

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

From everlasting I was firmly set, from the beginning,  
before the earth came into being.

*First Reading*

How great is your name, O Lord our God, through all the earth. *Psalms*

By faith we are judged righteous and at peace with God. *Second Reading*

God we praise you:

Father all powerful, Christ Lord and Saviour, Spirit of love.

You reveal yourself in the depths of our being,  
drawing us to share in your life and your love.

One God, three Persons,

be near to the people formed in your image,  
close to the world your love brings to life.

*Old Opening Prayer*

This week's texts if you'd like to reflect further:  
Proverbs 8: 22–31; Psalm 8: 4–9; Romans 5: 1–5; John 16: 12–15

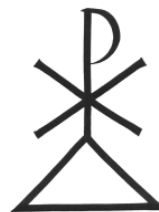


A Russian  
wedding ring  
is a symbol of  
the unity of the  
Three Divine Persons  
in the Godhead

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The Most Holy Trinity  
Year C, 12th June 2022

Glory be to the Father, and to the Son,  
and to the Holy Spirit

Today our Easter season closes with the feast of the Holy Trinity – the mystery that is central to our faith. We celebrate our trust in God who is three persons: God the Father, the Creator of all; Jesus, God's Word made flesh; and the Spirit who teaches and guides us. Three in One and One in Three – we offer them our praise and glory.

The **First Reading** tells of the glory of creation, as Wisdom herself rejoices in the unfolding of God's plan for the natural world we now inhabit.

The **Psalms** continues the theme of joy and praise for creation, reminding us of the power over all living things that God has given humankind, and the responsibility that this brings.

In the **Second Reading**, St Paul speaks of how we, through the love of Jesus, are at peace with God and will have a share in his glory. Because of this, when times of suffering come to us, we will find the patience to persevere and continue to have hope in the love of God.

In the **Gospel**, Jesus seeks to reassure the disciples that even when he is no longer with them, they will not be facing the future alone. They – and we – will always have the Spirit of truth as teacher and guide, helping us to see and hear the word of God in Christ Jesus every day of our lives.

Because of the love poured out on us, we are called to show that love to the world and to everyone we meet. This week we pray, in the words of the prophet Micah, for the grace to always do justice, act kindly, and walk humbly with our God. We also pray for the peace of the world, and especially for the people of Ukraine.



### 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.

### Psalm 8: 4–9

**R:/ How great is your name,  
O Lord our God, through all the earth.**

**W**hen I see the heavens, the work of your hands,  
the moon and the stars which you arranged,  
what are we that you should keep us in mind,  
mere mortals that you care for us?

Yet you have made us little less than gods;  
and crowned us with glory and honour,  
you gave us power over the works of your hands,  
put all things under our feet

All of them, sheep and cattle,  
yes even the savage beasts,  
birds of the air and fish  
that make their way through the waters.

Settling in the place where I will pray today, I become aware of how I am feeling and what is going on around me. I focus my attention on my breathing, drawing in God's loving welcome, and setting aside any worries or concerns I am carrying.

When I feel ready, I read slowly through the Psalm. If possible I repeat the words out loud so that I can hear the rhythm of the verses. I might like to recite the response a number of times as a mantra, noticing what thoughts and images arise for me. I share them with the Lord.

As I read the text again, how does it feel to think of myself as 'little less than a god'? What does it mean to me to have *power over the works of God's hands*, to have everything *under my feet*?

I ponder how I respond to this power in my actions in everyday life.  
Are there changes I need to make?

If I can, I may take my prayer outside, or position myself by a window so that I can look out on whatever part of God's creation surrounds me. If I am praying at night, I might spend some time pondering the wonder of the moon and stars if they are visible, or picturing them in my mind's eye.

I draw my prayer to a close with gratitude for everything that surrounds me:  
*Glory be to the Father, and to the Son and to the Holy Spirit.*

### Gospel John 16: 12–15

**J**esus 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."'

Mindful of this feast of the Holy Trinity, I begin my prayer by making a very slow, thoughtful sign of the cross. Perhaps this is a gesture I often make without really thinking ... but today I take time to ponder each person of the Trinity. I prepare myself for prayer in whatever way works best for me.

In time, I slowly read through the Gospel a number of times, savouring the words, and noticing where I find myself drawn.

I take my time – revisiting the words or phrases that particularly speak to me. I invite my creator, who is God the Father ... the Word made flesh who is my saviour Jesus Christ ... and the Holy Spirit, bringer of light and wisdom ... to enlighten my heart and mind as I continue to ponder the mystery of their unity.

I may want to imagine myself now standing alongside the disciples, looking on as Jesus speaks. Perhaps at first I find his words too much to comprehend fully. Then Jesus speaks directly to me, reminding me that I share, with him, the knowledge of what is to happen in the days and weeks ahead ... the horror of his death on the cross, and the glory of his resurrection and ascension into heaven. How do I feel now as I ponder what I myself believe to be that truth brought by the Spirit, glorifying Jesus and the Father?

As I begin to draw my prayer to a close, I ask myself how my beliefs influence the way I am living my life now. Do my actions always bear witness to the love I have been given? Do others see the love of God through me?

In faith and humility, I ask for the graces and blessings I need to always bear true witness to the glory of the Father, Son and Spirit.