

CELEBRATION OF THE WORD

The Most Holy Trinity

This is a celebration of the Word to aid your worship this Sunday alone or with your household. If possible, place a simple cross or crucifix prominently in the room and light one or more candles. You can also place an image of the Virgin Mary there. If there is more than one person present, choose someone to lead the prayer and one or two people to do the readings.

Whoever leads the prayer can say:

The *Catechism* teaches that “by sending his only Son and the Spirit of Love in the fullness of time, God has revealed his innermost secret: God himself is an eternal exchange of love, Father, Son, and Holy Spirit, and he has destined us to share in that exchange” (221). “The complete Trinity dwells in us” (R.P. Philippon). By worshipping the Trinity we realise the full truth of ourselves. “In the communion of grace with the Trinity, man’s ‘living area’ is broadened and raised up to the supernatural level of divine life. Man lives in God and by God” (Saint John Paul II).

SIGN OF THE CROSS

After a moment of silence, let everyone begin by making the Sign of the Cross:

In the name of the Father, the Son, and the Holy Spirit. Amen.

HYMN

Choose an appropriate hymn.

We place ourselves before the Lord, beginning with an act of contrition, such as:

O my God,
I am heartily sorry for having offended Thee,
and I detest all my sins because of thy just punishments,
but most of all because they offend Thee, my God,
who art all good and deserving of all my love.
I firmly resolve with the help of Thy grace to sin no more
and to avoid the near occasion of sin.
Amen.

The following are the readings of the Solemnity of the Most Holy Trinity.

**A reading from
the Book of Exodus**

34:4b-6, 8-9

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.

R Thanks be to God.

—• RESPONSORIAL PSALM (DN 3) •—

R (52b) To you glory and praise for evermore.

Or: Alleluia!

You are blest, Lord God of our fathers. **R**

Blest your glorious holy name. **R**

You are blest in the temple of your glory. **R**

You are blest on the throne of your kingdom. **R**

You are blest who gaze into the depths. **R**

You are blest in the firmament of heaven. **R**

**A reading from the second Letter
of Saint Paul to the Corinthians**

13:11-13

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.

R Thanks be to God.

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!**

**A reading from
the holy Gospel according to John**

3:16-18

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.

Allow for a few minutes of silent reflection. The following passage could be read:

M E D I T A T I O N O F T H E D A Y

The Most Holy Trinity

The Creator and Lord of all so loved his people that for their salvation he sent his Son, the Prince and Saviour of the faithful, who washed and dried our wounds. And he exuded the sweetest balm, from which flow all good things for salvation.... For the Father is the Father, the Son is the Son, and the Holy Spirit is the Holy Spirit, and these three Persons are indivisible in the Unity of the Divinity....

As the flame of a fire has three qualities, so there is one God in three Persons. How? A flame is made up of brilliant light and red power and fiery heat. It has brilliant light that it may shine, and red power that it may endure, and fiery heat that it may burn.

Therefore, by the brilliant light understand the Father, who with paternal love opens his brightness to his faithful; and by the red power, which is in the flame that it may be strong, understand the Son, who took on a body born from a Virgin, in which his divine wonders were shown; and by the fiery heat understand the Holy Spirit, who burns ardently in the minds of the faithful.... Therefore as these three qualities are found in one flame, so three Persons must be understood in the Unity of the Divinity.

And as three causes for the production of words are seen, so the Trinity in the Unity of the Divinity is to be inferred. How? In a word there is sound, meaning, and breath. It has sound that it may be heard, meaning that it may be understood, and breath that it may be pronounced. In the sound, then, observe the Father, who manifests all things with ineffable power; in the meaning, the Son, who was miraculously begotten of the Father; and in the breath, the Holy Spirit, who sweetly burns in them.... Therefore, in these three Persons recognise your God, who created you in the power of his divinity and redeemed you.

SAINT HILDEGARD OF BINGEN

Saint Hildegard of Bingen († 1179) was a German Benedictine nun, physician, composer, and mystic. She is a Doctor of the Church. This excerpt is from Hildegard of Bingen: Scivias (CWS), translated by Mother Columba Hart and Jane Bishop. © 1990, Abbey of Regina Laudis: Benedictine Congregation Regina Laudis of the Strict Observance, Inc. Paulist Press, Inc., New York/Mahwah, NJ. www.paulistpress.com. Used with permission.

INTERCESSIONS

In a group, the leader can begin with these words:

God has revealed the truth of who he is: an eternal exchange of love—Father, Son, and Holy Spirit—and he has destined us to share in that exchange. Filled with joy we now pray:

That the preaching and teaching of the Church will bless all with the desire to share in the life of the Blessed Trinity. Lord, in your mercy,

R Hear our prayer.

That those who rule on earth will dispense justice so as to reflect heavenly values and the majesty of God. Lord, in your mercy, **R**

For our parish community: that our unity in the Faith as children of the Father, Son, and Holy Spirit will never diminish. Lord, in your mercy, **R**

For those who live without faith: that the dynamic of the Blessed Trinity touch their minds and fill their hearts with the love which passes understanding. Lord, in your mercy, **R**

For those who struggle with depression, addiction, loneliness, or mental illness: that they will find hope in the consoling embrace of the triune God, in whom love is perfectly experienced. Lord, in your mercy, **R**

For the grace this week to live each moment consciously united to God in the name of the Father, and of the Son, and of the Holy Spirit. Lord, in your mercy, **R**

Personal intentions

Our Father....

In a group, the leader could offer some words of consolation at this moment, such as:
Lord Jesus, we offer ourselves to you, with all our worries and concerns. Make us the living stones of the Church in this difficult time, and when we are free once more to gather in our churches, may we be strengthened in faith, hope, and charity.

An Act of Spiritual Communion:

My Jesus,
I believe that you are present in this Holy Sacrament of the altar.
I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and for ever.
Amen.

May the Lord bless us, protect us from all evil, and lead us to everlasting life. And may the souls of the faithful departed rest in peace. Amen.

To conclude the celebration, you can sing or recite the following or another suitable hymn. Turn and face an image of Mary, if you have one.

*Salve, Regina, mater misericordiæ;
vita, dulcedo et spes nostra, salve,
Ad te clamamus, exsules filii Hevæ.
Ad te suspiramus, gementes et flentes
in hac lacrimarum valle.
Eia ergo, advocata nostra,
illos tuos misericordes oculos
ad nos converte.
Et Iesum, benedictum fructum ventris tui,
nobis post hoc exilium ostende.
O clemens, O pia, O dulcis Virgo Maria.*



Hail, Holy Queen, Mother of Mercy,
Hail our life, our sweetness, and our hope!
To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears!
Turn, then, most gracious Advocate,
thine eyes of mercy toward us,
and after this, our exile,
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

(V) Pray for us, O holy Mother of God,
R That we may be made worthy
of the promises of Christ....)

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Under the Protection of the Most Holy Trinity

Here is an abbreviated version of the ancient prayer known as Saint Patrick's Breastplate, The Lorca of Saint Patrick, or the Cry of the Deer. It could be said first thing in the morning.

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.

I arise today
Through the strength of Christ's birth with His baptism,
Through the strength of His crucifixion with His burial,
Through the strength of His resurrection with His ascension,
Through the strength of His descent for the judgement of doom.

I arise today
Through the strength of the love of cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection to meet with reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence of holy virgins,
In the deeds of righteous men.

I arise today, through
The strength of heaven,
The light of the sun,
The radiance of the moon,
The splendour of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.