

Virtual Family Prayer Bag

Dear Parent / Carer,
here is an electronic version of our Prayer Bag
for the **Feast of the Trinity**



Celebrating The Trinity



Please take some time over the next few days
to come together, as a family, in prayer.
Trinity Sunday is celebrated, this year, on **30th May**.

A message from our Bishop

When I was much younger I used to think of the Blessed Trinity as a mathematical problem: how could there be three Persons in the One God? Maybe you are familiar with the way that St Patrick helped the Irish people to understand this fundamental mystery of our Catholic faith. He picked up a shamrock leaf, growing around the meadows of Ireland, one leaf and three leaves.

As I got older and matured in my Christian faith, the Blessed Trinity became less of a problem and more of a life-giving truth. It makes sense to me, to think of God as a community of Persons. We are made for community, because we are created in God's image likeness. And what a beautiful relationship these three divine Persons enjoy with each other. The Father loves his beloved Son Jesus and has loved him from all eternity. For his part, Jesus is obedient to his Father. The love between them is so strong, it is the third Person of the Trinity, the Holy Spirit.

When we were baptised, we were immersed into the life and love of the Trinity. God, our heavenly Father, adopted us as his child. We became brothers and sisters of Jesus. In the sacraments of Baptism and Confirmation, we receive the life of the Holy Spirit as seven wonderful gifts. We are destined to spend eternal life with the Father, and the Son, and the Holy Spirit.

May God our Father, God the Son and God the Holy Spirit bless you always,

✠ David

Rt Revd Dr David J Oakley

Bishop of Northampton

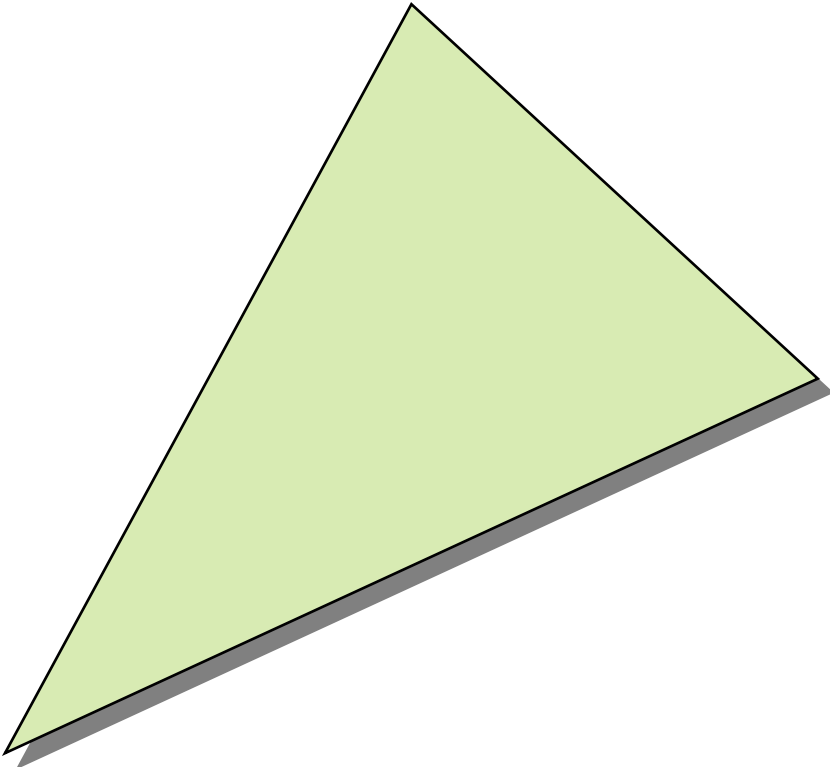
Gathering

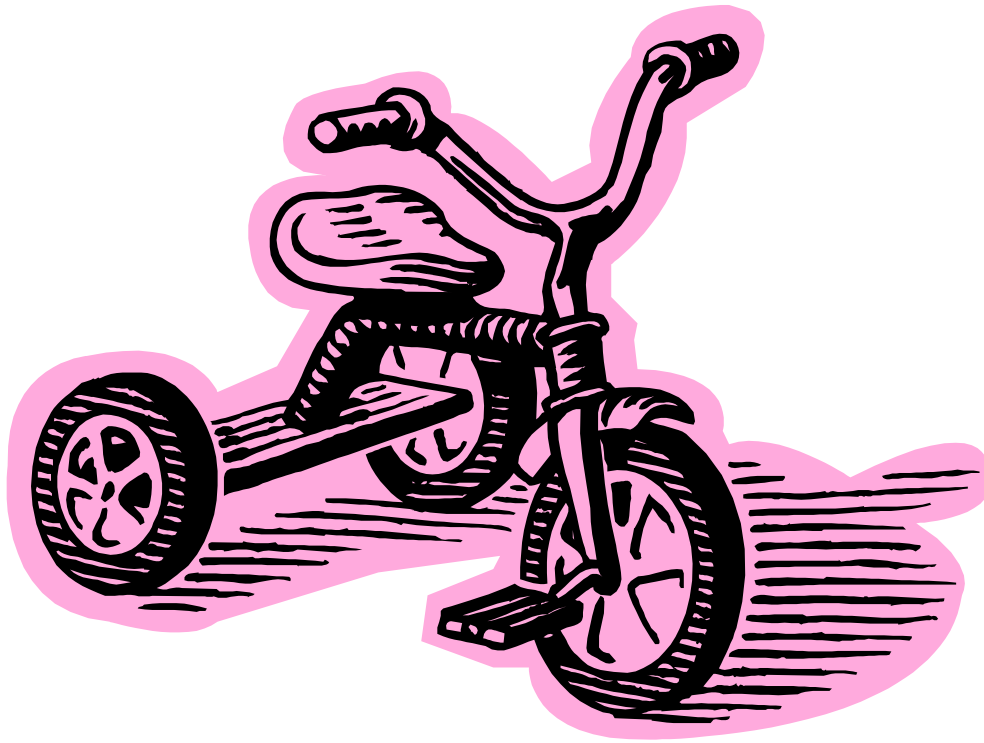
Set aside some time in your day
to gather together for prayer
Make sure you are all sitting comfortably
Light a candle



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

What's this?



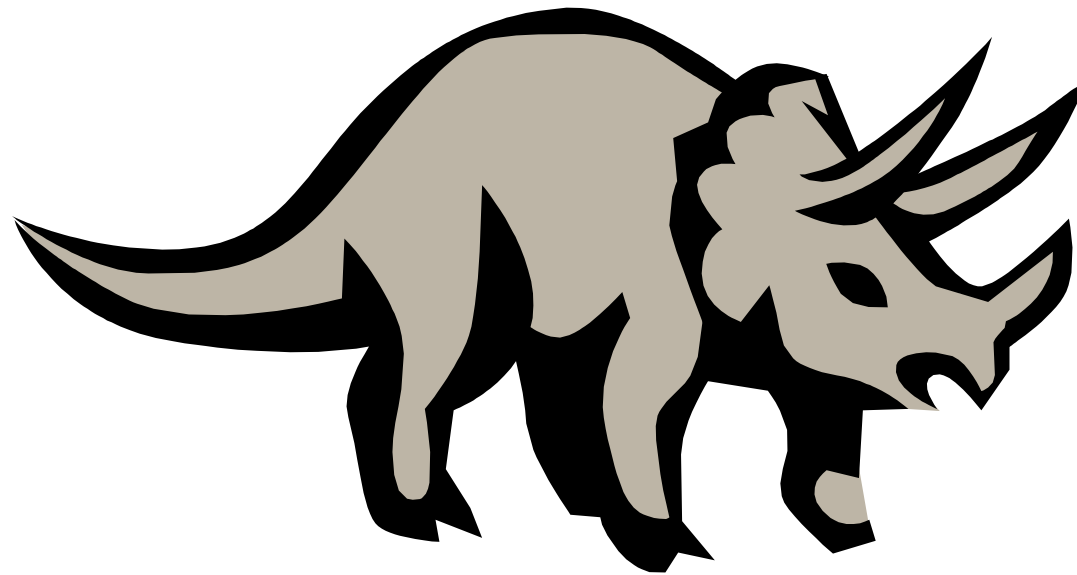


What's this?

What's this?



What's this?





And finally?

What do you notice about them?

Triangle

Tricycle

Tripod

Triceretops

Triplets

They all begin with the letters

Tri

which means

3

Trinity

Our belief in three persons
in one God





When we think about God...



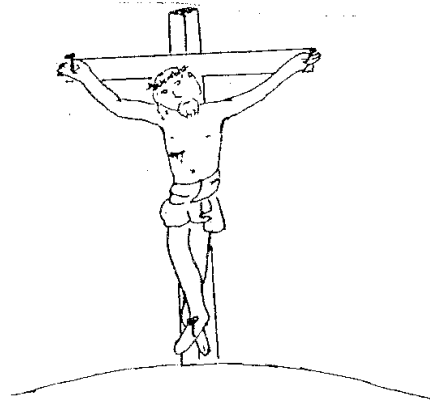
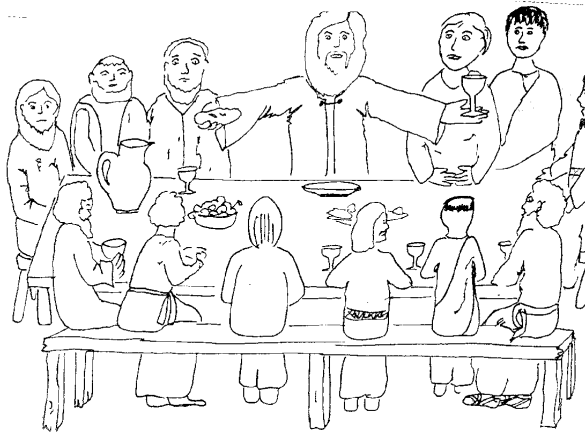
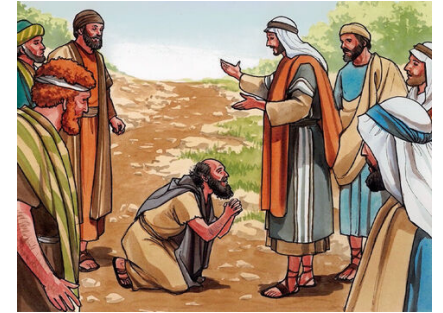
We might think of God the creator.

**The one who created the world,
the sun and the moon, the oceans, the dry land,
all the animals, flowers and you and me.**



We might think of Jesus.

**God's son born in a stable in Bethlehem,
who showed people how to love,
was crucified, died, and was buried
but who rose again to new life
on Easter Sunday.**



We might think of the Holy Spirit.
The one that Jesus promised the Father would send.
The Holy Spirit came down to the friends of Jesus
on the day of Pentecost.
The Holy Spirit is given to us too.
The Holy Spirit gives us courage and strength
to tell everyone about Jesus.



On Trinity Sunday we celebrate all three together.



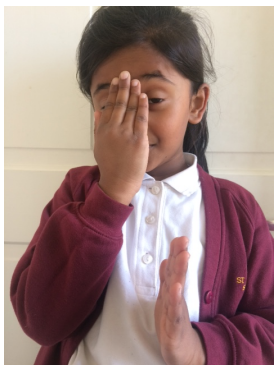
God the Father
God the Son
God the Holy Spirit



One God
Three persons

**We think about the Trinity every time
we make the Sign of the Cross
when we say the words:**

**In the name of the Father
and of the Son
and of the Holy Spirit
Amen**



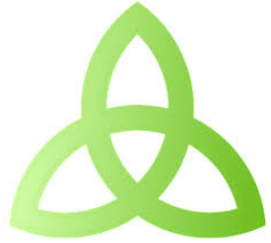
A Reading from the Gospel according to Matthew



Glory to you O Lord

The eleven disciples went to Galilee,
to the mountain where Jesus had arranged to meet them.
When they saw him, they worshiped him,
although some hesitated.
Jesus came and spoke to them. He said,
“All authority in heaven and on earth has been given to me.
Go, therefore, make disciples of all nations;
baptise them in the name of the Father,
and of the Son, and of the Holy Spirit,
teaching them to observe all that I have commanded you.
And know that I am with you always; yes, ‘til the end of time.”

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



Let us pray together:

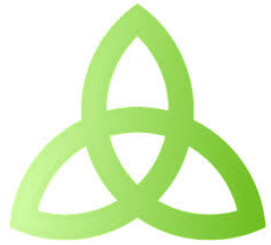
Blessed be God the Father

Blessed be Jesus, God's only Son

Blessed be the Holy Spirit

Blessed Trinity: three in one.



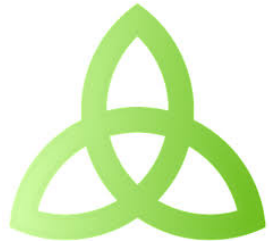


God our Father

**We thank you for creating our beautiful world
for us to enjoy.**

Glory be to the Father

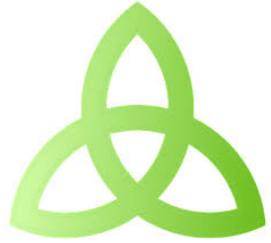




God our Father
We thank you for sending
your Son, Jesus, to be one of us
so that we could have life through him.

Glory be to the Son

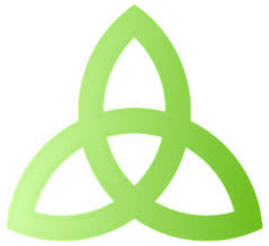




**God our Father
We thank you for sending your
Holy Spirit upon us
to be our help and our guide.**

Glory be to the Holy Spirit





Loving God,
we worship you,
a Trinity of persons:
one eternal God.
Draw us ever closer to you
to share in your life and your love.

Amen



Sing this song together
(To the tune of Frere Jaques)

God the Father, God the Father
God the Son, God the Son,
God the Holy Spirit, God the Holy Spirit,
Three in One, Three in One



**As Christians, friends of Jesus,
we share in the life of the Trinity.**



How can we help others to share in God's love too?

**We end our prayer time by making
the Sign of the Cross**

**In the name of the Father
and of the Son
and of the Holy Spirit
Amen**

