

Here's a text if you've only a minute ...

Blessed be God the Father and the Only Begotten Son of God,
and also the Holy Spirit, for he has shown us his merciful love.

Entrance Antiphon

'Let my Lord come with us, I beg.'

First Reading

Lord, I offer you my whole self,
my memory, my liberty, my entire will
that you may grow in me and through me.
I want you to live and work and play and pray in and through me.
Your love and your grace are all I need.

St Ignatius, *Suscipe* (adapted)

Father, you sent your Word to bring us truth
and your Spirit to make us holy.

Through them we come to know the mystery of your life.

Help us to worship you, one God in three Persons,
by proclaiming and living our faith in you.

Old Opening Prayer

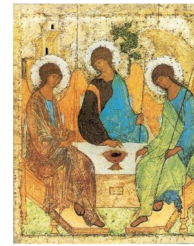
This week's texts if you want to explore further:
Exodus 34: 4-6,8-9; Daniel 3: 52-56; 2 Cor. 13: 11-13; John 3: 16-18



Be united;
live in peace,
and the God
of love and
peace will
be with you.

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



The Most Holy Trinity Year A, 4th June 2023

A God of tenderness and compassion,
slow to anger,
rich in kindness and faithfulness

Today we celebrate the mystery of the Trinity: one God in three persons. God is the Lover (Father, Creator), the Beloved (Son, Saviour), and the Love which flows between them (Holy Spirit, Counsellor). Our readings help us see who God is, and what God does for us.

Moses's obedience and humility are revealed as he calls on God from the top of Mount Sinai (**First Reading**), pleading for the headstrong people of Israel. In responding, the Lord describes himself as '*a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness*'.

In the **Gospel**, Jesus tells Nicodemus of the overwhelming love God has for the world in sending his Son to be its Saviour. Through Jesus's death and resurrection, we are given the gift of the Holy Spirit.

Paul's wish for the discordant Corinthians (**Second Reading**) is peace, unity, fellowship and love. Paul encourages them (and us) to reveal the qualities of God seen in Jesus, gifted to us through the Holy Spirit, and gifted to others through our behaviour.

The **Psalm**, taken from the book of Daniel, gives praise and glory to God, exalting him above all forever.

Rublev's famous icon (above) suggests the love the Holy Trinity has for us in the humility, harmony and mutual love of the three persons. I notice the space at the front of the table inviting me to share in this love and life. In thanksgiving, let's pray St Paul's blessing this week, that 'the grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us all'.



Opening Prayer

God our Father, who by sending into the world
the Word of truth and the Spirit of sanctification
made known to the human race your wondrous mystery.
Grant us, we pray, that in professing the true faith, we may acknowledge
the Trinity of eternal glory and adore your Unity, powerful in majesty.

Second Reading 2 Corinthians 13: 11–13

Brothers and sisters, 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.

Taking as much time as I need, I get ready for my prayer. As I settle in a quiet space, I notice how I'm feeling. How have I been?

I try to let my thoughts slow down. I may take a few deep breaths. Gently I place myself in God's loving presence. I ask God's Spirit to open my heart and mind wider, and to guide my prayer.

When ready, I make a slow, prayerful sign of the cross, recalling the love the Trinity has for me. This is a love that cannot be earned: it is freely given and received with gratitude. I remind myself, too, that I am called each day to take up my own cross and follow Jesus.

I read the passage slowly, and mull over any word or phrase that particularly catches my attention. I allow it to soak in. I may like to imagine the letter is addressed to me personally.

Maybe I'm drawn to the phrase 'Greet one another with the holy kiss.' How do I tend to greet others? Do I welcome them as if they are family?

St Paul outlines the attitudes needed to live a Christian life.

We are to 'rejoice', 'mend our ways', 'encourage one another', 'agree with one another', 'live in peace'.

How am I being called to show my love towards others ... to encourage others ... to promote unity and peace?

I ponder any thoughts and emotions arising for me. What do I want to say to God? I speak freely from my heart, confident of his deep, loving care for me.

What do I want to pray for? Perhaps a grace, love, or support ... for myself or for someone else? I ask for this in confidence.

When ready, and giving thanks, I close with '*Glory be*'

Gospel John 3: 16–18

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.'

I gradually become still, handing over any concerns or desires to the Lord so that I can focus all my attention on God.

I ask for the guidance of the Spirit as I read the Gospel passage slowly, a few times.

In my mind's eye, I may picture this night-time meeting between Jesus and his secret admirer, Nicodemus, a member of the Sanhedrin. Perhaps I place myself in the darkness beside Nicodemus, who is seeking out Jesus, the light of the world.

Is there something I'm really looking for in my own life?
I speak openly with Jesus about whatever it may be.

Jesus begins to explain the truth about himself to Nicodemus.

I listen as Jesus reveals God's plan to send his Son into the world to save it ... and to save me. God's invitation is for us to be with God forever.

How do I feel as I hear these words?

I ponder the Father's pain in sacrificing his Son, and Jesus's willingness to accept the cross. I sense the enormous depth of God's love for me. Where do I see God's love at work in my life and in the world around me?

How do I respond?

I rest awhile with Jesus. When ready, I slowly draw my prayer to a close. I may like to use the words adapted from the 'Suscipe' of St Ignatius (overleaf), or a prayer of my own choice.