Father, Son, and Holy Spirit. Three persons in one God. Easy to say, but difficult to understand, for it is a mystery beyond our comprehension. In the Gospel, Jesus tells the disciples that everything the Father has is his and that the Holy Spirit will take from all that they have. Their relationship to each other is complete and entire. The Father sent the Son to be united with humanity, to suffer with us, and to redeem us. The Father and Son sent the Holy Spirit to be with us always, guiding and sanctifying us. We come together today to praise God, who through the Trinity has given us more than we could ever expect.

As we gather let us begin our service by professing what we believe.

_Profession of Faith p. 104_

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (bow as we say) _and by the Holy Spirit he was incarnate of the Virgin Mary, and became man_. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

_Introductory Rite:_

_Greeting:_

In the name of the Father and of the Son, and of the Holy Spirit. _Amen._

Grace and peace to you from God our Father and from the Lord Jesus Christ. Blessed be God forever. _Blessed be God forever._

_Penitential Rite:_ p.6

My brothers and sisters, to prepare ourselves for this celebration, let us call to mind our sins.

_I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God._

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. _Amen_

_Opening Prayer:_

_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. _Amen._

_Liturgy of the Word:_

_First Reading p. 66_

A reading from the Book of Proverbs  _Proverbs 8:22-31_
Thus says the wisdom of God: "The LORD possessed me, the beginning of his ways, the forerunner of his prodigies of long ago; from of old I was poured forth, at the first, before the earth. When there were no depths I was brought forth, when there were no fountains or springs of water; before the mountains were settled into place, before the hills, I was brought forth; while as yet the earth and fields were not made, nor the first clods of the world.

"When the Lord established the heavens I was there, when he marked out the vault over the face of the deep; when he made firm the skies above, when he fixed fast the foundations of the earth; when he set for the sea its limit, so that the waters should not transgress his command; then was I beside him as his craftsman, and I was his delight day by day, playing before him all the while, playing on the surface of his earth; and I found delight in the human race."

The word of the Lord. Thanks be to God

Responsorial Psalm:
Psalm 8:4-5, 6-7, 8-9
R/. O Lord, our God, how wonderful your name in all the earth!
R/. O Lord, our God, how wonderful your name in all the earth!

When I behold your heavens, the work of your fingers, the moon and the stars which you set in place — What is man that you should be mindful of him, or the son of man that you should care for him? R/. You have made him little less than the angels, and crowned him with glory and honor. You have given him rule over the works of your hands, putting all things under his feet: R/. All sheep and oxen, yes, and the beasts of the field, The birds of the air, the fishes of the sea, and whatever swims the paths of the seas. R/. Second Reading:
A reading from the Letter of Saint Paul to the Romans Romans 5:1-5
Brothers and sisters: Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith to this grace in which we stand, and we boast in hope of the glory of God. Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the Holy Spirit that has been given to us.

The word of the Lord. Thanks be to God

Gospel:
A reading from the holy Gospel according to John John 16:12-15
Glory to you, O Lord
Jesus said to his disciples: "I have much more to tell you, but you cannot bear it now. But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. He will glorify me, because he will take from what is mine and declare it to you. Everything that the Father has is mine; for this reason, I told you that he will take from what is mine and declare it to you."

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

Reflection on the Word:
• Jesus’ words to his disciples at the beginning of today’s Gospel—“I have much more to tell you, but you cannot bear it now” (John 16:12)—can be appreciated much more when we realize that they were spoken on the night before Jesus was arrested, tortured, put on trial, and condemned to death. He was right. They could not bear what they
were about to witness. After all, they fled in fear as he was led away. The other evangelists portray Jesus’ wish that he did not have to bear it either, along with his resolve that his Father’s will be done, no matter how difficult. His trust in the One who sent him enabled him to bear the ultimate burden for all of us.

• That relationship between the Father and the Son that inspired such trust and confidence in the face of death is matched in their relationship with the Spirit as well. The mutual love each person of the Trinity has for the others is a model of the love we are called to give each other according to the greatest commandment. To love God with our whole heart, mind, strength, and being, and to love our neighbor as ourselves is to mirror the love of our triune God. God is love and love naturally seeks an object of its desire. The Father, Son, and Spirit are bound in a perfect love, love that can then be extended to humanity. Our love of humanity causes us to seek others to whom we can express that selfless, generous, and forgiving love that God lavishes upon us.

• Saint Paul speaks of afflictions, endurance, and character and he certainly grew in all three in his work as the preeminent apostle to the Gentiles. He knows well how these qualities lead to hope, the hope that is grounded in our faith and in God’s love for us. Paul describes that love being poured out into us, as a liquid would be, suggesting that it can flow into and out of us. As much as it was flowing into Paul from God, it was flowing out of Paul to people all over the world, from Antioch to Rome, to everywhere in between, and into their hearts, where it could then flow ever outward and onward. The Holy Spirit makes all of us channels of God’s love in the world.

**Question of the Week**
Am I conscious of God’s love being poured into my heart? How can I pour it out this week to those I meet?

**Prayer of the Faithful:**
In the name of the Holy Trinity, let us offer our petitions to the Father, through the Son, with the power of the Holy Spirit.

• For the Church, that we may be attentive to the Holy Spirit, who guides us to all truth, and follow that guidance as we work to build unity in the Church and in the world, let us pray to the Lord. **Lord, hear our prayer.**

• That all humanity may appreciate the wisdom of God in all creation, and work to preserve the treasures of earth, sea, and air for the well-being of generations to come, let us pray to the Lord. **Lord, hear our prayer.**

• For those preparing for marriage and for all married couples, that their love for each other may reflect the divine love of Father, Son, and Spirit, let us pray to the Lord. **Lord, hear our prayer.**

• For those who farm or fish for a living, and all who work on the land or sea, that they may be blessed with good weather as they seek to provide sustenance to a hungry world, let us pray to the Lord. **Lord, hear our prayer.**

• That the Holy Trinity’s unending love and mercy may bring hope to those who suffer, especially those whose endurance is being tested, let us pray to the Lord. **Lord, hear our prayer.**

• For what else should we pray? **Lord, hear our prayer.**

• For all the prayers that we hold in the silence of our hearts; for all our intentions spoken and unspoken, let us pray to the Lord. **Lord, hear our prayer.**

Loving God, instill in us a desire to seek the truth you reveal in your infinite generosity and goodness. Hear this and all the prayers we make and grant them in your holy name, Father, Son, and Holy Spirit.
Communion Rite

The Lord's Prayer: p. 136
Let us pray with confidence to the Father in the words our Savior gave us.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

Rite of Peace:
The sign of peace outwardly expresses a deep spiritual reality; through this sign we acknowledge Christ’s presence in each other and share the peace we have received from Him. Let us offer each other the sign of peace.

Let us offer each other the sign of peace.

Communion:
Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

The body of Christ. Amen.

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. Amen.

Concluding Rite:
Final Blessing:
May the Lord bless us, protect us from all evil and bring us to everlasting life. Amen.

Go in the peace of Christ! Thanks be to God.