

Trinity Sunday Family Activity

June 7, 2020

Introduction

This Sunday we celebrate the Solemnity of the Most Holy Trinity. A solemnity is the highest type of liturgical celebration in the church. “The mystery of the Most Holy Trinity is the central mystery of the Christian faith and life. It is the mystery of God in himself.” (Catechism 234) It is a mystery because it surpasses our understanding and we would not of it unless revealed by God himself: “Heaven was opened and the holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, ‘You are my beloved Son; with you I am well pleased.’” (Lk 3:21-22)



The Trinity may at times seem abstract and detached from our reality, but stopping to reflect on the dynamics of relating within the family may help us grasp that truth better. “The Christian family is a communion of persons, a sign and image of the communion of the Father and the Son in the Holy Spirit.” (Catechism 2205)

The Gospel reminds us of God’s love for us and of the freedom he gave us to choose to believe in him. Believing in him entails believing in his Son, Jesus, and in his example. And Jesus’ example was to love God above all and our neighbor as ourselves. In the second reading, Paul gives us an idea of what that love looks like by reminding us to live in peace, to encourage and to agree with one another. Before agreeing with one another, he calls us to mend our ways. During this difficult time our nation is going through, let us reflect on how we are living up to that standard of love. What can we do to encourage one another and live in peace?

Resources

1. Readings [HERE](#)
2. Bible
3. Gospel Reflection Options
 - ⇒ Homily from any Mass livestreamed @ 9:30am, 11:15am and 1pm (in Spanish) [HERE](#)
 - ⇒ Bishop Barron on the Meaning of the Trinity [HERE](#)
 - ⇒ The Trinity explained for children [HERE](#)
4. Musical Option: *On Eagle’s Wings* [HERE](#)

Method

1. **Pray together:** Thank God for your family, for his love and for this time together. Praise Him for his goodness and His grace. Ask Him for anything that you need.
2. **Listen to or Read** the First Reading, Psalm, Second Reading and Gospel.
3. **Converse** about the readings. What caught your attention? What meaning do you find in it?
4. **Do** the *Blessed Trinity Craft*
5. **Pray together** The Our Father and end with the Glory be to the Father and to the Son and to the Holy Spirit.

Blessed Trinity Three Leaf Clover Craft

St. Patrick used a three leaf clover to explain the mystery of the Holy Trinity. Three leaves in one clover. As you do this craft, converse on Paul's words about living in peace and encouraging one another.

Materials

- ⇒ Scissors
- ⇒ Green construction paper
- ⇒ Popsicle Sticks
- ⇒ Markers: green, brown, red and yellow
- ⇒ Glue

Steps

1. Glue two popsicle sticks together to form a cross. You can paint or color the sticks green.
2. Fold the green construction paper in four. Cut out three individual hearts that are the same size.
3. Draw one symbol of the Trinity on a green heart using markers: A red heart for the Father, a brown cross for the Son and a yellow dove, or white if you have a white marker, for the Holy Spirit. You could also draw and cut out those shapes using colored construction paper.
4. Glue the three green hearts together to form a shamrock shape.
5. Glue the popsicle stick cross to the back of the shamrock.
6. On the top leaf of the reverse side of the shamrock I wrote: Father, Son and Holy Spirit:
The Blessed Trinity







FATHER

Just like
the leaves on
each shamrock I see,
there are three parts
to the Holy Trinity.

First is
God the Father,
then Jesus, His only Son.
With the Holy Spirit,
together, they are
Three In One.

SON

**HOLY
SPIRIT**