



CELEBRATING AT HOME

THE MOST HOLY TRINITY

God enfleshed in us (John 16:12-15)



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Sign of the Cross

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

Amen

The Lord is here, present among us.

**We are gathered with the whole Church in
this moment of prayer.**

Preparing to hear the Word

We have been called by God
to be the Church,
the Body of Christ in this world.

We are not a building, but a people,
gathered and grounded in
**the Word of God,
the love of Christ,
and the unity of the Holy Spirit.**

God of tenderness and compassion,
slow to anger and rich in mercy,
forgive us our faults and make us your own.

God of love and peace,
stay with us always.

Scripture Reading (*John 16:12-15*)

Jesus said to his disciples:

'I still have many things to say to you
but they would be too much for you now.
But when the Spirit of truth comes
he will lead you to the complete truth,
since he will not be speaking as from himself
but will say only what he has learnt;
and he will tell you of the things to come.
He will glorify me,
since all he tells you
will be taken from what is mine.

Everything the Father has is mine;
that is why I said:
All he tells you
will be taken from what is mine."

Reflection - *God enfleshed in us*

The Feast of the Trinity is a day for reflecting on who
God is, not for trying to figure out how there can be
three persons in one God.

The Church's focus today is on experience, not
theology.

In intellectual terms, God remains a mystery. For
people of faith, God is known not by the mind, but by
the heart. That is what spirituality and mysticism are
about - exploring our experience of God.

Through our public liturgy, private prayer and
contemplation we come to experience - to 'know'
and feel in our hearts - that God loves us, accepts
us, forgives us and constantly invites us into an ever
deeper experience of love.

When we allow God's heart to speak to ours in love
we begin to absorb more of God's life into our own.
We are being transformed. Our values and attitudes,
our ways of looking at and being in the world start to
change. We begin to see with God's eyes and feel with
God's heart.

We become passionate about the things God is
passionate about: speaking truthfully, acting with
justice and integrity, looking out for each other and
especially for the vulnerable, promoting peace and
understanding, ending competition and discrimination,
respecting life.

That makes us better people and our lives become a
blessing for each other and for the world.

That is what it means to live out of God's great gift
to us, the Spirit of Jesus Christ which God has placed
in our hearts. God becomes enfleshed in us and we
become stewards of God's grace and life.

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Prayers of Intercession

Creating God,
increase our deepest respect and care
for all the gifts of creation you entrust to us.

Saving Word of God,
**deepen our commitment to forgive, love and serve
each other.**

Abiding Spirit of Life,
awaken our hearts and minds to your presence.

Lord's Prayer

Formed by the teaching and example of Jesus,
we 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.**

Closing Prayer

Gracious God of beauty, truth and goodness,
you redeem and renew us.
Continue to live deeply within us and through us
so that your love and healing
can continue to touch and transform our world.
Through Christ our Lord.
Amen.

Blessing

May the grace of our Lord, Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit,
remain with us always.



The Merciful Trinity - Sr Caritas Müller OP, 2007

The Father, in the circle on the right, bends over the human person, holding him tenderly, supporting his body and kissing his forehead. This is God the Father who welcomes and embraces us, who hears our pleas and supports us, who loves us into life and sustains us in our suffering. This is the mercy of the Father, loving us, holding us and treasuring us at every minute of our lives.

The Son, in the left circle, gently touches the man's feet, tending his wounds. The image reminds us of Jesus' parable of the Good Samaritan when the Samaritan stops to attend to the needs of a man who had fallen into the hands of robbers who had beaten him and left him near dead (Lk: 10:30-35). It also reminds us of the Last Supper when Jesus washed the feet of the disciples (Jn 13:3-16). This is the Son, who assumed our fragile and vulnerable condition and became human, one like us in all things but sin. This is the Son who showed his great love, hospitality and compassion for each and everyone. Everyone is welcome in his presence.

The Holy Spirit, in the middle, looks down lovingly on the human person as if beckoning him to awaken and arise. The image reminds us of the Spirit's epiphany in the form of tongues of fire at Pentecost and in the form of a dove at Jesus' baptism. The tongues of fire warm us and enliven us. The dove hovers over us and protects us, inspiring us to respond to the new life that is offered to us. It is the Spirit who leads us to the Son and, through the Son, to the Father. It is the Spirit who teaches us how to pray, who guides us, who shows us our mission here on earth and who grants us the gifts that we need to accomplish it. This is the Trinity of three divine persons who together are one God, who supports us in our suffering, responds to our needs with unfailing love and compassion, and urges us to new life and good works for the building up of community.



Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



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