

FAITH

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26 MAY 2024 | VOL.IV ISSUE 20

Diocese of Waterford & Lismore

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



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Year B THE HOLY TRINITY

"TO THE HEIGHTS" YOUTH EDITION AVAILABLE ALSO

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

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



Trinity Icon, Rublev, Public domain, via Wikimedia Commons

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 readings for children.

Pray

In the readings today we hear about Jesus' Great Commission to His Apostles.

- What is God saying to you through this piece of Scripture? How do these words resonate with you personally?
- What does it mean to you to be baptised in the name of the Father, and of the Son, and of the Holy Spirit?
- What difference does it make in your life to believe in a Trinitarian God - a God who a communion of persons - a communion of Love which we are invited into?
- Spend time this week praying to each person of the Holy Trinity: to God the Father, to Jesus the Son, and to the Holy Spirit, the paraclete.
- Each time you begin prayer, or pass a Church, bless yourself more intentionally.

Talk

In today's readings we hear about the Trinity: Father, Son and Holy Spirit.

- What kind of symbols do we have to represent our country?
- Do we have a family crest in our family? If we were to design our own one, what would we put in it? What things are important to us and express who we are as a family?
- What symbols do we have as Christian Catholics? Why is the cross such an important symbol for us?
- What do we remind ourselves of every time we make the sign of the cross? When we were baptised, we were baptised in the name of the Father, and of the Son and of the Holy Spirit, just like Jesus asked His Apostles to baptise others!

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/>

THE FINAL COMMISSION

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 the 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 Gospel for this Solemnity is taken from the Gospel of Matthew. In its conclusion, Matthew's Gospel quickly moves from the disciples' discovery of Jesus' empty tomb and Jesus' appearance to Mary Magdalene and the other Mary to the commission that Jesus gives to his disciples in today's Gospel.

The final commission, as this part of Matthew's Gospel is sometimes called, is given on the mountaintop. Throughout Scripture, many of the most important events happen on a mountaintop, and Matthew used this motif often. Peter, James, and John saw Jesus transfigured on the mountaintop, and Jesus taught the crowds from the mountaintop in the Sermon on the Mount. In today's Gospel, the eleven disciples go the mountaintop in Galilee, as Jesus had instructed them through Mary Magdalene and the other Mary. They see Jesus, and they worship and doubt at the same time. Jesus approaches them and commissions them to baptize and teach. It is a task for which Jesus had previously prepared his disciples; recall that Jesus had already sent the twelve apostles to preach the Kingdom of God and to heal. Yet earlier, the Twelve were sent only to the House of Israel; in this final commission, the eleven are told to go to all nations. The mission of Jesus is now to be taken to all people, and the task is to baptize and to teach.

Jesus commissions his disciples to baptize in the name of the Trinity; this is one of the clearest attestations for Baptism in the name of the Holy Trinity found in Scripture. Other New Testament references to Baptism describe it as being celebrated in the name of Jesus. As we read this Gospel on the Solemnity of the Most Holy Trinity, we are reminded that this central mystery of faith is meant to be lived. As baptized Christians, we share in the life of the blessed Trinity and seek to invite others to share in God's love.

Loyola Press: Sunday Connection

Check
this
out

CAMP VERITAS

Camp Veritas is a Eucharistic-centred ministry within the Catholic Church that draws teens into a deeper relationship with Jesus Christ. Camp Veritas seeks to create an environment where teenagers can grow as joyful disciples of Jesus Christ through the sacramental life of the Church and devotion to our Blessed Mother. June 24th-29th. Clongowes Wood College, Kildare. Ages 12 - 18. More info on www.campveritas.org



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. 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)



King of Kings (Hillsong)

To the Heights Youth Resource also available



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

Diocesan Corpus Christi Procession: Thursday May 30th, Ballybricken Green to the Cathedral of the Most Holy Trinity. (Meeting at Ballybricken Green at 6:30pm)

Encounter for young adults aged 18 - 35: St John's Church, Parnell St. Waterford, Fri 31st May at 8pm. Talk, Adoration, Music followed by Pizza!

All-Ireland Rosary Rally: Knock Shrine, Sat June 1st. A bus will leave St. Mary's Parish Church, Dungarvan 6am & return by 10.30pm. Cost of bus: €30. To book your place on the bus please call Patricia on 087-9509834

Campa Mhuire Mhathair Catholic Summer Camps for Primary School Children: Ardmore and Tramore in July. (Also in Killarney and Mitchelstown). Music, Action Songs, Arts & Crafts, Games, Prayer and a whole lot of fun! More info on <https://www.holyfamilymission.ie/campa-mhuire-mhathair/>

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- To the Heights Youth Newsletter (youthministry@waterfordlismore.ie) WEEKLY
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