

# Welcome to the Parish of Saint Michael Thirroul



PARISH BULLETIN  
30 / 31 MAY 2026  
THE MOST HOLY TRINITY • YEAR A  
ORDINARY TIME RESUMES

## THIS WEEK'S READINGS

In order to know about the Trinity, we can think back to the great story that we have been celebrating for many weeks. Let us tell it one more time.

God the Father invited people on earth to a lasting and loving relationship with him and with each other. "I want to be your God, and I want you to be my people. My love for you is tender and precious. Won't you love me in return?"

People understood and entered into the agreement. Abraham, Isaac, Moses, Elisha, Elijah, just to begin the list. But we humans keep choosing things closer to hand: money and honours—barns full of them—which can also bear a refusal of God's love.

How would God react to such refusal?

My people, what have I done to you? How have I offended you? Answer me. For your sake I scourged your captors and their first-born sons, but you brought your scourges down on me! My people, answer me! [from Good Friday, *The Reproaches*]

So, eventually God tried a new and quite brilliant way. To paraphrase, "I will show them what true love looks like. Since I am all love and nothing but love, I will go out to them completely, as love does. I will become one of them. I will live humanity to its depths, and they will see Love in its full truth."

So, God was born as a human called Jesus, who told the people to love God above all things and their neighbours as themselves. He was the very heart of God-made-flesh. One with the Father but different as well.

And so, the world knew about two persons in one God.

Many human beings had been hurt and betrayed, forced to live with their own mixed-up motives, and selfishness and greed. Having to live with the faults of others. Love can get lost in such a world.

So, God the Son plunged into this ocean of cruelty and loss, diving all the way down to death. This was a display of the most profound insides of God: give everything, receive everything.

So far, the disciples knew two parts of God, Jesus and his Abba; and they were not very sure about these. So, before he left, Christ said the following to them (again paraphrasing):

If you know me, you know the Father. He is in me fully, and after I go back, I will make a home in you by sending the Holy Spirit. It will comfort you, and will be the very love that I and the Father have for each other and for you. That way I will be with you until the end of time!

He was talking about the third person of the Trinity, the Holy Spirit, which snuggles close to our souls if we let it. If we let it. The Holy Spirit is like a blanket in cold winter. It is the love between Father and Son. So real that it is the third person of the Trinity.

So, there are three parts to God. Ok, not parts but ... well, go figure.

But how could God interact with us in these three very different ways? By being "plural" (in a sense), that is, by being what believers have called three "persons."

Alright, how can three persons in God be one? By not letting the number three be a divider but a plus sign. All three, in a great dynamic of love; come so close that they are One God.

Let us simply let God the Trinity touch us!

In each of us there are personal depths, mysterious depths that others can know only if we choose to make them our friends. We should not be surprised, that in the boundless life of our God there is a mystery of overflowing life that is far beyond our complete comprehension. Yet – and here we are touching the very heart of our Christian faith, and its greatness – this mystery of personal life reaches out to us, and invites us into its friendship.

We humans share the mystery of our personhood with others by expressing who we are in our interaction with them. And so, it has been with the divine self-disclosure, or revelation. From the first, the God of our faith tradition has reached out to humanity with an astounding generosity that was very different from what was expected from the remote and fearful gods the peoples of the world had set up for themselves: Israel's God was the champion of the oppressed, a God whose self-giving was expressed in a covenant relationship. Our reading from the Book of Exodus gives a moving expression to the deep lessons this covenant relationship brought to those who were open to a meeting with the God who had made them his own: 'a God of tenderness, and compassion, slow to anger, and rich in kindness and faithfulness'.

## The "Story" of the Trinity



✠✠ Great as these lessons were, however, they were only a prelude and foreshadowing of the interaction that would give an ultimate expression to the personal life of God – when ‘the Word became flesh, and we saw the glory that he has as the only Son of the Father, full of grace and truth’ (John 1:14). Today’s reading from John’s gospel reiterates this truth: ‘God loved the world so much that he gave his only Son’. Now the mystery of God’s generous love has its full expression. The love of the Son, as he gives himself ‘that the world might be saved’, is the expression of the love of the Father himself – expressed in this text in an echo of Abraham’s anguish, when he was told, ‘Take your son, your only son; you are to offer him as a burnt offering’ (Genesis 22:2). In this expression of divine compassion, the astounding superabundance of life in a Trinity of Persons finds expression; and gives us a sharing in its friendship, as ‘the love of God is poured into our hearts by the Holy Spirit which has been given to us’ (Romans 5:5). (Today’s gospel reading is noteworthy for its reference to ‘the world’. Usually, in John’s gospel, ‘the world’ refers to humanity’s project when it is alienated from God [cf. John 15:19]; and God’s love towards the disciples of Jesus is what is stressed. In this text, however, ‘the world’ too is the object of God’s saving love.)

Paul’s benediction at the end of his second letter to the Corinthians is a remarkable summary of this sharing in the Trinitarian life. It is God’s ‘Grace’ – the absolutely unmerited generosity that has shaped all God’s dealings from the beginning – that now finds an ultimate expression in all that ‘the Lord Jesus Christ’ has done. And what the Saviour has done is the revelation of ‘the love of God (the Father)’, a love that gathers us into a ‘fellowship’ – a “communion” – that is united in the gifts of ‘the Holy Spirit’. These words of the text and its reference to ‘a holy kiss’ probably echo the liturgies of Paul’s communities. It is especially in a faith-filled liturgy that believers experience their sharing in the fellowship of the Trinitarian life.

Those whose hearts were open to see Jesus saw him coming to them and relating to them from God. It was Jesus’ intimate experience of and communion with God that enabled him to relate so beautifully to those whose lives he touched. It is this that is the subject of today’s contemplation. On this Feast of the Trinity, we reflect on how we experience God and so on who God is. In this reflection lies the secret of discovering who we are, for we are created by God and held in existence by God’s powerful love. All knowledge is distorted to the extent that we do not know God. All our relationships are distorted to the extent that we are not in a love-relationship with God.

One of the great insights in religion is that of monotheism – the recognition that there is only one God – that is to say, that there is one source of religious experience; that this one God is the reason we all belong to each other, indeed, to the cosmos. Religious wars and religious division are absurd, for this one God is the heart and the beyond of everyone and everything. This one God is Love; it is love that explains creation and our attraction to each other.

## QUESTIONS ABOUT THIS SUNDAY’S SCRIPTURE READINGS

### First Reading Exodus 34:4-6, 8-9

- ✠ God has shown God’s very self to us through the ages, through Jesus. Besides God’s name, what did God reveal about Godself to Moses on Mount Sinai? What was Moses’ response to this revelation? How do you respond when God speaks to you??
- ✠ This reading says that God forgives us when we are stiff-necked (haughty and stubborn). Do you forgive others when they have that malady? What could happen to family squabbles, disputes at work, wars between countries, racial bias, if forgiveness is introduced into the discussion/argument? How do we ask forgiveness of the planet for the global warming we have created?

### Second Reading 2 Corinthians 13:11-13

- ✠ “The grace of the Lord Jesus Christ and the love of God and the communion of the Holy Spirit be with all of you.” God’s nature is love, and God has invited us to come along in God’s company. What are the implications for our communities?
- ✠ We can all agree with and/or encourage each other in order to live in peace. How important is this to you? Do you encourage others? Is Paul talking about agreeing on everything or on basic truths?

### Gospel John 3:16-18

- ✠ What action of the Father tells you he “... so loved the world”? What did the Son do? What is your response to God’s immense love for the world and for you personally?
- ✠ According to Pope Francis, the Trinity is Love and at the service of the world which he wishes to save and re-create. What is our job? Could it be to welcome the One who loves us? Should we let ourselves be “moved” by good ideas and inspirations to help re-create what is broken in creation?

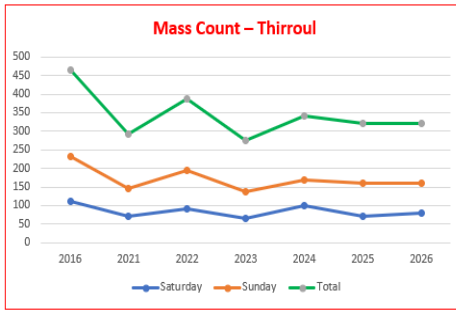
God the Father loves the world so much that, in order to save it, He gives what is most precious to him: his only-begotten Son, who gives his life for humanity, rises again, returns to the Father and together with him sends the Holy Spirit.

Dear brothers and sisters, today’s Feast Day invites us to let ourselves once again be fascinated by the beauty of God; beauty, goodness and inexhaustible truth. But also beauty, goodness, and humble and close truth, which became flesh in order to enter our life, our history, my history, the history of each one of us, so that every man and woman may encounter it and have eternal life. And this is faith: to welcome God-Love; to welcome this God-Love who gives himself in Christ, who moves us in the Holy Spirit; to let ourselves be encountered by him and to trust in him. This is Christian life. To love, to encounter God, to seek God; and he seeks us first; he encounters us first.

– Pope Francis, *Angelus*, Trinity Sunday 2020

# RESULTS OF THE MAY MASS COUNT 2026 IN THIRROUL

Total Attendances			
	Saturdays	Sundays	Total
2/3 May 26	69	73	142
9/10 May 26	65	94	159
16/17 May 26	137	89	226
23/24 May 26	46	71	117
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Averages	79	82	161



	Saturday, 16 May		Sunday, 17 May		Totals	
Females	77	56%	53	60%	130	58%
Males	60	44%	36	40%	96	42%

Ages	Saturday, 23 May		Sunday, 24 May		Totals	
0-17	0	0%	2	3%	2	2%
18-29	3	7%	2	3%	5	4%
30-49	6	13%	8	11%	14	12%
50-69	7	15%	20	28%	27	23%
70+	30	65%	39	55%	69	59%

## SALE OF WOMBARRA PROPERTY – PROGRESS REPORT

We are progressing to have the property ready for sale in early June. So far the following have been carried out: 1) contract of Sale - undertaken by Gamble Law and Estate Planning; 2) clearing of land ridding it of lantana etc. and cleaning of gutters; 3) cleaning inside of building by Sparkles Cleaning; 4) cleaning of outside of building including paths by Sparkles Cleaning– Mrs Sparkles; 5) this week – surveying of property and defining the two blocks; and 6) this week – aerial photos ready for sales promotion. All is now ready for One Agency to start the process of developing the publicity material and putting the property on the market. – Your Parish Finance Council.

## REPORT FROM THE THIRROUL CATHOLIC WOMEN’S LEAGUE

Due to the outstanding generosity of the parishioners of St Michael’s and the members of the Catholic Women’s League, we have decided to donate \$500.00 to The School of St Jude in Tanzania, which, through contact with one of our members, we are supporting both financially and hopefully in other ways, to help them fulfill their aim of “Fighting Poverty through Education”. They are extremely appreciative of our support. **Thank you!** Pat Mirabito, Treasurer, CWL.

## PART-TIME EMPLOYMENT OPPORTUNITY, PARISH SECRETARY, THIRROUL

Sadly Kerry Fabon, our Parish Secretary has tendered her resignation in order to move to a full-time job. Kerry will be sadly missed in our office and by parishioners.

Thirroul Parish is seeking the services of a part-time secretary for 17 hrs per week – currently Tuesdays, Wednesday and Fridays, but negotiable. The position requires skills in administration, bookkeeping, maintaining a database, and high-level skills in MS Word, Excel and PowerPoint. The parish secretary needs to be a person who is supportive of the Catholic ethos of the Parish, who bears witness to Christ and Christian values in their own lives and in their work. Applications close 5pm Monday, 1 June 2026. If interested, please make contact via email to request an application pack for this position to [parishdata@dow.org.au](mailto:parishdata@dow.org.au)

## ADDRESS OF POPE LEO – “LA SAPIENZA” UNIVERSITY OF ROME, 14 MAY 2026

Everyone goes through difficult times; for some, however, it may feel as though they never end. Today, this is increasingly due to the pressure of expectations and the burden of performance. It is the pervasive lie of a distorted system, which reduces people to numbers, exacerbating competitiveness and leaving us caught in spirals of anxiety. It is precisely this spiritual malaise felt by many young people that reminds us that we are not the sum of what we have, nor a random collection of matter in a silent cosmos. We are a desire, not an algorithm! It is precisely this special dignity of ours that leads me to share two questions with you.

To you young people, this unease asks: “Who are you?”. Being ourselves, in fact, is the defining commitment of every man and woman’s life. “Who are you?” is the question we ask one another; the question we silently pose to God; the question only we can answer for ourselves, but which we can never answer alone. We are our relationships, our language, our culture: all the more reason why it is vital that our university years be a time of great encounters.

Therefore, to those who are more mature, the malaise of youth asks: “What kind of world are we leaving behind?”. A world, sadly, crippled by wars and the rhetoric of war. This is a pollution of reason, which, from the geopolitical level, invades every social relationship. The simplification that creates enemies must therefore be corrected, especially in universities, through an appreciation of complexity and the wise exercise of memory. In particular, the tragedy of the twentieth century must not be forgotten. The cry, “Never again war!”, of my Predecessors, so in keeping with the rejection of war enshrined in the Italian Constitution, spurs us on to a spiritual alliance with the sense of justice that dwells in the hearts of young people, with their vocation not to shut themselves away behind ideologies and national borders.

For example, over the past year, the increase in military spending worldwide, and particularly in Europe, has been enormous: let us not call “defence” a rearmament that increases tensions and insecurity, depletes investment in education and health, undermines trust in diplomacy, and enriches elites who care nothing for the common good. We must also keep a watchful eye on the development and application of artificial intelligence in both military and civilian contexts, to ensure that they do not absolve humans of responsibility for their choices and do not exacerbate the tragedy of conflicts. What is happening in Ukraine, Gaza and the Palestinian territories, Lebanon and Iran illustrates the inhuman evolution of the relationship between war and new technologies into a spiral of annihilation. Study, research and investment must move in the opposite direction: let them be a radical “yes” to life! Yes to innocent life, yes to young life, yes to the life of peoples who invoke peace and justice!

A second area of shared commitment concerns the environment. As Pope Francis told us in the Encyclical *Laudato Si'*, “a very solid scientific consensus indicates that we are presently witnessing a disturbing warming of the climatic system” (no. 23). More than a decade has passed since then and, despite good intentions and some efforts in this direction, the situation does not seem to have improved.

# SCRIPTURE READINGS THIS WEEK

Sundays Year A • Weekdays Year II

<b>Monday</b>	<b>1 Jun</b> St Justin, martyr	2 Peter 1:2-7	Mark 12:1-12
<b>Tuesday</b> 📡	<b>2 Jun</b> Tuesday, 9 <sup>th</sup> Week in Ordinary Time	2 Peter 3:11-15,17-18	Mark 12:13-17
<b>Wednesday</b>	<b>3 Jun</b> St Charles Lwanga ++, martyrs	2 Timothy 1:1-3,6-12	Mark 12:18-27
<b>Thursday</b>	<b>4 Jun</b> Thursday, 9 <sup>th</sup> Week Ordinary Time	2 Timothy 2:8-15	Mark 12:28-34
<b>Friday</b>	<b>5 Jun</b> St Boniface, bishop, martyr	2 Timothy 3:10-17	Mark 12:35-37
<b>Saturday</b>	<b>6 Jun</b> Saturday, 9 <sup>th</sup> Week Ordinary Time	2 Timothy 4:1-8	Mark 12:38-44
<b>Sunday</b>	<b>7 Jun</b> THE BODY AND BLOOD OF CHRIST • YEAR A – <i>Scripture Readings are listed below</i>		

## FORTHCOMING PARISH EVENTS

- ✦ Friday, 5 June 09:30 Anointing of the Sick during Mass  
10:15 Catholic Care Information Morning – and morning tea
- ✦ Monday, 8 June Public Holiday – King’s Birthday
- ✦ Tuesday, 9 June 10:00 CatholicCare Ageing With Confidence, Fraternity Club  
19:30 Confirmation Parents’ Meeting
- ✦ Wednesday, 10 June 11:00 Catholic Women’s League Meeting
- ✦ Weekend, 13/14 June Confirmation Candidates presented to the Parish at both Masses  
Blessing of June Wedding Anniversaries and Birthdays
- ✦ Saturday, 13 June 18:30 Dinner at Club Thirroul with fellow parishioners
- ✦ Sunday, 21 June 18:24 Winter Solstice – 06:30 swim at Thirroul! Shortest day.

## AGEING WITH CONFIDENCE – WHAT’S AGE GOT TO DO WITH IT?!

Tuesday, 9 June, 10:00 to 13:00 at The Fraternity Club. Join CatholicCare for a free community event with Dr Emily Steel from the Australian Human Rights Commission, sharing practical approaches to ageing well. Morning tea and info stalls included. Register via the QR code, call 1800 967 894 or [www.catholiccare.dow.org.au](http://www.catholiccare.dow.org.au) ... Enquiries to Jane Hollier, CatholicCare 0417 018 152 or [janeh@catholiccare.dow.org.au](mailto:janeh@catholiccare.dow.org.au)



## CATHOLICCARE WOLLONGONG – AGED CARE CHAT – FRIDAY, 5 JUNE

CatholicCare will be present at and after the 09:30 Mass on Friday, 5 June to provide an information session about the new Support at Home aged care program and how it is changing the way older Australians access support. They will cover how to enter the aged care system, what the new Support at Home services mean for you or your loved ones, and the types of supports CatholicCare can provide to help people remain living safely and independently at home. Stay for a cuppa after Mass and a chat, no need to register for this one. All are welcome – and thank you to CatholicCare for providing this service.

## THE FOUR WAYS OF CHRIST TRUE PRESENCE IN THE EUCHARIST

Based on the teachings of the Second Vatican Council, Christ is truly present in the Eucharistic liturgy in four distinct ways: in the gathered assembly; in the proclaimed Word; in the person of the priest; and most especially, in the consecrated bread and wine. Worth reading is this short article from Liturgy Lines, Archdiocese of Brisbane: <https://www.liturgybrisbane.net.au/resources/liturgy-lines/the-four-presences-of-christ/>

## PEANUT BUTTER MUESLI SNACK BITES – from Raymond

2 cups (gluten-free) muesli; 2 cups cooked popcorn; ¾ cup peanut butter; 3 tbsp honey or rice malt syrup.

Add muesli and popcorn to a large bowl and toss. Pour peanut butter and honey or rice malt into a small saucepan and place on low heat on the stove top. Stir and melt the peanut butter and honey together for 30-60 seconds, until it loosens into a consistency you can pour, then pour over the popcorn and muesli. Mix all ingredients together, using your hands if needed. Line a 20 x 20cm square cake tin (or similar size loaf tin) with greaseproof paper, pour the mix into the tin and press down firmly. Cover and place in freezer to set for 2-3 hours. When ready to slice, allow to thaw slightly for 5 minutes, then slice into pieces and enjoy. Freeze up to 4 weeks.

### THIS Sunday’s Readings – on website

#### THE MOST HOLY TRINITY ♦ YEAR A

1<sup>st</sup> Reading Exodus 34:4-6,8-9  
2<sup>nd</sup> Reading 2 Corinthians 13:11-13  
Gospel John 3:16-18

### NEXT Sunday’s Readings – on website

#### THE BODY AND BLOOD OF CHRIST ♦ YEAR A

1<sup>st</sup> Reading Deuteronomy 8:2-3,14-16  
2<sup>nd</sup> Reading 1 Corinthians 10:16-17  
Gospel John 6:51-58

### SUNDAY

#### MASS TIMES

Saturday 📡 17:30  
Sunday 08:00  
📡 Saturday Mass is recorded.

### Parish of St Michael – Thirroul

One of the four Northern Illawarra Parishes

Moving forward as a Parish Family

Patrick Vaughan • Parish Priest

Andrew Granc ofm, Ken Cafe ofm • Assisting

Kerry Fabon • Parish Secretary

Tues, Wed 09:00-15:00; Fri 08:30-15:00

🌐 [www.thirroulcatholic.org.au](http://www.thirroulcatholic.org.au)

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Parish School of St Michael

James Bryce Principal ☎ 4267 2560

### THIS WEEK’S LITURGIES

Monday \_\_\_\_\_  
Tuesday 📡 17:30  
Wednesday 09:00  
Thursday 09:00  
Friday 09:30  
*Anointing of the Sick 1<sup>st</sup> Friday*