

The Most Holy Trinity

7 June 2020

Processional Hymn **St Patrick's Breastplate**

<https://www.youtube.com/watch?v=q5Hin4swdKg>

I bind unto myself today
the strong name of the Trinity
by invocation of the same,
the Three in One and One in Three.

2 I bind this day to me forever,
by power of faith, Christ's incarnation,
his baptism in the Jordan river,
his death on cross for my salvation,
his bursting from the spiced tomb,
his riding up the heavenly way,
his coming at the day of doom,
I bind unto myself today.

3 I bind unto myself the power
of the great love of cherubim;
the sweet "Well done" in judgment hour;
the service of the seraphim;
confessors' faith, apostles' word,
the patriarchs' prayers, the prophets' scrolls;
all good deeds done unto the Lord,
and purity of virgin souls.

4 I bind unto myself today
the virtues of the starlit heaven,
the glorious sun's life-giving ray,
the whiteness of the moon at even,
the flashing of the lightning free,
the whirling wind's tempestuous shocks,
the stable earth, the deep salt sea
around the old eternal rocks.

5 I bind unto myself today
the power of God to hold and lead,
God's eye to watch, God's might to stay,
God's ear to hearken to my need,
the wisdom of my God to teach,
God's hand to guide, God's shield to ward,
the word of God to give me speech,
God's heavenly host to be my guard.

6 Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

7 I bind unto myself the name,
the strong name of the Trinity
by invocation of the same,
the Three in One and One in Three,
of whom all nature has creation,
eternal Father, Spirit, Word.
Praise to the Lord of my salvation;
salvation is of Christ the Lord!

THE INTRODUCTORY RITES

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.

Greeting

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

**Grace to you and peace from God our Father and the Lord Jesus Christ.
And also with you.**

Penitential Act

Brothers and sisters, let us acknowledge our sins, and so prepare to celebrate the sacred mysteries.

Silence

Have mercy on us, O Lord.

For we have sinned against you.

Show us, O Lord, your mercy.

And grant us your salvation.

The presider says:

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life. **Amen.**

Kyrie eleison. Christ eleison. Kyrie eleison.

Hymn of Praise

**Glory to God in the highest,
and peace to God's people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**

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

**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

Let us pray.

O blessed Trinity,
in whom we know the Maker of all things, seen and unseen,
the Saviour of all, both near and far:
by your Spirit enable us so to worship your divine majesty,
that with all the company of heaven
we may magnify your glorious name, saying,
Holy, holy, holy. Glory to you, O Lord most high. **Amen.**

THE LITURGY OF THE WORD

First Reading

Exodus 34.1-8

A reading from the **book of Exodus.**

The Lord said to Moses, “Cut two tablets of stone like the former ones, and I will write on the tablets the words that were on the former tablets, which you broke. Be ready in the morning, and come up in the morning to Mount Sinai and present yourself there to me, on the top of the mountain. No one shall come up with you, and do not let anyone be seen throughout all the mountain; and do not let flocks or herds graze in front of that mountain.” So Moses cut two tablets of stone like the former ones; and he rose early in the morning and went up on Mount Sinai, as the Lord had commanded him, and took in his hand the two tablets of stone. The Lord descended in the cloud and stood with him there, and proclaimed the name, “The Lord.” The Lord passed before him, and proclaimed, “The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for the thousandth generation, forgiving iniquity and transgression and sin, yet by no means clearing the guilty, but visiting the iniquity of the parents upon the children and the children’s children, to the third and the fourth generation.”

And Moses quickly bowed his head toward the earth, and worshipped.

For the word of the Lord,
thanks be to God.

Responsorial Psalm

Song of the Three, 29-34

Blessèd art thou, O Lord God of our fathers:
and to be praised and exalted above all for ever.

And blessèd is thy glorious and holy Name:
and to be praised and exalted above all for ever.

Blessèd art thou in the Temple of thine holy glory:
and to be praised and glorified above all for ever.

Blessèd art thou that beholdest the depths,
and to be praised and exalted above all for ever.

Blessèd art thou on the glorious Throne of thy kingdom:
and to be praised and glorified above all for ever.

Blessèd art thou in the firmament of heaven:
and above all to be praised and glorified for ever.

Second Reading

2 Corinthians 13.11-13

A reading from the second letter of Paul to the Corinthians.

Brothers and sisters, put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

For 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

Matthew 28:16-20

The Lord be with you.
And also with you.

✠ A reading from the holy Gospel according to Matthew.
Glory to you, Lord Jesus Christ.

The eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

For the Gospel of the Lord,
praise to you, Lord Jesus Christ.

Pause to reflect on the Word.

Reflection

Fr Graeme Kaines

Trinity Sunday is a very inspiring and encouraging day with which to conclude the major schedule of festivals and holy days in the Church Calendar. It speaks to us of who and what we are in this life on earth in the universe.

It has become increasingly accepted, despite what some politicians say that human beings are primarily a society – we are made for community. We are a community or society first, then, possibly an economy, or something else depending on one's interests. This reflects our God – Father, Son and Holy Spirit. The Father is the Maker of all things - here God is over us and before us. The Son is God Incarnate as Jesus Christ, fully human, fully divine. Here, God is beside us. The Holy Spirit is God breathing into our lives and into all creation, imparting to us mutual love and wisdom. In the Christian Faith we believe that there is no hierarchy in God but simply mutual love and harmony. Thus we can, very truthfully, say we believe in the One God.

Today, on Trinity Sunday, we celebrate our common, divine origin along with the divine origin of the natural world and all living creatures within this world. We are connected with everything in this world. What we do can affect both nature and other living creatures. In the Mass we pray that we may become one in body with each other and one in spirit with the Holy Spirit. The Holy Spirit connects us to each other and to the natural world.

It is tragic how the creation as we know it in this world does not seem to reflect its potential. The beauty and the diversity of the planet are diminished by millions of people living in dire poverty, creature after creature driven to extinction, waters polluted, and our climate adversely affected, quite possibly, by human activity. The further we drift away from the basic understanding of our connectedness the more we tend to neglect our responsibility in and to the world. We have become increasingly deaf to the cries of the poor and the cries of the earth.

Anytime, but especially during the spring, summer and autumn, is a good time to set about appreciating everything about this life which we love and cherish, giving special thanks for God at work in life. Christians are people, not of judgement but of thanksgiving, and truly thankful people do not usually destroy and hurt.

On and after this Trinity Sunday may we all be people of joy, heartfelt gratitude and peace as we face up to the responsibilities of this life.

Profession of Faith

Let us together affirm the faith of the Church:

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation,
he came down from heaven;
was incarnate of the Holy Spirit and the Virgin Mary
and became truly human.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
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.**

**We 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 worshipped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism
for the forgiveness of sins.
We look for the resurrection of the dead,
and the life for the world to come. Amen.**

Prayers of the People

Pray for the world and for the church.

Greeting of Peace

We are the body of Christ.
God's Spirit is with us.

The peace of the Lord be always with you.
And also with you.

THE LITURGY OF THE EUCHARIST

When all is prepared, the Priest says,

Pray, brothers and sisters, that my sacrifice and yours
may be acceptable to God, the Father almighty.

**May the Lord accept our sacrifice
for the praise and glory of God's name,
for our good, and the good of all God's holy Church.**

Prayer over the Offerings

Living God,
receive all we offer you this day.
Grant that hearing your word and responding to your Spirit,
we may share in your divine life.
We ask this in the name of Jesus Christ the Lord. **Amen.**

The Eucharistic Prayer

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give him thanks and praise.

You are truly worthy of all glory and praise,
O holy God, eternal and mighty,
whom we worship as Father, Son and Holy Spirit.
You we praise, great Trinity of power and love,
our God, forever and ever.

In the darkness of time's beginning,
your word brought order out of chaos,
spread out the universe in space,
and gave birth to every living thing.
Your breath gave life to dust.
You called us to love and serve you,
but we turned from you to our own ways.
In your mercy, you did not turn from us,
and sent prophets to call us to return to your way.

Then, out of your great love for us,
you came in Jesus Christ,
taking our flesh and living among us,
that we might be reconciled to you.

In your Holy Spirit you abide with us still,
breathing new life into us,
leading us into your truth,
and empowering us to be your witnesses.

Therefore, joining our voices with choirs of angels,
and with all the faithful who have served you in every age,
we proclaim the glory of your name:

**Holy, holy, holy Lord, God of power and might
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

You are holy, O God of majesty,
and blessed is Jesus Christ, your Son, our Lord,
for in his coming among us,
we have seen your glory,
and by his death and resurrection

you have raised us to new life,
and made us a new people by water and the Spirit.

We give you thanks that the Lord Jesus,
on the night before he died,
took bread,
and after giving thanks to you,
he broke it, and gave it to his disciples saying:
Take, eat. This is my body, given for you.
Do this in remembrance of me.

In the same way he took the cup, saying:
This cup is the new covenant sealed in my blood,
shed for you for the forgiveness of sins.
Whenever you drink it,
do this in remembrance of me.

Great is the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

Remembering your gracious acts in Jesus Christ,
we take from your creation this bread and wine
and celebrate his death and resurrection,
offering ourselves to you,
a living and holy sacrifice in Christ our Lord.

Pour out your Holy Spirit upon us
and upon these your gifts of bread and wine,
that the bread we break and the cup we bless
may be for us the body and blood of Christ, your Son.
Made one with Christ in his sacrifice,
grant that all who share this bread and this cup
may become one in body and spirit,
to the glory of your name.

Keep us faithful in your service until Christ comes
and gathers the redeemed
of every language, race and nation,
into your kingdom of peace and justice,
where we shall feast together
at the banquet you have promised.

Through Christ, with Christ, in Christ,
in the unity of the Holy Spirit,
all glory and honour are yours,
almighty God, now and forever. **Amen.**

THE COMMUNION RITE

The Lord's Prayer

Let us pray with confidence to the Father
in the words our Saviour against us:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.**

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

**For the kingdom, the power, and the glory are yours,
now and for ever. Amen.**

The Breaking of the Bread

The celebrant breaks the bread, saying –

We break this bread to share in the body of Christ.
We who are many are one body,
for we all share in the one bread.

While the bread is broken Agnus Dei is sung –

**Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, grant us peace.**

Act of Spiritual Communion

St Alphonsus Liguori

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen.

Music for Reflection

Hymn to the Trinity – Peter Ilyich Tchaikovsky

Blessed angel spirits offer praise undying,
ever crying: Holy, holy, holy, Lord God of Sabaoth.

Saints and martyrs praise thy name, Trinity life-giving,
earthborn sorrow leaving before thy throne.

Ever crying: Holy, holy, holy, Lord God of Sabaoth.

Father omnipotent, mighty in glory,
Christ thy Son our Saviour, who died that we might live,
Holy Spirit, mystic dove dwelling with us evermore;
we praise thee, blessed Trinity.

With the angels' sacred hymn all thy might proclaiming,
with the mystic cherubim in songs of praise we join.

Holy, holy, holy, join we all in songs of praise for ever:
Hallelujah, Lord God of Sabaoth.

Communion Antiphon

Galatians 4:6

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

Almighty and eternal God,
may we who have received this eucharist
worship you in all we do,
and proclaim the glory of your majesty.
We ask this in the name of Jesus Christ the Lord. **Amen.**

Postcommunion Hymn

<https://www.youtube.com/watch?v=suEmKJtKv8k>

Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to thee.
Holy, holy, holy! Merciful and mighty!
God in three Persons, blessed Trinity!

- 2 **Holy, holy, holy! All the saints adore thee,**
casting down their golden crowns around the glassy sea;
cherubim and seraphim falling down before thee,
which wert, and art, and evermore shalt be.
- 3 **Holy, holy, holy! Though the darkness hide thee,**
though the eye of sinful man thy glory may not see,
only thou art holy; there is none beside thee
perfect in pow'r, in love, and purity.

4 **Holy, holy, holy! Lord God Almighty!**
All thy works shall praise thy name in earth and sky and sea.
Holy, holy, holy! Merciful and mighty!
God in three Persons, blessed Trinity!

THE CONCLUDING RITES

Blessing and Dismissal

The Lord be with you.

And also with you.

God the Holy Trinity
keep you strong in faith and hope and love;
defend you on every side,
and guide you in all truth and peace;
and the blessing of God almighty,
the Father, the Son, ✠ and the Holy Spirit,
be among you and remain with you always. **Amen.**

Go in peace.

Thanks be to God.