



IF YOU THINK THE TRINITY IS COMPLICATED, WHO ARE YOU?

In every relationship there are at least six people, who you think you are; who the other thinks you are; who you really are; who she thinks she is; who you think she is; who she really is. Whether we like it or not, people grow at a different pace. The danger is that unless there is a constant conversation going on, people will also grow to a different place. The programs on mindfulness being offered by the church are opportunities to help one to be **mindful** of this truth. It alerts one to this truth and can save one a lot of unnecessary personal pain.

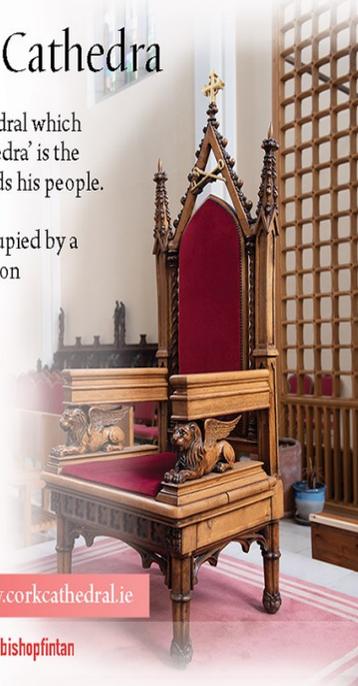
PARISH FAMILY FUN DAY – Sunday 16TH June
Time: 2pm to 6pm (behind the Church in the SMA grounds)
 Today we are once again hosting our Parish Family Fun Day in the grounds behind the SMA House. It will be a day when we will enjoy cultural displays from the various nationalities associated with our parish. We are hoping that families from the different countries will share with us some edible delights from their country. We have promises of food from various countries.
 There will also be jumping castles, Animals from Rumley's, Small animals road show, games and races for the kids. It is a day for the Family. Come and be with us.

Changing of the Cathedra

There's a chair in Cork's North Cathedral which gives the building its name. The 'cathedra' is the chair from which the bishop shepherds his people.

Since 1787 until now, it has been occupied by a Corkman! But that's about to change on Sunday June 30th when Dublin-born Fr. Fintan Gavin becomes Bishop of Cork and Ross diocese and he will be accompanied to the cathedra by Bishop John Buckley.

During the ceremony, the letter from Pope Francis appointing him as our bishop will be read.



Online at www.corkandross.org || www.corkcathedral.ie

spread the word || share a prayer || #welcomebishopfintan

Parish Monthly Charity.

During the month of June, a month when we celebrate our International Parish Day, we will support the L'Arche community. Members of their community join us every Sunday for service. In supporting them this month we wish to acknowledge the presence of so many young volunteers from so many countries who come among us and give great witness to the spirit of the Founder of L'Arche who recently died, Jean Vanier. Our support now stands at **€306.82**. Thanks.

The greatest prison people can live in, is fear of what others think.

Family Fun Day Raffle.
 During our Family Fun Day today the parish raffle in aid of the SMA project "The Laudato Tree" (the Great Green Wall) will take place. The purpose of the "wall" is to halt the impact of desertification across the Sahel which is a region just south of the Sahara Desert. Tickets: one card is valued €20, or 3 cards (in an envelope) cost €50. Tickets will be on sale at the event. There are leaflets in the Church and Parish Centre explaining the project.

Film - "Garanbandal - Only God knows" takes place in Mahon Point Omniplex, Sunday 16th June at 6.30 pm.
Movie is based on apparitions of Our Lady to four young girls in Spain from 1961 -1965.

EUCCHARISTIC PROCESSION – 23RD JUNE.

People wishing to continue the practice the walking in procession into Daunt's Square in order to participate in the Corpus Christi ceremonies can gather at the Sacred Heart Church on Sunday 23rd June at 2.30pm. They will be joined by parishioners from neighbouring parishes.



Where is the Spirit working in our parish?

It is now possible to acquire statistics of people viewing our Web Camera. The figures we receive suggest that there are a lot of people out there tuning in and hopefully benefiting from their experience of our church and other services the web camera provides. Up to the 12th of this month records indicate that 2,353 have tuned in for more than five minutes. These hits would represent people from the following countries: Ireland, United Kingdom, United States, Australia, Germany, Russia, South Africa, Philippines, Italy, Spain, Poland, Portugal, New Zealand, Canada, Nigeria, Malta and about 8 other countries. You never know who is listening to us in church, nor do you know who is listening on the World Wide Web!

Something to ponder on a day when we celebrate our International day!!!!!!

ENTRANCE ANTIPHON
Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

PENITENTIAL ACT
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...Amen.

Lord, have mercy. **Lord, have mercy.**
Christ, have mercy. **Christ, have mercy.**
Lord, have mercy. **Lord, have mercy.**

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.....

✠ **LITURGY OF THE WORD** ✠

FIRST READING Proverbs 8:22-31

A reading from the Book of Proverbs.

The Wisdom of God cries aloud,
The Lord created me when his purpose first unfolded,

before the oldest of his works.
From everlasting I was firmly set,
from the beginning, before earth came into being.

The deep was not, when I was born,
there were no springs to gush with water.
Before the mountains were settled,
before the hills, I came to birth;
before he made the earth, the countryside,
or the first grains of the world's dust.

When he fixed the heavens firm, I was there,
when he drew a ring on the surface of the deep,
when he thickened the clouds above,



THE MOST HOLY TRINITY 16th. June 2019

The message of Jesus can reach all people - through his Church and the Gospel, love and justice can spread to all peoples.



when he fixed fast the springs of the deep,
when he assigned the sea its boundaries
-and the waters will not invade the shore-when he laid down the foundations of the earth,

I was by his side, a master craftsman,
delighting him day after day,
ever at play in his presence,
at play everywhere in his world,
delighting to be with the sons of men.
The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM Ps. 8: 4 - 9

R. How great is your name, O Lord our God, through all the earth!

1. When I see the heavens, the work of your hands,
the moon and the stars which you arranged,
what is man that you should keep him in mind,
mortal man that you care for him? [R]
2. Yet you have made him little less than a god;
with glory and honour you crowned him,
gave him power over the works of your hand,
put all things under his feet. [R]
3. All of them, sheep and cattle,
yes, even the savage beasts,
birds of the air, and fish
that make their way through the waters. [R]

SECOND READING Romans 5:1-5
A reading from St. Paul's letter to the Romans

Through our Lord Jesus Christ, by faith we are judged righteous and at peace with God, since it is by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory. But that is not all we can boast about; we can boast about our sufferings. These sufferings bring patience, as we know, and patience brings perseverance, and perseverance brings hope, and this hope is not deceptive, because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

The word of the Lord. Thanks be to God.

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 16:12 - 15

A reading from the Holy Gospel according to John
Jesus said to his disciples:

'I still have many things to say to you but they would be too much for you now. But when the Spirit of truth comes he will lead you to the complete truth, since he will not be speaking as from himself

but will say only what he has learnt; and he will tell you of the things to come. He will glorify me, since all he tells you will be taken from what is mine. Everything the Father has is mine; that is why I said: All he tells you will be taken from what is mine.
The Gospel of the Lord.
Praise to you Lord Jesus Christ.

NICENE CREED

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, All bow for following three lines: and by the Holy Spirit 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

✠ **LITURGY OF THE EUCHARIST** ✠

Pray, brothers and sisters,
May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

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.

EUCHARISTIC PRAYER

The Lord be with you. **And with your spirit.** Lift up your hearts. **We lift them up to the Lord.** Let us give thanks to the Lord our God. **It is right and just.**

AFTER THE CONSECRATION

The mystery of faith.
Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.

INVITATION TO HOLY COMMUNION

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

COMMUNION ANTIPHON

Since you are children of God, God has sent into your hearts the Spirit of his Son, the Spirit who cries out: Abba, Father.

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.

CONCLUDING RITE

The Lord be with you. **And with your spirit** May the peace of God, which surpasses all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son, our Lord Jesus Christ. **Amen.**

And may the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you for ever. **Amen.**

Go in peace. **Thanks be to God.**