



This mystery is not merely a doctrine to be understood intellectually, but a living reality that shapes the way we are called to live in relationship with one another.

In the Gospel today, we are reminded of the depth of God's love for the world. The Father sends His Son, not to condemn the world but to save it. His love becomes visible in time, when He sends the Son, conceived by the overshadowing of the Holy Spirit in the womb of the Blessed Virgin Mary. Through this saving mission, humanity is drawn into the life of God Himself.

SCRIPTURE of the DAY

Exodus 34: 4-6, 8-9
Psalm – Daniel 3: 52-56
2 Corinthians 13: 11-13
John 3: 16-18



The Trinity reveals that God is a communion of love. Each person of the Trinity is distinct, yet perfectly united in mutual self-giving. This divine communion becomes a model for human relationships, particularly within the family.

Every family has its moments of misunderstanding and difference. Yet these differences need not become sources of division, instead, they can become opportunities for growth when family members learn to accept and embrace diversity in personality, gifts, and perspectives while remaining united in love.

Forgiveness also becomes an essential expression of Trinitarian love. When members choose to forgive one another and seek reconciliation, they participate in the healing love that flows from God Himself. When family members support, affirm, and bring out the best in each other, they mirror the life-giving communion of the Trinity, where love constantly gives and receives.

If our behaviour is to mirror the life of the Trinity, then the grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit must guide our words and actions. Families are often the first place where this Trinitarian love can be reflected. Within the daily rhythms of family life, members are called to accompany one another with patience, understanding, and compassion. ❖



PRAYER

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!

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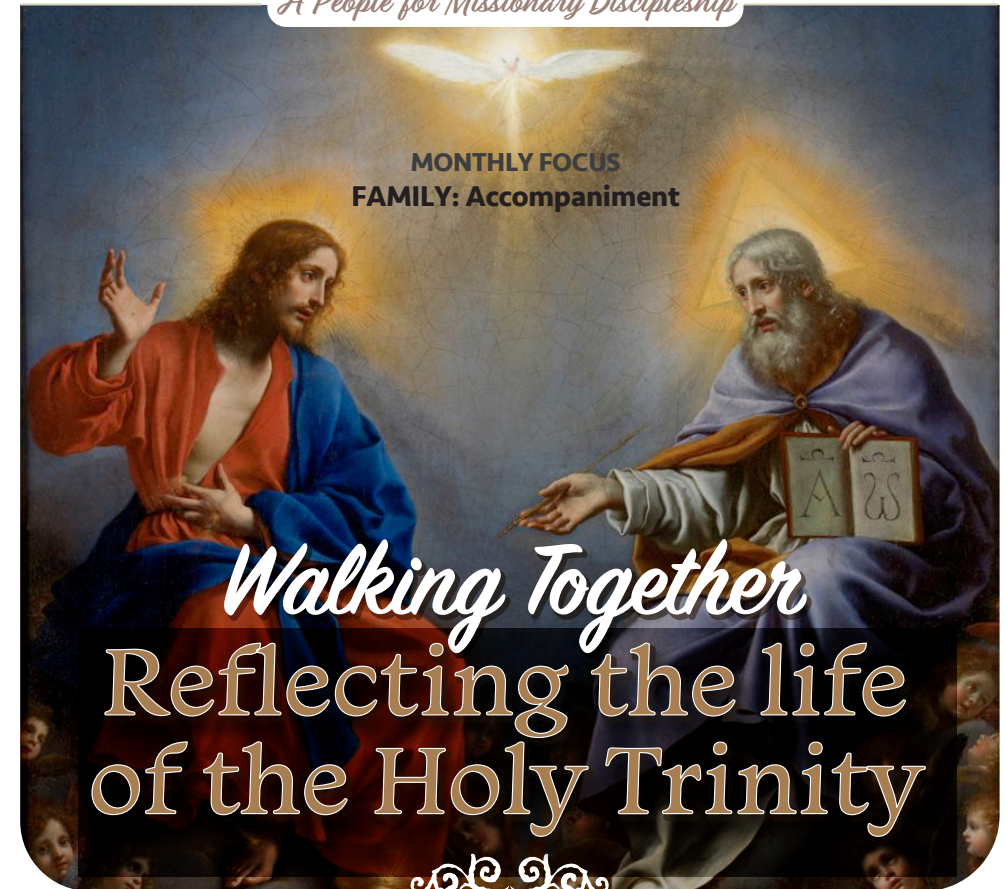
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NEWBEC

NEW WAY OF BEING CHURCH | Solemnity of the Most Holy Trinity | 31 May 2026

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship



The Solemnity of the Most Holy Trinity invites the Church each year to pause in reverence before the profound mystery of God's inner life. It is a celebration that renews our awe, deepens our understanding, and intensifies our worship of the inner mystery of God as a communion of persons: Father, Son, and Holy Spirit.