

**ENTRANCE ANTIPHON** (or a hymn) 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.

**RESPONSORIAL PSALM** (Ps 125)

**ANTIPHON:** Glory and praise for ever!.

**RESPONSE:** **Glory and praise for ever!**

**LECTOR:** You are blest, Lord God of our fathers **R.**

**LECTOR:** Blest your glorious holy name. **R.**

**LECTOR:** You are blest in the temple of your glory. **R.**

**LECTOR:** You are blest on the throne of your kingdom. **R.**

**LECTOR:** You are blest who gaze into the depths. **R.**

**LECTOR:** You are blest in the firmament of heaven. **R.**

**GOSPEL ACCLAMATION** Alleluia, alleluia! Glory to the Father, the Son, and the Holy Spirit: to God who is, who was, and who is to come. Alleluia!

**COMMUNION ANTIPHON** (or a hymn) Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

**TODAY'S READINGS** Exodus 34:4-6, 8-9; 2 Corinthians 13:11-13; John 3:16-18.

**NEXT WEEK** (The Body and Blood of Christ, Year A) Deut 8:2-3, 14-16; Ps 147; 1 Cor 10:16-17; John 6:51-58

*Brighten up  
your day with  
The Majellan*

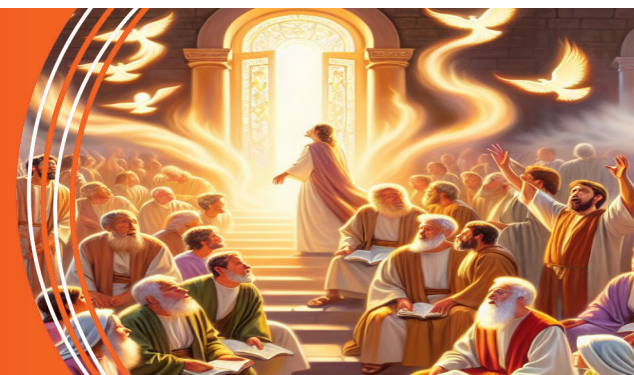
### Majellean Family Podcasts

It's in the family we learn the skills of living together. We first learn that we are loved, understood, wanted and cared for. However, our biggest hurts, failures and tragedies can also occur within the family. For over 70 years, Majellan has provided advice, shared stories of family life and helped family members deal with problems. To listen to our podcasts go to: [majellan.media/podcasts/](http://majellan.media/podcasts/)



majellan

## Overcoming the fear



**31 May 2026 Holy Trinity Year A**

The feast of the Holy Trinity is a wonderful celebration of the three persons of the Trinity. Indeed, St Therese of Lisieux saw the Trinity as the essence of God's divine loving presence which draws us into life with God.

Each of the three persons of the Trinity inspires us to love - a love which generates new life, incarnates in the fullest expression of humanity, and invites us to be open to ongoing conversion. Nevertheless, each person of the Trinity is not a discrete entity or number in a celestial mathematical equation. Each person of the Trinity is intimately part of each other, for they are interconnected and intertwined by loving relationship.

God is our creator, our Alpha and Omega, lovingly cradling the beginning and end of all life in his hands. God the Father embodies love as source of life. Indeed, "in the beginning was the Word, and the Word was with God, and the Word was God" (John 1:1).

Jesus, Son of God, is Love incarnate. Jesus epitomised the words of St Irenaeus: Gloria enim Dei vivens homo - the glory of God is man fully alive. Jesus' intimate communion with his Father and the Holy Spirit enabled him to live a life of utter self-giving love and service.

It was Jesus's loving presence which enabled his disciples to overcome fear. To the anxious disciple, Peter, he said lovingly: "Come," encouraging Peter to step out of the boat and come across the water to Jesus. At his last meal with his closest friends, Jesus reminded

them to "love one another as I have loved you." In a post resurrection appearance, Jesus showed his wounded hands and side to his disciples. He understood their uncertainties and blessed them with his peace. "Peace be with you." His example was a love which embodied communion and solidarity with humanity and which ultimately gave birth to new life.

The Holy Spirit's coming at Pentecost fulfilled Jesus's promise to his disciples of the gift of the Comforter. The spirit "who will teach you all things and bring all things to your remembrance" (John 14:6) is given to us too and helps each one of us to remain open to an ongoing process of conversion. The Spirit nourishes creation and continues to help us birth new life throughout our lives.

In the renowned Holy Trinity icon, iconographer Andrei Rublev depicts three figures - the Father, the Son and the Holy Spirit - seated in communion around a table sharing a meal. The scene expresses profound hospitality and loving relationship.

With all of God's children, we pray on this feast of the Holy Trinity for the "the grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit" (2 Corinthians 13:11-13) to inspire us to persist in faith, hope, courage and love.

**Sophie Clements**  
© Majellan Media 2026