



SMALL GROUP NEWSLETTER
ST. MARY OF THE VISITATION PARISH
CAMBRIDGE, (H) ONT.

TRINITY SUNDAY

May 22, 2016

Introduction to the Word:



Today, one week after Pentecost Sunday, we celebrate Trinity Sunday. When we try to put our limited human minds around this idea of Three Persons in the One True God – when we try to think of God as the Father, the Son and the Holy Spirit, we say WE JUST CAN'T KNOW ANYTHING ABOUT the MYSTERY of the HOLY TRINITY. But a "mystery" is not something we can know nothing about; it is something which we know, but can NEVER ENTIRELY COMPREHEND.

He is a mystery, because the depths of God are ultimately incomprehensible. Yet we do know something about God . . . He has revealed Himself to us in His word and through Jesus Christ. One thing God has revealed is that HE IS ONE GOD and there are THREE PERSONS IN THE GODHEAD: God the Father, Jesus Christ His Son, and the Holy Spirit. When Jesus gave His Great Commission, we read, “Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit” (Matthew 28:19). He emphasized one baptism into one name—Father, Son, and Spirit.

Warm-Up:

This first reading today from the Book of Wisdom is viewed as being an invitation to come to understand the will of God. Discuss together ways you use to try and comprehend God's will in your life better (e.g meditation, Eucharistic Adoration, Rosary, Spiritual Direction). Why are these useful to you and how ?

CALL TO PRAYER (5 MINUTES)



SMALL GROUP NEWSLETTER ST. MARY OF THE VISITATION PARISH CAMBRIDGE, (H) ONT.

Leader: We celebrate the mystery of our triune God that we have named the “Most Holy Trinity:” Father, Son, and Holy Spirit: together, they create, redeem, animate and give life to all.

Lord Jesus, You reveal for us the love of the Father, **Lord, have mercy.**

Christ Jesus, You redeem us with your life-giving Word, **Christ, have mercy.**

Lord Jesus, You call us to fullness of life through your Spirit, **Lord, have mercy**

Let us pray together our Heart to Home Prayer:

*God Our Heavenly Father, we long to make our thoughts your thoughts,
and our ways your ways. As we prepare with attentive mind and open heart
to hear your Word Lord, we long to be empowered with your Spirit
so that we may bring your Word to our families, our parish and our communities.
This, our prayer, we make through the intercession of Our Lady of the Visitation and in name of
Christ Jesus our Lord. Amen.*

SCRIPTURE REFLECTION TIME (45 minutes)

(Please select one person –not including the leader – to take a turn at reading the scripture passages below.)

FIRST READING (Proverbs 8:22–31)

Thus says the Wisdom of God: “The Lord created me at the beginning of his work, the first of his acts of long ago. Ages ago I was set up, at the first, before the beginning of the earth. When there were no depths I was brought forth, when there were no springs abounding with water.

“Before the mountains had been shaped, before the hills, I was brought forth – when he had not yet made earth and fields, or the world’s first bits of soil. When he established the heavens, I was there, when he drew a circle on the face of the deep, when he made firm the skies above, when he established the fountains of the deep, when he assigned to the sea its limit, so that the waters might not transgress his command, when he marked out the foundations of the earth, then I was beside him, like a master worker; and I was daily his delight, rejoicing before him always, rejoicing in his inhabited world and delighting in the human race.” The Word of the Lord.

Thanks be to God.

SECOND READING (Romans 5:1–5)

Brothers and sisters: Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us. The Word of the Lord. **Thanks be to God.**

GOSPEL (John 16:12–15)

A reading from the holy Gospel according to John. **Glory to you, O Lord.**

Jesus said to his disciples: “I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his



SMALL GROUP NEWSLETTER ST. MARY OF THE VISITATION PARISH CAMBRIDGE, (H) ONT.

own, but will speak whatever he hears, and he will declare to you the things that are to come. He will glorify me, because he will take what is mine and declare it to you. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.”

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

(Allow a few minutes for quiet and for a brief reflection on a meaningful word or thought)

COMMENTARY:

[Feel free as a group to listen once again to the Lord's Day Message](#)

In his letter to the **Romans**, **Paul** refers to the three Persons: “we have peace with God, through our Lord Jesus Christ... God's love has been poured into our hearts through the Holy Spirit.”

In the **Gospel** we see the role of the “**Spirit of Truth** will come [at Pentecost] and will guide you in all truth.”

At the Last Supper Jesus had plenty to teach the Apostles. The poor fellows had no iPods, tape recorders, pencils or paper, to record all that Jesus was teaching them. Much of it was mind-boggling, confusing. **It only made sense after** the Resurrection of Jesus, and after they were filled with the Holy Spirit at the time of Pentecost. Then they told the story of Jesus and proclaimed the Good News with joy and conviction. Only Paul, Peter, James and John wrote a few letters. The Gospels were only written years later. The truth of the Gospel was preserved in them by the guidance of the Holy Spirit, the Spirit of Truth.

The mystery of the Trinity cannot be arrived at by reason, but only by revelation through the person of Jesus Christ.

So what can we take away for our benefit from this "mystery" feast? One point is clear. While *The Trinity* is a feast that glorifies the central mystery of our faith—a mystery based on the way the three persons relate to each other (from within)—all three readings address *the way God relates to us*, namely through his creation— through the ways we *experience* his personal love as **Father**, the way we experience the grace-filled presence of **Jesus his Son**, and the way we are empowered (energized) by the love of the Father for the Son which is the **Holy Spirit**. We are not well served when we concentrate mostly on an abstract doctrine.

It is all about God's love in the Trinity, and God's love for us. “**God is Love!**”

This is well described for us in Jesus' image of the “Vine and the branches” (John 15:1-10) “As the Father loves me, remain, abide, make your home in me.” In these few verses Jesus uses the word remain, or abide, or make your home in me (depending on the version of the Bible) 11 times.



SMALL GROUP NEWSLETTER ST. MARY OF THE VISITATION PARISH CAMBRIDGE, (H) ONT.

But if we concentrate, as the texts today suggest, on all the ways our triune God continues to bless us in our daily lives, we may be more inclined to cry out with the psalmist, "*O Lord, our God, how majestic is your name in all the earth!*" (Psalm 8).

*(Allow about 5 – 10 minutes for the participants to react to the **Commentary** to identify a newly discovered insight or idea.)*

Questions for Reflection and Discussion: (15-20 minutes)

- ▶ How did the image of the light bulb with three levels of intensity, described in the Message today, help you to understand the Trinity?
 - a. Is your communication with God a one way monologue or do you give God a chance to speak to you? Which posture (talking or listening) do you find is “more productive”?
 - b. What insight does this feast of the Most Holy Trinity give you regarding the kind of relationship God desires to have with you?
 - c. Which Person of the Holy Trinity do you usually address or pray to?
 - d. Do you have a special scripture text that helps to describe God’s love for you?

Intercessions:

Leader: Let us pray without fear as a people loved by the Lord, who has done mighty deeds for us.
(Response: **Come, Holy Spirit, Come**)

For our Church, May we be eager for wisdom of the Holy Spirit as the mystery of faith continues to unfold,, we pray ...

That the gentle touch of the Risen Lord's peace may touch all parts of our world, bringing an end to war, violence and injustice in all its forms, especially in our parish missions in Haiti and Kenya...we pray to the Lord ...

That the light of Christ may bring us peace, and help us to be light for others, especially in our outreach efforts as we approach our annual Service Saturday, we pray to the Lord ...

For all people of faith: may they selflessly use the gifts that God has so generously poured upon them for the common good of our community of faith especially as we seek to begin the next phase of Generations, we pray ...

That we may seek “what is right” in all that we say and do, and that law makers may protect and defend the sanctity of life from conception until natural death, we pray to the Lord ...

For the people and nations suffering from natural disasters throughout the world remembering especially those in Fort McMurray: that the world will respond generously to the sufferings of



SMALL GROUP NEWSLETTER ST. MARY OF THE VISITATION PARISH CAMBRIDGE, (H) ONT.

their families and the loss of their homes: May they be lifted up by caring people and God's own Spirit, we pray to the Lord ...

May the Resurrection we celebrate and proclaim be given to all those who have died and gone before us in faith, we pray to the Lord ...

Leader: Let us seek the intercession of the Patroness of our Parish as we pray: [Hail Mary](#)

Closing Activity and Prayer (15-20 minutes)

(This time is reserved for quiet prayer as well as for an action-response to the communal reflections. You may wish to create and add petitions of prayer at this time. This time also intent to provide moments to connect and "outreach" to the larger community.)

GROUP PRAYER/ ACTION:

St Patrick Parish in downtown Hamilton offers a food kitchen and outreach for 150 a day, seven days a week. They have reached out to us asking us to consider donating items as an Act of Mercy in this Year of Mercy. Please collect and donate cans of coffee, sugar, bottled water, pop or chocolate bars... It might sound a bit "unhealthy" menu, but precisely that's what is needed as many of them deal with many different forms of addiction and mental health issues. These can be placed in the Adoration Chapel Hallway – mark them "Hamilton."

Let us pray (together)

Grant, almighty God that we may celebrate with heartfelt devotion these days of joy which we keep in honour of the risen Lord, and what we relive in remembrance we may always hold to in what we do. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

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