

This Week's Sunday Readings: The Most Holy Trinity, Year A

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

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.'

Responsorial Psalm: Daniel 3:52-56. R. v.52

(R.) Glory and praise for ever!

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

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.

Gospel Acclamation: cf. Apoc 1:8

Alleluia, alleluia!

Glory to the Father, the Son, and the Holy Spirit: to God who is, who was, and who is to come.

Alleluia!

Gospel: John 3:16-18

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.'

Gospel Reflection by Calissa (Youth Ministry Officer at St Paul's College)

The Gospel for today comes from John 3:16-18.

"For God so loved the world that He gave His only Son." Just imagine for a moment that you are a mother or a father with one child. Now imagine giving that child away because you know that they must die for the world. Even though you know they will die, you give them away. Imagine the pain and the hurt you feel. But now place yourself as a person of the world. How grateful are you? For me, I have never felt such powerful love for someone who is willing to sacrifice their only child for me. How amazing is it that God did exactly that for us. I'm just another person in the world. But I'm not. Jesus Christ died for my salvation and God sacrificed His only child for me.

This whole scripture outlines the mission of God that He set into motion through the works of Jesus Christ: "Have eternal life" "world might be saved through Him" "not condemned". God only provides us with His love and generosity shown through the very sacrifice I'm talking about.

Often, as human begins, we experience times of negativity where the emotions we feel include worthlessness, guilt, sorrow, jealousy, anger plus so many more. When you begin to feel like this, I challenge you to remember the hardest thing someone could ever do, the strongest form of love someone could ever feel, and the most painful experience one could experience, was done for you.



HOMILY by Fr Michael Tate © LiturgyHelp

A teacher asked the Grade Threes to paint something of their own choosing. All the children got busy about their task. As the teacher walked around she noticed Johnnie was particularly focused. 'What are you painting?' 'I'm painting God, Miss.' 'Well, that must be difficult because no-one knows what God looks like.' To which Johnnie confidently replied, 'But they will when I'm finished!!'

The Feast of the Trinity of God comes about because we human beings had the most sublime, most eminent person painting a picture of God for us.

It is as though 2,000 years ago, the Jewish people were saying 'We have had glimpses of God revealed to us but we still don't have the big picture.'

And then, like Johnnie in the Grade Three classroom, Jesus of Nazareth says:

'But they will when I'm finished!'

In fact it was when he was crucified that Jesus uttered the words: 'It is finished.' What had finished? His earthly ministry during which he painted a picture of the most intimate communion between Himself, the Father, and the Holy Spirit.

Recall these enigmatic statements:

'The Father and I are one' (John 10:30)

'Whoever has seen me has seen the Father. ... I am in the Father and the Father is in me.' (John 14:9,10)

And then, after his resurrection, Jesus breathed on his disciples, saying 'Receive the Holy Spirit.' (John 20:22) His breath is the very Breath of God, the Holy Gust, the Holy Spirit.

These word-pictures paint a relationship so close, so intimate, that the Church needed a new word: 'Tri-Unity' or 'Trinity' for short.

We need to get rid of the effect of bad Renaissance paintings of the old man with a beard or the little white bird. These have bedevilled our imagination. But it is inevitable that we will form some picture in our mind, perhaps to do with light.

Certainly God is not a single unflickering white light.

No, God is pulsating, shimmering light, dancing in threefold exchange of love, each being simultaneously poured into the other: the dynamism of love.

We were baptised into that dynamism of love in the Name, not names, of the Father and of the Son and of the Holy Spirit.

'Name' is in the singular, and it is used not in the sense of a label like 'Michael', but 'name' in the sense of 'He has a good name around town.' It refers to the real identity of somebody.

So, we have revealed to us the identikit of God! This also has implications for understanding who we are.

How often have you heard 'You are made in the image and likeness of God'? Because of the picture painted by Jesus Christ, we know what that really means: God is 'Being-In-Love' and love is always relational.

So, if you and I are images of God, we are made to live in relationship – not in solitary.

We are totally on the wrong track if we think that the ultimate good is to be self-sufficient/autonomous. That leads to a hellish existence.

When we live wholeheartedly with as much self-giving as is possible, with as much un-self-ish-ness as is possible, we are on the way to a heavenly existence.

My dear friends, that is why the feast of the Trinity is such a great Feast. We have revealed to us the nature of God, and consequently the nature of human beings.

Other religions have great prophets and gurus, to varying degrees trying to respond to glimpses of the Divine. They, like Johnnie, have tried to paint a picture of 'The Divine', or 'The Absolute', or 'The great Ocean of Being'.

But it was The Divine Artist, Jesus of Nazareth, who unveiled the perfect picture of the threefold dynamism of the Divine – Father, Son and Holy Spirit, relating to each other as Being-In-Love.

Our Lord invites us to share in that imaging of the Divine Dynamism. Let us now prayerfully celebrate that invitation as we sign ourselves:

'In the name of the Father, and of the Son, and of the Holy Spirit.'



**Pope Francis'
Prayer for Liberation from the Epidemic
to Our Lady of Divine Love
Shrine of Our Lady of Divine Love
11 March 2020**

O Mary,
You shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick,
who, at the Cross,
united with Jesus' pain,
keeping your faith firm.

You, Salvation of the Roman people,
know what we need,
and we trust that you will provide for those needs so that,
as at Cana of Galilee,
joy and celebration may return
after this moment of trial.

Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.
He who took our suffering upon Himself,
and burdened Himself with our sorrows
to bring us, through the Cross,
to the joy of Resurrection. Amen.

*We seek refuge under your protection, O Holy Mother of God.
Do not despise our pleas — we who are put to the test —
and deliver us from every danger. O glorious and blessed Virgin.*

God so loved the world that he gave his only Son

Jn 3:16-17
My name is

Draw Jesus talking to Nicodemus the pharisee.



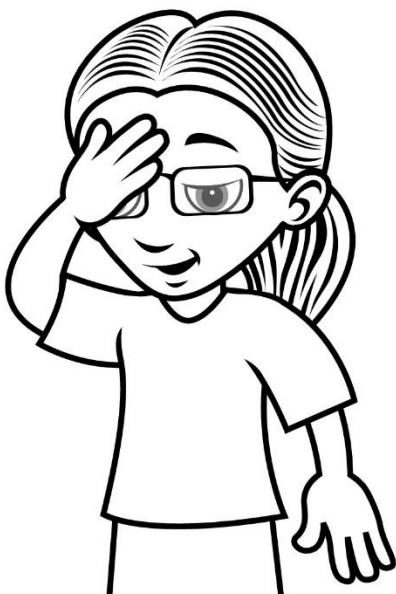
For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

There is a simple prayer that we say almost every day, which reminds us of the Trinity. That prayer is the Sign of the Cross.

In the name of the Father...

and of the Son...

and of the Holy Spirit. Amen.





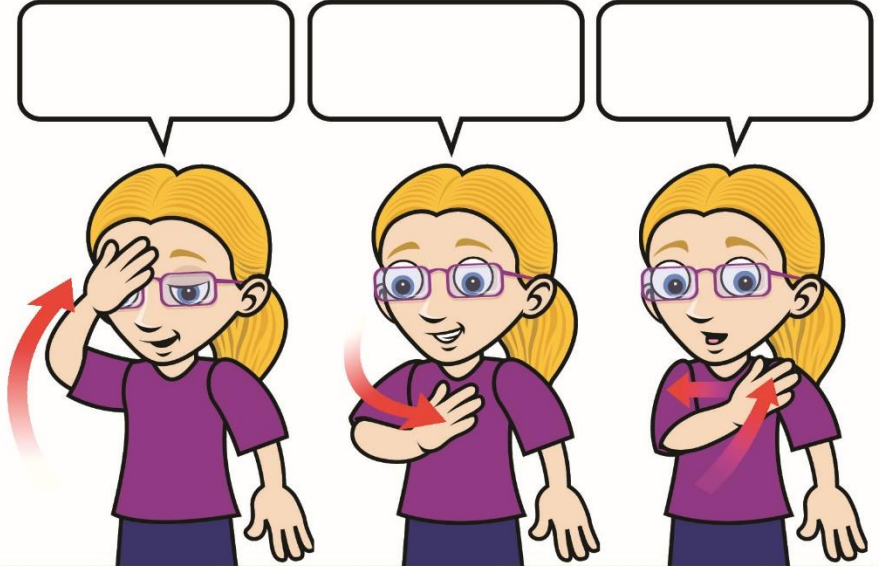
God so loved the world that he gave his only Son

Trinity Sunday, Year A

There is a simple prayer that we say almost every day, which reminds us of the Trinity. That prayer is the Sign of the Cross.

How do I make the Sign of the Cross?

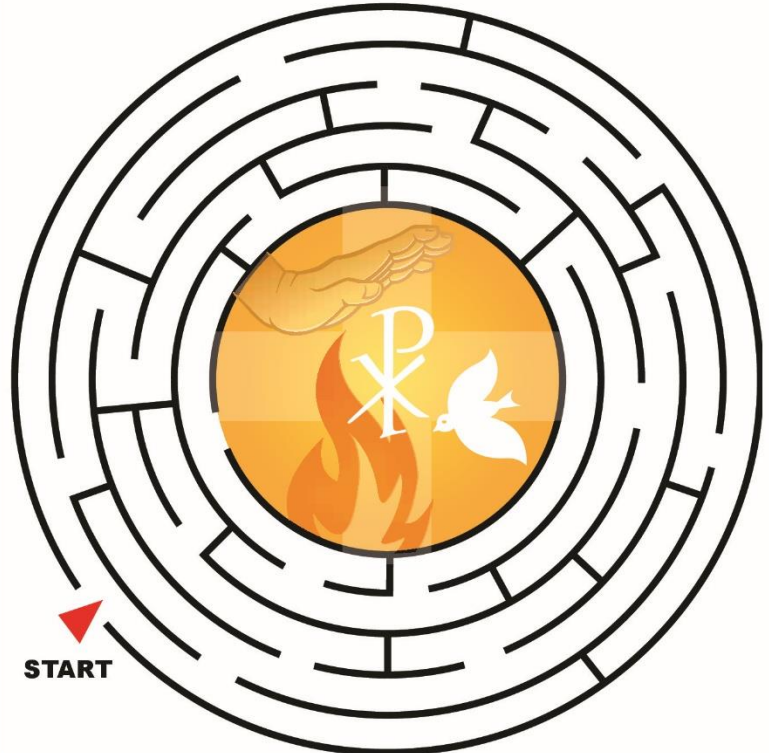
1. Using your right hand, touch your forehead and say...
(fill in the 1st speech balloon)
2. Touch your chest near your heart and say...
(fill in the 2nd speech balloon)
3. Touch your left shoulder, then your right shoulder and say...
(fill in the 3rd speech balloon)



When and where do we use the Sign of the Cross?

Because of God's love for us, he sent his Son Jesus to save those who believe. How can we return that love?

Find your way to the Father, the Son and the Holy Spirit



VIEW MASS ONLINE

There are several options to tune into Mass at home, here are a few:

- ❖ Diocese of Lismore Youtube Channel: 8am Sunday Mass from Lismore
- ❖ Macleay Valley Catholic Parish: 9.30am Sunday Mass livestreamed and available for viewing anytime from www.facebook.com/macleayvalleycatholicparish
- ❖ St Francis Xavier, Lavender Bay Mass on Demand comes to you every day from the Jesuit church of St Francis Xavier via the CathNews YouTube channel, view via this link: <https://www.youtube.com/watch?v=qeiO1-PBHwU>
- ❖ Daily Mass Archdiocese of Melbourne: <https://melbournecatholic.org.au/Mass>
- ❖ The 1.00pm Mass is streamed live daily (Mon - Fri) from St Patrick's Cathedral in Melbourne and is then available as a recording on demand until one hour prior to the next 1.00pm Mass. On Sundays, the 11.00am Mass is streamed and it is also available as a recording on demand.
- ❖ Daily Mass Archdiocese of Canberra and Goulburn: <https://www.catholicvoice.org.au/mass/>

FREEVIEW TV:

Tune in to channel 10 on Sunday mornings at 6:00am for 'Mass for You at Home'.

SOME OPTIONS FOR DAILY PRAYER

We encourage you to read the Sunday readings, perhaps with your family and friends. Take some time to reflect on them and share your reflections with each other. If you don't have access to a missal you can find the readings online here: <https://www.dow.org.au/media-resources/daily-mass-readings/>

The Diocese of Lismore has a Youtube channel. This includes hours of video reflections from Bishop Greg on a range of topics. Sunday Mass is also livestreamed Sundays at 8am.

The Australian Catholic Bishops Conference now have a dedicated portal of resources specifically for those homebound during the pandemic. These are listed in four categories: Masses Online; Sunday Readings and Liturgical Resources; Holy Week Resources; Prayers and Scripture. <https://www.catholic.org.au/prayathome>

The Vatican's Dicastery for Communication has published a free little book to help us to know how to discern and experience God's closeness and tenderness in the pain, suffering, solitude and fear of the pandemic. It is titled, "Strong in the Face of Tribulation; The Church in Communion: A Sure Support in Time of Trial". The book will be updated regularly and is available at <https://www.vaticannews.va/content/dam/lev/forti-nella-tribolazione/pdf/eng/strong-in-tribulation.-20042020.pdf>.

LiturgyHelp is a wonderful resource, which many dioceses, parishes and other church agencies subscribe to. It is currently offering free access to a range of prayer resources for personal and family prayer, with resources for all age groups. In particular, they hope that Catholics in social isolation around the world can gain a sense of prayerful solidarity with their local faith community and the whole Body of Christ. Head to their web page and sign up for free. <https://liturgyhelp.com/aus/pray>

Bishop Robert Barron's Word On Fire has many prayers, videos, reflections and other resources, including Daily Mass.

The Irish Jesuits have a wonderful website of reflections and prayers based on the Daily Mass Readings: <https://livingspace.sacredspace.ie/>

The Catholic Online website has a whole range of prayers, <https://www.catholic.org/prayers/>

These include the Rosary, Stations of the Cross, The Chaplet of Divine Mercy, Information about the Saints of the Day.

Living Word – Daily Gospel reflections. Subscription available at <https://cgcatholic.org.au/LivingWord/> or view daily at www.catholicvoice.org.au.

MAKE A SPIRITUAL COMMUNION

An ancient practice of the Church for those who cannot be present at Mass is to make a spiritual communion. We have a simple prayer you can pray with longing in your heart to be united to Jesus:

My Jesus,
I believe that You
are present in the Most Holy Sacrament.
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.
Amen.