



FAMILY PRAYER SHEET

Trinity Sunday

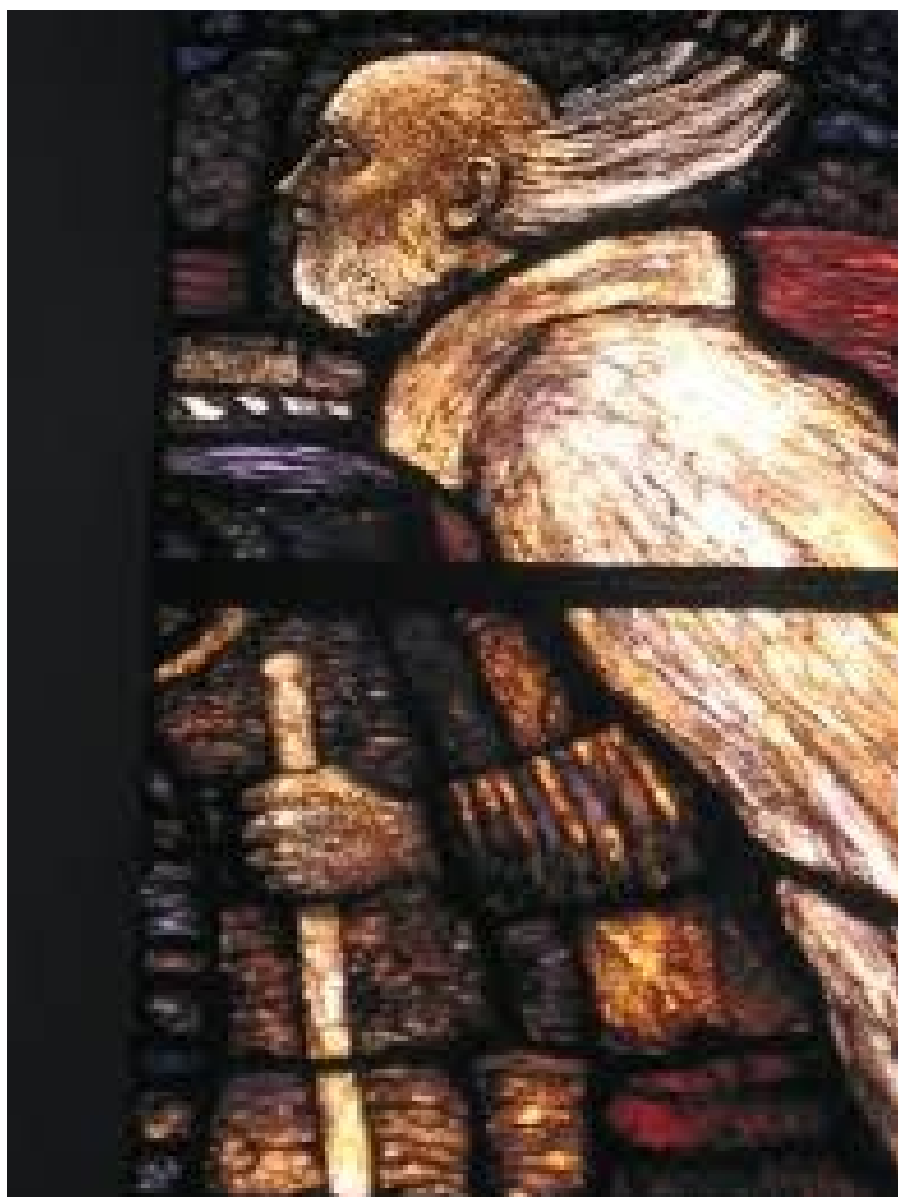


Dear NPCAT Families

This prayer sheet aims to help families pray together now that we cannot go to Mass, particularly over this celebration of Easter. We hope that you will be able to use the activities to help our children and adults grow in faith at this time. We have tried to include activities that use resources that you might already have at home. If you don't have access to all of these resources, we hope that the activities give you inspiration to do something to explore the gospel and themes.

God Bless.

Angela O'Brien, Lead Lay Chaplain



Reading the Gospel from this Sunday's Mass

A reading from the Gospel according to 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.'

Alternatives for Younger Children

A short retelling: https://www.youtube.com/watch?v=_HXGllzb158

In song: The Rizers- John 3:16 (For God So Loved The World)

<https://www.youtube.com/watch?v=k2iHNzNjkjw>

Reflection

The Trinity is a concept that most of us find difficult to explain and the Church has described it as a mystery. Today's gospel can help us to gain an insight into the Trinity however it doesn't come out and explain it in clear easy terms. We have here a passage that shows the relationship between the Father and the Son. This is something that we can begin to understand as we all have family relationships in our lives. However unlike our relationships that can be difficult and strained the relationship between the Father and Son in the Trinity is perfect, there is love and equality here. The Spirit is the bond of love between the Father and Son. The language is not perfect however it can begin to give us an insight into the Trinity.

Discussion Points

- Why is it important to remember that God loved us first?
- How can we respond to that love?
- This passage states that God *did not send his Son into the world to condemn the world*. Why did God send Jesus into the world?
- Do you think people sometimes imagine God as condemning and judgmental? Explain.
- How is one saved?
- Why is believing so vital to our faith?

Questions taken from "Exploring the Sunday Lectionary: a Teenagers guide to the readings cycle A" by Sandy Rigsby and Steve Mason.

Activities

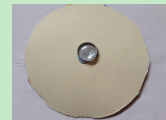
A Trinity Spinner

This activity aims to help children think about the different ways that God relates to us as Father, Son and Holy Spirit.

You will need: collage paper/ feathers etc or felt tips, blue tack, glass pebble, bottle tops, card with a circle draw on it split into three equal parts.



Talk to the children about what they have heard and know about God the Father, Son and Holy Spirit.



On each third of the circle use colours, shapes and symbols to draw or collage their thoughts/ feelings/ ideas about each person of the Trinity.



Turn the spinner over and stick the flat side of a glass pebble to the middle of the circle.

On the front of the spinner, blue tack a bottle top to the middle. Twist the bottle top to spin the spinner and see how the three parts blend into one!



Activity taken from <http://flamecreativekids.blogspot.com/>

Create your own stained glass windows

You will need: Permanent markers, a clear plastic lid (from a large yogurt pot would work well), copies of the template from the last page for the Trinity

The images on the template sheet are:

1. The Celtic knot to show the Trinity,
2. The Alpha and Omega, God as the beginning and the end
3. The Cross
4. The Light
5. The Dove - the Holy Spirit
6. The shell - the pilgrim

Turn the lid flat side down and trace over one of the designs with a black or dark marker to make an outline of the picture.

Turn the lid over so that the outline marking is on the inside. This will stop the outline smudging as you colour. Now colour in the design with your permanent markers.

Now blue tack to a window.



Activity taken from <http://flamecreativekids.blogspot.com/>

What can you do for others?

- Be creative, could you make a Trinity spinner or stained glass window for someone else?
- Read to someone or tell them a story

Prayers

Father almighty, maker of heaven and earth: Set up your kingdom in our midst.

Lord Jesus Christ, Son of the living God: Have mercy on me, a sinner.

Holy Spirit, breath of the living God: Renew me and all the world.

Taken from: <https://ntwrightpage.com/2016/04/05/the-prayer-of-the-trinity/>

I arise today

Through a mighty strength, the invocation of the Trinity,

Through belief in the Threeness,

Through confession of the Oneness of the Creator of creation.

Taken from St Patrick's Breastplate:

An Act of Spiritual Communion

Introduction

You might find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Examen: Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love?

You may wish to conclude by saying: Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy. You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy. You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

The Word of God: The readings for the Mass of the Day can be found in a People's Missal or online Universalis [<https://universalis.com/mass.htm>]. Either read all the texts or choose just to read the Gospel of the Day. Or use the gospel reading that is on this sheet.

Silent reflection: Pause for a moment of silent reflection.

Prayers & Intercessions:

Pray for family and loved ones so that they may be held in God's compassionate care. Pray for other countries who are struggling with the effects of the COVID 19 virus. If the following intentions are said in a family or other group you may wish to conclude each one with the response: Lord, in your mercy. Hear our prayer

For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.

For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.

For the Church: may she offer prayers and consolation for all those affected.

For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer: Our Father...

Spiritual Communion: Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Conclusion: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Additional Prayers

Pope Francis' prayer to the Virgin for protection

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. Your, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen. We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas — we who are put to the test — and deliver us from every danger, O glorious and blessed Virgin.

Prayer for the Household

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen

Taken from "When Mass cannot be celebrated publicly"
<https://www.cbcew.org.uk/wp-content/uploads/sites/3/2020/03/No-Mass-A4.pdf>

Blessed Nicholas Postgate, Pray For Us



