

**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.

**FIRST READING** Deuteronomy 4:32-34, 39-40

A reading from the book of Deuteronomy.  
Moses said to the people: "Put this question  
to the ages that are past, that went before  
you, from the time God created man on  
earth: Was there ever a word so majestic,  
from one end of heaven to the other? Was  
anything ever heard? Did ever a people hear  
the voice of the living God speaking from  
the heart of the fire, as you heard it, and  
remain alive? Has any god ventured to take to  
himself one nation from the midst of another  
by ordeals, signs, wonders, war with mighty  
hand and outstretched arm, by fearsome  
terrors – all this that the Lord your God did  
for you before your eyes in Egypt?  
"Understand this today, therefore, and  
take it to heart: The Lord is God indeed, in  
heaven above as on earth beneath, he and  
no other. Keep his laws and commandments  
as I give them to you today, so that you and  
your children may prosper and live long in  
the land that the Lord your God gives you for  
ever."

The word of the Lord.  
Thanks be to God.

**PSALM**

Psalm 32

Response:

Happy the people the Lord has chosen as his  
own.

- The word of the Lord is faithful  
and all his works to be trusted.  
The Lord loves justice and right  
and fills the earth with his love. (R.)
- By his word the heavens were made,  
by the breath of his mouth all the stars.  
He spoke; and they came to be.  
He commanded; they sprang into being.  
(R.)
- The Lord looks on those who revere him,  
on those who hope in his love,  
to rescue their souls from death,  
to keep them alive in famine. (R.)
- Our soul is waiting for the Lord.  
the Lord is our help and our shield.  
may your love be upon us, O Lord,  
as we place all our hope in you. (R.)

**SECOND READING**

Romans 8:14-17

A reading from the letter of St Paul to the  
Romans.

Everyone moved by the Spirit is a son of  
God. The spirit you received is not the spirit  
of slaves bringing fear into your lives again;  
it is the spirit of sons, and it makes us cry out,  
"Abba, Father!" The Spirit himself and our  
spirit bear united witness that we are children  
of God. And if we are children we are heirs  
as well: Heirs of God and coheirs with Christ,  
sharing his sufferings so as to share his glory.

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

A reading from the holy Gospel according to  
Matthew.

The eleven disciples set out for Galilee, to the  
mountain where Jesus had arranged to meet  
them. When they saw him they fell down  
before him, though some hesitated. Jesus  
came up and spoke to them. He said, "All  
authority in heaven and on earth has been  
given to me. Go therefore, make disciples  
of all the nations; baptise them in the name  
of the Father and of the Son and of the Holy  
Spirit, and teach them to observe all the  
commands I gave you. And know that I am  
with you always; yes, to the end of time."

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**

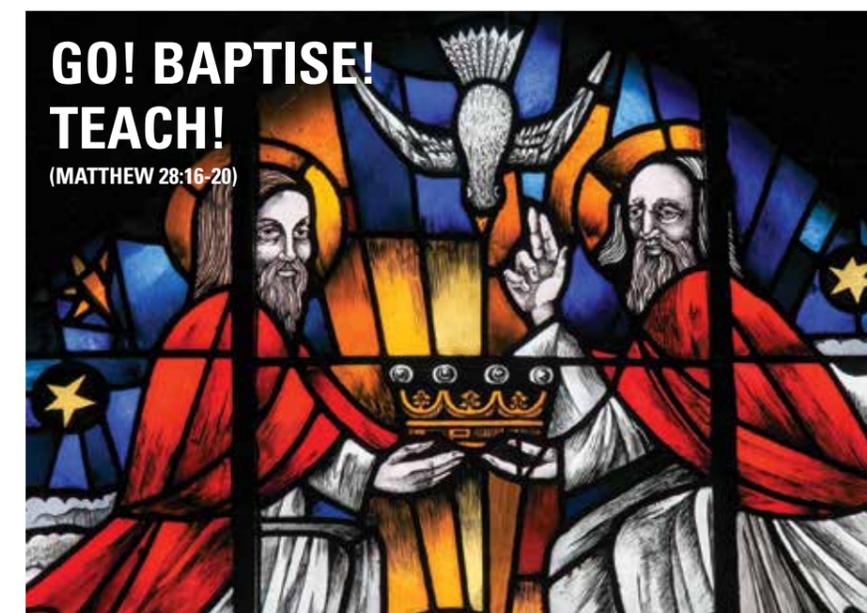
Since you are children of God,  
God has sent into your hearts the Spirit of  
his Son,  
the Spirit who cries out: Abba, Father.

**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.

Behold O kind and most sweet Jesus, I  
cast myself upon my knees in your sight  
while with deep affection and grief of soul  
I mentally contemplate your five most  
precious wounds, having before my eyes the  
words that David the prophet spoke about  
you, most sweet Jesus: "They have pierced  
my hands and feet, and I can count everyone  
of my bones."

Traditional prayer before a crucifix to be said  
after Communion.

**THE WORD**

Stained glass in the Church of Tervuren, Belgium, depicting the Holy Trinity

Today's Gospel reading tells us of Jesus' revealing himself to the disciples  
in Galilee after his resurrection. Normally in the appearance stories,  
there is an element of non-recognition which alerts us to the message  
that Jesus is now different from how the disciples remembered him.

In some ways, this passage functions as a summary of the main themes in Matthew's  
account: Jesus is the risen Lord, whom the disciples approach in an attitude of worship  
as they "fell down before him"; Jesus has been presented as the teacher, and now  
commissions his disciples to carry on his teaching mission; the Son of Man has been  
given all authority, like the figure in the book of Daniel; the Gentiles, "all the nations",  
are to be baptised, something very important to Matthew's mainly Jewish-Christian  
community; the Emmanuel theme, revealed to Joseph in the Infancy Narrative, returns  
with Jesus' declaration that "I am with you". The disciples also are no longer referred  
to as being "of little faith"; they are now entrusted with carrying on the work of Jesus,  
helped by his presence, which is Matthew's equivalent of the Holy Spirit. Thus the First  
Gospel, as it is commonly known, ends on a high note, with the Gospel reaching out to the  
ends of the earth. ■

**REFLECT**

The Easter season came to an end  
on the feast of Pentecost. Today  
we celebrate the feast of the  
Most Trinity, one God in three equal  
persons. Many preachers and catechists  
take comfort in the story concerning  
St Augustine, which tells of the great  
theologian walking along the beach,  
wrestling with the problem of how to  
understand the mystery of the Trinity.  
He came upon a little child, who had  
dug a hole in the sand and was going  
to and from the sea, filling a bucket  
and emptying the contents into the  
cavity. "What are you doing?" asked the

scholar. "I'm going to empty the sea into  
this hole," replied the child. Augustine  
smiled and said, "You'll never manage to  
do that!" to which the other retorted, "I'll  
empty the sea into this hole before you  
manage to understand the Holy Trinity!"  
Out of the mouth of babes...?

The discussions on the relationship of  
the persons of the Trinity began after the  
New Testament was completed. It may  
seem like avoiding difficult questions to  
say that, in the end, we have to admit  
that it is a mystery. However, mystery, in  
this sense, is not a puzzle that we cannot

**SAY**

Holy! Holy! Holy!  
God in three persons,  
blessed Trinity!  
(Reginald Heber – adapted)

**DO**

Make the Sign of the Cross slowly:  
pronounce carefully the names of the  
persons of the Trinity.

**LEARN**

Augustine of Hippo (354-430) was a bishop in  
North Africa and has been a great influence  
on Christian thought in the Western Church.

He was baptised by St Ambrose in Milan in  
the year 387.

A mystery is a truth of our faith that we can  
explore, but never fully understand.



The statue of Augustine of Hippo on the  
Charles Bridge in Prague

work out: it is, rather, something so deep  
that we will never fully comprehend  
it, but that is no excuse for not trying  
as best we can to understand what it  
means.

The doctrines of our faith do not simply  
tell us something about God: they tell  
us something about ourselves as well.  
In the Trinity, we celebrate God: Creator,  
Redeemer and Sanctifier. These are all  
aspects of God's love for the world and  
ourselves, something we will never fully  
comprehend – at least not in this life. ■