



"Second Homily" by Fr. Duane Trombetta
The Lord of the Sabbath
Sunday, January 25, 2026

Blessings to all. I begin by offering some insights into today's Gospel passage from St. Mark. As we read, Jesus walks with his disciples through the grainfields on the Sabbath. When the Pharisees object, he advises them that "the Sabbath was made for man, not man for the Sabbath," and then declares himself Lord even of the Sabbath. This makes clear that God's law is never a burden but rather, a means of strengthening our relationship with him and with one another.

This passage teaches an important lesson applicable to parish life as well. Namely, it is easy to become busy with schedules, meetings, projects, and programs (even good and holy ones) and yet forget the deeper purpose behind them all: worship, charity, and communion with Christ. Everything we do at Holy Trinity, from our liturgies and ministries to our parish gatherings and outreach efforts, must flow from this center.

I am grateful for the many signs of life in our parish right now: volunteers serving quietly behind the scenes, new families joining us for Mass, ministries preparing for upcoming events, and the continued momentum of our Long-Term Pastoral Plan, campus improvements, and Capital Campaign. These are not simply "activities." They are expressions of our faith in action!

I would like to highlight one such expression in particular. On Monday, February 2, at 5:30 pm, Holy Trinity will host an Evening Candlemas Vespers Service here in our church. This sung event will feature our choir and the Evening Prayer of the Liturgy of the Hours. Please come and join us for this brief (30-40 minutes) and beautiful event. I'd sure like to see you there!

As I close my Second Homily, I encourage you all to guard the spirit of the Sabbath in your hearts. Make space for prayer, rest, and gratitude. Keep yourselves rooted in Christ. And continue to invoke the intercession of the Five Priests, Servants of God. May the Lord of the Sabbath renew our joy, strengthen our unity, and bless every home in our parish family.

Fr. Duane