

Vox Populi

27 May 2026



A week after celebrating the Solemnity of Pentecost, the Church will celebrate the Solemnity of the Most Holy Trinity on Sunday, 31 May.

While the Easter Season centres on Jesus Christ and Pentecost celebrates the coming of the Holy Spirit, the Solemnity of the Most Holy Trinity celebrates all three persons of the Trinity.

For most of the Church's history there wasn't a specific day to celebrate the Holy Trinity. In the 4th century, Pope John XXII ordered the feast to be celebrated on the first Sunday after Pentecost, recognising that it was after this that the doctrine of Trinity was proclaimed to the world.

At the heart of the Trinity is mystery. It is more easily understood with the heart than it is with the mind. They are three distinct persons, the Father, Son, and Holy Spirit, yet share one Divine Nature.

Despite this mystery, the Trinity is at the centre of our faith. It is invoked at the beginning of prayer, and at the beginning of every blessing, and all the Sacraments are administered in its name.

So, while it is celebrated as a feast just one day a year, the Trinity is a constant companion to the Church through its liturgy, prayer and sacramental life.

May the Son lead us to the Father through the Spirit, to live in the Triune God forever.

Amen.