

# *A Coffee with Alessio*



## Trinity Sunday

### Lectionary:

First Reading: Exodus 34:4b-6, 8-9

Responsorial Psalm: Daniel 3:52, 53, 54, 55, 5

Second Reading: 2 Corinthians 13:11-13

Gospel: John 3:16-18

This Sunday is Trinity Sunday and so we have arrived at that transitional point in the liturgical year where the weekday cycle has returned to Ordinary Time and the Sunday cycle will do so in two Sundays' time. I thought since we are in this transitional phase it would be a good idea to do a short stock take on where we have been in the liturgical year so far. Lent began on Ash Wednesday and what seemed to us as business as usual quickly became something very different. Within four weeks there were no public Masses, then for Holy Week we were allowed up to ten people to be involved in streaming the liturgy. I was very heartened that concession was made. For some people liturgical music and/or preparation of the liturgy is their living. Some people got confused and thought that liturgy is a gathering of more than two people and we were breaking rules, when we weren't.

Lent is about prayer, penance and almsgiving. It seems as though those three facets of Lent may have gone out the window, but actually we probably did them in a different way. That is, whilst our prayer in church was interrupted we could always pray elsewhere. prayer while we're driving in the car, a prayer when we get up in the morning, before meals or before we go to bed. As for penance, well, in many cases that was chosen for us. Cinemas, gyms, cafes, restaurants and other attractions all came to a close. Some people are able to carry on when things change and others find it very difficult. In addition to not being able to go to those places of pleasure we couldn't go to Mass. The Mass is central to our Catholic faith. Perhaps not being able to go to Mass may make people appreciate the beauty of the Eucharist. As the saying goes absence makes the heart grow fonder.

Speaking of such, we also could only have one other person in our house and could only gather in groups of two. People say you can ring so and so. Well yes, we can do that, but that may be more time consuming and not as personal. So again, that is another way we did penance during Lent. Finally, almsgiving. Well, this aspect is linked to penance. So often we think of penance as giving up chocolate or lollies for Lent. However, there is so much more we can give up and one of those most precious commodities is time. So, the time we spent ringing someone was a positive way of doing penance and almsgiving because we denied ourselves of time and used it to brighten someone else's day.

We then come to Holy Week and Easter. Holy Week 2020 will be one that we won't forget. I must say I saw the Good Friday afternoon liturgy televised from Saint Mary's Cathedral Sydney and full congratulations to them for doing what they did and making it work with little time. The liturgy and music was absolutely beautiful and they definitely made a silk purse out of a sow's ear!

As for Easter – the Christian story doesn't end on Good Friday. It is just a step in the journey. Jesus rose from the dead and ascended to His Father so that we might live eternally in heaven with Him, Mary, the Saints and all our family and friends. So as we adjust to the new normal, let us look for ways that create opportunities instead of being dragged down by obstacles. Next Sunday is Corpus Christi Sunday and on the following Sunday the Sunday cycle joins the Ordinary Time cycle – Twelfth Sunday in Ordinary Time (Year A).

Briefly back to the readings for this Sunday. The Gospel Reading is from Saint John's Gospel – that wonderful passage "God so loved the world". I encourage you to listen to that piece of music from Stainer's *Crucifixion*. Listening is a form of prayer and some of the music written in time gone by should remain a part of our liturgical music repertoire as much as new pieces of music.

This past Tuesday (2 June) was the Italian National Day, so to anyone who is Italian or of Italian descent (and reads this column), I hope you had a wonderful day on Tuesday and celebrated your heritage!

So, what can we do about a coffee this weekend? Well, since Trinity Sunday celebrates our God - Three persons in One, I'm thinking what dessert has three components to it. The apple and custard slice from Miss Maud's seems to fit the bill. There is a layer of apples, a thin layer of custard and the sponge on top. Three layers that make up one cake.

Till next week, enjoy your coffee and cake!

Mr Alessio Loiacono  
Music Field Officer

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