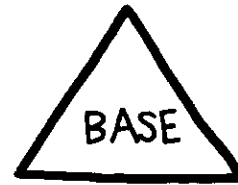
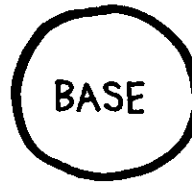
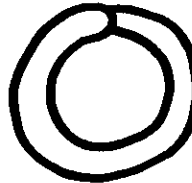




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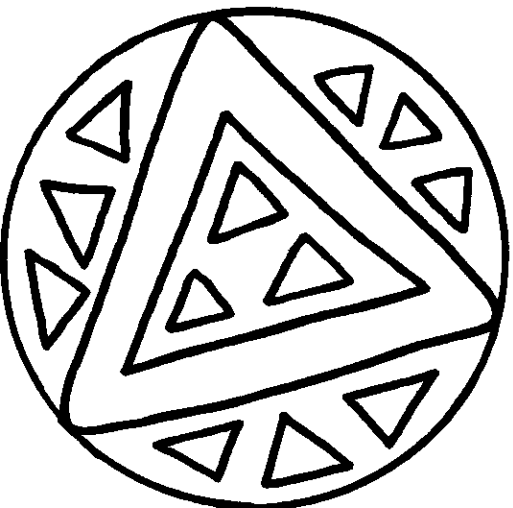
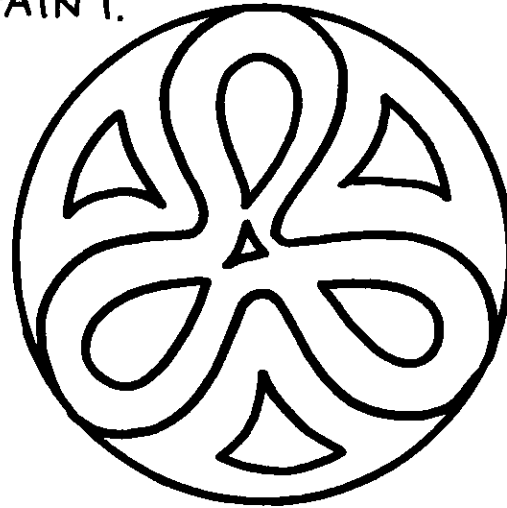
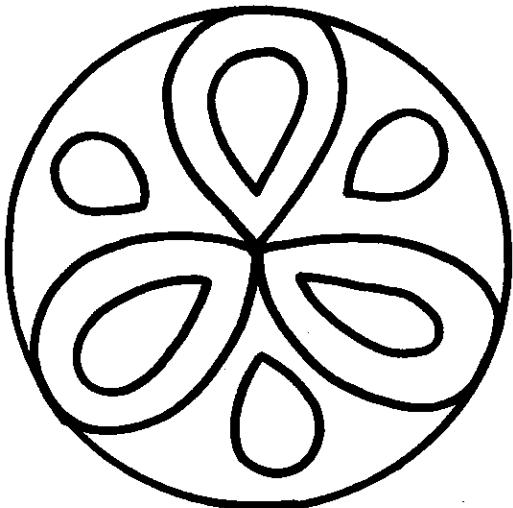
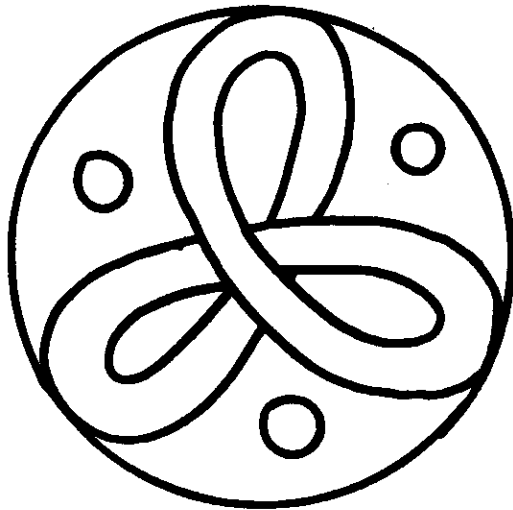
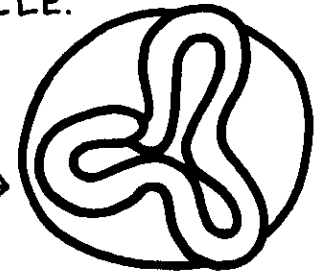


MODELLING MATERIAL.



MAKE A  
CIRCLE.

PRESS ONTO  
BASE.  
ALLOW TO  
HARDEN AND  
PAINT.





# Trinity Sunday (Years A, B and C)

## Focus

Cut three equal lengths of different coloured paper and loop them together so that the three paper rings cannot be separated. Place next to a candle.

## Introduction

The faith of all Christians is rooted in the mystery of the Trinity. Much of this mystery is beyond our comprehension, our imagination and our understanding. We must rely on the gift of faith to open our hearts and minds to help us to accept and believe in a God who is Father, a God who is Son, a God who is Spirit; but a God made one by love.

## Gloria

## Gospel Acclamation

Light the Gospel candle and sing Acclamation 2.

## Gospel

A reading from the Gospel of St Matthew (28:16-20)  
(See page 371.)

## Reflection

*We describe God as three persons in one. Can you name those three persons?*

God the Father – who created the world and everything in it. Jesus taught us to call him our 'Father' when we pray. He loves us so much that he sent his Son Jesus to be our Saviour.

God the Son – Jesus was God made man, who was born as a human baby in Bethlehem. He came to teach and show us how to live as God's children. He died on the cross and rose from the dead so that all who follow him could share his eternal life.

God the Holy Spirit – The Holy Spirit is our invisible friend, the unseen person of God who lives with us and in us, helping us to live and love as God's children.

*Sometimes we can find it confusing to think of three persons in one God! Here is a comparison that might help.*

Close your eyes and imagine the sun in the sky on a hot summer's day.

Compare God to that sun in the sky. The sun, which is a ball of light and heat and which is too powerful for us to look at directly, is like God the Father.

From the sun comes light, which shines in our world and gives light to us; we could compare this light with God the Son. Jesus even called himself the Light of the World.

From the sun also comes heat to warm the earth and make things grow. We could compare this heat with the Holy Spirit, the Lord and giver of life. Just as an egg or planted seed needs warmth to grow and live, so the Holy Spirit warms our hearts helping the faith planted there by God to grow strong.

So we can imagine the sun in the sky, the light that shines from it and the heat of its rays; three separate things, yet

one does not exist without the other. They are three and they are one – just like the Trinity. (Now open your eyes.)

Wherever Jesus is, there we shall find God the Father. Wherever the Father is, there we shall see God the Son. Where Father and Son are, the Spirit is there with them. They are three and yet they are one.

## Activity

There are many different Christian symbols for the Trinity to remind us of the three persons of God as Father, Son and Holy Spirit.

Photocopy the illustrated designs. Cut these out and stick them on some card with safety pins sellotaped to the back. These can then be decorated! Alternatively, bend pipe cleaners into shape and stick these on to pieces of card to make bookmarks or badges to keep.

OR

Using modelling clay, cut out circular or triangular shapes to use as a base (to save time this could be done beforehand). Roll out a long ribbon of modelling material and join the ends to make a circle. (The circle without beginning or end is a symbol of one God whose love is everlasting.) Lay this on a base shape and loop it into one of the illustrated designs, with three shapes all the same size (representing God as Father, Son and Holy Spirit). Press the design down on to the base to make it stick. (The modelling clay can be painted at home after allowing it to harden.)

## Intercessions

As brothers and sisters in one loving family, together let us pray to our heavenly Father:

For God's people throughout the world;  
that we may be living examples of his love.

Lord, in your mercy, **hear our prayer.**

For the homeless, the hungry and all in need;  
that we may generously share whatever we have.

Lord, in your mercy, **hear our prayer.**

For the sick and those who care for them;  
that they may know God's strength and comfort.

Lord, in your mercy, **hear our prayer.**

For all who have died;  
that they may find eternal peace and happiness.

Lord in your mercy, **hear our prayer.**

Knowing that our heavenly Father is listening,  
in the silence of our hearts  
let us share our own unspoken prayers with him.

*Silence*

Loving Father,  
hear the prayers of your children,  
and strengthen our faith and love for you  
and one another,  
with the help of the Holy Spirit.  
We ask this through Christ your Son. **Amen.**



Years A, B and C

## Feast of the Trinity

### God the Father, Son, and Holy Spirit

#### INTRODUCTION

*(For this feast, we will use the Gospel from Year B.)*  
God shares himself with us through the three persons of the Trinity. We share the love of God the Father, the goodness of Jesus the Son, and the friendship of the Holy Spirit.

#### SIGN OF THE CROSS

#### LIGHT THE CANDLES

As we light our candles today, we thank God the Father for sending Jesus, his son, to rescue us from sin, and the Holy Spirit who will always be our friend. Sing the Candle Song.

#### SORRY

Say this prayer together:

Help us, Lord, to do what is right.  
Make our words and thoughts  
true and sincere,  
so that we harm no one  
by what we say or do.

(Psalm 15:2-3)

#### GLORIA

#### GOSPEL ACCLAMATION

To welcome today's Gospel sing Acclamation 1.

#### GOSPEL (MATTHEW 28:16-20)

Jesus appeared to his disciples on a hillside where they had arranged to meet. When they saw him they fell to their knees and he said to them, "All power in heaven and on earth has been given to me, and I am sending you out into the world to make disciples of all peoples. Baptize them in the name of the Father and of the Son and of the Holy Spirit, and teach them to obey all the commandments I have given to you. Remember that I will always be with you, to the very end of time."

#### DISCUSSION

"Trinity" means something made up of three, and today we give thanks for the three persons of God. Who are the three persons who make up the Holy

Trinity and what do we know about them?

1. God the Father created the world and everything in it. He loves us all dearly and sent his only son, Jesus, to rescue us from sin.

2. God the Son is Jesus, made human. We know many stories which remind us of his kindness and goodness and his love for all people. He taught us how we should live and the path to follow to find our way to heaven. His love was so great, he died on the cross and rose from the dead to save us from sin.

3. God the Holy Spirit takes many forms: wind, fire, or a dove. He is invisible but very powerful. The Spirit fills us with God's life and warms our hearts with the fire of God's love and courage.

So, there are three persons but only one God. The Trinity is a mystery which we cannot really understand, but because we know that God can do anything, we believe in this mystery. It is part of our faith.

(To illustrate the mystery of the Trinity in a simple way, have ready three hats which will be instantly recognized by the children, for example, hats belonging to a fireman, a policeman, and a soldier. Ask for a volunteer to come and stand in front of the other children. Have the children tell you the child's name and then as you place each hat on the child in turn, ask them to say what job the child would do while wearing that hat. "This is John, the soldier; this is John, the fireman; this is John, the policeman.")

God is like the child with the three hats, only one God but according to what "job" he is doing, and what "hat" he is wearing, God is known as the Father, Son, or Holy Spirit.)

#### ACTIVITY

Copy the illustration, and ask each child to color the three "hats" worn by the one person of God.

#### CREED

Before saying the Creed together, help the children to think carefully about the words of the prayer and their belief in God the Father, Jesus the Son, and the Holy Spirit.

#### CLOSING PRAYER

Say the Glory Be together.