

To the Heights

Year B TRINITY SUNDAY


Download from www.waterfordlismore.ie/resources or subscribe to receive by email!



REMEMBERING OUR EXAM STUDENTS!

Praying for all our Junior Cycle and Leaving students throughout the Diocese as they make their final preparations for the exams in June, and for college students nearing the end of their exams!

HEAR! Sunday Gospel
Matthew 28:16-20



If you don't have a Bible handy, click the image here to access the Mass readings for this Sunday!

WATCH!


UNDERSTANDING THE TRINITY WITH FR PATRICK



THE TRINITY
BY FR. PATRICK CAHILL
PAVING THE WAY HOME

13:03

PRAY!



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

WEEKLY CHALLENGE!

Choose one of the following to celebrate the Trinity 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.

TUNE!

King of Kings
Hillsong





GAMECHANGERS!

May 31
The Visitation of Our Lady



The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, Game Changers!



Check them out on our web page!

GROW!

RESOURCES: CAMP CREIDEAMH

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



EVENTS

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!

PUZZLE

FIND THE WORDS FROM THIS SUNDAY'S GOSPEL IN THE WORDSEARCH BELOW



- baptise
- commands
- disciple
- earth
- end
- Father
- Galilee
- heaven
- Holy
- Jesus
- name
- nations
- observe
- Son
- Spirit
- teach
- time

S	D	N	A	M	M	O	C	N	P	X	N	T	S	G
D	I	S	C	I	P	L	E	N	A	I	I	E	Y	O
N	E	V	A	E	H	L	X	C	O	M	R	E	A	K
Q	A	Z	J	E	H	T	L	Q	E	S	E	L	W	C
O	D	T	X	N	P	T	L	Y	U	A	G	I	L	T
V	O	S	I	D	M	T	R	S	F	F	E	L	A	D
N	I	O	K	O	I	L	E	A	J	Z	G	A	U	V
Y	Y	M	J	R	N	J	T	A	E	Q	O	G	O	F
L	X	J	I	Z	R	S	D	M	F	B	L	A	Y	N
O	Q	P	C	H	D	H	Y	J	S	Y	U	B	H	Y
H	S	B	A	P	T	I	S	E	T	P	L	X	T	C
A	O	R	B	F	J	S	R	V	E	R	J	N	I	K
B	E	L	Y	O	M	V	D	X	A	W	A	Y	W	I
I	L	J	C	G	E	N	L	I	C	P	F	J	H	W
R	E	H	T	A	F	N	E	J	H	E	I	Y	O	E

with you always

Can you explain how any four of these words relate to the message of the Gospel?

What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



HIS WORD & MY LIFE!

MATTHEW 28:16-20

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.

DOODLE PRAYER

Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

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

[Click here for some relaxing instrumental music](#)
SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO