

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

The Lord, the Lord, a God merciful and gracious. *First Reading*

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all. *Second Reading*

God so loved the world, that he gave his only begotten Son. *Gospel*

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:  
Exodus 34: 4-6,8-9; Daniel 3: 52-56; 2 Cor. 13: 11-13; John 3: 16-18

Merciful Trinity by Sister Caritas Muller, OP (2007)



God of  
mercy and  
compassion

To ponder this image more deeply in your prayer, see the commentary at  
[www.carmelites.org.au/item/1302-god-enfleshed-in-us](http://www.carmelites.org.au/item/1302-god-enfleshed-in-us)

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



**PREGO LEAFLET**

The Most Holy Trinity  
Year A, 31st May 2026

The God of Love and Peace

This Sunday, after all the events and celebrations of Passiontide and Easter, we come to ponder the great mystery of the Most Holy Trinity, which binds them all together.

In the **First Reading**, Moses goes up Mount Sinai to plead for his sinful people. He enters the cloud of the Lord's presence and discovers a God of tenderness, compassion and forgiveness.

The **Canticle** that follows comes from the Book of Daniel, and is a song of praise to bless and glorify God in the heavens and in creation.

St Paul closes his letter to the Corinthians (**Second Reading**) with a blessing of the three Persons, one God.

The **Gospel** is part of Jesus's conversation with Nicodemus. It clearly states that the Father gave his Son Jesus, with infinite love, to bring eternal life.

May we strive to live this week in the fellowship of the Father, Son and Holy Spirit, spreading God's love and peace.



### 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: 11–14

**B**rothers and sisters: Rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

I prepare myself for prayer by stilling my mind and body.

I take a few deep breaths, close my eyes or maybe focus on a candle.

I read the text slowly.

Can I feel joy today, even if it is well below the surface?

St Paul gives words of encouragement: to mend our ways, to help, to be united, to live in peace ...

To which of these do I feel drawn, and why?

I note that they all work to build up the community and are not self-centred. Does this speak to me?

I ponder 'the Grace'. It is a common blessing of all three persons: Father, Son and Holy Spirit.

I pray that I may enter more fully into this loving relationship of the Trinity. How can I do this?

Is there any way I can embody this loving relationship more?

I sit with these questions. In silence I listen.

I imagine the flow of love between the Father, Son and Holy Spirit.

I end my prayer, uniting with them, in a slow sign of the cross.

## Gospel John 3: 16–18

**F**or God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only begotten Son of God.

As I come to pray, I remind myself that I am in the presence of God, the Most Holy Trinity.

I breathe gently, taking the time to absorb something of this awesome reality.

If I wish, I can greet each person separately and express my love and gratitude.

I may choose to spend my time of prayer at peace with the Trinity.

When I am ready, I read the Gospel slowly a couple of times.

Nicodemus has come to Jesus fearfully, under the cover of darkness, but with huge interest and curiosity. How do I imagine he hears these wonderful words of Jesus — 'God so loved the world ...'?

How do I understand 'eternal life'?

I turn to Jesus, the only begotten Son, given to us in the love of the Father.

I speak to him, maybe of my love for him, or of wanting to be part of his saving mission ...

God does not condemn the world. Perhaps I pray to be free and to be non-judgemental. I also think of those who struggle, those who turn away from God's love.

I ponder the role of the Spirit forever at work in all of us, so that we may grow together as Jesus's brothers and sisters under one Father.

I sit quietly in this Trinitarian presence.

I end my prayer with a *Glory be* ...