

# The Most Holy Trinity Year C

## First Reading

Prv 8:22-31

A reading from the book of Proverbs

*Wisdom was born before the earth was made.*

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,  
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.

## Responsorial Psalm

Ps 8:4-9. R. v.2

(R.) O Lord, our God,  
how wonderful your name in 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

Rom 5:1-5

A reading from the letter of St Paul to the Romans

*To God through Christ in the love which is poured out through the Spirit.*

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.

## Sequence

Sing forth, O Zion, sweetly sing  
The praises of thy Shepherd-King,  
    In hymns and canticles divine;  
Dare all thou canst, thou hast no song  
Worthy his praises to prolong,  
    So far surpassing powers like thine.

Today no theme of common praise  
Forms the sweet burden of thy lays –  
    The living, life-dispensing food –  
That food which at the sacred board  
Unto the brethren twelve our Lord  
    His parting legacy bestowed.

Then be the anthem clear and strong,  
Thy fullest note, thy sweetest song,  
    The very music of the breast:  
For now shines forth the day sublime  
That brings remembrance of the time  
    When Jesus first his table blessed.

Within our new King's banquet-hall  
They meet to keep the festival  
    That closed the ancient paschal rite:  
The old is by the new replaced;  
The substance hath the shadow chased;  
    And rising day dispels the night.

Christ willed what he himself had done  
Should be renewed while time should run,  
    In memory of his parting hour:  
Thus, tutored in his school divine,  
We consecrate the bread and wine;  
    And lo – a Host of saving power.

This faith to Christian men is given –  
Bread is made flesh by words from heaven:  
    Into his blood the wine is turned:  
What though it baffles nature's powers  
Of sense and sight? This faith of ours  
    Proves more than nature e'er discerned.

Concealed beneath the two-fold sign,  
Meet symbols of the gifts divine,  
    There lie the mysteries adored:

The living body is our food;  
Our drink the ever-precious blood;  
In each, one undivided Lord.

Not he that eateth it divides  
The sacred food, which whole abides  
Unbroken still, nor knows decay;  
Be one, or be a thousand fed,  
They eat alike that living bread  
Which, still received, ne'er wastes away.

The good, the guilty share therein,  
With sure increase of grace or sin,  
The ghostly life, or ghostly death:  
Death to the guilty; to the good  
Immortal life. See how one food  
Man's joy or woe accomplisheth.

We break the Sacrament; but bold  
And firm thy faith shall keep its hold;  
Deem not the whole doth more enfold  
Than in the fractured part resides:  
Deem not that Christ doth broken lie;  
'Tis but the sign that meets the eye;  
The hidden deep reality  
In all its fullness still abides.

Behold the bread of angels, sent  
For pilgrims in their banishment,  
The bread for God's true children meant,  
That may not unto dogs be given:  
Oft in the olden types foreshadowed;  
In Isaac on the altar bowed,  
And in the ancient paschal food,  
And in the manna sent from heaven.

Come then, good shepherd, bread divine,  
Still show to us thy mercy sign;  
Oh, feed us still, still keep us thine;  
So may we see thy glories shine  
In fields of immortality;

O thou, the wisest, mightiest, best,  
Our present food, our future rest,  
Come, make us each thy chosen guest,  
Co-heirs of thine, and comrades blest  
With saints whose dwelling is with thee.

## **Gospel Acclamation**

See Apoc 1:8

Alleluia, alleluia!

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

Alleluia!