



The more we discover about God, the greater becomes the mystery of His presence and love. Mystery means that we can never say the final word about God; there is always more to discover, there is always more to share, there is always more to experience. In that sense, the mystery of God invites us never to abandon the endless task of growing to understand the power behind the world we live in, and, each year, Trinity Sunday calls us to reflect on this and the life of God.

Most Holy Trinity—15th June 2025

As Catholics, our principal entrance into the mystery of God is the person of Jesus. He is the Way, the Truth and the Life. He is the image of the invisible God, the firstborn of all creation, the Word made flesh among us. Jesus is God's adventure among us. To make our journey to God we begin with him. In the person of Jesus, the mystery of God has a face, a voice, a language, a love, a life. In the pages of the Gospel, we meet Jesus' friends and enemies, his enthusiasms and dislikes; we are caught up in his struggle for what is right; we are challenged to keep alive the values he cherished. To look on the Son of God is to begin to understand the mystery of God.

The feast of Pentecost celebrated last week reminded us that we cannot begin to understand the truth of God unless we are gifted with the power of the Spirit. Even the apostles could not recognise the full truth about the Jesus they knew and loved without the gift of the Spirit. The same is true for us: to understand Jesus we need the Spirit. To reach the Father, we need to go via the Son. So it is the mystery of the Trinity that is at the heart of the Christian life of faith which is why we begin and end everything in the name of the Father, and of the Son, and of the Holy Spirit.

He is a God who loves us so much...He created us, as God the Father.

He is a God who loves us so much...He became one of us, as God the Son.

He is a God who loves us so much...He remains with us, as God the Holy Spirit — abiding with us and continuing, in astonishing ways, His creation.

The Father is my hope. The Son is my refuge. The Holy Spirit is my protector. Glory to the holy and undivided Trinity, now and for ever. Let us praise the Father, the Son and the Holy Spirit; let us bless and exalt God above all for ever, through Jesus Christ our Lord, who lives and reigns with You in the unity of the Holy Spirit, one God, for ever and ever. Amen.

This week let us pray for:

- ◆ the communities in our twin diocese of Bamenda;
- ◆ leaders who are endeavouring to find peaceful solutions for the troubles of the world;
- ◆ all those connected to our community who are unwell, upset or mourning.



Everything the Father has is mine: all the Spirit tells you will be taken from what is mine.

John 16

