

**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,  
one God, for ever and ever.  
Amen.

**FIRST READING**

Ex 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**

Dan 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 Cor 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**

Jn 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.

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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



Fresco of the Holy Trinity and saints in glory, in the cupola of Chiesa di Santa Maria del Quartiere, by P.A. Bernabei, his brother Alessandro and G.M. Conti della Camera

Today we celebrate the feast of the Most Holy Trinity. The great truth about God in the Old Testament was that he communicated with human beings.

He was active in their history through the Spirit that spoke the divine Word through the Law and the Prophets. The great truth about God in the New Testament is that God took on human form in Jesus. You could say that the Old Testament period is the era of God the Father, when the Father made himself known; the period when Jesus walked on earth was the great revelation of God the Son; and the period after the ascension of the risen Lord, the time we live in now, is the era of God the Holy Spirit.

The church's doctrine of the Trinity tells us that God is, first of all, a community of three persons who love one another, who communicate so intimately with one another that three become one.

A genuine community is one that is open to others. It is not locked in on itself. The place we most experience the truth of the Trinity is at the table of the Eucharist when bread and wine, the gift of the Father in creation, are transformed into the life-giving body and blood of the Son through the action of the Holy Spirit.

Just as it took the church many years to find a way of speaking about the Triune God, it takes us a lifetime to find a way to speak about God from our own experience of love, joy, fragility and brokenness. ■

## Opening Hymn

1. Father, we adore you,  
lay our Lives before you;  
How we love you!
2. Jesus, we adore you,  
lay our Lives before you;  
How we love you!
3. Spirit, we adore you,  
lay our Lives before you;  
How we love you!

## DO

Each time you make the Sign of the Cross, think about what you are doing and the words that you say.

## SAY

**“Glory be to the Father and to the Son and to the Holy Spirit. Amen.”**

## REFLECT

In the Gospel Jesus makes a promise. He tells his disciples that even though he is going to leave them soon, they won't be left abandoned. God will send the Holy Spirit to be with them, to guide them, “to lead you to the complete truth”.

The sat nav is a wonderful invention. We have become so dependent on it to guide our journeys to unfamiliar destinations that we often wonder how we coped in the era before it was invented. The Holy Spirit is like our personal sat nav. In trying to negotiate our way through life's journeys, God has given us a spiritual navigator. That guide is the Holy Spirit. When we don't know what to do or which way to turn, the Holy Spirit is there to point us in the right direction.

But, as with a sat nav, we must first tune into the Holy Spirit. That means being aware of the Spirit's presence with us all the time. We are never alone or lost. We have an inbuilt Holy Spirit navigation system – a most precious tool. We just have to turn it on.

Second, we must ask the Holy Spirit to help us find our way. Whenever we don't know which way to turn, or the right direction to take, we pray to the Holy Spirit, asking the Holy Spirit to be our guide. The Holy Spirit always points us to Jesus who is “the Way, the truth, and the life”.

That's the Spirit's job – to be our guide through life, to lead us eventually to that place where we will enjoy eternal life with the Holy Trinity forever. ■

## PRAY

The Trinity is about relationship. Pray for a deepening of your relationship with those you love.

