

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

- ▶ Let my Lord come with us . . . Forgive us our faults . . . And adopt us as your heritage (1st Reading, Exodus 34:8).
- ▶ You are blest, Lord God of our fathers. To you glory and praise for evermore (Resp Ps, Daniel 3:52).
- ▶ Brothers . . . try to grow perfect . . . help one another . . . be united . . . live in peace (2nd Reading, 2 Cor 13:12).
- ▶ No one who believes in [Jesus] will be condemned (Gospel, Jn 3:18).
- ▶ You are the children of God, so God has given you the Spirit of his Son to form your hearts and make you cry out: Abba, Father (Communion Antiphon).
- ▶ We joyfully proclaim our faith in the mystery of your God-head (Preface of the Holy Trinity).

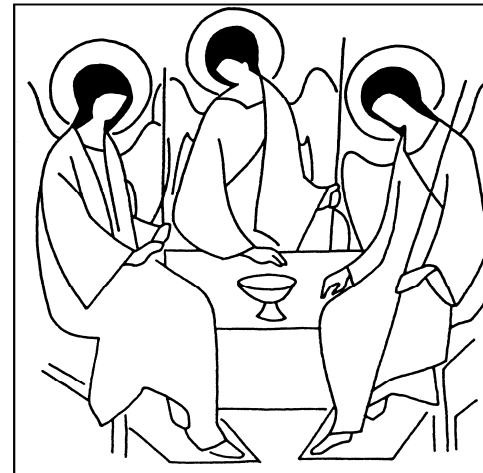
Looking towards next week

What does **Holy Week** hold for me and how do I feel God may be calling me?

And so, what do I want to ask of God for myself and for others?



SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Trinity Sunday
Year A
19th June, 2011

**Glory be
to the Father,
and to the Son,
and to the Holy Spirit!**

Opening Prayer (Version 2):

Let us pray to our God who is Father, Son and Holy Spirit

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 you have formed in your image,
close to the world your love brings to life.

I approach my place of prayer remembering today's feast, the Feast of Father, Son and Spirit, one in themselves and in their love for me. I become still and then take my place at the table, in the space left for me. How do they greet me?

- ▶ I share with them the ups and down of the past week. How do they respond to what I share?
- ▶ I read the opening prayer, making each part of it my own. I share with them what comes to my mind and listen to their response.

I take my leave, addressing each of them in turn.

The 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.'

Responsorial Psalm:

You are blest, Lord God of our Fathers:
To you be glory and praise for evermore.

The 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.'

Today's readings state clearly that our God is Love and can be trusted. The Exodus incident takes place just after the people rejected God and made a golden calf. The Psalm, from Daniel, is sung by the three young men in the fiery furnace. And the Gospel shows the extent of God's love.

Try one or more of the following ways of praying the readings, always ending your prayer with the Glory be to the Father . . . :

1. Read all three and choose the one that 'speaks' to you.
 - ▶ Identify the words and phrases that draw your attention.
 - ▶ Turn them over in your mind. What do they say to you, mean for you, remind you of, evoke within you?
 - ▶ Talk to God and listen to what God may have to say.
 - ▶ Rest with God's response.
2. Picture the scene of the first reading - Moses climbing the mountain after the people's rejection of God; God waiting for Moses, and his message to Moses for the people; Moses' response to God.
 - ▶ Try to pray this from the shoes of Moses and/or from the shoes of God and/or from your own shoes. What happens? How does this touch you? Talk with God about it.
3. Read Jesus' words to Nicodemus. Ponder the love you find there: Father and son loving us, not condemning us, doing all they can to save us. When have you experienced that love? How have you experienced them saving you? Who needs that love and salvation today? Share with God what's in your heart, and listen to God's response.
4. The young men in the fiery furnace chose to suffer rather than deny their God, and as they suffered they praised God.
 - ▶ Does their experience resonate with anything in your life . . . or with your desires? Speak to God . . . and listen!