

Today we celebrate the feast of the Most Holy Trinity. We say that the Trinity is a mystery, but it's a mystery that comes from the depths of our knowing who God is. The great truth about God in the Old Testament was that God communicated with human beings.

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

The relationship between Father, Son and Holy Spirit gives us a glimpse into the inner life of God. It's a relationship of love, a model of how we are to relate to each other. ■

DO

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

PRAY

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

SAY

"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. Amen."

LEARN

"The Most Holy Trinity is not the product of human reasoning; it is the face with which God himself revealed himself, not from the height of a Cathedra, but walking with humanity. It is precisely Jesus who revealed the Father and promised us the Holy Spirit. God walked with his people in the history of the people of Israel and Jesus has always walked with us and has promised us the Holy Spirit, who is fire, who teaches us all the things that we do not know, who guides us from within, he gives us good ideas and good inspirations." Pope Francis

REFLECT

he Church's doctrine of the Trinity tells us that God is a community of three persons who love one another so deeply that the three become one. But when we talk about trinitarian love, we're not describing an abstract, unfathomable, idealistic kind of love. We're describing the concrete love Jesus showed when he walked among us, that so many people show today. Feed those who are poor. Care for those who are sick. Forgive the one who hurts you. Defend those who are weak. Free those who are oppressed – to do any or all of these is to show love.

People show love like this every day. Think of parents who care for special-needs children. Or grandparents who pick up the pieces when their child's marriage collapses. Or groups like the St Vincent de Paul who help hold a community together. All are putting love into practice, the kind of love at the heart of the Trinity, the love that makes the three one.

There are numerous examples of love in action, but we know all too well how hard it is to love generously, selflessly.

Trinitarian love must shape our community, our society. One where the needs of the most vulnerable are paramount, where those who are poor are cared for and social divisions crumble, where all have access to affordable housing, and immigrants and refugees are treated with dignity. We know we have a lot to do to build a society where love guides everything.

Trinitarian love must guide our Church. In fact, if it's visible anywhere, it should be in the Church – founded by Jesus, inspired by the Spirit, protected by the Father. Yet we are well aware of the scandals in our Church; of divisions between those on the left and those on the right; of power plays and disunity, of people who feel excluded because of their gender or sexuality or a mistake made in the past. We know we have

a lot to do to build a Church where love guides everything.

Trinitarian love must guide our individual and family lives. My relationship with others must reflect the love that makes the Trinity. But I know how hard this is, because there's a big selfish element in me – in most of us. All too often, I end up doing what suits me rather than the loving thing. In an era where so many relationships sunder, where the emphasis is on satisfying individual needs, where there's aggressive individualism on the loose, we know how difficult it is to live as people where love guides everything.

A beautiful Taizé chant describes it well: Ubi caritas, Deus ibi est. Where love exists, there is God. That's the Trinity. Living loving lives is how we celebrate the Trinity.

FNTRANCE 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.

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 Proverbs 8:22-31

A reading from the Book of Proverbs.

Thus says the Wisdom of God:

The LORD possessed me at the beginning of his work,

the first of his acts of old.

Ages ago I was set up,

at the first, before the beginning of the earth.

When there were no depths I was brought forth,

when there were no springs abounding with water.

Before the mountains had been shaped,

before the hills, I was brought forth,

before he had made the earth with its fields,

or the first of the dust of the world.

When he established the heavens, I was there;

when he drew a circle on the face of the deep,

when he made firm the skies above,

when he established the fountains of the deep,

when he assigned to the sea its limit,

so that the waters might not transgress his command,

when he marked out the foundations of the earth,

then I was beside him, like a master workman,

and I was daily his delight,

rejoicing before him always.

rejoicing in his inhabited world

and delighting in the children of man.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalm 8:4-5. 6-7. 8-9. R. 2ab

R: O LORD, our Lord,

how majestic is your name through all the earth!

- 1. When I see the heavens, the work of your fingers. the moon and the stars which you arranged, what is man that you should keep him in mind. the son of man that you care for him? R.
- 2. Yet you have made him little lower than the angels; with glory and honour you crowned him, gave him power over the works of your hands: you put all things under his feet. R.
- 3. All of them, sheep and oxen, yes, even the cattle of the fields, birds of the air, and fish of the sea that make their way through the waters. R.

SECOND READING Romans 5:1-5

A reading from the Letter of Saint Paul to the Romans.

Brothers and sisters: Since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

The word of the Lord. Thanks he to God.

ACCLAMATION BEFORE THE GOSPEL cf. Revelation 1:8

R: 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.

R: Alleluia.

GOSPEL John 16:12-15

A reading from the holy Gospel according to John.

At that time: Jesus said to his disciples,

'I still have many things to say to you,

but you cannot bear them now.

When the Spirit of truth comes,

he will guide you into all the truth,

for he will not speak on his own authority,

but whatever he hears he will speak,

and he will declare to you the things that are to come.

He will glorify me,

for he will take what is mine and declare it to you.

All that the Father has is mine:

therefore I said that he will take what is mine and declare it to you.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

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.





