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**31st May 2026**

**The Most Holy Trinity**

**Year A**

**WELCOME TO OUR PARISH**

**From Father Graham**

The Holy Trinity is less of a doctrine and more of a reality.

We have the formal declarations and statements of Church councils, we have the Nicæan creed which we profess each Sunday, we have the writings of theologians and their correspondence with heretics through the ages. But as much as we seek to define this mystery it is a revelation from God who is Trinity, not a way for us to describe God.

In Him we live and move and have our being (Acts 17.28). Our mind may struggle to perceive but our heart enters in.

Without God, without the reality of God who is Trinity (Father, Son and Holy Spirit), there is no salvation.

*"For God so loved the world that he gave His only Son.... that the world might be saved through Him".*

The Father sends the Son, to be made flesh through the Virgin Mary through the Holy Spirit. Salvation is Trinitarian. To be saved is to receive Christ and have Him dwelling in our souls. To have Jesus living within us is to have the Trinity, for they are One. This gift is given at baptism through faith. Do you know you have God living with you? Pure and perfect Love at the centre of your soul. Through prayer, the sacraments and obeying that voice of Love He manifests and grows more and more within us, until "It is not I who lives but Christ living in me" (Gal 2.20). This is the life of faith, hope and love that overflows into our hearts. There can be no greater aspiration.

With my prayer for you on His Visitation to John the Baptist. God bless you.

Fr Graham

**The Most Holy Trinity** **Mass Intention**

Sat 30 May	10.00	SP	Mass & Rosary	<i>Gabriel Hughes RIP</i>
Sat 30 May	17.30	TT	Vigil Mass <i>(for Sunday)</i>	<i>Ints of Fr Graham</i>
Sun 31 May	09.00	SP	Mass	<i>Ints of the Rolph family</i>
	11.00	CTK	Mass	<i>For all Parishioners</i>
Mon 1 June	09.00	SP	Adoration	
<i>Saint Justin</i>	09.30	SP	Mass	<i>Wellbeing of Robert Vincent</i>
	10.00	SP	Rosary	
	16.30	TT	Mass	
	19.30	Zoom	Rosary	
Tue 2 June	09.30	CTK	Rosary	
<i>Feria (Saints Marcellinus &amp; Peter)</i>	10.00	CTK	Mass	<i>Baker family deceased RIP</i>
	10.30	CTK	Adoration & Confessions	
	16.30	TT	Mass	
Wed 3 June	16.30	TT	Mass	
Thu 4 June	09.00	SP	Adoration	
<i>Feria</i>	09.30	SP	Mass	<i>For Parish Prayer Intentions</i>
	16.30	TT	Mass	
	19.30	SP	Adoration, Divine Mercy Chaplet & Confessions	
Fri 5 June	11.00	SP	Requiem Mass: Ann Olliver RIP	
<i>Saint Boniface</i>	15.00	Zoom	Divine Mercy Chaplet <i>with Stations of the Cross</i>	
	16.30	TT	Mass	<i>Ann Olliver RIP</i>
Sat 6 June	10.00	SP	Mass & Rosary	<i>Pete &amp; Shirley Osborne RIP</i>
<i>Our Lady (1st Saturday)</i>	10.30	SP	Rosary & Fatima Devotions	

**The Most Holy Body & Blood of Christ**

Sat 6 June	17.30	TT	Vigil Mass <i>(for Sunday)</i>	<i>Tess Grimes RIP</i>
Sun 7 June	09.00	SP	Mass	<i>For all Parishioners</i>
	11.00	CTK	Mass	<i>Peter Samson RIP</i>

SP | St Peter's Shoreham, BN43 5WG

44 (0) 1273 452654

Parish Office open Thursdays 09.00—13.00

CTK | Christ the King, Steyning, BN44 3PB

Please email/telephone to book an appointment at other times.

TT | The Towers Convent, Upper Beeding, BN44 3TF

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OPPORTUNITIES TO CONNECT WITH YOUR FAITH

Welcome to any newcomers or visitors to our Parish

Where are you on your faith journey? Do you have questions? Maybe it is useful for you to know that no one has all the answers. God does. We are all growing in faith, day by day. God bless you.

We have a group, 'Come & See', for people to come and discuss faith and ask questions in an informal setting.

Next date: Tuesday 9th June, 7.30pm in the Parish Room at St Peter's, discussing An introduction to prayer. All are welcome.

**Thinking about becoming a Catholic?**

*Or are you already a Catholic but would like to learn more about the faith?*

**Come and See**

Upcoming dates (all start 7.30pm)

14th April 2026  
12th May 2026  
9th & 30th June 2026

No need to book, just come along to any session.

Venue: St Peter's Church, Parish Room, West Street, Shoreham-by-Sea, BN43 5WG  
adurvalley@abdioocese.org.uk / 01273 452654

Mothers Prayers: 'United in prayer we save our children'

'Mothers Prayers' was launched in England in 1995. At that time, two grandmothers felt led by the Lord to pray in a special way for their children. The movement has spread throughout the world and is now in over 100 countries.



Our parish group meets on the first Friday of the month, in the Parish Room at St Peter's. Please note that on Friday 5th June, we will meet at the slightly earlier time of 9.30am. Open to all mothers, including spiritual mothers, godmothers and grandmothers.

"As mothers learn to trust each other, through their prayers and sharing together, their burdens become lighter".

From YouCat Daily

[www.youcat.org](http://www.youcat.org)

38 Who is the "Holy Spirit"?

The Holy Spirit is the third person of the Holy Trinity and has the same divine majesty as the Father and the Son.

When we discover the reality of God in us, we are dealing with the working of the Holy Spirit. God sent "the Spirit of his Son into our hearts" (Gal 4:6), so that he might fill us completely. In the Holy Spirit a Christian finds profound joy, inner peace, and freedom. "For you did not receive the spirit of slavery to fall back into fear, but you have received the spirit of sonship [in whom] we cry, 'Abba! Father!'" (Rom 8:15b). In the Holy Spirit, whom we receive in Baptism and Confirmation we are permitted to call God "Father".

To Sing is to Pray Twice (St Augustin)

This week a setting of O Nata Lux by the American composer Morten Lauridsen b.1943.

*O light born of light, Jesus, redeemer of all ages, deign to accept the praises and prayers of your supplicants.*



From Right to Life

We pray for all going through difficult pregnancies, that an overwhelming sense of hope and joy will fill their lives, and that increased support will be given by their family, friends, and local communities.

PRAYER INTENTIONS

Please continue to bring your personal prayer intentions to the Prayer Boxes at SP and CTK. These prayer intentions will next be offered at the mass on Thursday 4th June (please note change of date). See next page for more information.

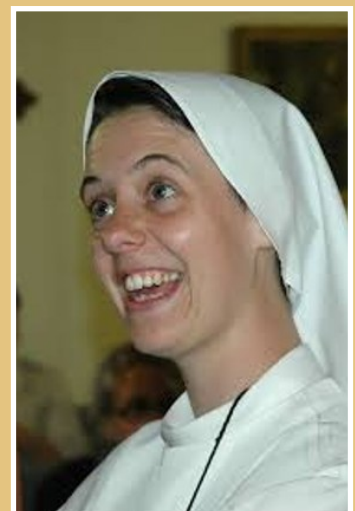
Please pray for the soul of Ann Olliver RIP. Please pray for Paul and all their family too. Ann's Requiem Mass is at SP on Friday 5 June at 11am. May she rest in peace.

Please pray for our First Holy Communion children and their families, as they prepare for their First Holy Communion mass on Corpus Christi.

Please also pray for PEACE, for the Diocesan Pastoral Plan, vocations, enquirers to Catholicism, our Confirmation candidates, the Baptised, and the Cycle of Prayer for Ordinary Time, summer (a deeper understanding between Christians & Jews; those who suffer persecution, oppression & denial of human rights; Europe; Human Life; and Seafarers).

*We have to be saints! It's all or nothing! We can't remain in mediocrity. We have to fight with all our strength against the obstacles that impede us from growing.*

Sr. Clare Crockett:  
*Alone with Christ Alone*



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PARISH NEWS

EVENTS & NOTICES

Fri 29	Worthing J&P Peace Mass
Sat 30	SP Choir Practice OLQP Bible Film Group
Sun 31	Day of Prayer for the Church (2nd collection for Diocese of Chulucanas)
Thur 4 June	SP Parish Room, 10.00am: Coffee pop-in
Fri 5	SP Parish Room 9.30am: Mothers Prayers (please note earlier start time)
Sat 6	OLQP Bible Film Group
Sun 7	SP, 9.00am: First Holy Communion mass SP Parish Room, 10.00am: SVP Bookstall

People's Emergency Briefing

A video addressing the implications of climate and nature breakdown for health, food systems, nature loss, national security and the economy, will be shown on Saturday 30th May, 2.00 - 3.30pm, at Ropetackle, and on Saturday 13th June 3.30 - 5.00pm at The Church of the Good Shepherd. All welcome.

Devotions, Adoration and Confessions this week

Rosary: Monday (SP) 10.00 & (Zoom) 19.30; Tuesday (CTK) 09.30; Saturday (SP) after Mass

Confessions: Tuesday (CTK) 10.30; Thursday (SP) 19.30; or by appointment or request

Adoration: Monday (SP) 09.00; Tuesday (CTK) 10.30; Thursday (SP) 19.30

Divine Mercy Chaplet: Thursday (SP) 20.00; Friday (Zoom) 15.00 (with Stations)

OLQP First Holy Communion: 7th June 2026

Please pray for Antonia, Daniel, Nuala, Orlagh and Samuel, who are receiving their First Holy Communion next Sunday at St Peter's. Please pray for their families and the catechists.



Ann Olliver's Requiem Mass: Friday 5th June, 11.00am

Ann's husband, Paul, has asked that people wear bright colours to Ann's mass on Friday (no black). We are expecting a large turnout, so please note that the car park will be reserved for family only. Please allow extra time and park elsewhere on that day, thank you. All are welcome for refreshments in the Parish Room after the mass.

There will be a collection for the SVP in Ann's memory. If you cannot attend on the day, you can donate online at <https://annolliver.muchloved.com/>

or by scanning this QR code:



From Fr Tony & the Sisters

For those that might not be able to come to Ann Olliver's Requiem on Friday, we will be celebrating Mass at the Towers, at 4.30pm on Friday, for the repose of Ann's soul. All are welcome.

News from Adur Valley Catenians

Adur Valley Catenians are pleased to announce we have elected Adrian Gilbert as Circle President for the year 2026-27. Last year, we raised over £2000 for our nominated charity, Safe-In-Sussex. This year, we shall be supporting JustLife, a local charity supporting homeless people. We will be attending the 9.00am mass this Sunday, 31st May, and will be pleased to provide more information about our Association afterwards over coffee.

Parish Prayer Intentions: please bring them to church

Please continue to bring your personal prayer intentions to our Prayer Boxes (both at St Peter's and CTK).

At St Peter's, we already have the Prayer Tree, located in the Divine Mercy Chapel, which is regularly used by parishioners and visitors throughout the day. We have added a Prayer Box here, and one at CTK (in the entrance porch).

You are warmly invited to write your personal prayer intentions on a small card and place them in the Prayer Box. If you are unable to get to church, you can email them to the office for inclusion, or via the contact form on our website.

The names and intentions placed in the Prayer Boxes and on the Prayer Tree will usually be offered at the First Friday Mass, united to the Sacred Heart of Jesus. After this Mass, the Prayer Box will be refreshed for the following month. Please note: the prayer intentions will remain private. They will not be read aloud. **The aim is to ensure that our intentions remain current and meaningful.**

OLQP Bible Film Group

Come along on Saturday 6th June to watch a short film with a friendly group of fellow parishioners. We meet in the Parish Room at St Peters after Saturday mass and rosary. All are welcome.

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DIOCESAN NEWS

**Prayer at the Memorial to Children Lost Before Birth: Sunday 21st June, 4pm**

On the Bishops' Conference Day for Life there will be a short service of prayer at the Memorial at Arundel Catholic Cemetery, 6 London Road Arundel BN18 9AT to pray for all those affected by the loss of a child at or before birth and for the promotion of a culture of life. The theme this year is The Wonder of the Child in the Womb.

See: <https://www.cbcew.org.uk/day-for-life/> All welcome, refreshments afterwards in the hall.

**'Day for Life': Sunday 21 June**

The Bishops' Conference invites us to join in the Novena in preparation for the forthcoming Day for Life. The Novena will run from Saturday 23 May to the Feast of the Visitation (Sunday 31 May). This is the third year in which the Dioceses of England and Wales will join with those of Scotland and Ireland to pray this Novena. The Novena is found here: <https://www.cbcew.org.uk/novena-for-life/>.

**Pilgrimage of Reparation & Consecration**

Saturday 18 July 12 noon – 4.15pm, Church of Our Lady of Consolation & St Francis, West Grinstead, RH13 8LT.

A pilgrimage for people across our diocese - the day includes Holy Mass, a personal Consecration to Our Lady, the Glorious Mysteries of the Rosary, Exposition, Chaplet of Divine Mercy, Adoration and Benediction. There is no need to book, to find out more contact Linda C-Dominguez T:01273463463 or M:07944377252. Please bring a packed lunch.



**Holy Spirit Invocation**

This is a short prayer to the Holy Spirit we can use anytime:

*Come Holy Spirit, come through the intercession of the Immaculate Heart of Mary, your well-beloved spouse, our Queen and Mother. (x3)*

**Readings: The Most Holy Trinity A**

**1st Reading** Exodus 34:4b-6, 8-9

**Psalm** Dan 3:52. 53. 54. 55. 56. R52b

**2nd Reading** 2 Corinthians 13:11-14

**Gospel** John 3:16-18

To see the readings for the coming week visit [www.universalis.com](http://www.universalis.com).

**A Prayer for Before Mass, from Saint Thomas Aquinas**

*Almighty eternal God,  
behold, I come to the Sacrament  
of your Only Begotten Son,  
our Lord Jesus Christ,  
as one sick to the physician of life,  
as one unclean to the fountain of mercy,  
as one blind to the light of eternal  
brightness,  
as one poor and needy to the Lord of  
heaven and earth.*

*I ask, therefore, for the abundance of  
your immense generosity,  
that you may graciously cure my  
sickness,  
wash away my defilement,  
give light to my blindness,  
enrich my poverty,  
clothe my nakedness,  
so that I may receive the bread of  
Angels,  
the King of kings and Lord of lords,  
with such reverence and humility,  
such contrition and devotion,  
such purity and faith,  
such purpose and intention  
as are conducive to the salvation of my  
soul.*

*Grant, I pray, that I may receive  
not only the Sacrament of the Lord's  
Body and Blood,  
but also the reality and power of that  
Sacrament.  
O most gentle God,  
grant that I may so receive  
the Body of your Only Begotten Son our  
Lord Jesus Christ,  
which he took from the Virgin Mary,  
that I may be made worthy to be  
incorporated into his Mystical Body  
and to be counted among its members.*

*O most loving Father,  
grant that I may at last gaze for ever  
upon the unveiled face of your beloved  
Son,  
whom I, a wayfarer,  
propose to receive now veiled under  
these species:  
Who lives and reigns with you for ever  
and ever.*

Amen.