

31 May 2026

To Know, love and serve Jesus
by sharing our gifts through our baptismal mission

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THE MYSTERY OF THE MOST HOLY TRINITY

Like other Christians, Catholics believe in one God but we believe he exists in three parts or "persons".

These are the Father, the Son and the Holy Spirit, know collectively as the Trinity. – The Most Holy Trinity Catholic Church.

The Church teaches that the Trinity is the central mystery. The mystery of God in himself; one God, three persons, is the central mystery of the Christian faith. And yet for many of us, when we come up against the Trinity, we don't know what to do with it. For some people, they almost treat it as if it's a kind of a math problem, like $1 \times 1 \times 1 = 1$, or you will hear different analogies used — like the clover or whatever — that actually can be sometimes misleading, trying to explain mystery of the Trinity.

And yet the Catechism says right here — and you can see this even if you just look at our life, our devotional life as Catholics, think about it for second. The beginning of our life as a Christian is us being baptized in the name of the Father, and of the Son, and of the Holy Spirit; and every time we enter a Church we dip our fingers into the water and we make the sign...we call it the sign of the cross, but it is also the sign of the Trinity. It's in the name of the Father, and of the Son, and of the Holy Spirit, so even in those two moments, Baptism and the sign of the cross, these two most fundamental elements of Christian devotion tell us that Christianity isn't just about the cross. It's about the Trinity, because the Trinity is the mystery of who God is in himself. The cross is the mystery of what he's done for us, but the Trinity is the mystery of who he is.

- Catholic Productions

The message of the Trinity is unity, love, and most importantly multiplying the number of disciples through the gospel of salvation. The Lord wants us to be united and advance this as an individual, family, and as an organization. No family or organization or nation will stand if they are divided. As we have one God in three persons functioning uniquely and perfectly, our families, organization, and the nation, in general, can achieve this regardless of our diversity by believing and embracing the doctrine and concept of the Trinity to produce an environment where different people can work cohesively as one towards achieving a common goal and making our homes, work places and the environment a better place to live. -Archdiocese of Brisbane

Reflect, today, upon the Most Holy Trinity. As you do, say a prayer to God asking for a deeper and more intimate knowledge of Him. Ask Him to communicate to you His divine love and to open your mind and heart to a deeper understanding of Who He is. Try to humble yourself before the great Mystery of the inner life of God. Humility before the Mystery of God means that we know how little we know about Him and how little we know of Him. But that humble truth will help you move closer to the deeper relationship of love to which you are called. —

Catholic Daily Reflections

HOLY TRINITY SUNDAY

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.

First Reading from the
book of Exodus 34:4-6. 8-9

Responsorial Psalm
Dn 3:52-56. R. v.52
Response: Glory and
praise for ever!

Second Reading from
the letter of St Paul to the
Corinthians 13:11-13

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!

Holy Gospel according
to John 3:16-18

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.

Next Week
The Most Holy Body and
Blood of Christ Year A

First: Deut 8:2-3. 14-16
Resp Ps: Ps 147:12-15. 19-
20. R. v.12
Second: 1 Cor 10:16-17
Gospel: John 6:51-58



Mass and Devotions

Sunday Mass

Saturday Vigil: 6pm

Sunday: 9.30am & 5pm

Samoan Mass:

1st Sunday at 12 noon

Maori Mass:

1st Sunday of each month at 2pm

Filipino Mass: 3rd Sunday of each month at 11.15am

Children's Mass: 5th Sunday of the month at 9.30am

Arabic Mass: 2nd Sunday of each month at 7pm

Weekday Mass

9am each day except Thursday;

Thursday at 7.30pm

Healing Mass on the 1st Saturday of each month at 9am.

Reconciliation

every Saturday at 11am

Devotions & Prayer groups

Eucharistic Adoration on 1st Sunday of each month at 6 to 7pm

Adoration with the Rosary: Saturday at 9.30am

Alliance of the 2 hearts Mass & devotion: 1st Friday of each month at 7.30pm

Divine Mercy Devotion: 3rd Sunday of each month at 3pm

Faith Circles: every Monday at 2pm & 7pm via zoom

Holy Family Fellowship: every 4th Saturday at 7pm.

Book Club: meets on the 3rd Wednesday at 10am.

Friendship Group: meets on the 1st Tuesday of each month.

Bible Study & Reflection Group: meets Monday at 10am.

Children's Ministry will meet on the 4th Sunday from 3– 5 pm

Ascent Youth Ministry: meets on the 2nd & 4th Friday from 6.30pm.

Pastoral Care Team meets on 4th Tuesday at 1.30pm

Grief Support Group meets on the 2nd Tuesday of each month at 10am

Parish Notices

Eucharistic Adoration scheduled for the first Sunday in June will be held this Sunday 31 May at 6.15 pm.

Go to <https://eucharist28.org/> for more resources.

Ascent Youth Group Thank you; Thank you so much dear Parish community for your generous support of last weekend's ASCENT Youth fundraiser and bake sale! Together, we raised an incredible **\$1,424** which will greatly help subsidise the cost for our youth to attend this year's Ignite Youth Conference.

This is the **final week to purchase raffle tickets**, and the draw will take place **after the 9:30 a.m. Mass this Sunday.**

We are truly grateful for your ongoing support!

Fiesta Planning Meeting will be held on Monday 1 June at 7.30. Everyone is welcome to attend and help celebrate our Parish Feast.

Friendship group will be on TUESDAY 2nd of June after 9 am Mass

Communications Team meeting on Wednesday at 10am; The aim of this small group is to monitor and improve the way our parish ministries and office communicate through social media and print. For more information about how to join this team please come to the meeting or contact the parish office.

First Holy Communion Next Weekend we will welcome the families of our First Holy Communicants as the children receive the Sacrament of the Holy Eucharist for the first time. The children will be at both 6pm Saturday and 9.30am Sunday.

The Funeral of Paasumu (Sumu) Olaaiga will be held on Monday 8 June at 10.30am.

Reminder for the safety of our children: It has been noted that some children are leaving Mass to go to the toilet or go outside alone. Please accompany your children if they need to leave the church during Mass.

Grief and Loss support Group will meet on a monthly basis for people who have experienced grief and loss in their lives and who would like an opportunity to connect with others on a gentle environment. Please come along every 2nd Tuesday of each month at 10am after the 9am morning Mass.

Sydney Rally for Life 2026 Abortion is the leading single cause of death in our nation, with baby girls most likely to be killed, due to the horrific practice of sex selective abortions. This has led to John Ruddick MP to move the first pro-life bill ever in Australia. Please do all you can to attend the Life Rally along with thousands of other people of faith and goodwill, and help to move us one step closer to making abortion unthinkable. **Tuesday, 2 June, 6-7 pm, Macquarie St Sydney.**

Corpus Christi Retreat – Sunday 7 June As we prepare for the Eucharistic Congress, join with people from across the Diocese for a retreat to deepen your love of the Eucharist. St Joachim Hall, Our Lady Help of Christians, Rosemeadow; 11:00am–3:30pm. (Following 10:00am Mass / Lunch provided) Open to adults (ages 14–17 with parent/guardian). For more info or to register go to dow.sh/corpuschristi26

Marriage Enrichment Weekend We are offering an opportunity for you to learn to become the best version of yourselves together and live your best life in love! Come and join us on 19-21 June 2026 at a Marriage Encounter Weekend at Mt Carmel Retreat Centre. Book online at www.wvme.org.au or contact Christine & Terry Mahony on 0490 774 419 or nswbookings@wvme.org.au

"Gardens" Retreat Day - Saturday 27th June *"Grieve not as those who have no hope..." 1 Thess 4:13.* Spend a day reflecting on how while we experience pain, grief and loss in life, we can also discover in such moments that God is renewing us and doing "a new thing" (Rev 21:4) within us. The day will begin

with mass at 9am at Our Lady of Mount Carmel parish Hall, and end at 4pm. Afternoon & morning tea provided. BYO Lunch Cost: \$25 . Please rsvp at <https://www.trybooking.com/DIDBD> or contact us on 0402 602 520

Ephphatha: Be Opened! Calling young men 18-35 years old How can we become more open to discovering God’s plan in our daily lives? How do we know if we are called to marriage, priesthood or religious life? There are many opportunities now available through the Vocations and Youth Ministries of our Diocese, for young people to grow in faith and encourage each other. This is the first young men’s discernment event, for all unmarried young men aged 18-35 to join Bishop Brian Mascord, the priests of the Vocations Team and our Seminarians for lunch, formation, one to one chats and Eucharistic Adoration. Register as soon as you can! Where: St Therese Parish, 2 Powell Street West Wollongong; on Saturday 13th June, 12:30pm for 1pm lunch; finishing at 4pm; Cost: Free, but registration is essential –go to dow.sh/Ephphatha. If any young men or women would like help discerning their vocation, contact Fr Duane at vocations@dow.org.au

Eucharistic Formation Opportunity - Real Presence Join the Office of Renewal and Evangelisation for Rediscover the Real Presence, a FREE four-part Zoom series exploring Christ’s real presence in the Eucharist. Three sessions feature a FORMED.org video series, with a final deep dive into the riches of the Church’s teaching on the Eucharist.

Each session includes opportunities to reflect on the content and to connect with other participants. This series is a great means to assist you in your journey towards the International Eucharistic Congress 2028. The series will run on Zoom Tuesdays, 7:00–8:15pm, from 26 May to 16 June. Register here: tinyurl.com/RRPZoomSeries

Permanent Part-Time Role: Clergy Care Coordinator Assistant The Office of the Bishop | Catholic Diocese of Wollongong is seeking a suitably qualified and experienced Registered or Enrolled Nurse to join the team as an assistant to the Clergy Care Coordinator. This is a permanent part-time position, starting at two days per week with the possibility of extended hours in the future. The role involves providing general healthcare assistance including phone and email enquiries from clergy, providing transport for medical appointments and assisting with Clergy Health Assessments. Please note this role may be required to cover annual or personal leave relief for the Coordinator as required. For further information or to request a full position description, please email louise.macdonald@dow.org.au

The Journey – Your Diocesan Weekly Podcast for parishioners in the Diocese of Wollongong. Each week it brings you great music, formation in faith, with an array of fantastic presenters from our Diocese and around Australia. Just go to www.jcr.org.au and we will send it to you each week.

Prayer intentions

For the sick and homebound:

Pat Cullen, Mary Ponnappalam, Myka Mangos, Kevin Cloran, Karen Browne, Reg Gardner, Sr Heather Burke, Barry Atkins, Carol & Gabriel Gonzales, Amelia Jimenez, Susan Mella, Sean Finnerty, Rose Levoune, Doris Wahhib, John Kajdrys, Pat Stewart, Allan Marquinez, Richard Scolyer, Mercy Espiritu, Vladdy Mher Peralta, Bill Scibberas, Bernie Briscoe, Barbara Hughes, Clark Hughes .

May they experience the saving power of the risen Lord amidst their pain and affliction.

For our recently departed

Pausumu Olaaiga

Anniversaries that occur at this time:

Carmel Pillai

Eternal rest grant unto them, O Lord, may perpetual light shine upon them.



7 June 2026	Saturday 6pm	Sunday 9.30am	Sunday 5pm
Welcomers	Paul & Lori	Chris, Margaret & Gabriel	Terry & Maree
Altar Servers	Ryan, Amana, Elijah & Eliana	Orly	Robert & Nathan
Readers	Suzanne & Margaret	Martin & Tess	Mark & Madonna
Refreshments	Estela & Myra	Sarah, Tereza, John & Meg	Fev & Patricia
Altar Linen	Ann Maree	CLOTW:	
Flowers	Maria & Estela	Church Vacuuming	Parish Office
Counters	Tess & Irene	Church Foyer	Parish Office
Choir	C/Nick	Cl Karen	C/ Grace



Contact Us

Parish Priest:
Fr Shane Kelleher OCD

Deacon:
Rev Stuart Lake

Parish Associate
Sr “Jill” Girlie Sudario, CM

Office Hours

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The Holy Gospel according to John 3:16-18

God sent his Son to save the world through him.

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.



REFLECTION by Dianne Bergant CSA

The readings for this feast do not directly explain the doctrine of the Trinity as we have come to know it. Rather, they offer us glimpses into the nature of our Triune God. The psalm response suggests that our primary response to God should be one of praise for the love that God has for us.

The God who is beyond our comprehension is also the God who has saved us. We see this theme in both the first reading and the gospel. The covenant language in the reading from Exodus underscores God's unfathomable goodness. God's graciousness and mercy are not rewards for our fidelity. They are extended to us in our sinfulness. It is God's saving grace that transforms us, not any merit on our part. In the gospel we are assured that Jesus was sent into the world to save it, not to condemn it.

The Trinitarian phrase found in the letter to the Corinthians is so expressive of the love that God has for us that it has been incorporated regularly into the liturgy. It declares that through his death and resurrection, Jesus has opened for us the treasury of divine grace. It also proclaims that the love of God has forged the bonds of community that unite us. Created in the image and after the likeness of this God, we are called to unity among ourselves. As incomprehensible as it may seem, it is primarily through the unity that we share that we will manifest the unity that exists in God.

JOIN US ON 19TH JULY AT 10 A.M. FOR MASS
CELEBRATED BY
BISHOP BRIAN MASCORD

FOLLOWED BY A PROCESSION WITH
OUR LADY'S STATUE
&
Fiesta Celebrations

NOVENAS FROM 10TH JULY TO 18TH JULY