

# FAITH @Home

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## TRINITY SUNDAY

Year C

### Sunday Mass Readings

**First Reading:**

Proverbs 8:22-31

**Responsorial Psalm:**

Psalm 8:4-9

**Second Reading:**

Romans 5:1-5

**Gospel:**

John 16:12-15

*"But when the Spirit of truth comes He will lead you to the complete truth"*



Image: canva.com

### Hear

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

Check out [this video](#) on the Trinity for children.

### Pray

In the Gospel and first reading today we hear about Jesus ascending to heaven.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Reread those words slowly: *"I still have many things to say to you but they would be too much for you now."* Have you ever experienced this in your own faith journey? Have you experienced the wisdom of God's timing when you look back on circumstances, events or things you have come to understand over time?
- Be ready to share the Good News! Where can you see God's hand in your life? If you had to share your testimony with someone, what key moments can you see God really at work in your life to date?

### Talk

In today's readings we hear about the relationship between the Father, Son and Holy Spirit, and the love they share between them.

- How does our family show love to each other? Are there particular occasions where we celebrate members of our family? How do we do that? Are there small gestures or acts of kindness that we do on a daily basis?
- God IS Love. Everything God does is done out of love for us. God the Father gave us Jesus to redeem us, and the Holy Spirit proceeds from the Father and Son as our Advocate and Guide. Where in our family can we see God's love for us, as a family and as individuals?
- When we love each other, we get to participate in that Divine Love too!

### Family Challenge!

Celebrate Trinity Sunday as a family! Check out this article from Catholic Culture for great ideas to do as a family to celebrate - including triple scoop icecream! Print the attached bunting to colour in and hang up too!

<https://www.catholicculture.org/commentary/celebrating-trinity-sunday-at-home/>

Check out page 3 for a picture to colour from this week's readings!

**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."

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



*In the name of the Father,  
and of the Son,  
and of the Holy Spirit*

## THREE-IN-ONE

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.

This week:

- Make a conscious effort each time you bless yourself in the name of the Father, and of the Son and of the Holy Spirit.
- 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.

**VIDEO:** What is the Trinity? (Fr John Parks)

**TUNE:** "Praise the Father, Praise the Son" (Tomlin)

Check out "To the Heights" full resource



## Family Prayer

*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*

## EVENTS

**Encounter:** Gathering for young adults aged 18-35. Talk - Music - Prayer - Refreshments. Fri 17th June - St John's Church, Waterford @ 8pm. More info: [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

**Family Day:** Sunday 19th June, 10am – 3pm. Bring a packed lunch! Booking is essential: 052 6133181 or email [info@holymission.ie](mailto:info@holymission.ie)

**Day of reflection for all those in parish ministry:** Sat 25th June 10.30am in Mount Melleray Abbey. Facilitated by Sr. Marie Fahy, Abbess at Glencairn Abbey. Please call 051-874199 or email [marydee@waterfordlismore.ie](mailto:marydee@waterfordlismore.ie) to book your place. Please bring a packed lunch.

**Queen of Peace Retreats:** 4-day Medjugorje-style retreat at Glencomeragh Retreat Centre. Thurs 21-Sun 24 July / Thurs 18-Sun 21 Aug / Thurs 1-Sun 4 Sept. Cost: €260. For more info or to book contact [info@holymission.ie](mailto:info@holymission.ie) or (052) 6133181

**Diocesan Youth Pilgrimage to Medjugorje: August 3rd – 10th,** Cost: €725pps, Open to those aged 16 – 35. [www.waterfordlismore.ie/pastoral/pilgrimages/](http://www.waterfordlismore.ie/pastoral/pilgrimages/)

## UNITY IN THE TRINITY

This week we return to the liturgical season of Ordinary Time. This Sunday and next Sunday, however, are designated as solemnities, special days that call our attention to central mysteries of our faith. Today, on the first Sunday after Pentecost, we celebrate the Solemnity of the Most Holy Trinity. This feast invites us to consider what we believe about God, who has revealed himself to us in the Trinity—one God in three persons.

The verses of today's Gospel come near the end of Jesus' long discourse at the Last Supper. In the early part of this discourse, as we saw last week on Pentecost, Jesus offers assurances to the disciples. Even though he must leave the disciples, he tells them that they will have a future because of the help he will send them in the Holy Spirit. In this section he focuses more on the shape of the future, which will include Jesus' victory over the world that they will share in. The disciples of Jesus cannot know the future. They can only know that, whatever shape the future takes, they will not have to face it alone. They have the Spirit of Truth, who will continue to provide the teaching of Jesus in the future.

Reading this passage on Trinity Sunday reinforces our understanding of the unity shared by the members of the Trinity. Although the idea of one God in three persons remains a mystery, we have the assurance that, as Jesus and the Father share all, Jesus and the Spirit share all.

*from Loyola Press Sunday Connection*

## CHECK IT OUT: LOOK TO HIM AND BE RADIANT



Religious education ideas for Catholic teachers, homeschoolers, and catechists- crafts, lessons, and printables on Sacraments, Scripture and Prayer. With links to ideas for Youth Groups, an Etsy Shop and Catholic Book Recommendations too! Great suggestions for celebrating the Sacred Heart of Jesus this month!











