

About this Solemnity

This feast, which was first celebrated in monastic communities in the ninth century as an expression of praise to the triune God, was then extended to the entire Western Church in the fourteenth century.

This solemnity commemorates the central dogma of Christianity: the Trinity. One of the greatest gifts of the Christian faith is the dogma of the Triune God - Three persons (tri) in One God (une). The Christian God – Father, Son and Holy Spirit – is relational. The relationship of the Three Persons is both amazing and at the same time mysterious. The third verse of the hymn **Holy God We Praise Thy Name** says: “while we own the mystery”. Indeed, the mystery of the Trinity is something that even priests find a challenge to explain!

Trinity Sunday

(Year B)

Sunday after Pentecost Sunday



How can we apply the meaning of the Solemnity of the Trinity to our life in this time?

Just as our God is relational, so too God asks us to be in our families, in our workplaces, in our places of study, our community groups and in our parish communities. We are not meant to be on our own. Yes, time alone and head space is necessary, but God comes to us in the Eucharist so that we can worship him as a faith community and come together as many to form one Body.

This time of COVID-19 is testing relationships of all kinds. Staying home has meant different things for different people. Some people lived on their own and found that a challenge. Others had to live with others and work with family members and home school children at the same time. In this time, let us give thanks to God our Father for creating us, to His Son Jesus for making God accessible to all and let us pray to the Holy Spirit for the gift of patience, especially at those times where we might say something that we will come to regret later on.

The 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.

Gospel Reading Matthew 28: 16-20

Go and make disciples of all nations

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.'

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.

Hymn for Trinity Sunday (Year B)

1. Father, Son and Holy Spirit - Three in One and One in Three. The Son is the face of God, whom we on earth can never see. God the Father and God the Son, one in their eternal love, with them may we always be one, filled with joy sent from above.
2. The love that unites the Father and the Son eternally is the Holy Spirit, the third Person of the Trinity. Let us praise and bless the Father, let us praise and bless the Son, praise and bless the Holy Spirit, praise to God, the Three in One.
3. When we baptize the converted we obey the Lord's decree, by water and Holy Spirit they will live eternally. Christ the Lord is always with us until time comes to an end, to His Church the Holy Spirit He will never cease to send.

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