

**The Catholic Parish
of
Our Lady of the Annunciation
King's Lynn
Norfolk**

Daily Mass Readings for

Sunday, 7th June 2020

Sunday of Week 10 in Ordinary Time

The Most Holy Trinity

Liturgical Colour: White

Parish of Our Lady of the Annunciation - King's Lynn

Church of Our Lady of the Annunciation
London Road,
King's Lynn. PE30 5HQ

The Catholic Rectory,
North Everard Street,
King's Lynn, Norfolk, PE30 5HQ
Tel : (01553) 772220 Email : parishpriest763@gmail.com
www.catholicparish-kingslynn.org.uk

Holy Family Church
Field Lane, Gaywood,
King's Lynn. PE30 4AY

Sunday, 7th June 2020

Daily Mass Readings The Most Holy Trinity Sunday of Week 10 in Ordinary Time

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

'Lord, Lord, a God of tenderness and compassion'

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, 'The 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.'

The Word of the Lord.

Responsorial Psalm - Daniel 3:52-56

To you glory and praise for evermore.

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 - 2 Corinthians 13:11-13

The grace of Jesus Christ, the love of God, and the fellowship of the Holy Spirit

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.

The Word of the Lord.

Gospel Acclamation

Alleluia, alleluia!

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

Alleluia!

Gospel - John 3:16-18

God sent his Son so that through him the world might be saved

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.’

The Gospel of the Lord.

The Holy Trinity

The Holy Trinity is one of the greatest mysteries of the Catholic faith, and is an attempt to describe the mysterious nature of God.

'The mystery of the Most Holy Trinity is the central mystery of Christian faith and life'
(Catechism of the Catholic Church {CCC} 234)

The Trinity refers to the idea that God is one, but can be experienced in three different Persons. The word 'trinity' comes from the word 'tri' meaning 'three' and 'unity' meaning 'one'.

Catholics believe that there are **three distinct Persons** to this one God and that these three Persons form a unity. This belief is called the doctrine of the Trinity:

- **God the Father** - the creator and sustainer of all things
- **God the Son** - the **incarnation** of God as a human being, Jesus Christ, on Earth
- **God the Holy Spirit** - the power of God which is active in the world, drawing people towards God

A useful way of understanding the Trinity is by thinking of how H₂O (water) comes in three forms: liquid, ice and steam. These different forms are still all H₂O, just like the Father, Son and Holy Spirit are different but still God.

God the Father

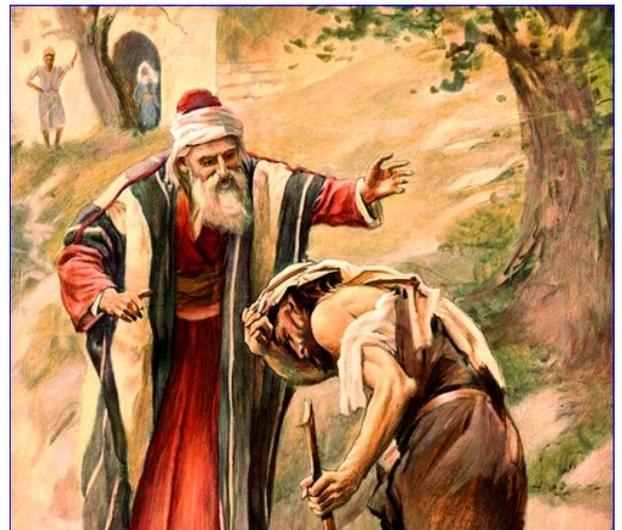
Christians refer to God as the **Father**. God the Father is the creator of all things. He is the creator ex nihilo. This means that God created the universe and all things in it out of nothing. This belief was explained and explored by St Augustine, a prominent theologian and philosopher in the early Christian Church, in his Confession XII, 7; **...create something, and that out of nothing**. The belief is that before the universe there was nothing and everything in it is dependent on God.

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. (John 1: 1-3)

God is also viewed as a loving father. This means that he cares and loves humanity, as a father loves his son. This is shown in the Parable of the Prodigal Son. (Luke 15:11-32)

In the parable, despite the son having squandered his early inheritance, the father still welcomes him home with open arms and a celebration. In the same way, God welcomes back those who have sinned and now seek to be reconciled with him.

The prodigal son returns to his forgiving father →



God is also known as the father of Jesus Christ, as Jesus claimed to have a special relationship with God.

No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. (Matthew 11:27)

God the Son

God the Son refers to Jesus Christ, the Son of God. For Catholics, this is Jesus as God in human form, who was sent to save humanity. He was sacrificed for the sins of humankind, which allows them to be reunited with God after death. Jesus Christ is the incarnation of God on Earth - *The Word became flesh and made his dwelling among us (John 1:14).*



Catholics believe that the Son was present at the creation of the universe, but wasn't in his human form at this stage.

God chose to reveal himself as a human being in order to spread his teaching, to show how life should be lived, and to represent humanity for their salvation.

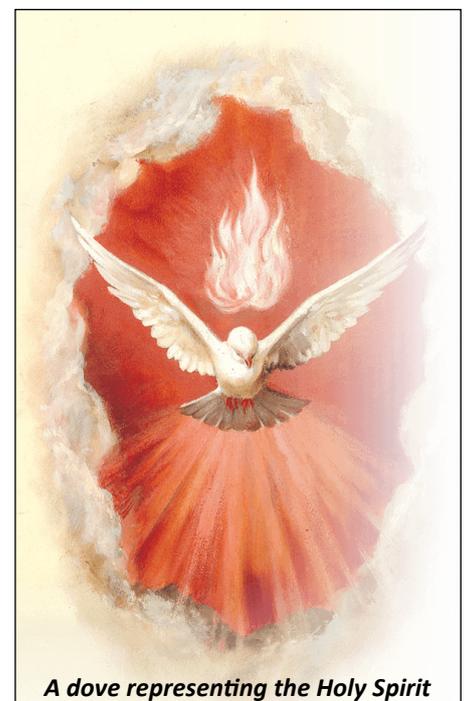
Jesus Christ was both fully divine and fully human. This means he was fully God, as well as fully human.

God the Holy Spirit

The Holy Spirit is the power of God at work on the Earth. In the scriptures it is often depicted as wind, fire or in the form of a dove. It is through the power and workings of the Holy Spirit that God is known today and how Catholics can know what God wants them to do.

All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. (John 14:25-26)

It is also through the Holy Spirit that Catholics receive grace and gifts from God, such as faithfulness and self-control: *...the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5:22-23)*



A dove representing the Holy Spirit

The Holy Spirit is connected with life and the soul. When Adam was created, God breathed life into him. Catholics also believe that it was through the Holy Spirit that Mary became pregnant with Jesus.

Catholics believe that the Holy Spirit continues to act through people, producing characteristics which show a true Christian.