

CELEBRATION OF THE WORD

The Most Holy Trinity

This is a celebration of the Word to aid your worship this Sunday, alone or with family. 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 possible. As a family, choose the one who leads the prayer, and someone 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” (M.-M. Philipon). By worshiping the Trinity we realize 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:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

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

EARLY IN THE MORNING Moses went up Mount Sinai as the LORD had commanded him, taking along the two stone tablets.

Having come down in a cloud, the LORD stood with Moses there and proclaimed his name, “LORD.” Thus the LORD passed before him and cried out, “The LORD, the LORD, a merciful and gracious God, slow to anger and rich in kindness and fidelity.” Moses at once bowed down to the ground in worship. Then he said, “If I find favor with you,

O LORD, do come along in our company. This is indeed a stiff-necked people; yet pardon our wickedness and sins, and receive us as your own.”

The word of the Lord.

Thanks be to God.

————• **RESPONSORIAL PSALM (Dn 3)** •————

R (52b) Glory and praise for ever!

Blessed are you, O Lord, the God of our fathers,
praiseworthy and exalted above all forever;
and blessed is your holy and glorious name,
praiseworthy and exalted above all for all ages. **R**

Blessed are you in the temple of your holy glory,
praiseworthy and glorious above all forever. **R**

Blessed are you on the throne of your kingdom,
praiseworthy and exalted above all forever. **R**

Blessed are you who look into the depths
from your throne upon the cherubim,
praiseworthy and exalted above all forever. **R**

A reading from the second

Letter of Saint Paul to the Corinthians

13:11-13

BROTHERS AND SISTERS, rejoice. Mend your ways, encourage one another, 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 holy ones greet you.

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you.

The word of the Lord.

Thanks be to God.

Alleluia, alleluia. Glory to the Father, the Son, and the Holy Spirit;/ to God who is, who was, and who is to come. **Alleluia, alleluia.**

God sent his Son that the world might be saved through him.

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

3:16-18

GOD SO LOVED the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned,

but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Allow for a few minutes of silence and meditation. In a family, the leader could offer some words of consolation and reflection at this moment, such as: "Almighty and eternal God, you revealed yourself through your Word. You sent your Son for our redemption and gave us your Holy Spirit to ignite our souls. God of love and peace, help us to understand the mystery of your Holy Trinity—three divine persons united in one substance, one nature—and in our limited understanding, help us to glorify you with our faith and in our actions."

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 Savior 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 recognize 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.

INTERCESSIONS

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:

R Lord, hear our prayer.

That the preaching and teaching of the Church will bless all with the desire to share in the life of the Blessed Trinity. *R*

That through the justice of earthly rulers all will come to know God's authority and majesty. *R*

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

For those who live without faith: that the love of the Blessed Trinity will awaken their minds and give hope to their hearts. *R*

For those who struggle with depression, addiction, loneliness, or mental illness: that they will experience the consolation of knowing they are loved by the Father, Son, and Holy Spirit. *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. *R*

For an end to the coronavirus pandemic, for God's mercy on all who are suffering and dying, and for strength and protection on all healthcare workers dedicated to fighting it. Let us pray to the Lord. *R*

Personal intentions

Our Father....

An Act of Spiritual Communion:

My Jesus, I believe that You are present in the Most Holy Sacrament of the altar. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least 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.

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.*



Queen of heaven, rejoice, alleluia.
The Son whom you merited to bear, alleluia,
has risen as he said, alleluia.
Pray for us to God, alleluia.

V Rejoice and be glad, O Virgin Mary,
alleluia!

R For the Lord has truly risen, alleluia!

Or:

*R*egina caeli, laetare, alleluia,
quia quem meruisti portare, alleluia,
resurrexit sicut dixit, alleluia;
ora pro nobis Deum, alleluia.

V Gaude et laetare, Virgo Maria, alleluia.

R Quia surrexit Dominus vere, alleluia.

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