

Reflecting  
**on Trinity Sunday**



Archdiocese of  
**Liverpool**

## Prepare to be attentive to *The God Who Speaks in this story.*



- Light a candle or tea light if possible.
- Perhaps place a plant, leaves or a flower from the garden next to the light.

## Let us begin our time of prayer for Trinity Sunday:



May God,  
who comes to us  
in the things of this world,  
bless your eyes  
and be in your seeing.

May Christ,  
who looks upon you  
with deepest love,  
bless your eyes  
and widen your gaze.

May the Spirit,  
who perceives what is  
and what may yet be,  
bless your eyes  
and sharpen your vision.

May the Sacred Three  
bless your eyes  
and cause you to see.

*Jan L Richardson*

Now, breathe deeply and allow yourself to become still.

**Let the music, *Father, I adore you*, help you to relax. Ask for God's grace and light to fill your heart and your mind as you open to the Word.**



Father, I adore you,  
lay my life before you.  
How I love you.

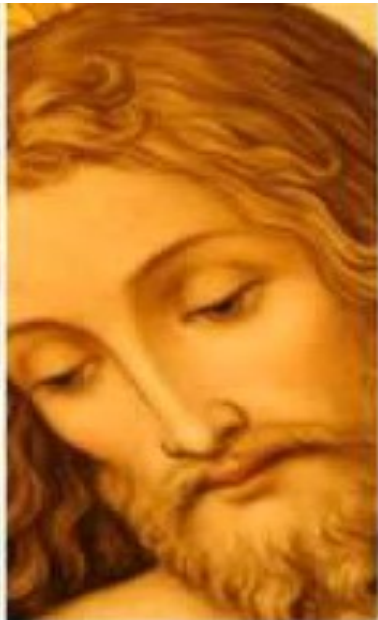
Jesus, I adore you,  
lay my life before you.  
How I love you.

Spirit, I adore you,  
lay my life before you.  
How I love you.



**Spend some time just looking at the three images.**

- Where is your eye drawn to?
- What feelings are you experiencing?
- What are you noticing?



## Pray the Responsorial Psalm *To you glory and praise.*



*To you glory and praise.  
To you glory and praise.  
To you glory and praise for evermore.*

You are blest, Lord God of our fathers,  
Blest your glorious, holy name.  
You are blest in the temple of your glory,  
To you glory and praise for evermore.

*To you glory and praise.  
To you glory and praise.  
To you glory and praise for evermore.*

You are blest who gaze into the depths,  
You are blest in the firmament of heaven.  
You who walk on the wings of the wind,  
To you glory and praise for evermore.

*To you glory and praise.  
To you glory and praise.  
To you glory and praise for evermore.*

May they bless you, the saints and the angels;  
To you glory and praise for evermore.  
From the heavens, the earth and the sea,  
To you glory and praise for evermore.

*To you glory and praise.  
To you glory and praise.  
To you glory and praise for evermore.*

**Now, either read slowly to yourself this short passage from the Gospel according to John or better still, read it aloud, again slowly.**

*From the Gospel according to John 3:16-18*



For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God.



The Gospel of the Lord.

**Now revisit a word or phrase that seems to be most important for you.**

**Read this part a second time, aloud if possible, and allow it to nourish you before reading Fr Chris Thomas' reflection...**



Many years ago, I watched an interview with Colin Parry who was the father of Tim, the young boy killed in the Warrington IRA bomb attack. It was a very poignant interview as Colin shared deep emotions about his loss and his thoughts on the Northern Ireland situation and those who had planted the bomb that had murdered his son. As I watched I knew that this man was never going to be destroyed by what had happened to him and his family.

More than his incredible bravery in the midst of terrible tragedy Colin Parry helped me to crystallise something of my image of God in so far as you can ever capture in words something which is beyond words and in a sense can only be experienced. As Colin Parry spoke and shared, there was within him a strength, a vulnerability and a power, which for me capture something of the reality of God and the life of God that we are inviting people into. For God to so love the world, as John says in today's Gospel, is all of those things, strength, vulnerability, and power. God chose to love, and from this place of strength has chosen to be vulnerable in the person of Jesus, who gave his life away so that we might see and understand how loving our God is. When strength and vulnerability come together there is an explosion of power. That is the Holy Spirit, who transforms and sets free. During this COVID-19 pandemic, we have had, if we have eyes to see, many images of God and all of them have been about strength, vulnerability and power.

I have been told that there is a picture painted on the wall of a thirteenth century Lutheran Church in Germany. It shows an old man holding in his hands the orb of power -God the Creator. On the opposite wall is the broken bleeding body of Jesus staring at the Father with a look of such intensity and understanding and

love it almost breaks you. It is an image of the vulnerable God who has given Godself away for the sake of love. On the ceiling with rays of power coming from its wings is the Spirit. The relationship of pure love between the Father and the Son is the Spirit, the power, which enables strength and vulnerability to be shared. I once saw a picture of it and it moved me to tears.

What does all of that say to us today in 2020? If you go back to the book of Genesis, the author reminds us that we are made in the image and likeness of God. Within us there is the incredible strength of love by which we can choose to be vulnerable and give ourselves away for the sake of the world and as that strength and vulnerability come together there is power. Those who challenge the world are those whose love is strong enough to let them give themselves away for the sake of the world, Martin Luther, Ghandi, Mother Teresa and many others.

The challenge of the feast we celebrate today is to find within ourselves the strength that comes from love and is God. It is to share with the world love which does not count the cost and is expressed through compassion and mercy and forgiveness. It is to show love, which has conquered the petty self-righteousness that so many of us live by. It is to be led into that place of vulnerability in which for the sake of others we give our very lives away. It is in the doing and the living of those realities that we find power. It is a hard way to live. Love is never easy, and vulnerability frightens us, but the power of the Spirit is with us. So, on this Trinity Sunday, let's pray that the God who has revealed Godself as strength, vulnerability and power will break forth within us and through us will bring life to the world.



**Take a few moments to receive and reflect again on this *Trinity Blessing* by Jan L Richardson.**



May God,  
who comes to us  
in the things of this world,  
bless your eyes  
and be in your seeing.

May Christ,  
who looks upon you  
with deepest love,  
bless your eyes  
and widen your gaze.

May the Spirit,  
who perceives what is  
and what may yet be,  
bless your eyes  
and sharpen your vision.

May the Sacred Three  
bless your eyes  
and cause you to see.

In this new season  
may you know  
the presence of the God  
who dwells within your days,  
the mystery of the Christ  
who drenches you in love,  
the blessing of the Spirit  
who bears you into life anew.



**As a result of your reflection, offer some prayers of intercession for the people and situations in our world today that seem to you to be most in need.**

*Let's begin with the prayer Archbishop Malcolm has asked us to pray at this time and then you may like to include one or more of prayers that follow:*



God Our Father,  
each person is precious to You.  
You are the Giver of life.  
Have mercy on us and protect us at this time,  
as the coronavirus threatens health and life.  
You are an ever-present Helper in time of trouble.  
Watch over those who are suffering,  
give strength to those who are aiding the sick  
and give courage to all in this time of anxiety.  
We ask this of you in the name of your Son,  
Jesus Christ.  
Amen.

We pray for Pope Francis, Archbishop Malcolm and all involved in serving the People of God at this time of crisis ... that knowing the threefold embrace of the Blessed Trinity they may serve with wisdom, courage and loving concern for the weakest and most vulnerable.

We pray for all who care for the sick and dying, the elderly and the vulnerable ... may they have the resources they need to be able to fulfil their role with kindness and compassion.

We pray for those who are grieving at this time ... that they may be comforted and find support in the prayer of the community.

We pray for all involved in re-opening shops and businesses during the next few weeks ... may they be supported by their local communities.

We pray for the work of our diocesan Synod ... that our community will wisely discern where the Holy Spirit is leading us during the coming months.

We pray now in the words Jesus gave us:

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.

**To end your time of reflection, listen to *Holy, holy, holy! Lord God Almighty!***



Holy, holy, holy! Lord God Almighty!  
Early in the morning our song shall rise to Thee.  
Holy, holy, holy! Merciful and mighty,  
God in three Persons, blessed Trinity!

Holy, holy, holy! All the saints adore Thee,  
Casting down their golden crowns around the glassy  
sea;  
Cherubim and seraphim falling down before Thee,  
Which wert, and art, and evermore shall be.

Holy, holy, holy! Though the darkness hide Thee,  
Though the eye made blind by sin Thy glory may not see,  
Only Thou art holy; there is none beside Thee,  
Perfect in pow'r, in love and purity.

Holy, holy, holy! Lord God Almighty!  
All Thy works shall praise Thy name, in earth, and sky,  
and sea;  
Holy, holy, holy! Merciful and mighty!  
God in three Persons, blessed Trinity!

## Acknowledgements

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Images on page 3 (clockwise from left): Holy Spirit internal Pentecost, Sacred Space 102fm; Holy Trinity fresco in St Mary Koumbelidiki Church Greece, 1260-1280; three as one, the Holy Trinity.

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Holy, holy, holy! Lord God Almighty!  
Text: Reginald Heber  
Music: John B. Dykes