

# FAITH

# @Home

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love  
in the heart of the family!



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TRINITY SUNDAY

Year B

## Sunday Mass Readings

### First Reading:

Deuteronomy 4:32-34. 39-40

### Responsorial Psalm:

Psalm 32 (33): 4-6, 9, 18-20, 22

### Second Reading:

Romans 8:14-17

### Gospel:

Matthew 28:16-20

*"Know that I am with you  
always; yes, to the end of time"*



Trinity Icon, Rublev, Public domain, via Wikimedia Commons [CLICK FOR FULL IMAGE](#)

## Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings [here](#).

Click [here](#) for a fun video for children based on the readings for Holy Trinity Sunday.

## Pray

Jesus assured his disciples that he would be with them as they engaged in their mission, even "until the end of time". Each one of us too is called by God to a specific mission in life. Maybe we know what it is, maybe we have yet to discover it.

Take some time this weekend to spend with Jesus in prayer. Talk to him about all the really good things that have happened in your life. Think about the gifts and talents you have - whether you are good at sport, art or music. Think of some situations where you were able to help another person. Remember that by showing them love you were radiating God's love. Ask Jesus to show you how you can use your gifts, talents and time to share about his love with others and fulfil your mission in this life

## Talk

We are here 2,000+ years later because Jesus' disciples were faithful to the task Jesus entrusted to them when he commissioned them to share the Gospel with the world.

Reflect, journal or consider sharing your reflections with someone you know and love:

- What is the Good News that Jesus asks us to share with others?
- What does being a disciple of Jesus mean to me?
- How do I live this commission from Jesus out in my life? Is it something I find hard or easy?
- How can I help someone be a disciple of Christ? Who can I talk to this week about my faith?

## Family Challenge!

The command Jesus gives his disciples in today's Gospel is also called The Great Commission. Try to memorise Matthew 28:19-20. Creating some artwork with the verses might help!

**Mission:** Ask the the Trinity to be part of your life every day! Each day when you get up and every night before you go to bed, make a prayerful sign of the cross, asking God to bless you "in the name of the Father, and of the Son and of the Holy Spirit."

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## WHAT IS THE POINT OF THE TRINITY?

When we hear the name "God" all sorts of ideas can be conjured up: everything from an alb-wearing Santa Clause in sandals to some impersonal cosmic energy. But how does God reveal Himself? What does He say He is?

We all come from a family. It's a biological fact: we have a mother and father. They may be close or far away but this basic family unit is common to us all. God is like a family! God is a communion of three Divine persons. God can say he is love, because there was always someone to love. Before God created the world there was the Son and the Spirit to love. In fact, the Father loved the Son with an eternal and divine love and the Son loved the Father with an eternal and divine love and so the Holy Spirit PROCEEDS from the Father and the Son, as we pray in the Creed. He is Love personified.

On this Trinity Sunday we think of how our Trinitarian God is simple on one hand and entirely mysterious on the other. How can we relate to a God who is three Persons but one God? How can we have a relationship with a Father who doesn't have human body or a pure spirit?

God is like a family! God is Father. Jesus is our brother and the Holy Spirit is the love that unites us. God can relate to us on an even deeper level than a human being because He can live in us. He can give himself to us as food. He can be present to us at all times. Why is this so important? A priest was visiting a confirmation class in a school in Navan. One of the students asked, "Father, what is the point of the Trinity?"

He succinctly responded, "What is the point of anything else!" In God we live and move and have our being. (Acts 17:28) Without the Trinity we simply don't exist. Today let us ask St. Patrick to help us deepen our love for our Trinitarian God.

By Fr Patrick Cahill

## EVENTS

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## Family Prayer

*Make a prayerful sign of the cross at the beginning and end of your prayers this week.*

*Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.*



**THREE-IN-ONE!**  
In the name of the Father, and of the Son, and of the Holy Spirit...

You've probably heard those words hundreds if not thousands of times, and you've probably blessed yourself using those words too. Maybe we don't always stop to think what they mean. Firstly, we don't say "in the names" but instead just "name". Why? Because we believe in one God, not three, and we call that the Trinity. God is One God, in three persons. Sounds a little difficult? That's ok! The Trinity is one of the greatest mysteries of our Christian faith, but is the deepest reality, and actually the core of everything else we believe. We say that it's a mystery, not because God doesn't want us to understand it. In fact, it's the opposite. Christians know that God is One God in three distinct persons because God has REVEALED that to us. He WANTS us to know Him, as He is, not as we make Him up to be ourselves. God loves the world. That's an easy statement. God IS love. That's a little more difficult to comprehend. Saying that God IS love and that God IS a Trinity is effectively saying the same thing. God the Father loves God the Son, the Son loves the Father, and the love between them is so strong, it IS the Holy Person, Love personified. It can be challenging for us to understand this, and that's ok, but just because we don't always understand, that doesn't mean we should dismiss it as false. God IS love, and He wants you and me to enter into that.

This week, pray for the grace to do just that!

- What is the Trinity? (Fr John Parks)
- "Praise the Father, Praise the Son" (Tomlin)
- What is the Trinity? (handout attached)



## CHECK IT OUT: YOUTH 2000

**"Youth leading youth to the Heart of the Church!"** Youth 2000 is a Catholic youth organisation that organises fantastic faith festivals, retreats, prayer groups and other events for young people aged 16-35 across the island of Ireland, and has been doing so for over thirty years. Since March 2020 Youth 2000 have also organised weekly online events for young people: prayer meetings, quizzes, workshops, Gospel reflections and testimonies. Click on the icons above to follow Youth 2000 Ireland on social media for weekly updates!





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**Song of the Week!**  
**TRINITY SONG**

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paint the world  
**SUPER**  
COLORING

IN THE NAME  
OF THE FATHER,  
AND OF THE SON,  
AND OF THE HOLY SPIRIT  
*Amen!*



# What or Who is the Trinity?



## WHO IS GOD?

What words would you use to describe the Christian understanding of who or how God is?

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Fill in the blanks: "God so \_\_\_\_\_ the world that he gave his only Son, so that everyone who believes in him won't perish but will have eternal life." (John 3:16)

"Give thanks to the Lord, for He is good, His \_\_\_\_\_ endures forever." 1 Chronicles 16:34

We are used to hearing the idea that God loves us. But God is so much more than that, God IS Love!

## EVER HAD A SECRET TO SHARE?

Can you think of a time when you were just bursting to share a secret with someone? Who did you decide to tell? Why did you choose that person? How did it feel to be able to share something so personal with someone else? What are the risks of telling someone a secret?



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WATCH FR JOHN PARKS EXPLAIN: WHAT IS THE TRINITY? IN THIS LIFETEEN VIDEO



## GOD'S INNERMOST SECRET



Paragraph 221 of the Catechism of the Catholic Church states: "But St. John goes even further when he affirms that "God is love": God's very being is love. By sending his only Son and the Spirit of Love in the fullness of time, **God has revealed his innermost secret: God himself is an eternal exchange of love, Father, Son and Holy Spirit, and he has destined us to share in that exchange.**"

God's innermost secret is that God is a Trinity, but this secret isn't like a mystery God is trying to hide. We call the Trinity a **mystery** because unless God had revealed it, we would never have known it... and He WANTS us to know it, because God wants to be known as God really is. Unless we know God, we can't love Him.



Can you think of anything that seemed like a mystery to you until someone explained it, or showed you how to do it?

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Think about the people you love, and the people you want to love you. Do you want them to love a version of you they make up, or do you want to be known and loved for who you really are? God wants to be known and loved for who God is... and so has revealed his Trinitarian nature to us, inviting us into that communion of love too!



**GOD KNOWS ME AND LOVES ME. GOD WANTS TO BE KNOWN BY ME AND LOVED BY ME.**

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -





"WHAT IS THE TRINITY?"  
"BISHOP ROBERT BARRON."

# What or Who is the Trinity?



1+1+1 = ?

1 = 3 and 3 = 1?? One God = Three Persons? Sounds like bad Maths! We're not talking about mathematical equations here however, but supernatural realities. We need to try to understand the mystery of the Trinity, rather than just dismiss it because it doesn't seem logical. We often say that humans are mind and matter, body and soul. God is three distinct persons, Father, Son and Holy Spirit, but all fully possess the divine substance, or simply said, all are entirely God.



Remember how St Patrick used a shamrock to explain the Trinity to the people of Ireland? Each leaf is distinct with the full substance of the shamrock, yet all three make up one shamrock plant. It's important too to not get too tied up in analogies. They are limited and can only bring us so far in understanding the concept of the Trinity.

## HOW CAN I HAVE A RELATIONSHIP WITH THE TRINITY?

- Throughout the Old Testament, **God** reveals Himself as the One True God who created all things and called His people to Himself. Jesus revealed to us that God is our Father, and asked us to pray to Him in the "Our Father". Jesus called God "Abba", which actually translates as Daddy. **God the Father** loves us and wants us to come to Him as His children and experience His Fatherly love and presence.
- **Jesus** is the only Person of the Trinity who had a human form - we call that the mystery of the Incarnation. Jesus was born as a tiny baby, grew up, ate, slept, drank, worked, had friends, knew joy, betrayal, pain - He felt all this in his human nature, although fully divine also. His death and resurrection opened the way to Heaven for us. We can think of Jesus as our Brother.
- When Jesus ascended to the Father, He promised His disciples that He would send them the Paraclete, the **Holy Spirit**, to be their helper and guide. The Holy Spirit didn't just make an appearance at this time in history however! From the very beginning of creation, the Spirit was moving over the earth, breathing life into all creatures. The Holy Spirit is still active in the Church, in creation and in our own hearts today, drawing us into a relationship with God the Father, into the communion of the Trinity.
- Simply put, **God is like a Family**: God is Father, Jesus is our Brother, the Holy Spirit is the Love that unites us.

## GOD IS LOVE



[CLICK HERE FOR THE FULL NICENE CREED](#)

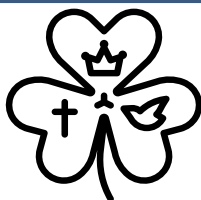
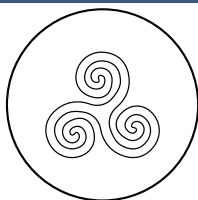


In order for love to exist, you need 3 parts: the One who loves (lover), the Beloved and the Love. God the Father loves the Son, the Son loves the Father, and the love between them is so great, the Spirit proceeds from their love. The Father loves the Son and gives Him everything, the Son receives that love and gives everything back to the Father, and that Love in itself IS the third Person of the Trinity, the Spirit.

In the Nicene Creed we pray: **"I believe in one Lord Jesus Christ, ... begotten, not made, consubstantial with the Father"**. Jesus is of the same substance as the Father, eternally begotten, He always existed. The Spirit **"proceeds from the Father and the Son"**: the Spirit IS the love between the Father and the Son, so strong that the Love **is** another Person.



## HOW DO THESE SYMBOLS ATTEMPT TO EXPLAIN THE TRINITY?



- Reflect on your understanding of each Person of the Trinity. Spend some time praying from your heart to each distinct Person of the Trinity: God the Father, God the Son, the Holy Spirit. The songs below might help you to do this.
- Make a conscious effort each time you bless yourself in the name of the Father, and of the Son and of the Holy Spirit.



## TIME TO REFLECT

## WHAT CHARACTERISTICS OF EACH DIVINE PERSON OF THE TRINITY ARE PORTRAYED IN EACH OF THESE SONGS?



CHRIS TOMLIN: GOOD GOOD FATHER



HOUSEFIRES: JESUS WHAT A SAVIOUR



AUDREY ASSAD: SPIRIT OF THE LIVING GOD

FIND OTHER CHRISTIAN SONGS THAT ATTEMPT TO EXPLAIN AND PRAISE THE PERSONS OF THE TRINITY.

- ASCEND YOUTH MINISTRY (DIOCESE OF WATERFORD & LISMORE) -