

KU-RING-GAI CHASE CATHOLIC PARISH

'Seek God, Find God, Embrace God in Jesus'

Diocese of Broken Bay ~ 7th June 2020 ~ Solemnity of The Most Holy Trinity ~ Year A

Ex 34:4-6; 2 Cor 13:11-13; Jn 3:16-18

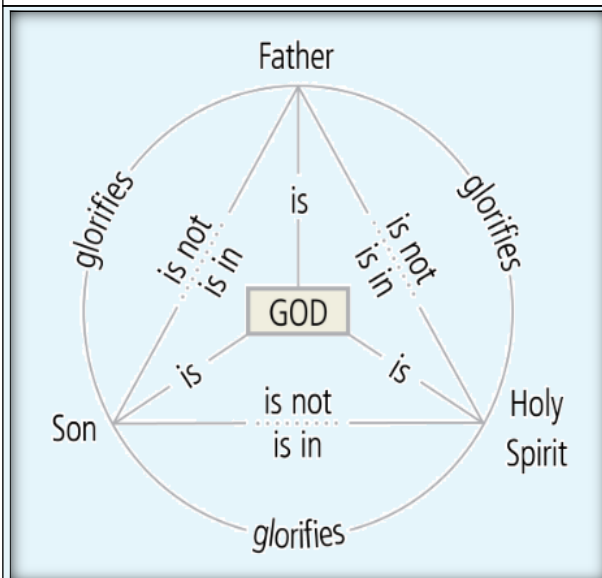
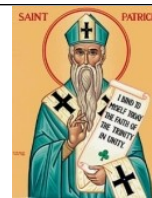
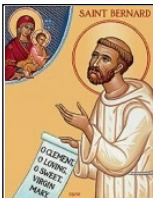
Entrance Antiphon: Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love.

Responsorial Psalm:
Glory and praise for ever!

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.

Our Mission Statement: 'Help others to recognise, through their experiences, that Jesus who died and is risen is the truth that lights up their lives'

Our Vision Statement: 'That the parishioners of Ku-ring-gai Chase Catholic Parish grow as missionary disciples and live as community in Christ inviting all people into our Parish, welcoming them to our Parish life and embracing the rich diversity of our community'



A Reflection on - The Most Holy Trinity - © Greg Sunter

GOSPEL REFLECTION

The readings selected for Trinity Sunday provide an opportunity to reflect on the nature of God. Over recent weeks, we have celebrated the Ascension and Pentecost – both of which reveal something about the nature of God through Jesus and the Spirit. Trinity Sunday is an opportunity to celebrate the unity of God whom we acknowledge as Father, Son and Spirit. Today's gospel reminds us that there is a seamless continuity between the different experiences of God. Although we sometimes regard the God of the Old Testament as judging and vengeful, today reminds us that God is, was, and always will be a God of love. The gospel reminds us that 'God loved the world so much that he gave his only Son.' Love is the characteristic of God that is experienced as Father, Son and Spirit. God loved the world into being and loved the people so much that God made a covenant relationship with them and repeatedly drew them back into that relationship when they strayed. God loved the world and the people so much that God became physically present

through Jesus as yet another attempt to draw all people into an awareness of the loving relationship God desired for them. When Jesus could no longer remain a physical presence in the world, God's Spirit became more evident to continue the work of drawing people into that loving relationship with God.

Rather than focusing on the mystery of the Trinitarian God, today is an opportunity to marvel at the single-mindedness of God who is so determined to reveal the length and breadth of God's love to us. That revelation has been made manifest in different ways throughout time but remains constant and unchanging.

HISTORICAL CONTEXT – WE BELIEVE...

The teaching on the Trinity was not formally constructed until the 4th Century and was documented in the creed that emerged from the Council of Nicaea. The Creed that is said today in the Sunday liturgy is a version of that original Nicene Creed. The Nicene Creed spells out Christian beliefs about the nature of God, Jesus and the Spirit and was worded very carefully to negate a variety of heretical views that were held at the time. It is as much a statement about what we do not believe as it is a statement about what we do believe!

SCRIPTURAL CONTEXT – TRINITY

At no point in the New Testament is the term 'Trinity' used. That understanding of the nature of God came much later. However, there are a number of scriptural references that led to this theological understanding. The Annunciation, the baptism of Jesus and the great commissioning of the disciples to baptise in the name of the Father, Son and Holy Spirit are all examples of the three persons of God being recognised or active in the gospels. Today's second reading shows St Paul using the three experiences of God as a blessing of the people of Corinth.

LIVING THE GOSPEL – SIGN OF THE CROSS

Every time we bless ourselves or begin prayer with the sign of the cross, we reaffirm our belief in the Trinity. That seemingly simple prayer, 'In the name of the Father, and of the Son, and of the Holy Spirit,' is, in fact, a confirmation of our belief in a triune God – three in one. The earliest use of the sign of the cross only involved tracing a small cross with the thumb or finger on the forehead as it is still done in baptisms or blessings today. Later, describing the shape of the cross on forehead, abdomen and shoulders became the common practice.

PASTORAL CENTRE: 1-19 Woodcourt Road, Berowra Heights 2082 P.O. Box 335, Berowra Heights 2082

Phone: (02) 9456 2450

Parish Office Hours: 9am – 3.30pm

Email: parishkccp@bbcatholic.org.au

Website: www.bbcatholic.org.au/kccp

Facebook: www.facebook.com/Ku-ring-gai-Chase-Catholic-Parish-1789189034642054/

Parish Priest: Fr Shaju John, OSH; **Assistant Priest:** Fr Joy Thomas, OSH

Emergency sick calls 0468 341 841 (Out of office hours only) - HOSPITAL ADMISSION: If you are admitted to hospital, please write down your religion as Catholic to receive Catholic Services. *Be sure to notify the Pastoral Centre if hospitalised and you would like our own priests to attend.*

THIS WEEK'S READINGS and PRAYERS

ORDINARY TIME
Monday 08/06
 Mass *ad libitum*
 1 Kg 17:1-6; Mt 5:1-12;
Tuesday 09/06
 Mass *ad libitum*
 1 Kg 17:7-16; Mt 5:13-16;
Wednesday 10/06
 Mass *ad libitum*
 1 Kg 18:20-39; Mt 5:17-19;
Thursday 11/06
 Memorial ~ St Barnabas, apostle,
 Mass of the Saint/Preface of the Apostles I-II
 Acts 11:21-26, 13:1-3; (Mt 10:7-13)
Friday 12/06
 Mass *ad libitum*
 1 Kg 19:9, 11-16; Mt 5:27-32;
Saturday 13/06
 Memorial ~ St Anthony of Padua, priest, doctor
 Mass of the Saint/Preface of weekday or saint
 1 Kg 19:19-21; Mt 5:33-37 (Alt. Is 61:1-3; Lk 10:1-9)

Ku-ring-gai Chase Parish Remembers & prayers for...

RECENTLY DECEASED: Mary Anne Weir, Per Bratlie, Selma Cabezas, Eve Davis (baby), Angelo Marson, Emilia Corpuz
ANNIVERSARIES: Felicidad Lizardo, Maree Hayden, Judy Huntley, C J John, Dave Longford, Donna & Peter O'Donohue, Ida O'Halloran, Peter O'Halloran, Kevin & Nancy Hester, Jim Treacy, Joseph Treacy, James Treacy
PRAYERS FOR THE SICK: Shirley Kelynack, Judy Farrell, Maureen Brophy, John Cosgrove (Snr), Marie Mickelson, Margaret Hinton, Dan Leavy, Alfredo R De Ramos, Marie Mickelson, Doug Hawkins, Felicity Fone, Graeme Kachel, Antonio, Anna Nicholson, Pat Bowden, Peter Brooks, Brian Treacy, Erick Enriquez, Charles Abela, Elaine Estrellado, Maureen Sharpe, Penny Rigor, Jwona Nowak, Irena Fellmann, Elaine Longmuir, Michael McGaulley, Estrellado, Cathy Gleeson, Rosalinda de Ramos, Jaz Pitts, Georgia Meyers, Angela Smith, Matthew Franklin, Jeanette Bakker, Ewa Rakozko, Jean Cook, Betty Borg, Morrie Ramsden, Brian Neary, Edwina Subramany, Aiko Concepcion, John Buckley, Ellen Asistente, Sam Calacoci, Barbara Jones, Arlene Joson, Kath Lock, Cadia Maestri, Marcelina De Ramos, Matthew Conlon, Patrick Dorahy, John Macy, Tom Dawson, Narelle Cartwright, Mary Fernandes, Patricia Sanders, Monique Leyden, Frederick Novak, Barbara & Maciej Maciejewski, Alfredo De Ramos Sr.

The 250 Club!
 Week 08:
 01/06/2020 ~
 Number: 018 ~
 Winner: Unfinancial ~
 Amount: \$25.00

St Bernard's Church update: The exterior of the church has had a stunning makeover. We hope you are happy with the outcome. Soon the work on the inside will begin and we are more than happy to tell you we have engaged the same tradesman and his team to do the job. Their attention to detail has been remarkable, the quality of their work impeccable and their generosity without compare. (see contact details on page 4)



AT PRESENT SBB IS ONLY OPEN FOR WEEKEND WORSHIP

Can you help financially to achieve this restoration? Already, we have been amazed by your generous donations towards this restoration. You've all requested anonymity but we want you to know how grateful we are. *Thank you one and all. However: We still have a very long way to go. Please consider making a donation to assist this restoration, it would be appreciated. thank you.*

Masses being celebrated in KCCP are returned to our regular schedule (well almost!)

WEEKEND MASSES ~ reservations highly recommended		CURRENT WEEKDAY MASSES ~ reservations no longer required
Saturday	5pm St Bernard's 6pm St Patrick's	St Patrick's, Asquith
Sunday	8am St Patrick's 9am St Bernard's 10am St Patrick's 6pm St Patrick's	Monday and Tuesday: 9am only Wednesday to Friday: 8am and 9am Saturday: 9am only

RECONCILIATION: Every Saturday: 9.30 am at St Patrick's

IMPORTANT: NB: Morning Mass at Asquith Monday / Tuesday @ 9am ONLY.

What's back ~ What's not....yet!

Currently, we are still treading a bit of a fine line. Whilst we are very grateful we can again gather together in our churches in some numbers, I am not sure it is prudent to restore all things at once. I am considering necessary changes as new information comes to light each week and ask for your patience and understanding during this "transition to normal operation" stage. *Fr Shaju.*

What's back.	What's not....yet!
<ul style="list-style-type: none"> * The Senior Servers Roster * Sacristy Care & Flower and Church Cleaning Rosters at SBB * Altar Society Roster at SPA * Music - (one musician with one cantor—who should be at least 3metres physical distance from other people) 	<ul style="list-style-type: none"> * The Reading Roster * * Altar Servers * Eucharistic Ministers Roster (only the priest and Senior Server are currently to distribute communion) * Communion to the Housebound * Counters Roster

* **The Reading Roster:** will hopefully begin operation again at the beginning of July and you will have the option of temporarily "opting out" using our computerised rostering system. You should receive an email about this next week.

I would like everyone who is on a roster to know that, you are under no pressure to return to your chosen ministry until you are comfortable to return. I want to reassure you that, your decision either way, is respected and supported, and that we grateful for the gift you are to your parish.

RESERVING YOUR SEAT AT WEEKEND MASSES:

This is essential to avoid disappointment.

Permanent reservations for the weekend Mass of your choice will be available from Monday, so be sure to secure your reservation by contacting the office via: **Email (the much preferred option) parishkccp@bbcatholic.org.au; and Please include in the body of your email:**
1. Name of church; 2. Time of Mass; 3. Full names of all for reservation; 4. Contact details.
 (NB: Father reserves the right to ask a permanent reservation holder to withdraw at any time, so others may have an equal opportunity to partake in Holy Mass until the current situation improves, thank you.)

Please ensure we all follow the Government Regulations on returning to Mass

- * If unwell - **DO NOT** come to mass and see your doctor;
- * Remain 1.5m away from others - please **DO NOT** embrace others;
- * Sanitise your hands on arrival and departure;
- * Stay in your allotted pew - communion will be brought to you;
- * **Weekday attendees MUST** write your name and contact details in the book (with your own pen);
- * When Mass is concluded please leave the church quickly to allow for cleaning
- * Collections will be taken up but you are asked **NOT TO** touch the plate - we also strongly recommend the use of our Tap N Go at the back of the church for the health and safety of all.

KCCP BANK ACCOUNT DETAILS:

BSB: 062 784 **Account:** 1238 8001 **Name:** Ku-ring-gai Chase Catholic Parish—Church Account

When making donations to our bank account please be specific if you wish to split your donations between the 1st and 2nd collections. Perhaps send us an email with your wishes clearly indicated, so we may honour your intentions exactly.

1st Collection: Goes to Pastoral Revenue and is used to support the welfare of our priests, both active and retired.
2nd Collection: Is retained in the parish and used for regular outgoings and commitments to maintain and improve parish life.

A letter to the People of God in the Diocese of Broken Bay ~ [Bishop Anthony 2 June 2020]

My dear brothers and sisters in Christ,

Yesterday, for the Feast of Mary, Star of the Sea, I celebrated Mass in the Cathedral with an assembly of the community of the Church inside the building while livestreaming into homes. I am delighted that Government has eased restrictions on our churches. While we still have a long way to go, we are now able to gather in groups of 50 people for prayer, worship, and most importantly for holy Mass. As we begin to return to our churches, I would ask that you adhere to the health regulations that are in place. They are designed for the protection of all, especially those who might be vulnerable. We do not want to exaggerate the situation, so simple things like washing your hands before Mass with soap and water is an easy way to ensure your safety. Your priests and community leaders are doing everything possible to make our gatherings safe. I would invite you to assist and help whenever possible. If you are unwell or physically vulnerable due to illness, it would seem prudent to avoid coming to the church until you are recovered. However, please do not hesitate to contact your local parish so that the priests, deacons or pastoral teams can attend you, especially in your time of need. Our Catholic School community has resumed classes and our Schools are well and truly in full swing. While all of our children are important, I would ask that you spare a thought and a prayer for our Year 12 students, in Catholic or Public Schools. The final year of high school is an important time in the lives of our youth. This year has brought added pressure and stress upon them. I am confident that as a community of faith, we will be able to accompany our young women and men as they step out into their future. Might we take the time to reassure them that they are not alone. Can we reassure them that we are with them and most importantly, that God has a marvellous plan for their lives. This weekend we commemorate the Feast of the Blessed Trinity. It is a feast about love, relationships, fellowship and communion. The Blessed Trinity is the model of life and holiness for us. I have chosen this Feast to admit two of our seminarians as Candidates for Holy Orders, Sam French on Saturday at Woy Woy and Roger Delmonte on Sunday at the Cathedral. Candidacy is a public commitment on the part of the community of the Church to accompany these men as they move to the next stage of their formation for the priesthood. I invite you to pray for Sam and Roger, asking Jesus the Good Shepherd, to form them as shepherds after His own heart. Please keep safe and well in these challenging times. Be reassured of a remembrance in my daily prayers and at Mass.

Blessings and thanks for all that you do.

+ *Anthony*

Yet Another... IMPORTANT CHANGE

Now that 50 can gather
together for Mass
at both of our Churches

**WE WILL ONLY BE
LIVE—STREAMING
ONE MASS EACH
WEEKEND**

If you are unable to join us,
or not yet ready
to re-join us at Mass,
please gather with us
Spiritually as we celebrate

**9am MASS each SUNDAY
via Facebook**

To live-stream Mass from our parish,
simply 'like' our Facebook page
and you'll be all set. [https://
www.facebook.com/Ku-ring-gai-Chase-
Catholic-Parish-1789189034642054/](https://www.facebook.com/Ku-ring-gai-Chase-Catholic-Parish-1789189034642054/)

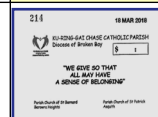


ART SPACE:

The Holy Trinity, Masaccio, 1425-1426, Santa Maria Novella, Florence

In this week's Art Space we will consider the devotional image of the Holy Trinity. This fresco is a remarkable example of a flat wall painted with the illusion of space. If we "read" this fresco from the top to the bottom, we notice that it is set within a barrel vaulted archway topped with a dentilled pediment and Corinthian capitals. The classical architecture invites us into a physical space depicting the scene of the crucifixion but not at the crucifixion. In this classical space, God is depicted as both divine and corporeal, a Father tenderly holding up the cross on which His only son hangs. God is physically present and he stands there, above us all but with his feet firmly planted on the plinth. Between God and Jesus, the Holy Spirit is illustrated as a white dove with a halo which melds with Jesus' own halo. Often mistaken as God's collar, the bright white and gold of the dove links the Holy Trinity.

Mary stands at the foot of the cross, looking directly at us and gesturing to where our focus should be directed. St John stands opposite Mary as a reminder to us of the importance of prayer. The two figures, who kneel in prayer outside the classical architecture, are the patron donors who commissioned the fresco. Some might argue that this is the fifteenth century equivalent of a donor recognition name plaque. Finally, at the bottom of the artwork is the image of a coffin and a skeleton with the inscription that translates as "What you are, I once was: what I am, you will become". A literal and figurative reminder of the transience of our earthly life and the promise of eternal life through Christ. <https://www.smn.it/en/artworks/masaccios-holy-trinity/>



The July 2020 - June
2021 Planned Giving
Envelopes are now
available for collection from:

**The back of St Patrick's Church (Asquith
end suburbs) OR From the Parish Office
Berowra Heights (Mon. - Fri. 9am -
3.30pm).**

We have "closed the gaps", by re-allocating envelopes that were no longer in use. As a result, your number may have changed. **Please DON'T PANIC**, our recording seamlessly takes care of the transition and be reassured that whatever you give is definitely recorded against your name, even though it cannot be used for a taxation benefit. [For more details to make the switch to credit card giving, please call the office on 9456 2450].



**Plenary
Council 2020
Discernment
Papers
Released**

The Discernment papers from the Writing and Discernment Groups are now published, encompassing everything said from the 1st (Listening and Dialogue) and ongoing 2nd (Listening and Discernment) phases of the Plenary Council.

As the nation continues to recover we ask the Holy Spirit to continue to inflame the passion we feel in proclaiming the gospel and to remind us to keep our ears, eyes and heart open to those around us who are most in need.

[https://plenarycouncil.catholic.org.au/
continuing-the-journey-of-discernment/](https://plenarycouncil.catholic.org.au/continuing-the-journey-of-discernment/)



HOMILY © Richard Leonard SJ

Years ago I was asked to take a parish-based catechetics class for children from a government primary school. I started by trying to work out how much the children knew about the basics. I asked, ‘When we make the sign of the cross, what do we say?’ ‘Father, Son and Holy Spirit’ came the firm reply. So far so good! I tried upping the bar. ‘What do we call the Father, Son and Holy Spirit?’ There was complete silence. I tried another track. ‘What do you think of when you make the Sign of the Cross?’ There was an awkward silence and then a bright little boy cheerily said, ‘The old man, the young fella and the bird!’

No one can blame those children for the poverty of their images of the Trinity. Many older Catholics have similar images from paintings and holy pictures. The mystery of the Trinity means that in whatever way we portray God as Father, Son and Spirit it will always be inadequate and incomplete. No one has ever seen God or the Holy Spirit. No one has a portrait of Jesus. All the images and words we use for the Trinity are more a reflection of our faith than the final word about God. God is always more than any name we use or any concept we have. The special insight into God we celebrate today is that relationships are at the very centre of who God is.

It took the early Christians four hundred years to fully grasp what Jesus was on about when he spoke of his relationship to the Father and Spirit. They struggled to understand how and why God would have three faces and yet exist as One Being – love as One, act as One. They settled the ‘how’ of the Trinity’s nature by teaching us that the persons of the Trinity are co-equal, co-substantial and co-eternal. They settled the ‘why’ of the Trinity by reflecting that their experience of the Father, Son and Holy Spirit was an encounter of love. They knew the core of God was not an idea or a principle, but was a loving relationship. Furthermore, the early Christians knew that they were invited into this relationship. What was true for them is true for us. Think about this for a minute: we believe that the God who creates, redeems and sustains the world seeks us out and invites us into a loving relationship. This is what gives us our greatest dignity and urges us on to share this message with everyone we meet. What a privilege! What an invitation! What a God!

It also follows that if relationships are at the core of God then, for those of us who accept the invitation into the Trinity's embrace, relationships are meant to be our core business too. We are not to be isolated believers or private disciples. The degree to which we understand today's feast will be shown in the care we take in our many and varied relationships, be they social, intimate, professional, civic or international.

Every time we do anything to form new and good relationships, mend those which are broken, help other relationships to be deeper and richer or just enjoy the ones we have, we discover one thing:

TRINITY SUNDAY IS A MOVEABLE FEAST.

Be still and know that I am God...

Be still and know that I am...

Be still and know...

Be still...

Be.



Position Vacant - Development & Relationships Manager, Catholic Diocese of Broken Bay:

The Chancery of the Catholic Diocese of Broken Bay is recruiting for the role of **Development & Relationships Manager**. This is a full time role based at Pennant Hills.

The Development & Relationships Manager is responsible for fundraising & development strategy, fundraising infrastructure, programme & collateral, capacity building and parish support services. You will work closely with the parishes of the Diocese and provide support as they carry out the mission of the Catholic Church. For the full advertisement see the **Positions Vacant** page of the Diocesan website: <https://www.bbatholic.org.au/people/positions-vacant>

*We couldn't be happier
with this tradesman
and his team,
so we share with you freely
the details of the painter of
St Bernard's Church ...
Mr Byron Morgan.*



**Reuben
Decorators**

0421 789 958



Reuben Decorators

*High Quality Professional Painting and Decorating
ABN 71708657610*

*Private and Commercial
Painting / Wallpapering / Special Effects*

*Contact: Byron Reuben Morgan
0421 789 958*

reubendecorators@gmail.com



The Jesuit Refugee Service (JRS) - JRS Foodbank provides food and emergency payments to hundreds of people who do not have access to Centrelink, Medicare or the PBS scheme. The Foodbank is in urgent need of non-perishable food and toiletries. **You can help:** By donating a few items from the following lists: **Food:** Basmati rice; Cooking oil; Long life milk; Tinned tuna, red kidney beans, lentils, chickpeas and fruit; Biscuits and muesli bars; Oats and cereal. **Toiletries:** Nappies (large sizes); Toothpaste and toothbrushes; Shampoo; Sanitary pads and napkins; Razors and shaving foam; Deodorant (male and female); Soap. **Donations drop off:** to the parish office where a parishioner will collect and take to a JRS Foodbank drop-off point.

Liturgy of the Word

**Sunday 7 June 2020
Solemnity of The Most Holy Trinity - Year A**

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:

(All.) 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, *(and, striking their breast, they say):*

through my fault, through my fault, through my most grievous fault; *(then they continue)*:
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.

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

(R.) Amen.

The Gloria:

Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father.
Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father,
you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer;
you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord,
You alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father.
Amen.

First Reading: Ex 34:4-6, 8-9 ~ **A reading from the Book of Exodus**

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, 'Lord, 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 **(R.)** Thanks be to God.

Responsorial Psalm: **(R.)** Glory and praise for ever!

1. You are blest, Lord God of our fathers.
Blest your glorious holy name. **(R.)**
2. You are blest in the temple of your glory.
You are blest on the throne of your kingdom. **(R.)**
3. You are blest who gaze into the depths.
You are blest in the firmament of heaven. **(R.)**

Second Reading: 2 Cor 13:11-13 ~ **A reading from the first letter of St Paul to the Corinthians**

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 **(R.)** Thanks be to God.

Gospel Acclamation:

Alleluia, alleluia!

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

Alleluia!

Gospel: Jn 3:16-18 ~ **A reading from the holy Gospel according to John**

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 **(R.)** Praise to you Lord Jesus Christ.

The Creed:

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,
(At the words that follow, up to and including the Virgin Mary, all bow).
who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell;
on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins,
the resurrection of the body, and life everlasting. Amen.

Communion Antiphon: Gal 4:6

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