

Sweet refreshment here below;
In our labor, rest most sweet;
Grateful coolness in the heat;
 Solace in the midst of woe.
O most blessed Light divine,
Shine within these hearts of yours,
 And our inmost being fill!
Where you are not, we have naught,
Nothing good in deed or thought,
 Nothing free from taint of ill.
Heal our wounds, our strength renew;
On our dryness pour your dew;
 Wash the stains of guilt away:
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
 Guide the steps that go astray.
On the faithful, who adore
And confess you, evermore
 In your sevenfold gift descend;
Give them virtue's sure reward;
Give them your salvation, Lord;
 Give them joys that never end. Amen.
Alleluia.

GOSPEL

A reading from the holy Gospel according to John 20:19-23

On the evening of that first day of the week,
when the doors were locked, where the disciples were,
for fear of the Jews,
Jesus came and stood in their midst
and said to them, "Peace be with you."
When he had said this, he showed them his hands and his side.
The disciples rejoiced when they saw the Lord.
Jesus said to them again, "Peace be with you.

As the Father has sent me, so I send you.”
And when he had said this, he breathed on them and
said to them,
“Receive the Holy Spirit.
Whose sins you forgive are forgiven them,
and whose sins you retain are retained.”

The Gospel of the Lord.



Sunday, May 31
THE MOST HOLY TRINITY - Year A

FIRST READING

A reading from the Book of Exodus 34:4b-6, 8-9

Early in the morning Moses went up Mount Sinai
as the LORD had commanded him,
taking along the two stone tablets.

Having come down in a cloud, the LORD stood with Moses there
and proclaimed his name, “LORD.”

Thus the LORD passed before him and cried out,
“The LORD, the LORD, a merciful and gracious God,
slow to anger and rich in kindness and fidelity.”

Moses at once bowed down to the ground in worship.

Then he said, “If I find favor with you, O Lord,
do come along in our company.

This is indeed a stiff-necked people;
yet pardon our wickedness and sins,
and receive us as your own.”

The word of the Lord.