

# Sunday Readings

31<sup>st</sup> May 2026

## 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, one God, for ever and ever.

## FIRST READING

A reading from the Book of Exodus 34:4-6,8-9

In those days: Moses rose early in the morning and went up on Mount Sinai, as the LORD had commanded him, and took in his hand two tablets of stone. The LORD descended in the cloud and stood with him there, and proclaimed the name of the LORD. The LORD passed before him and proclaimed, 'The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness.'

And Moses quickly bowed his head towards the earth and worshipped. And he said, 'If now I have found favour in your sight, O Lord, please let the Lord go in the midst of us, for it is a stiff-necked people, and pardon our iniquity and our sin, and take us for your inheritance.'

The word of the Lord.  
*Thanks be to God.*

## Canticle

Daniel 3:52-55

You are blest, Lord God of our fathers.  
*To you glory and praise for evermore.*  
Blest your glorious holy name.  
*To you glory and praise for evermore.*

You are blest in the temple of your glory.  
*To you glory and praise for evermore.*  
You are blest on the throne of your kingdom.  
*To you glory and praise for evermore.*

You are blest who gaze into the depths.  
*To you glory and praise for evermore.*  
You are blest in the firmament of heaven.  
*To you glory and praise for evermore.*



## SECOND READING

A reading from the second letter of St Paul to the Corinthians

13:11-13

Brothers and Sisters: Rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

The word of the Lord.  
*Thanks be to God.*

## Gospel Acclamation

cf Rv. 1:8

Alleluia, alleluia!  
Glory be to the Son, and to the God who is, is to come.  
Alleluia!



Father, and to the Holy Spirit; the who was, and who

## GOSPEL

John 3:16-18

The Lord be with you.  
*And with your Spirit.*

A reading from the holy Gospel according to John.  
*Glory to you, O Lord.*

For God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only begotten Son of God.

The Gospel of the Lord.  
*Praise to you, Lord Jesus Christ.*

## Prayer over the Offerings

Sanctify by the invocation of your name, we pray, O Lord our God, this oblation of our service, and by it make of us an eternal offering to you. Through Christ our Lord.

## Prayer after Communion

May receiving this Sacrament, O Lord our God, bring us health of body and soul, as we confess your eternal holy Trinity and undivided Unity. Through Christ our Lord.

# The Most Holy Trinity

Lectionary Year A

The Word of God

Saint of the Week

**T**oday we celebrate God the Father, Son and the Holy Spirit. The Solemnity of the Most Holy Trinity is a feast to remind us of the concept of God being three persons, a difficult concept to understand, one which developed in Christian thought over the first 300 years of Christianity. It is a mystery, and one we can probably never really understand. It began as an attempt by the early Christian Jews to understand how their belief, and indeed the core belief that set them apart from other nations, that there was one God, and one God alone, could be reconciled with the fact that Jesus identified himself with God, yet still spoke of God as outside himself – as a Father. The doctrine of the Trinity was not spelled out, but was pretty much in place in the minds of early Christians by the time John wrote his Gospel sometime late in the first century.

When we read the Bible backwards, that is, when we read it knowing how it ended, we can sometimes see references which at the time they were written may not have made sense, or made sense in describing a particular incident, but with our insight into what actually happened, can be seen as a Christian reference. A good example of this may be the first reading today from Exodus. The incident being told is fairly simple. God had made a covenant with Moses and given him two tablets – what we call today the 10 commandments. When Moses came down from the mountain and saw the people worshipping false gods, he broke the tablets in his anger. At the start of today's reading Moses is called by God to return to the mountain with two new blank stone tablets and there God appears and rewrites the words on the new tablets. It is the description of God's appearance that can be read backwards. God descended in a cloud and appeared as Adonai or Lord. Could this possibly be a description of Christ whom we now call Lord?

What can we draw from our readings today that we can use this week in our own lives? Hopefully, we can renew our belief and our slight understanding of the Trinity, knowing fully that God loves us, loves us so much, that God the Father offered up his most precious thing for us, his child. We need to remember that when we pray to God the Father, or to Jesus or to the Spirit, that we pray to only one thing – to a just and merciful God who loves us despite our failings. We need to remember that Jesus is the physical manifestation of God and when we partake of the Eucharist, we partake of God. God truly is in us, and that is why we are not condemned and why we have eternal life. Let us see ourselves and our neighbour as physical manifestations of God and treat them accordingly. It is what Jesus would have us do.

**Saturday 6 June 2026**

**Saint Norbert**

He was born in Xanten in the Rhineland. He came of a noble family and lived a worldly life at the courts of the Archbishop of Cologne (where he held some minor benefices) and of the Emperor Henry V.

At the age of 35 he had a narrow escape from death and his life changed. He became a priest and was full of reforming zeal, which so antagonized the clergy of Xanten that they denounced him as a hypocrite. So he sold or gave away all his possessions and made his way to the Pope (who was then in southern France). The Pope gave him permission to preach wherever he lived, and he travelled through France and Germany preaching. Others joined him, and a community was started in the valley of Prémontré near Laon, which developed into an order (the Premonstratensian Order) with a number of abbeys.

Meanwhile Norbert continued travelling and preaching, until he was consecrated Archbishop of Magdeburg. He threw himself into his new task with his usual enthusiasm, reforming what had been a rather corrupt diocese, antagonizing the clergy (who had established a comfortable life for themselves) and some of the laity, who had quietly taken possession of unwatched church properties – several attempts were made to murder him. He also preached the gospel to the pagans of the district, and died (of natural causes) in 1134.

## Prayer of the Week

**From St Patrick's Breastplate**

I bind unto myself the Name,  
the strong Name of the Trinity,  
by invocation of the same,  
the Three in One, and One in Three.  
Of whom all nature hath creation,  
eternal Father, Spirit, Word:  
praise to the Lord of my salvation,  
salvation is of Christ the Lord.  
Amen.

