



# THE SOLEMNITY OF THE MOST HOLY TRINITY

## The Office of Readings

The Invitatory

Lord, open our lips. And we shall praise your name.

Psalm 95

"Every day, as long as this 'today' lasts, keep encouraging one another" (Heb 3:13).

Antiphon: The true God is one in Trinity and a Trinity in One: come, let us adore him. Come, ríng out our jóy to the Lórd; \* háil the Gód who sáves us. Let us cóme before him, gíving thánks, \* with sóngs let us háil the Lórd. A míghty Gód is the Lórd, \* a gréat king abóve all góds. In his hand are the depths of the earth; \* the héights of the móuntains are hís. To hím belongs the séa, for he máde it \* and the drý land sháped by his hánds. Come ín; let us bów and bend lów; \* let us knéel before the Gód who máde us: for hé is our Gód and wé † the péople who belong to his pásture, \* the flóck that is léd by his hánd. O that todáy you would lísten to his vóice! †

'Hárden not your héarts as at Meríbah, \* as on that dáy at Mássah in the désert when your fáthers pút me to the tést; \* when they tríed me, thóugh they saw my wórk.
For forty yéars I was wéaried of these péople † and I sáid: "Their héarts are astráy, \* these péople do not knów my wáys."
Thén I took an óath in my ánger: \*

"Néver shall they énter my rést."

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Antiphon: The true God is one in Trinity and a Trinity in One: come, let us adore him.

#### Hymn

Father all-holy, merciful and tender; Son co-eternal, worthy to be praised; Spirit of comfort, fount of loving kindness; God everlasting!

Trinity holy; Unity unchanging; Goodness unbounded; very God of heaven; Light of the angels; refuge of the friendless; Hope universal.

All thy works hymn thee; all thy saints adore thee; They for thy pleasure are, and were created: Now, while we also worship thee devoutly, Hear thou our voices.

Thine be the glory, Deity almighty, One in Three Persons, Monarch in the highest: Glory and honour, song and praise beseem thee Now and for ever .

#### Psalm 8

The greatness of God, the dignity of man "He has put all things under his feet,

and appointed him to be the head of the whole Church" (Eph 1:22).

Antiphon: Come and be with us, one almighty God, Father, Son and Holy Spirit.

How gréat is your náme, O Lórd our Gód, \* through all the earth! Your májesty is práised above the héavens; \* on the líps of children and of bábes you have found práise to fóil your énemy, \* to sílence the fóe and the rébel. When I see the héavens, the work of your hánds, \* the moon and the stars which you arranged, what is mán that you should kéep him in mínd, \* mortal mán that you cáre for hím? Yet you have máde him little léss than a gód; \* with glóry and hónour you crówned him, gave him pówer over the wórks of your hánd, \* put áll things únder his féet. Áll of them, shéep and cáttle, ' yes, éven the sávage béasts, bírds of the áir, and físh \* that máke their wáy through the wáters. How gréat is your náme, O Lórd our Gód \* through all the earth!

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Antiphon: Come and be with us, one almighty God, Father, Son and Holy Spirit.

# The Angelus

V/. The Angel of the Lord brought tidings to Mary; R/. And she conceived by the Holy Ghost.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V/. Behold the handmaid of the Lord;R/. Be it done to me according to thy word.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V/. And the Word was made flesh; **R/. And dwelt among us.** 

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V/. Pray for us, O Holy Mother of God.R/. That we may be made worthy of the promises of Christ.

Let us pray. We beseech thee, O Lord, to pour thy grace into our hearts; that as we have known the Incarnation of thy Son Jesus Christ by the message of an angel, so by his 聲 Cross and Passion, we may be brought unto the glory of his resurrection. Through the same Christ our Lord. **Amen.**  Come, Holy Spirit, and give us an abundance of your fruits. Make us loving, joyful, peaceful, patient and kind:

give us integrity, forbearance, gentleness, faith, modesty, temperance and chastity.

- Glory be to the Father and to the Son and to the Holy Spirit.

Father almighty, you sent the Spirit of your Son into our hearts: fill us with your Spirit, that we may be your heirs and co-heirs with Christ.

- Glory be to the Father and to the Son and to the Holy Spirit.

Lord Jesus Christ, you sent the Paraclete from the Father's side to be your witness:

make us also your witnesses before men.

- Glory be to the Father and to the Son and to the Holy Spirit .

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.

Let us pray.

God our Father, you revealed the great mystery of your godhead to men when you sent into the world the Word who is Truth and the Spirit who makes us holy. Help us to believe in you and worship you, as the true faith teaches: three Persons, eternal in glory, one God, infinite 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.** 

May the Lord bless us, ≇ and keep us from all evil, and bring us to everlasting life. Amen. Psalm-prayer:

Lord, creator of all that is, you made your Son one of us, a little less than the angels. When you crowned him with honour and glory, you raised the dignity of man beyond the skies. Always care for us, your royal children in your Son, the new Adam, so that one day we may be radiant with his splendour. Amen.

#### Psalm 33 The Lord provides

"All things were made through him" (Jn 1:3).

Antiphon: The Father is love, the Son is grace, the Holy Spirit is the one who unites, O blessed Trinity.

Ríng out your jóy to the Lórd, O you júst; \* for praise is fitting for lóyal héarts. Give thánks to the Lórd upon the hárp, \* with a tén-stringed hárp sing him sóngs. O síng him a sóng that is néw, \* play lóudly, with all your skill. For the word of the Lord is faithful \* and all his works to be trusted. The Lórd loves jústice and ríght \* and fills the éarth with his lóve. By his word the héavens were máde, \* by the bréath of his mouth all the stárs. He collécts the waves of the ócean; \* he stóres up the dépths of the séa. Let all the éarth féar the Lórd \* all who líve in the wórld revére him. He spóke; and it cáme to bé. \* He commánded; it spráng into béing. He frustrátes the desígns of the nátions, \* he deféats the pláns of the péoples. His ówn designs shall stánd for éver, the pláns of his héart from age to áge.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Antiphon: The Father is love, the Son is grace, the Holy Spirit is the one who unites, O blessed Trinity.

#### Psalm 33

Antiphon: The Father is true, truth the Son and truth the Spirit, O blessed Trinity.

They are háppy, whose Gód is the Lórd, \* the péople he has chósen as his ówn. From the héavens the Lórd looks fórth, \* he sées all the chíldren of mén. From the pláce where he dwélls he gázes \* on all the dwellers on the earth; he who shapes the hearts of them all; \* and consíders all their déeds. A kíng is not sáved by his ármy, \* nor a wárrior presérved by his stréngth. A váin hope for sáfety is the hórse; \* despíte its pówer it cannot sáve. The Lórd looks on thóse who revére him, \* on thóse who hópe in his lóve, to réscue their sóuls from déath, to kéep them alíve in fámine. Our sóul is waiting for the Lórd. \* The Lórd is our hélp and our shíeld. In hím do our héarts find jóy. \* We trúst in his hóly náme. May your lóve be upón us, O Lórd, \* as we pláce all our hópe in yóu.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Antiphon:	The Father is true, truth the Son
	and truth the Spirit, O blessed Trinity.

#### Psalm-prayer:

Your Son is the firstborn of creation, Lord, and the head of his body, the Church. Through him you founded the heavens and earth; through him you continue to accomplish the intentions of your heart. Make your chosen people witnesses of your truth among the nations and heralds of your glory in the heavens. Amen.

 $\dot{V}$ . By the word of the Lord the heavens were made.

 $\mathbf{\tilde{R}}$ . By the breath of his mouth all the stars came into being.

#### First Reading - 1 Corinthians 2:1-16 Wisdom revealed by the Spirit of God

As for me, brothers, when I came to you, it was not with any show of oratory or philosophy, but simply to tell you what God had guaranteed. During my stay with you, the only knowledge I claimed to have was about Jesus, and only about him as the crucified Christ. Far from relying on any power of my own, I came among you in great 'fear and trembling' and in my speeches and the sermons that I gave, there were none of the arguments that belong to philosophy; only a demonstration of the power of the Spirit. And I did this so that your faith should not depend on human philosophy but on the power of God.

But still we have a wisdom to offer those who have reached maturity: not a philosophy of our age, it is true, still less of the masters of our age, which are coming to their end. The hidden wisdom of God which we teach in our mysteries is the wisdom that God predestined to be for our glory before the ages began. It is a wisdom that none of the masters of this age have ever known, or they would not have crucified the Lord of Glory; we teach what scripture calls: the things that no eye has seen and no ear has heard, things beyond the mind of man, all that God has prepared for those who love him.

These are the very things that God has revealed to us through the Spirit, for the Spirit reaches the depths of everything, even the depths of God. After all, the depths of a man can only be known by his own spirit, not by any other man, and in the same way the depths of God can only be known by the Spirit of God. Now instead of the spirit of the world, we have received the Spirit that comes from God, to teach us to understand the gifts that he has given us. Therefore we teach, not in the way in which philosophy is taught, but in the way that the Spirit teaches us: we teach spiritual things spiritually. An unspiritual person is one who does not accept anything of the Spirit of God: he sees it all as nonsense; it is beyond his understanding because it can only be understood by means of the Spirit A spiritual man, on the other hand, is able to judge the value of everything, and his own value is not to be judged by other men. As scripture says: Who can know the mind of the Lord, so who can teach him? But we are those who have the mind of Christ.

#### Responsory

#### Dn 2: 22,28; 1 Co 2: 9-10

- Ř. May he who is the God of our Lord Jesus Christ, the allglorious Father, grant us a spirit of wisdom and insight, to give us fuller knowledge of himself. May our inward eye be enlightened,\* so that we may understand to what hopes he has called us, how rich in glory is this inheritance of his, promised to the saints.
- Ŷ. What we have received is no spirit of worldly wisdom, but the Spirit that comes from God.\* So that we may understand to what hopes he has called us, how rich in glory is this inheritance of his, promised to the saints.

the wonderful truths of salvation. May your loving kindness embrace us now and for ever. Amen.

#### Short Reading

1 Corinthians 12: 4-6

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them.

#### Short Responsory

To you be praise and glory, O blessed Trinity. - To you be praise and glory, O blessed Trinity.

- To you be thanksgiving for ever and ever.
- To you be praise and glory, O blessed Trinity.
- Glory be to the Father and to the Son and to the Holy Spirit.
- To you be praise and glory, O blessed Trinity.

### Canticle

Canticle		Benedictus
The l	Messiah and the one who was sent before b	ıim
Antiphon:	Blessed be the creator and ruler of all the holy and undivided Trinity, both now and for ever and for ages u	-
He has vis He has raised ú in the hóu as he prómised thóse who A sáviour who from the F So his lóve for and his hó He swóre to Áb that frée fi we might sérve all the dáy As for yóu, littl you shall b You shall go ah to prépare To make knów through fo the loving-kínd who vísits He will give lígl those who	te Lórd, the Gód of Ísrael! * ited his péople and redéemed them. p for ús a mighty sáviour * se of Dávid his sérvant, by the líps of holy mén, * were his próphets from of óld. would frée us from our fóes, * nánds of áll who háte us. our fáthers is fulfílled * oly covenant remémbered. oraham our fáther to gránt us, * tom féar, and sáved from the hánds of him in hóliness and jústice * s of our lífe in his présence. e chíld, * be cálled a próphet of Gód, the Most H éad of the Lórd * his wáys befóre him, n to his péople their salvátion * orgíveness of áll their síns, ness of the héart of our Gód * us like the dáwn from on hígh. nt to those in dárkness, † dwéll in the shádow of déath, * us into the wáy of péace.	
	Father and to the Son and to the Hol beginning, is now, and ever shall be, end. Amen.	ly Spirit,
Antiphon:	Blessed be the creator and ruler of all the holy and undivided Trinity, both now and for ever and for ages u	0,

#### Prayers and intercessions

- Full of joy on this morning, we adore and glorify the Father, Son and Holy Spirit, saying:
- Glory be to the Father and to the Son and to the Holy Spirit.
- Holy Father, of ourselves we are nothing. We beg you to give us the Holy Spirit:
- may he strengthen us in our weakness and intercede for us before your face.
- Glory be to the Father and to the Son and to the Holy Spirit.
- Son of God, you asked the Father to send the Comforter to your Church:

may he, the Spirit of truth, remain with us always.

- Glory be to the Father and to the Son and to the Holy Spirit.

And you, frosts and cold, O bless the Lord. And you, frost and snow, O bless the Lord. \*

To him be highest glory and praise for ever.

And you, night-time and day, O bless the Lord. \* And you, darkness and light, O bless the Lord.

And you, lightning and clouds, O bless the Lord. \* To him be highest glory and praise for ever.

O let the earth bless the Lord. \* To him be highest glory and praise for ever.

And you, mountains and hills, O bless the Lord. \*

And you, all plants of the earth, O bless the Lord. And you, fountains and springs, O bless the Lord. \*

To him be highest glory and praise for ever. And you, rivers and seas, O bless the Lord. \* And you, creatures of the sea, O bless the Lord.

And you, every bird in the sky, O bless the Lord. † And you, wild beasts and tame, O bless the Lord. \*

To him be highest glory and praise for ever. And you, children of men, O bless the Lord. \*

To him be highest glory and praise for ever. O Israel, bless the Lord, O bless the Lord. \*

And you, priests of the Lord, O bless the Lord. And you, servants of the Lord, O bless the Lord. \*

To him be highest glory and praise for ever. And you, spirits and souls of the just, O bless the Lord. \*

And you, holy and humble of heart, O bless the Lord.

Ananias, Azarias, Mizael, O bless the Lord. \* To him be highest glory and praise for ever.

Let us praise the Father, the Son and Holy Spirit: \* To you be highest glory and praise for ever.

May you be blessed, O Lord, in the heavens: \* To you be highest glory and praise for ever.

Antiphon: All your creatures rightly give you praise, worship and honour, O blessed Trinity.

## Psalm 149

The saints rejoice "The members of the Church, God's new people, will rejoice in their king, who is Christ" (Hesychius)

Antiphon: From him, through him and in him are all things: to him be glory for ever.

Síng a new sóng to the Lórd, \*

his práise in the assémbly of the fáithful. Let Ísrael rejóice in its Máker, \*

let Síon's sons exúlt in their kíng.

Let them práise his náme with dáncing \*

and make músic with tímbrel and hárp. For the Lórd takes delíght in his péople. \*

He crówns the póor with salvátion. Let the fáithful rejóice in their glóry, \*

shout for jóy and táke their rést. Let the práise of Gód be on their líps \*

and a twó-edged swórd in their hánd, to déal out véngeance to the nátions \* and púnishment on áll the péoples;

to bínd their kíngs in cháins \* and their nóbles in fétters of íron;

to cárry out the séntence pre-ordáined: \* this hónour is for áll his fáithful.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Antiphon: From him, through him and in him are all things: to him be glory for ever.

Psalm-prayer:

Let Israel rejoice in you, Lord, and acknowledge you as creator and redeemer. We put our trust in your faithfulness and proclaim

#### Second Reading - A letter of St Athanasius Light, radiance and grace are in the Trinity and from the Trinity

It will not be out of place to consider the ancient tradition, teaching and faith of the Catholic Church, which was revealed by the Lord, proclaimed by the apostles and guarded by the fathers. For upon this faith the Church is built, and if anyone were to lapse from it, he would no longer be a Christian either in fact or in name.

We acknowledge the Trinity, holy and perfect, to consist of the Father, the Son and the Holy Spirit. In this Trinity there is no intrusion of any alien element or of anything from outside, nor is the Trinity a blend of creative and created being. It is a wholly creative and energising reality, self-consistent and undivided in its active power, for the Father makes all things through the Word and in the Holy Spirit, and in this way the unity of the holy Trinity is preserved. Accordingly, in the Church, one God is preached, one God who is above all things and through all things and in all things. God is above all things through the Word; and he is in all things in the Holy Spirit.

Writing to the Corinthians about spiritual matters, Paul traces all reality back to one God, the Father, saying: Now there are varieties of gifts, but the same Spirit; and there are varieties of service but the same Lord; and there are varieties of working, but it is the same God who inspires them all in everyone.

Even the gifts that the Spirit dispenses to individuals are given by the Father through the Word. For all that belongs to the Father belongs also to the Son, and so the graces given by the Son in the Spirit are true gifts of the Father. Similarly, when the Spirit dwells in us, the Word who bestows the Spirit is in us too, and the Father is present in the Word. This is the meaning of the text: My Father and I will come to him and make our home with him. For where the light is, there also is the radiance; and where the radiance is, there too are its power and its resplendent grace.

This is also Paul's teaching in his second letter to the Corinthians: The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. For grace and the gift of the Trinity are given by the Father through the Son in the Holy Spirit. Just as grace is given from the Father through the Son, so there could be no communication of the gift to us except in the Holy Spirit. But when we share in the Spirit, we possess the love of the Father, the grace of the Son and the fellowship of the Spirit himself.

#### Responsory

- Ř. Let us bless the Father and the Son together with the Holy Spirit.\* Let us praise and exalt them above all for ever.
- $\tilde{V}$ . Blessed be God in the firmament of heaven, to be praised and glorified for ever.\* Let us praise and exalt them above all for ever.

#### Te Deum

We praise you, O God: \* we acclaim you as the Lord. Everlasting Father, \* all the world bows down before you. All the angels sing your praise, ' the hosts of heaven and all the angelic powers, all the cherubim and seraphim \* call out to you in unending song: Holy, Holy, Holy, \* is the Lord God of angel hosts! The heavens and the earth are filled \* with your majesty and glory. The glorious band of apostles, \* the noble company of prophets, the white-robed army who shed their blood for Christ, \* all sing your praise.

And to the ends of the earth \* your holy Church proclaims her faith in you: Father, whose majesty is boundless, \* your true and only Son, who is to be adored, \* the Holy Spirit sent to be our Advocate. You, Christ, are the king of glory, \* Son of the eternal Father. When you took our nature to save mankind \* you did not shrink from birth in the Virgin's womb. You overcame the power of death \* opening the Father's kingdom to all who believe in you. Enthroned at God's right hand in the glory of the Father, \* you will come in judgement according to your promise. You redeemed your people by your precious blood. ' Come, we implore you, to our aid. Grant us with the saints ' a place in eternal glory. The final part of the hymn may be omitted: Lord, save your people \* and bless your inheritance. Rule them and uphold them \* for ever and ever. Day by day we praise you: \* we acclaim you now and to all eternity. In your goodness, Lord, keep us free from sin. \* Have mercy on us, Lord, have mercy. May your mercy always be with us, Lord, \* for we have hoped in you. In you, Lord, we put our trust: \* we shall not be put to shame.

#### Let us pray.

God our Father, you revealed the great mystery of your godhead to men when you sent into the world the Word who is Truth and the Spirit who makes us holy. Help us to believe in you and worship you, as the true faith teaches: three Persons, eternal in glory, one God, infinite 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.** 

Let us praise the Lord. - Thanks be to God.

### Morning Prayer (Lauds)

#### Introduction

O God, come to our aid. O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia.

### Hymn

Holy, holy, holy! Lord God Almighty! Early in the morning our song shall rise to thee. Holy, holy, holy! Merciful and mighty, God in three persons, blessed Trinity!

Holy, holy, holy! All the saints adore thee, casting down their golden crowns around the glassy sea; cherubim and seraphim falling down before thee, which wert, and art, and evermore shalt be. Holy, holy, holy! Though the darkness hide thee, though the eye of sinful man thy glory may not see, only thou art holy; there is none beside thee, perfect in power, in love and purity.

Holy holy, holy! Lord God Almighty! All thy works shall praise thy name, in earth and sky and sea. Holy, holy, holy! Merciful and mighty, God in three persons, blessed Trinity.

#### Psalm 63

# Thirsting for God

"Let the man who has put away the deeds of the night watch for God."

Antiphon:All majesty and power, glory and honour,<br/>praise and adoration belongs to you,<br/>O blessed Trinity, for ever and ever.

O Gód, you are my Gód, for you I lóng; \* for yóu my sóul is thírsting. My bódy pínes for yóu \* like a drý, weary lánd without wáter. So I gáze on yóu in the sánctuary to sée your stréngth and your glóry. For your lóve is bétter than lífe, \* my líps will spéak your práise. So I will bléss you áll my lífe, \* in your náme I will líft up my hánds. My sóul shall be filled as with a bánquet, \* my móuth shall práise you with jóy. On my béd I remémber yóu. \* On yóu I múse through the níght for yóu have béen my hélp; in the shádow of your wings I rejóice. My sóul clíngs to yóu; your ríght hand hólds me fást.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Antiphon: All majesty and power, glory and honour, praise and adoration belongs to you, O blessed Trinity, for ever and ever.

#### Psalm-prayer:

Father, creator of unfailing light, give that same light to those who call to you. May our lips praise you; our lives proclaim your goodness; our work give you honour, and our voices celebrate you for ever. Amen.

Canticle - Daniel 3:57-88,56 - All creatures, bless the Lord
"Praise our God, all you his servants" (Rev 19:5).

Antiphon: All your creatures rightly give you praise, worship and honour, O blessed Trinity.

O all you works of the Lord, O bless the Lord. \* To him be highest glory and praise for ever.

And you, angels of the Lord, O bless the Lord. \* To him be highest glory and praise for ever.

And you, the heavens of the Lord, O bless the Lord. \* And you, clouds of the sky, O bless the Lord.

And you, all armies of the Lord, O bless the Lord. \* To him be highest glory and praise for ever.

- And you, sun and moon, O bless the Lord. \* And you, the stars of the heavens, O bless the Lord.
- And you, showers and rain, O bless the Lord. \* To him be highest glory and praise for ever.

And you, all you breezes and winds, O bless the Lord. \* And you, fire and heat, O bless the Lord.

And you, cold and heat, O bless the Lord. \* To him be highest glory and praise for ever. And you, showers and dew, O bless the Lord. \*