

TRINNITY SUNDAY

31 May 26 - CYCLE A



A hand that doesn't squeeze, but offers or receives, with gentleness. It is the Son: The Word made small, that can be held with two fingers. The Father's gift made concrete and fragile. The divine bursts forth in colour into a gray world.

GOD IS NOT LONELY

Some people think God is a distant, cold force, watching everything from above without flinching. Today the Church says the opposite: God is relationship. God is conversation. God is an embrace that never grows cold. Father, Son, Holy Spirit. Not three gods. Not a strange idea. But something we have all experienced: that true love always overflows, always seeks out others, always creates life.

The Father loved this world so much that He didn't send a message, a protocol, or a rule. He sent His Son. In person. To live here, to eat with us, to get His feet dirty with dust.

And it is the Spirit who stirs you right now when something tells you, "These matters, this is true, this is worthwhile. Today we haven't come to understand the Trinity. We have come to let ourselves be loved by it.

SONG: HOLY, HOLY, HOLY, GOD ALMIGHTY

<https://www.youtube.com/watch?v=spsuT0lbpjk>

GOSPEL – John 3, 16 – 18

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God’s one and only Son.”

To understand the Revealed Mystery

Ex 14, 4b-6.8-8. God is the one who is above all that can be said about Him.

Daniel 3:52-56a. Creator of the Universe, present in our history: Blessed be God!

2 Corinthians 13:11-13. May the grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

John 3:16-18. “For God so loved the world that he gave his one and only Son”; here is expressed the great transition from the Old Testament to the New Testament. God loves the world, that is, humanity: this was already known in the Old Testament. It was even

the great discovery of the people of Israel. The great novelty of the New Testament, therefore, is the gift of the Son for the salvation of all human beings. “For God so loved the world that he gave his one and only Son”: so that everyone who believes in him will not perish but have eternal life. Properly understood, it is enough to believe in Him to obtain salvation. Therein lies the good news of the Gospel, and particularly in the Gospel of John. In the biblical sense, to be saved is to live in peace with oneself and with others, to live as a brother or sister to all humankind and as a child of God. To reach this point, Jesus tells us, it is enough to turn to Him and thus live permanently inspired by His Spirit, which instils in us the behaviour of brothers and sisters and children. Here we find, once again, Saint Paul; God's plan is that all humanity be gathered in Jesus and live His life, which consists in entering a communion of love with the Trinity. This is what he calls salvation or eternal life. And this is the meaning of the expression "to escape judgment," that is, separation: it is enough, then, for us to believe in God's mercy to be able to enter into it. And as that eight-year-old boy in catechism said: “The God the Gospel speaks of is very easy to understand: God the Father is the Origin; he doesn't speak himself, he sends Jesus to tell us how much God loves us and how we should love. Jesus is his Word. He himself is the Son. And the Holy Spirit? It's very simple: it is nothing more and nothing less than the Intelligence of God, given to us so that we can understand what Jesus told us.”

CONTEMPLATIVE MOMENT

The Father doesn't speak; He sends. The Son is His Word made flesh. The Spirit is His Intelligence given so that we may understand. God is very easy to understand. Not because He is simple, but because He is love—and love, when it is true, is always understood. Which person of the Trinity do you feel closest to today? What prevents you from letting that love reach you?



FAURÉ – BERCEUSE

https://youtu.be/qdD0zfi_KSM?si=gvj5vkfY4Ng-ssve

YIRUMA - LA RIVIÈRE COULE EN TOI

<https://youtu.be/owl5oyzchKk?si=bz8JjkPPZOVASIMj>

Three and yet one

The Father thought of us
before time existed,
called us by a name that only
He knows,
and He did not regret it.
The Son experienced life,
got into the mud of humanity,
and said, this is also me.
The Spirit has no fixed form,
it blows where it wills,
and when it arrives,
something stirs within
that you didn't know existed,
dormant.
Three currents, one sea.
Three voices, one song.
Today I sit on the shore
and listen.
Origin that does not speak
but sends us Your Word.

Thank you for not remaining
silent.
Word that came down
to the complexities of living.
Thank you for not staying on
top.
Given intelligence,
you who slip through the
cracks
when everything seems
closed,
thank you for not remaining
still.
May that love you have
among yourselves be
contagious. Like light, which
is heat is colour, is clarity,
and you can't divide it into
three.

SONG. HOLY SPIRIT COME WITH YOUR FIRE

<https://www.youtube.com/watch?v=DOIj242UxpM>



Sisters of Charity of St. Anne.

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