

Shine

30TH MAY 2021

TRINITY SUNDAY

SCRIPTURE
ROMANS 8:14-17

For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption.

When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

Reflection

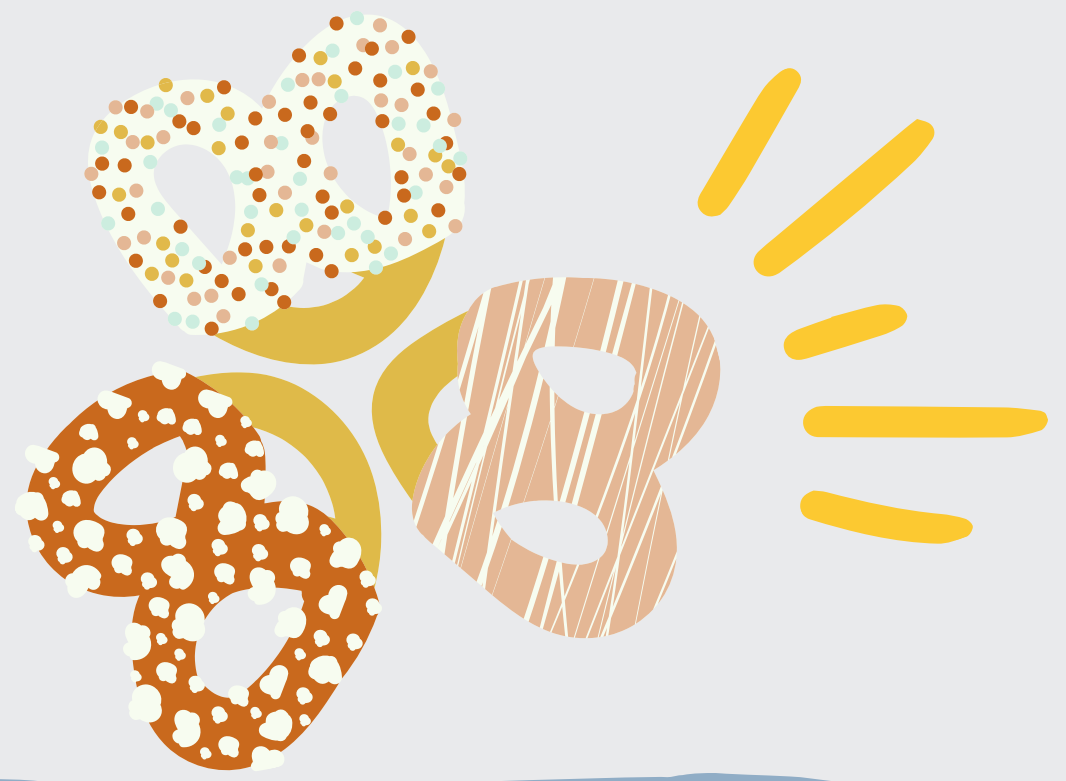
Have you ever made a sandcastle on the beach?

And then tried to fill the moat with water? Isn't it frustrating how the water just disappears? Legend has it that one day St Augustine was walking by the seashore when he had a mysterious encounter with a child who was running back and forth from the beach to the sea. The boy was using a shell to collect water to fill a hole he had made in the sand.

St Augustine asked the boy what he was doing, he replied "I'm going to pour the whole ocean into this hole." The Saint told the boy "but that's impossible, the sea is so big and the shell and the hole so little." That is true," the boy said. "It would be easier and quicker to draw all the water out of the sea and fit it into this hole than for a human to fit the entire mystery of the Trinity into their understanding; the mystery of the Trinity is greater than our understanding than the ocean is to this tiny hole." Then the boy disappeared.

This encounter can teach us that while there are many ways to try and explain the Trinity, how the three persons in one being interact with each other, we will never be able to fully understand it. What we can come to understand however, is that God is love. Each person of the Trinity can teach us more about God's love for us and draw us into that love. How does God show you His love? How can you grow in love for God and for others this week?

ACTIVITIES



Trinity Sundae

Make a sundae from your favourite ice creams to represent the Trinity as one God existing in three persons.

Perhaps not the most accurate explanation of the Trinity but certainly yummy!

Perichoresis

A big word that refers to the three persons of the Trinity and how they relate to each other. It comes from the Greek words 'peri', meaning around, and 'chorea', meaning a dance (as in choreograph!), so essentially the way the Trinity interacts can be described as a dance!

Can you make up a dance today for your family and friends?

Pretzel Prayers

Did you know that pretzels were created by a monk in the 7th century to teach children their prayers? Legend has it that the shape represented arms folded in prayer and also the three sections to represent the trinity.

You can make your own soft pretzels with just 5 ingredients!

Why not have a go?

<https://kidshealth.org/en/kids/pretzels.html>

Prayer

We believe in a loving God, whose Word sustains our lives and the work of our hands in the world.

God is life.

We believe in God's Son amongst us, sowing the seed of life's renewal.

He lived with the poor to show the meaning of life.

Jesus Christ is Lord.

We believe in the Holy Spirit of Life, making us one with God, renewing our strength with His own.

The Spirit is Love.

CHALLENGE

The next time you make the Sign of the Cross, take a moment to really think about what you are doing and saying.

Make the gestures and say the words thoughtfully and deliberately. As you say the prayer, call upon each person of the Trinity to be with you.