



AMDG
THE MOST HOLY TRINITY
YEAR A
7TH JUNE 2020



**'The God of Love and Peace
be with you!'**

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.

One God, three persons united in a constant flow of love and tenderness!
On this feast of the Most Holy Trinity, we are all invited to be drawn deeper
into the rhythm of this eternal dance of love.

Moses met God in the form of a cloud (*First Reading*). God revealed the
foundational truth that underlies the commandments Moses was carrying:
the Lord is compassion and tenderness, slow to anger and rich in kindness.

The *Psalms* from the Book of Daniel is an excerpt from a joyful song of praise,
attributed to three men whose faith had saved them from a fiery furnace:
'To you glory and praise for evermore'.

In Paul's letter (*Second Reading*) we hear how the early Christian community
were encouraged to embody this Trinitarian loving relationship, in how they
lived and greeted one another. As we consider the restrictions we have been
living under, may we truly value and cherish our bonds of friendship.

In John's *Gospel*, Jesus reveals to Nicodemus the depth of God's love for all
people. God sent his Son so that all may have eternal life.

Our Creator God became fully human and lived as one of us, physically living
out the compassion and tenderness revealed to Moses centuries before.
At Pentecost, the Spirit of God was poured into the hearts of Jesus's followers.
This same Spirit of love and kindness unites us now as we pray, whether we
do so alone, in a group, or in a virtual gathering.

*May the grace of the Lord Jesus Christ, the love of God and the fellowship of the
Holy Spirit be with us all.*

FIRST READING EXODUS 34: 4–6, 8–9

With the two tablets of stone in his hands, Moses went up the mountain of Sinai in the early morning as the Lord had commanded him. And the Lord descended in the form of a cloud, and Moses stood with him there.

He called on the name of the Lord. The Lord passed before him and proclaimed, ‘Lord, Lord, a God of tenderness and compassion, slow to anger, rich in kindness and faithfulness.’ And Moses bowed down to the ground at once and worshipped. ‘If I have indeed won your favour, Lord,’ he said, ‘let my Lord come with us, I beg. True, they are a headstrong people, but forgive us our faults, and our sins, and adopt us as your heritage.’

I invite myself to become still ... gently allowing my mind and body to settle in whatever way I feel drawn.

I read the text slowly, as many times as I need, so as to become familiar with the sights and sounds of this meeting between God and Moses.

It may help me to use my imagination to enter into the scene.

Perhaps I choose to take the role of Moses ... or maybe I am a hidden bystander. What do I see, hear and feel as the meeting unfolds before me?

As I listen to God speaking from a cloud, what does his tone of voice communicate?

Tenderness ... compassion ... kindness ... faithfulness ... a voice slow to anger?

Perhaps I imagine myself inviting these God-given qualities to seep deep into my being. Where do I feel these qualities within my body as I focus my attention upon them?

I listen again to the compassionate voice of God speaking to me.

Just like Moses on the mountain, what do I need to ask of God to help me now?

I take some time to ponder what I hear.

When I am ready, I close my prayer with words of loving gratitude.

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.’

Wherever I choose to pray today, I prepare myself in silence to enter deeper into the mystery of the Trinity.

I take time to read through the Gospel slowly, asking the Spirit of truth to help me hear the word of God with an open and attentive heart.

I pause in silence to allow the words to settle in my heart.

I read the passage again. It may help my prayer to imagine the meeting between Jesus and Nicodemus.

As I observe them speaking, what is my attention drawn towards?

How do I feel hearing Jesus speak these words?

I ponder... I listen.

Where have I noticed the love of God at work in my life?

What does this passage tell me about the relationship of the Trinity?

Here I am invited to enter more fully into a loving relationship with God, who is Father, Son, Spirit – Creator, Word and Wisdom.

What is my response today to that invitation?

I share this with God: Father, Son, and Spirit.

I close my prayer in praise of the Trinity, saying ‘*Glory be ...*’

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

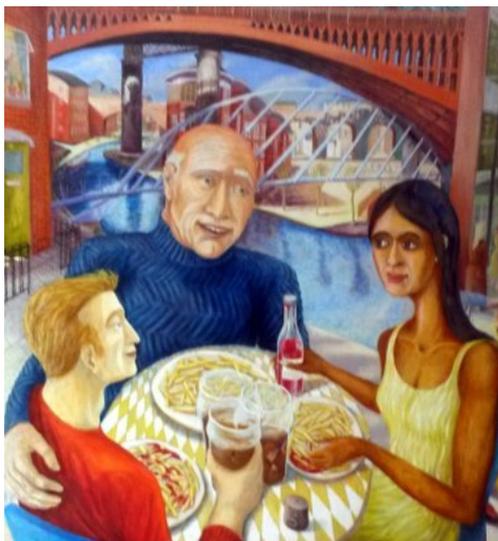
'Lord, Lord, a God of tenderness and compassion, slow to anger,
rich in kindness and faithfulness!' *First Reading*

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

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. *Gospel*

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

Mark Cazalet, *Trinity Reredos* (2001)
Fraser Chapel, Manchester Cathedral



How does
this image
help me
understand
the flow of
love within
the Trinity?



ST BEUNO'S OUTREACH
IN THE DIOCESE OF WREXHAM

JESUIT
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