



*Light and
Love in the
darkness*

CELEBRATING AT HOME TRINITY SUNDAY

God enfleshed in us (Jn 3:16-18)

This resource is presented by the Carmelites of Australia & Timor-Leste at a time when we 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.

CELEBRATING AT HOME TRINITY SUNDAY

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 (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.'

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.

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.