

HOLY TRINITY
CYCLE C

FIRST READING

Wisdom was born before the earth was made.

A reading from the book of Proverbs

8:22-31

From the very beginning, I was with the Lord.

I was there before he began to create the earth.

At the very first, the Lord gave life to me.

When I was born,

there were no oceans or springs of water.

My birth was before mountains were formed or hills were put in place.

It happened long before God had made the earth
or any of its fields or even the dust.

I was there when the Lord put the heavens in place
and stretched the sky over the surface of the sea.

I was with him when he placed the clouds in the sky
and created the springs that fill the ocean.

I was there when he set boundaries for the sea
to make it obey him,
and when he laid foundations to support the earth.

I was right beside the Lord, helping him plan and build.

I made him happy each day,
and I was happy at his side.

I was pleased with his world and pleased with its people.

The word of the Lord.



RESPONSORIAL PSALM

8:3-4, 5-6, 7-8

R. (2a) O Lord, our God, how wonderful your name in all the earth!

I often think of the heavens
your hands have made,
and of the moon and stars
you put in place.
Then I ask, "Why do you care
about us humans?
Why are you concerned
for us weaklings?"

R. O Lord, our God, how wonderful your name in all the earth!

You made us a little lower
than you yourself,
and you have crowned us
with glory and honor.
You let us rule everything
your hands have made.
And you put all of it
under our power -

R. O Lord, our God, how wonderful your name in all the earth!

The sheep and the cattle,
and every wild animal,
the birds in the sky,
the fish in the sea,
and all ocean creatures.

R. O Lord, our God, how wonderful your name in all the earth!



ALLELUIA

See Revelation 1:8

R. Alleluia, alleluia.

Glory to the Father, the Son, and the Holy Spirit:
to God who is, who was, and who is to come.

R. Alleluia, alleluia.

GOSPEL

Whatever the Father has is mine.
The Spirit will receive what I give and tell you about it.

† A reading from the holy gospel according to John

16:12-15

Jesus said to his disciples:

“I have much more to say to you,
but right now it would be more than you could understand.
The Spirit shows what is true
and will come and guide you into the full truth.

“The Spirit does not speak on his own.
He will tell you only what he has heard from me,
and he will let you know what is going to happen.

“The Spirit will bring glory to me
by taking my message and telling it to you.
Everything that the Father has is mine.
That is why I have said
that the Spirit takes my message and tells it to you.”

The gospel of the Lord.



TRINITY SUNDAY CYCLE C

Prayer:

You have many names and ways to be with us.

Thank you for being a part of our lives.

Please help us to always recognize you and follow you.

In your name we pray,

Amen

Readings:

Proverbs 8:22-31

Psalm 8:3-4, 5-6, 7-8

John 16:12-15

Reflection:

Today is Trinity Sunday. It is the day that we thank God for the many ways that God is present in our lives. The word “trinity” does not appear in the Bible but God is described in 3 different ways in scripture. The idea of having 1 God who is in 3 forms is a mystery. It is impossible to describe or completely understand but there are some ideas that help us get close.

Some people like to look at a shamrock which is one leaf with 3 parts. (Show a picture of a shamrock) Water can also tell us something about the Trinity. Water can be in 3 forms: ice, liquid and gas. When water is frozen it becomes ice (show an ice cube). An ice cube can remind us of God the Father/Mother/Creator because it is solid and strong. You can walk on it and skate on it. It is even used by some people to build shelters called igloos. Liquid water tells us a bit about Jesus. (Show liquid water) Our bodies contain lots of water. Jesus is God who became a person with a body just like ours. We must have water to drink or we will die, so too we must have Jesus in our lives.

Water is used to clean just as Jesus’ death and resurrection cleaned our sins. Water as gas, or steam, shows us about the Holy Spirit. (Heat a cup of water and show the steam). We can’t really see gas vapors just like we can’t see the Holy Spirit but we can feel it and we can see what it does.



Discussion:

What are the 3 forms of God?

What form do you like best and why?

Why do you think God has 3 forms?

Activity:**Braided Cord Bracelet**

Materials needed: Thick cord in various colors.

Preparation: Cut cord into 5 inch lengths

Activity: Allow each child to pick 3 different colors of cords. Ask them to pick colors that represent to them the 3 different forms of God. Help them tie the cords together with a knot at one end. Show them how to braid the cords, knot the other end and then tie the two ends together to make a bracelet. Remind them that while they now have 1 bracelet, it is made of 3 different cords somewhat like the Trinity and to think about God whenever they look at their bracelet.

Children's Liturgy shared by the Adorers of the Blood of Christ
www.adorers.org

