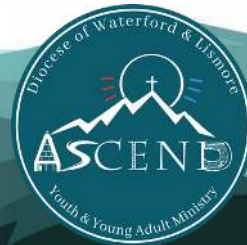




To the Heights



Year C TRINITY SUNDAY

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

SPOTLIGHT! Sunday 15th June

PAY for LIFE

FINDING MEANING IN SUFFERING

Hope does not disappoint

Day for Life 2025

HEAR: Sunday Gospel
John 16:12-15

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

WATCH:

WHAT IS THE TRINITY?
FR JOHN PARKS

PRAYER INTENTION!

For the protection of all human life from conception to natural death.

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.



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

TUNE!

King of Kings
Hillsong

GROW



Check out this epic Carlo Acutis Lego Animation made by a team of 3 teen brothers from Munster!
Carlo himself must be so proud!



GAMECHANGERS!

St Aloysius Gonzaga
21st June



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!

Daniel Schultz, Public domain, via Wikimedia Commons



www.waterfordlismore.ie/youth-ministry



[AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)



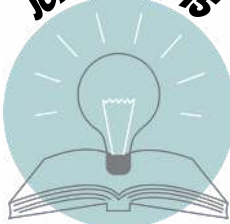
[ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)



[Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)

HIS WORD & MY LIFE:

JOHN 16:12-15



PUZZLE

complete
disciples
father
glorify
Holy Spirit
Jesus
many things
mine
son
speaking
things to come
too much
Trinity
truth

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

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

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.

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!

DOODLE PRAYER

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



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

RESPOND:



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.



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?



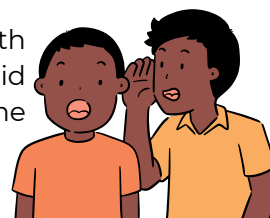
Fill in the blanks: "God so _____ the world that he gave his only Son, so that everyone who believes in him won't perish but will have eternal life." (John 3:16)

"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?



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: "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.



Think of something that was like a mystery to you until someone explained it to you.

Now, 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.

Who or what 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](#)

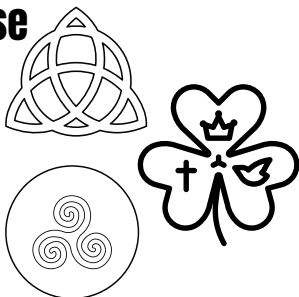


In order for love to exist, you need 3 parts: the One who loves (lover), the Beloved and the Love. God the Father loves the Son, the Son loves the Father, and the love between them is so great, the Spirit proceeds from their love. The Father loves the Son and gives Him everything, the Son receives that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



TIME TO REFLECT

- 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.

WHAT DO WE LEARN ABOUT CHARACTERISTICS OF THE DIVINE PERSONS IN THESE SONGS?

Chris Tomlin: Good Good Father **Housefires: Jesus what a Saviour** **Audrey Assad: Spirit of the Living God**