

## Cycle A – Solemnity of the Most Holy Trinity – May 31, 2026

*“In order that the world might be saved ...”*

### OPENING PRAYER (Daniel 3)

**Leader:** Blessed are you, O Lord,  
God of our ancestors  
and blessed is your glorious and holy name.

**All:** **Blessed are you in the temple of your holy glory,  
to be extolled and highly glorified forever.**

**Leader:** Blessed are you on the throne of your kingdom,  
to be extolled and highly exalted forever.

**All:** **Blessed are you in the firmament of heaven,  
to be sung and glorified forever.**  
**Amen.**



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

After the disturbing incident with the golden calf, Moses is summoned back up the mountain. Undoubtedly fearing wrath, Moses is drawn into a surprisingly intimate conversation with God and breathes a sigh of relief. The Lord forgives, rather than punishes; the Lord accompanies, and doesn't reject; the Lord draws closer, and doesn't withdraw. Truly this God is *for* us, not against us.

1. Read Exodus 32 – how would you feel about facing God if you were Moses?
2. When have you either given or received mercy when punishment was expected?

### Second Reading – 2 Corinthians 13:11-13

The content of this letter reflects the controversy that arose around Paul's apostolic authority. It is probably for this reason that Paul lists five imperatives (grow perfect, help one another, be united, live in peace, exchange the holy kiss of peace) to remind the Corinthians of their call to emulate Christ and the presence of the Holy Spirit. Of all the endings of Paul's letters, this is the only one that contains a Trinitarian formula, most likely intended by Paul to assert the authenticity of his authority.

1. Do you experience Paul's five "summons" as reflected in your parish community?
2. Have you ever been in a situation where you had to assert your authority?

### Gospel Reading – John 3:16-18

(This passage contains the beautiful summary of the saving message of the Gospel in John 3:16: a good verse to commit to memory!) In the encounter with Nicodemus, Jesus clarifies the contrasts between God and the world, between above and below, between the infinite and the finite, the absolute and the created. God forgives through the Son, not punishes; God accompanies in the Son, and does not reject; God draws closer to us in Jesus. God does not withdraw. God saves in the Lord Jesus, instead of condemning.

1. Why do you think each of today's readings is chosen for Trinity Sunday?
2. What other contrasts can you think of between humanity and divinity?

## **LIVING THE WORD**

God's challenge – Find a way to lovingly assist someone who has difficulty with simple activities.

## **PRAYING THE WORD**

**Intercession:** For those whose hearts have grown cold, for those who feel betrayed by God, life, others, we pray to the Lord.

*(Invite personal intentions, ending with "Our Father...")*

### **Concluding Prayer:**

Leader: God the Father, Son and Holy Spirit, we praise you and we bless you

**All: Because you are God surpassing all praise,**

Leader: Yet you accept the stammering of our adoration.

**All: To you we direct our love for ever and ever.**

Leader: May everything throughout our lives proclaim that God so loved the world that he gave to it his only Son.

Let us go in the peace of Christ and share that peace with each other.