

# focus on sunday

The life of God is a sharing of life in the Father, the Son and the Holy Spirit. The call of the christian is to share this life in family and in community with others, so that we are all sharers of faith, hope and love with others.



Whatever we make of the mystery of the Trinity, the readings today stress that God, no matter how we talk of God, is love. The god of tenderness in the first reading, and in the gospel God so loved the world as to send his son.

St Ignatius Loyola speaks of the Trinity, looking down on the world, and saying 'our lovely world needs to be saved'. They saw people in darkness and wanted to send the light of the world; in grief and wanted to send the joy of their life into the world. Trinity Sunday is the feast of God's desire to be with us in the dark times of life to bring the light of the risen Lord.

The Trinity is not all up in the sky! - they look into the world... the heartache, the violence, the depressions, the weaknesses and know we need help, so Jesus came among us, as one of us, God has skin and humanity.

Our people need to be saved through love, and a just society. Our planet needs to be saved from the damage and hurt caused to it. May we, in the words of the second reading 'live in peace' – with each other and with our planet.

*I bless myself today and always: in the name of the Father, the Son and the Holy Spirit.*

Donal Neary SJ, Editor Sacred Heart Messenger



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.

### LITURGY OF THE EUCHARIST

Pray brothers and sisters,..... May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

**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.

**AFTER THE CONSECRATION**  
*The mystery of faith.*  
Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

**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.

**CONCLUDING RITE**  
The Lord be with you. And with your spirit. May the blessing of almighty God,..... Amen. Go in peace. Thanks be to God.



**RESPONSORIAL PSALM Ps. Daniel 3: 52 - 56**  
*R. 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 Corinthians 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.*

**NICENE CREED**  
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 for following 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

**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.

**PENITENTIAL ACT**  
Lord Jesus, you have shown us the way to the Father: Lord, have mercy. Lord, have mercy. Lord Jesus, you have given us the consolation of the truth: Christ, have mercy. Christ, have mercy. Lord Jesus, you are the Good Shepherd, leading us into everlasting life: Lord, have mercy. Lord, have mercy. May almighty God have mercy on us.....Amen.

**THE 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.



**OPENING PRAYER**  
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.....

### LITURGY OF THE WORD

**FIRST READING Exodus 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.*