CELEBRATING AT HOME

THE MOST HOLY TRINITY

God enfleshed in us (Matthew 28:16-20)

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Sign of the Cross

In the name of the Father, and of the Son,
and of the Holy Spirit.
Amen.

The Lord is here, present among us.
We are gathered with the whole Church in this moment of prayer.

Preparing to hear the Word

We have been called by God
to be the Church,
the Body of Christ in this world.

We are not a building, but a people,
gathered and grounded in
the Word of God,
the love of Christ,
and the unity of the Holy Spirit.

God of tenderness and compassion,
slow to anger and rich in mercy,
forgive us our faults and make us your own.

God of love and peace,
stay with us always.

Scripture Reading *(Matthew 28:16-20)*

The eleven disciples set out for Galilee to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

Reflection - *God enfleshed in us*

A quick look at the readings for today shows very clearly that the Feast of the Trinity is a celebration of God's love for humankind. It is a day for reflecting on who God is, not for trying to figure out how there can be three persons in one God.

The Church's focus today is on experience, not theology.

In intellectual terms, God remains a mystery. For people of faith, God is known not by the mind, but by the heart. That is what spirituality and mysticism are about - exploring our experience of God.

In the first reading God is proclaimed as a God of tenderness and compassion, slow to anger and rich in mercy; a God who walks with his people.

Paul's words in the second reading are born out of his belief that, having been made in the image and likeness of God, Christians must always act in the image and likeness of God.

Through our public liturgy, private prayer and contemplation we come to experience - to 'know' and feel in our hearts - that God loves us, accepts us, forgives us and constantly invites us into an ever deeper experience of love.

When we allow God's heart to speak to ours in love we begin to absorb more of God's life into our own. We are being transformed. Our values and attitudes, our ways of looking at and being in the world start to change. We begin to see with God's eyes and feel with God's heart.

We become passionate about the things God is passionate about: speaking truthfully, acting with justice and integrity, looking out for each other and especially for the vulnerable, promoting peace and understanding, ending competition and discrimination, respecting life.

That makes us better people and our lives become a blessing for each other and for the world.

That is what it means to live out of God's great gift to us, the Spirit of Jesus Christ which God has placed in our hearts. God becomes enfleshed in us and we become stewards of God's grace and life.

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Prayers of Intercession

Creating God,
increase our deepest respect and care
for all the gifts of creation you entrust to us.

Saving Word of God,
deepen our commitment to forgive, love and serve each other.

Abiding Spirit of Life,
awaken our hearts and minds to your presence.

Lord's Prayer

Formed by the teaching and example of Jesus,
we pray:

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.

Closing Prayer

Gracious God of beauty, truth and goodness,
you redeem and renew us.
Continue to live deeply within us and through us
so that your love and healing
can continue to touch and transform our world.
Through Christ our Lord.
Amen.

Blessing

May the grace of our Lord, Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit,
remain with us always.

The Merciful Trinity - *Sr Caritas Müller OP, 2007*

The Father, in the circle on the right, bends over the human person, holding him tenderly, supporting his body and kissing his forehead. This is God the Father who welcomes and embraces us, who hears our pleas and supports us, who loves us into life and sustains us in our suffering. This is the mercy of the Father, loving us, holding us and treasuring us at every minute of our lives.

The Son, in the left circle, gently touches the man's feet, tending his wounds. The image reminds us of Jesus' parable of the Good Samaritan when the Samaritan stops to attend to the needs of a man who had fallen into the hands of robbers who had beaten him and left him near dead (Lk: 10:30-35). It also reminds us of the Last Supper when Jesus washed the feet of the disciples (Jn 13:3-16). This is the Son, who assumed our fragile and vulnerable condition and became human, one like us in all things but sin. This is the Son who showed his great love, hospitality and compassion for each and everyone. Everyone is welcome in his presence.

The Holy Spirit, in the middle, looks down lovingly on the human person as if beckoning him to awaken and arise. The image reminds us of the Spirit's epiphany in the form of tongues of fire at Pentecost and in the form of a dove at Jesus' baptism. The tongues of fire warm us and enliven us. The dove hovers over us and protects us, inspiring us to respond to the new life that is offered to us. It is the Spirit who leads us to the Son and, through the Son, to the Father. It is the Spirit who teaches us how to pray, who guides us, who shows us our mission here on earth and who grants us the gifts that we need to accomplish it. This is the Trinity of three divine persons who together are one God, who supports us in our suffering, responds to our needs with unfailing love and compassion, and urges us to new life and good works for the building up of community.

This resource is presented by the Carmelites of Australia & Timor-Leste at a time when many cannot gather together as we usually do to celebrate the Eucharist. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family at this time.

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