

# Sunday Message

**ENTRANCE ANTIPHON**

Blest be God the Father, and the Only Begotten Son of God, and also, the Holy Spirit, for he has shown us his merciful love.

**GLORIA**

Glory to God in the highest, and on earth peace to people of good will.

We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.

Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

**COLLECT**

God our Father, who by sending into the world the Word of truth and the Spirit of sanctification made known to the human race your wondrous mystery, grant us, we pray, that in professing the true faith, we may acknowledge the Trinity of eternal glory and adore your Unity, powerful in majesty. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

**FIRST READING** Exodus 34:4-6. 8-9

A reading from the book of Exodus. With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there. He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.' The word of the Lord. Thanks be to God.

**PSALM** Daniel 3:52-56

Response: To you glory and praise for evermore.  
 1. You are blest, Lord God of our fathers. (R.) Blest your glorious holy name. (R.)

- 2. You are blest in the temple of your glory. (R.) You are blest on the throne of your kingdom. (R.)
- 3. You are blest who gaze into the depths. (R.) You are blest in the firmament of heaven. (R.)

**SECOND READING** 2 Corinthians 13:11-13

A reading from the second letter of St Paul to the Corinthians. Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you. Greet one another with the holy kiss. All the saints send you greetings. The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all. The word of the Lord. Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia! Glory be to the Father, and to the Son, and to the Holy Spirit, the God who is, who was, and who is to come. Alleluia!

**GOSPEL** John 3:16-18

A reading from the holy Gospel according to John. Jesus said to Nicodemus, "God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life. For God sent his Son into the world not to condemn the world, but so that through him the world might be saved. No one who believes in him will be condemned; but whoever refuses to believe is condemned already, because he has refused to believe in the name of God's only Son." The Gospel of the Lord. Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (all bow during the next three lines) and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

**PRAYER OVER THE OFFERINGS**

Sanctify by the invocation of your name, we pray, O Lord our God, this oblation of our service, and by it make of us an eternal offering to you. Through Christ our Lord. Amen.

**COMMUNION ANTIPHON**

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

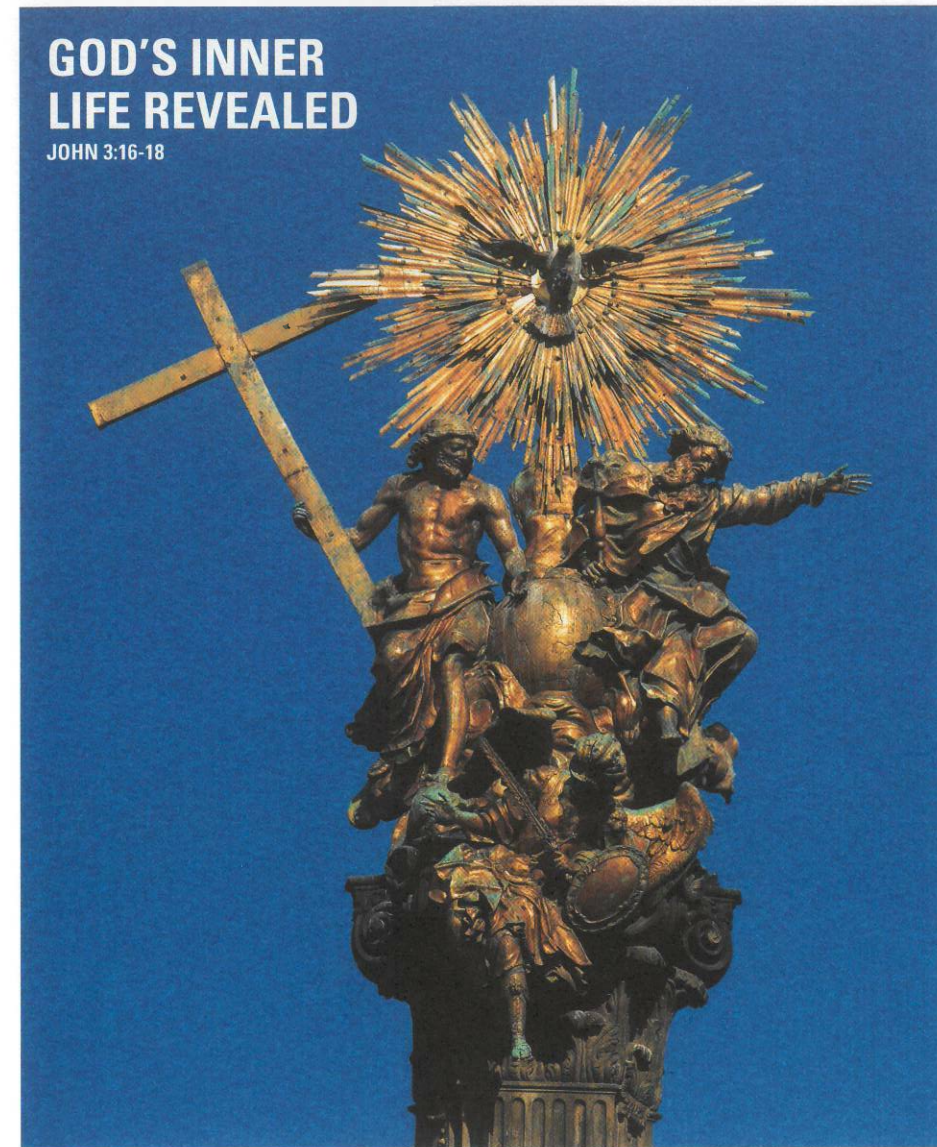
**PRAYER AFTER COMMUNION**

May receiving this Sacrament, O Lord our God, bring us health of body and soul, as we confess your eternal holy Trinity and undivided Unity. Through Christ our Lord. Amen.

To regard the Mass as an obligation, a chore, and a boring one at that, to be done on a Sunday, is a hideous travesty of the truth. Mass may indeed be boring, and the dear priest's sermon an affliction to be patiently endured (or, of course, an intellectual treat to be discussed throughout the week), but we do not go to mass for entertainment... To be taken to the self-offering of Jesus to the Father is what being a Catholic is about, it is what the Mass is about.

Sister Wendy Beckett

**THE WORD**



**GOD'S INNER LIFE REVEALED**  
 JOHN 3:16-18

Today is Trinity Sunday, the beautiful feast in which we celebrate the mystery of the Holy Trinity. This is the mystery of the three-in-one God, the Father, Son and Holy Spirit.

Like all mysteries, it is one that is hard to grasp. Each member of the Trinity is a separate and distinct person: the Father is not the Son, the Son is not the Father; the Holy Spirit is neither the Father nor the Son. Each is God, yet still there is only one God. How can this be?

It is certainly a mystery. One way of trying to understand it is to reflect on St John's definition of God: "God is love" (1 John 4:8). In the Trinity, we get a wonderful understanding of what it means to say God is love. We get a perfect insight into the inner life of God.

The three persons in the Holy Trinity are three distinct persons, but they are so in love with each other, so wrapped up in each other, so close to one another, that they are perfectly one. Their communion is so strong, their intimacy so great that the three become one, while never losing their individuality. God is an eternal exchange of infinite love.

The relationships in the Trinity are the model for the relationships we must have as Christians. We too must relate to each other as a community of love, unity and harmony. Not just at the level of our own family and close relatives and friends but at the wider parish and community level as well. ■

**REFLECT**

In the Old Testament there was no real awareness of the Holy Trinity. For the Jews, God was one person, the Lord, and that is how they understood and related to him. This period in our salvation history is sometimes referred to as the era of God the Father.

With Christ's coming among us, we were given a deeper insight into the reality of God. Jesus frequently spoke of the close relationship that existed between himself and his Father. He prayed to the Father, and even said that he and the Father were one. This period when Jesus was physically present with us is sometimes described as the era of God the Son.

Jesus also spoke of the Holy Spirit and promised that he would send the Spirit to be with us. When, after his ascension into heaven, he did send the Holy Spirit, the full story of God's inner life was revealed: God is one and God is three, a triune God. Today, you could say we are living in the era of the Holy Spirit, who is the presence of God among us until the Lord's second coming at the end of time. ■

**SAY**

"Lord, help me and my family to live like the three persons of the Blessed Trinity, united in love. Amen."

**LEARN**

What does it mean to live the life of the Trinity? In his letter to the Galatians, Paul spells out the fruits of the Holy Spirit. These include love, joy, peace, patience, kindness, gentleness and self-control. These are the concrete results of living the life of the Trinity. To live like that is to live the life of the Trinity.

**DO**

Make the sign of the cross at the beginning and end of each day and before and after each meal. Make sure always to do it slowly and carefully. Think about what it means.

**PRAY**

Each of us is called to love God and our neighbour with all our mind, heart, soul, and strength. Pray today to be able to love like that.