

**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.  
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**

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 Co 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.

I was brought up to believe I was lucky. Even  
though we were poor, I was lucky to be a  
Catholic; to be born in Liverpool – everybody  
wanted to be born in Liverpool! If I complained  
about my eyesight, my parents would say,  
"You're lucky you're not blind." My upbringing  
gave me a sense of confidence even if we didn't  
have much.

Roger McGough

# Sunday Message

SOLEMNITY OF THE MOST HOLY TRINITY

THE WORD

Year A • 31 May 2026 • Colour: White • Psalter Week 1

## TRINITARIAN LOVE

JN 3:16-18



### REFLECT

As Christians, baptised in the name of the Father, Son, and Holy Spirit, we seek to see everything as a manifestation of God's love, a love that is reflected in the three persons of the Holy Trinity. In 2015, Pope Francis published his wonderful encyclical, *Laudato Si* - on care for the earth, our common home. "Each creature has its own purpose," Pope Francis writes. "None is superfluous. The entire material universe speaks of God's love, his boundless affection for us. Soil, water, mountains: everything is, as it were, a caress of God."

A caress of God is a beautiful image. We must open our eyes and hearts to see all creation as being 'a caress of God.' Think of how we would treat the earth and each other if we saw every created thing with the eyes of love. That's how God sees it, as we are told in the book of Genesis: God saw all that God had made and found it very good. God has created us in God's own image and likeness. Seeing every created thing with the eyes of love, we would treat everything with respect and care and tenderness. We would respond to the Trinitarian God of love by living lives of love. ■

The Trinity can sometimes appear like a complicated mathematical puzzle of fitting three persons into one God.

Like Jews and Muslims, Christians believe in one God. Yet the God that Jesus reveals to us is an infinitely rich God who does not dwell in some remote part of the solar system, watching us from a distance, as a once popular song suggested. "In him we move and live and have our being," St Paul preached in the city of Athens. This God has drawn near to us in the human form of Jesus, God's Son and Word, and continues to be present to us through his Spirit.

Today's Gospel is part of a longer story of a meeting between Jesus and a Jewish leader called Nicodemus. Nicodemus was a good man searching for the kingdom of God. Jesus' message to him was simple. It is not a question of whether human beings can find their way to God, but that God has found the way to come near to them and to give them a mysterious rebirth through the Spirit. "God loved the world so much that he gave his only Son so that everyone who believes in him might not be lost but have eternal life."

The secret mystery of the Trinity is that God is Love, a love that needs so much to express itself that it takes a human body and identifies with us in our weakness. The cross is the sign of how deep that love goes and, when we sign ourselves with it, we do so in the name of Father, Son and Spirit. When we were brought into the new birth of baptism, it was in the name of that same Holy Trinity - Father, Son and Spirit. ■



### DO

Make the Sign of the Cross at the beginning and end of each day and before and after each meal. Think about what it means.

### LEARN

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 connected to each other, they are perfectly one. Their communion is so strong, their intimacy so great, the three become one while never losing their individuality. God is an eternal exchange of infinite love.

### SAY

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

### PRAY

Each of us is called to love God and our neighbour with all our mind, heart, soul, and strength. Jesus makes it clear that this is the first and the greatest of the commandments. Pray to be able to love like that.