

Prayer at Home



Trinity Sunday (Yr A)

Gather with family or on your own. Place an opened Bible on a table with a strip of white cloth. Light a white candle (if possible, a candle with three wicks), and place a crucifix and some flowers beside it and a bowl of water.

Begin with:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Antiphon: Blest be God the Father,
and the Only Begotten Son,
and the Holy Spirit. Through all and each,
God has shown us merciful love.

Let us open our hearts to hear God's Word:

Lord Jesus, by your coming amongst us, you reveal to us God the loving parent. **LORD, HAVE MERCY.**

Christ Jesus, by your coming amongst us, you reveal yourself as the Word made flesh. **CHRIST, HAVE MERCY.**

Lord Jesus, by your coming amongst us, you reveal to us the lasting presence of the Holy Spirit. **LORD, HAVE MERCY.**

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

Gloria

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;

you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

Opening Prayer

Merciful and gracious God,
You showed the fullness of your love
when you gave your only Son for our salvation
and sent down upon us the power of your spirit.

Complete with us the work of your love,
that we who have communion in Christ
may come to share fully
the undying life he lives with you,
in the unity of the Holy Spirit, God for ever and ever. **Amen**

First Reading

Exodus 34:4-6, 8-9

A reading from the book of Exodus
The Lord God, ruler of all, merciful and loving.

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there.

He called on the name of the Lord. The Lord passed before him and proclaimed, 'Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.' And Moses bowed down to the ground at once and worshipped. 'If I have indeed won your favour, Lord,' he said 'let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults and our sins, and adopt us as your heritage.'

The word of the Lord.

Thanks be to God.

Responsorial Psalm

Daniel 3:52-56 (JB)

You are blest, Lord God of our fathers.

R. Glory and praise for ever!

Blest your glorious holy name.

R. Glory and praise for ever!

You are blest in the temple of your glory.

R. Glory and praise for ever!

You are blest on the throne of your kingdom.

R. Glory and praise for ever!

You are blest who gaze into the depths.

R. Glory and praise for ever!

You are blest in the firmament of the heaven.

R. Glory and praise for ever!

Second Reading

2 Corinthians 13:11-13 (JB)

A reading from the second letter of St Paul to the Corinthians

The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Brothers, we wish you happiness; try to grow perfect; help one another. Be united; live in peace, and the God of love and peace will be with you.

Greet one another with the holy kiss. All the saints send you greetings.

The grace of the Lord Jesus Christ, the love of God and the fellowship of the holy Spirit be with you all.

The word of the Lord.

Thanks be to God.

Gospel Acclamation

cf Revelation 1:8

Alleluia, alleluia!

Glory to the Father, the Son, and the Holy Spirit:
to God who is, who was, and who is to come.

Alleluia!

Gospel

John 3:16-18

A reading from the holy Gospel according to John
God sent his Son to save the world through him.

Jesus said to Nicodemus,
'God loved the world so much
that he gave his only Son,
so that everyone who believes in him may not be lost
but may have eternal life.
For God sent his Son into the world
not to condemn the world,
but so that through him the world might be saved.
No one who believes in him will be condemned;
but whoever refuses to believe is condemned already,
because he has refused to believe
in the name of God's only Son.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Homily

The Trinity is one of the most central doctrines of the Church, but one that we have such difficulty explaining. In fact, the teaching of the Church was never meant to be an explanation, but an expression – a way of saying something without presuming that it was possible to say everything.

Our Christian experience, through our encounter with the person of Jesus in history and our encounter of the Holy Spirit through faith, has come to acknowledge that there is a plurality in this one God: the Father is not the Son, and the Son is not the Father, and the Spirit is neither the Son or the Father, so we speak of three. But as St. Augustine asked, "three what?" He went on to explain: "The formula three person was coined, not in order to give a complete explanation, but in order that we might not be obliged to remain silent." We try to use human words to express the mystery of our experience of Salvation in God. And so, the Church has always followed the hardest path – to try to say something about the mystery of God.

As beautiful as some of our images might be, our human language is never completely adequate to talk about God, and so we use metaphors, analogies, to talk about this life of God. We say that God is *like this* or *like that*. . . .we say God is like a father, and God is like a son, and God is like a holy spirit. In our limited way, we try to express the mystery of God. The Church has never said that God is male. The Catechism says: "In no way is God in man's image. God is neither man nor woman. God is pure spirit in which there is no place for the difference between the sexes." At it's most

concise, the name "God" expresses what it means "to be". We speak of ourselves as "human beings" made in the image and likeness of God.

Father, Son and Holy Spirit is the most traditional way of speaking about God, but it has not been the only way. St. Patrick famously used the shamrock – the stem representing the one God with the leaves representing the three persons.

Another ancient image is the sun. God the Father is the Sun. The rays that come from the sun are the second person of the Trinity. And those rays touching and affecting us — the brightness and the warmth — are the Holy Spirit.

One of my favourites is the simplicity of a candle. Imagine a darkened room and a candle sitting in the middle of the room. The flame itself is the first person of the Trinity. But there is more than the flame; there is the light that comes from the flame and spreads out into the darkness. That is like the second person of the Trinity. Beyond the light, there is the heat that comes from the flame. If you put your hand near it, you feel the warmth. That is like the Holy Spirit. But you can't have one without the other. If you blow out the flame, you lose the light and the heat. The flame, the light and the heat are one. You can't tell where one part begins and another one ends. We know that the elements are distinct but also unified so that each element co-exists with the other.

There are countless ways of expressing the mystery of the Trinity, but they all have one necessary element – the Trinity is about relationship. That's the whole point - The human experience of a Trinitarian God teaches us that God is a God of relationships. That is why we as human beings are built for relationships; that is why we build community together, because God has made us that way. These last few months have taught the value of human community and the power of working together. Whenever we love and make a commitment to others, whenever we let that love flow out beyond us and into a whole variety of relationships, we imitate the life of the Trinity. Wherever the human heart is healed, wherever justice is done, whenever peace holds sway, whenever liberation breaks through, wherever the earth flourishes — wherever sin is conquered by the superabundance of grace — there the human community and all creation reflects, even if in fragments, the mysterious life of the Trinitarian God. And that is what we are doing here now in our prayer – we are experiencing and sharing God's life with us – the God who is Father, Son and Holy Spirit.

Apostles' Creed:

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
At the words that follow, up to and including 'the Virgin Mary', all bow.
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Bless yourself making a cross with some water from the bowl.

Prayers of Intercession

INTRODUCTION: Let us place our prayers before God who is Father, Son and Holy Spirit.

That the Christian Church, in all of its diversity, will be faithful to the worship of God, to the praise of God's holy name and serve God's Kingdom through works of charity and justice. **LORD, HEAR US.**

For peace; that amid all our concerns, anxieties, and social unrest, the presence of the Holy Spirit may calm, strengthen and encourage us. **LORD, HEAR US.**

For those who have lost their employment or are struggling with financial need; that they may sense that God is with them through the support of those around them. **LORD, HEAR US.**

For our dispersed communities; that, through the gift of the Holy Spirit, we will discover a renewed sense of connection and communion with one another. **LORD, HEAR US.**

That in those places which are affected by violent protests arising from racism, the inequality between the rich and the poor, and disaffection with government and law enforcement, people will have the opportunity to receive justice, respect and new opportunities. **LORD, HEAR US.**

For those suffering in mind or body, particularly those affected in any way by this pandemic; that the Resurrected Christ, who bore the wounds of all humanity, may touch their lives with renewed courage and hope. **RISEN LORD, HEAR US.**

For those who have died, especially those who have died alone this Easter Season; that they may come to know the joy of the Easter feast and rise in glory with Christ Jesus. **RISEN LORD, HEAR US.**

Concluding Prayer: Triune God, be near to the people formed in your image and look with love upon your world. May your Spirit carry these prayers to You, which we ask through your son, Jesus Christ. **Amen.**

Placing our faith in the power of the Holy Spirit to gather us together and unite us with Christians, in all times and in all places, we dare to pray:

Our Father who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation
but deliver us from evil.

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

For the kingdom,
the power and the glory are yours
now and for ever.

Let us pray.

God of all unity,
by sending into the world the Word of truth
and the Spirit of forgiveness and healing,
you have revealed to us your wondrous mystery.
Grant, we pray, that in professing our faith,
we may live in the power of your Trinitarian life.
Through Christ our Lord.

Amen.

Lord God,
Strength of the weary, medicine of the weak,
Be near to us as we call on you.
May you be our nourishment during this time
and renew us daily in your love.

May God bless us, keep us from all evil and bring us to everlasting life. Amen.