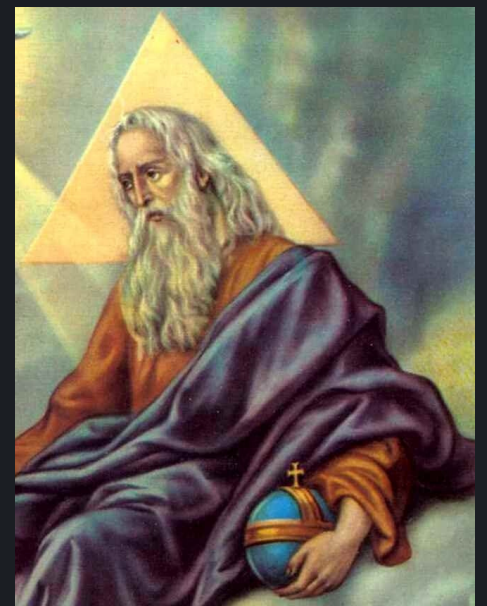




THE SOLEMNITY OF THE MOST HOLY TRINITY

Celebrating the doctrine of the Trinity: The three persons of God:
The Father, The Son and The Holy Spirit



May God, who comes to us in the things of this world, bless your eyes and be in your seeing.
May Christ, who looks upon you with deepest love, bless your eyes and widen your gaze.
May the Spirit, who perceives what is and what may yet be, bless your eyes and sharpen your vision.
May the Sacred Three bless your eyes and cause you to see.
Amen.

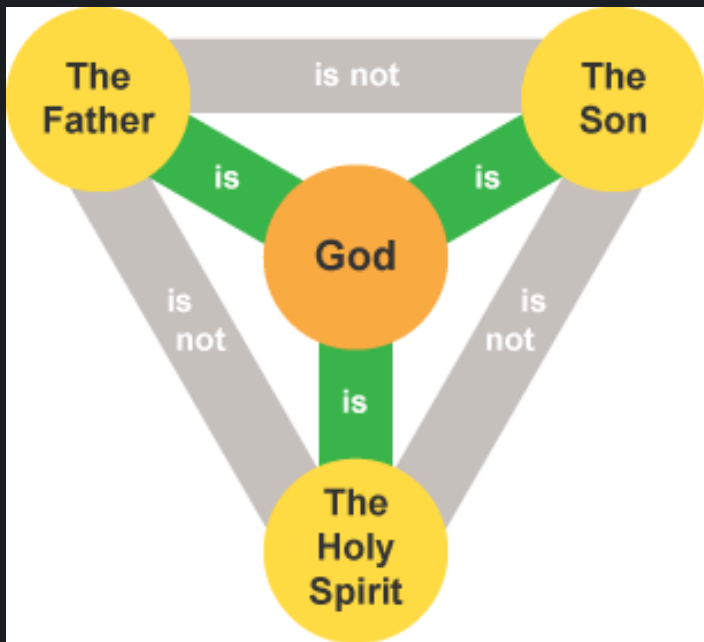
WHAT IS THE TRINITY?



The Holy Trinity is one of the greatest mysteries of the Catholic faith, and is an attempt to describe the mysterious nature of God.



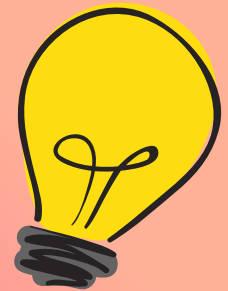
'The mystery of the Most Holy Trinity is the central mystery of Christian faith and life' - Catechism of the Catholic Church {CCC} 234



The Trinity refers to the idea that God is one, but can be experienced in three different Persons. The word 'trinity' comes from the word 'tri' meaning 'three' and 'unity' meaning 'one'.

Catholics believe that there are three distinct Persons to this one God and that these three Persons form a unity.

This belief is called the doctrine of the Trinity: God the Father - the creator and sustainer of all things; God the Son - the incarnation of God as a human being, Jesus Christ, on Earth; God the Holy Spirit - the power of God which is active in the world, drawing people towards God.

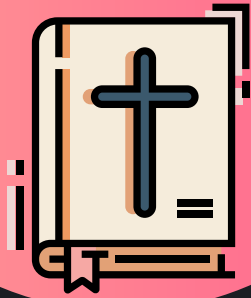


A useful way of thinking of the Trinity is to think of how H₂O comes in three different forms: Liquid, Ice and Steam.

These three different forms are obviously all still H₂O, just like the Father, Son and Holy Spirit are all different but still the same.

The Word of the Lord

John 3:16-18



For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. The Gospel of the



Have a look at the painting

What strikes you about it?

What is your eye drawn to?

Glory be to the Father,
Who by His almighty power and love created me,
making me in the image and likeness of God.

Glory be to the Son,
Who by His Precious Blood delivered me from hell,
and opened for me the gates of heaven.

Glory be to the Holy Spirit,
Who has sanctified me in the sacrament of Baptism,
and continues to sanctify me
by the graces I receive daily from His bounty.
Glory be to the Three adorable Persons of the Holy Trinity,
now and forever. Amen.



"On the feast of the Most Holy Trinity, the Gospel of St John gives us part of the long farewell discourse pronounced by Jesus shortly before his Passion. In this discourse, he explains to the disciples the deepest truths about himself, and thus he outlines the relationship between Jesus, the Father and the Holy Spirit. Jesus knows that the fulfillment of the Father's plan is approaching and will be completed with his death and resurrection. Because of this he wants to assure his followers that he won't abandon them, because his mission will be prolonged by the Holy Spirit. It will be the Holy Spirit who continues the mission of Jesus, that is, guide the Church forward." - Pope Francis May 2016



What to Watch!



<https://youtu.be/AQKFlzFJ3KA>

https://youtu.be/Cj5fvAm_hZc



Every Sunday at Mass, we pray the Creed - our profession of Faith which summarises Christian beliefs about the Trinity and Oneness of God.

Why not research a bit about the Creed and how it came about?

Information can be found at: <https://www.bbc.com/history>

