. Because of this he wants to assure his followers that he won't abandon them, because his mission will be prolonged by the Holy Spirit. It will be the Holy Spirit who continues the mission of Jesus, that is, guide the Church forward.

Jesus reveals what this mission is. In the first place, the Spirit guides us to understand the many things that Jesus himself still had to say (cf. Jn 16:12). This doesn't refer to new or special doctrines, but to a full understanding of all that the Son has heard from the Father and has made known to the disciples (cf. v. 15). The Spirit guides us in new existential situations with a gaze fixed on Jesus and at the same time, open to events and to the future. He helps us to walk in history, firmly rooted in the Gospel and with dynamic fidelity to our traditions and customs.

But the mystery of the Trinity also speaks to us of ourselves, of our relationship with the Father, the Son and the Holy Spirit. In fact, through baptism, the Holy Spirit has placed us in the heart and the very life of God, who is a communion of love. God is a "family" of three Persons who love each other so much as to form a single whole. This "divine family" is not closed in on itself, but is open. It communicates itself in creation and in history and has entered into the world of men to call everyone to form part of it. The trinitarian horizon of communion surrounds all of us and stimulates us to live in love and fraternal sharing, certain that where there is love, there is God.

Our being created in the image and likeness of God-Communion calls us to understand ourselves as beings-in-relation and to live interpersonal relations in solidarity and mutual love.

Such relationships play out, above all, in the sphere of our ecclesial communities, so that the image of the Church as icon of the Trinity is ever clearer. But also in every social relationship, from the family to friendships, to the work environment: they are all concrete occasions offered to us in order to build relationships that are increasingly humanly rich, capable of reciprocal respect and disinterested love.

The Feast of the Most Holy Trinity invites us to commit ourselves in daily events to being leaven of communion, consolation and mercy. In this mission, we are sustained by the strength that the Holy Spirit gives us: he takes care of the flesh of humanity, wounded by injustice, oppression, hate and avarice.

The Virgin Mary, in her humility, welcomed the Father's will and conceived the Son by the Holy Spirit. May she, Mirror of the Trinity, help us to strengthen our faith in the trinitarian mystery and to translate it in to action with choices and attitudes of love and unity.