

St. Joseph's Family Activities



Trinity Sunday

30th May – 5th June 2021

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“Baptise... in the name of the Father and of the Son and of the Holy Spirit.”

Trinity Sunday comes the week after Pentecost. Pentecost is the full revealing of the Holy Spirit and this Sunday we can ponder on the mystery of our faith in one God who is Father, Son and Holy Spirit. One way we can help others, especially out family, to be aware that when we say “God” we mean Father, Son and Holy Spirit, is to try to avoid saying “Jesus and God”. Jesus IS God, as much as the Father is God and the Holy Spirit is God. Instead, we can say things like, “Jesus prayed to His Father...” or “Jesus obeyed His Father...” or “the Father sent the Holy Spirit...”

On Monday we celebrate the feast of the Visitation. Now that we can visit people, why not make a “visitation gift”? There are some suggestions below.

Please do send in photos of anything that you have done.

As ever, if you wish to see past copies of these sheets, please go to <https://www.stjosephsmalvern.org/j/> and then click on the dropdown box for past editions.

There are Four Dimensions of our Faith and the activities all reflect one or more of each of these dimensions.

The font in Naples Cathedral. Fonts are often near the main door of a church or cathedral as Baptism is the gateway to the Christian life. Today's Gospel reminds us that Baptism is a work of the Holy Trinity.



The family is the “domestic Church” and if we are not able to gather in person with the parish, it's a good idea to set aside special times to pray with the family, even if it is just 10 minutes two or three times a week. These are graced moments. Light a candle and have a few moments' silence and remind everyone that they are in the presence of God who is Father, Son and Holy Spirit. These times are very precious and even if it is just a few minutes after a meal, it can be a fruitful time. Don't bite off more than you can chew! Start with just a few moments and build up the scope and variety of prayers slowly. Give everyone the opportunity to voice their own prayers as well as reciting traditional prayers.

**Speaking/Learning the faith
(which the Church calls
“professing the faith”)**

**Living it (in Christ) – i.e. the
choices we make in
everyday life**

**Celebrating it in the Liturgy
and the Sacraments**

**Christian
prayer.**

Gospel for Trinity Sunday

Matthew 28:16-20

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

The Gospel of the Lord
R/: **Praise to you Lord Jesus Christ**

Discussion on the Gospel

- † Light a candle
- † Make the Sign of the Cross
- † Someone read the Gospel slowly

Q: Where did the disciples meet Jesus? (A: in Galilee.)

Q: What did Jesus tell His disciples to do? (A: To go and tell "all nations" (the whole world) about Him, and to baptise.)

Q: What words are the disciples to use for baptising? (A: In the name of the Father and of the Son and of the Holy Spirit.)

Q: Who is the Father, Son and Holy Spirit? (A: God is Father Son and Holy Spirit.)

Q: When we are/were baptised the priest poured water over us (or we may have been immersed in the water) addressing us by our name, he said "N. I baptise you in the NAME of the Father and of the Son." Is the word "Name" singular or plural? (A: Singular.)

This is because we believe in ONE God who is Father, Son and Holy Spirit. At Baptism we are joined with a kind of spiritual glue to the One God who is Father, Son and Holy Spirit. This glue is so strong that we can never ever, ever, come apart.

Q: Jesus says in the last sentence that He is always with us, to the end of time. Why do you think He says that? (A: Because we are joined to Him for ever and if we are joined to Him, then He is with us too.)

Q: Jesus is with us now and He always is leading us to His Father though the Holy Spirit. All day and every day for ever, as long as we listen to Him.

Lets' listen to Him now.

Invite everyone to shut their eyes and "look" at Jesus in their imagination. (You may like to have a picture to help in this). Say that Jesus is looking at them and smiling at them. He loves them so much with all His heart which is His Spirit. Imagine He is pouring His love into your heart. Feel the warmth of His love, like sunshine on a warm day. In the silence of your heart, tell Jesus that you love Him too and that you want His Holy Spirit to fill you up with His love.

***** after an appropriate pause, you can say. "When you are ready, open your eyes and come back to the room." Finish with the Glory Be...*

An image of the Holy Trinity

The lovely thing about this picture is that it's true to the words of Jesus, "He who has seen me has seen the Father" (Jn. 14:9). Classic images of "an old man" as the Father, can confuse children, and do not help them to see that "God" means Father, Son and Holy Spirit. "God" is Trinity and neither the Trinity, not the Father, is an old man sitting on a cloud. This kind of image can be harmful to young minds once they mature and realise that clouds are vapour and their image of "God" as an old man evaporates with belief in Father Christmas. Although this is a woodcut, children do enjoy colouring it in as it gives them an opportunity to meditate on the three Divine Persons represented here.

Here is a question and answer reflection on the Holy Trinity as seen here.

Q: Where is Jesus? (A: On the Cross.)

Q: Who does the dove above Jesus's head represent? (A: The Holy Spirit.)

Q: Where is the Father? (A: He is behind the Cross.)

Q: Why can't we see the Father's face? (A: Because Jesus said that when we see Him, we see the Father.)

Q: What is the Father doing? (A: He is holding up the Cross.)

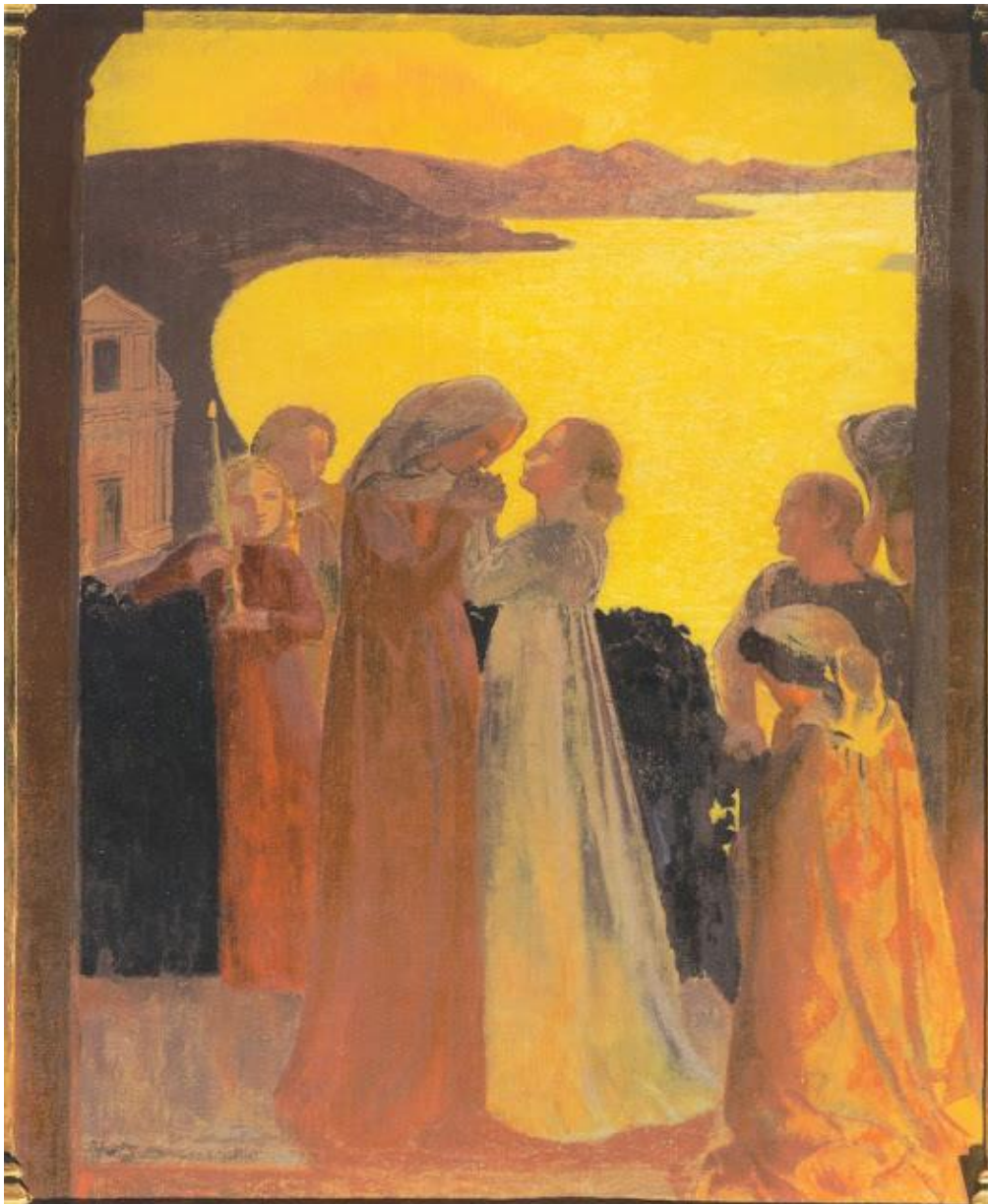
Q: Why is He doing this? (A: This picture shows that the Holy Trinity works as one. When Jesus died on the Cross, He gave His Spirit to His Father (Lk. 23:46)), but it was the support of His Father that enabled Him to do this.)

With children who have made or who are preparing for their First Holy Communion you might like to add a reference to the chalice in the picture by saying that when we receive Holy Communion, we receive the Body and Blood of Jesus Christ who unites us to His Father through the Holy Spirit. So, in effect, we receive the Holy Trinity! We cannot separate Jesus from His Father or the Spirit.

Glory be to the Father and to the Son and to the Holy Spirit as it was in the beginning, is now and ever shall be, world without end, Amen.



31st May, the Feast of the Visitation



Our journey with Mary this month comes to an end with the feast of the visitation. This beautiful painting can help our families to ponder on this amazing moment when Elizabeth recognised that she was in the presence of her Lord as the child in her womb (St. John the Baptist) leaped in recognition of the presence of Jesus (who is God remember).

Look at the way the woman with her back to us is kneeling reverently before Mary. Because Mary carried Jesus in her womb, she is a tabernacle. The woman's posture reminds us that we too kneel or genuflect when we come into the church as we come into the presence of God in the tabernacle.

Look at the lake which has turned gold as the whole of creation rejoices that God will be coming to live on earth.

Look at how the girl is carrying the single candle, which reminds us our own baptismal candles which were lit when we were baptised and were united to Jesus Christ who leads us to His Father by the grace of the Holy Spirit.

On the next page are the words of the Magnificat which can be cut out and decorated. The Magnificat is prayed by the Church every evening in vespers (evening prayer) - maybe it's a prayer that the family can pray this evening and join in with the whole Church around the world in praising Almighty God, along with Mary.

The Magnificat

All generations will call me blessed, because God has had regard for his servant in her lowliness.

My soul glorifies the Lord,
my spirit rejoices in God, my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy his name!

His mercy is from age to age,
on those who fear him.

He puts forth his arm in strength
and scatters the proud-hearted.
He casts the mighty from their thrones
and raises the lowly.

He fills the starving with good things,
sends the rich away empty.

He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

All generations will call me blessed, because God has had regard for his servant in her lowliness.

Visitation gifts:

Mary left her home in Nazareth to visit Elizabeth as soon as she heard that her older cousin was pregnant. Now that we are allowed to go and visit people, maybe take something you have made to give them:

- Make some cakes or some biscuits
- Arrange some flowers from the garden (with the homeowner's permission) and tie with a ribbon
- Make a pretty frame for a picture of yourself or of them, or of someone else in the family

Here is an "upside down pear cake" I made recently to take to my father when I went to visit him. I used a basic Victoria sponge recipe. Before I put the sponge mix in the pan, I put in a covering of soft light brown sugar on the base, and then arranged slices of pears around the tin with the pointy ends in the middle. I then poured the cake mix on top of the pears and cooked at about 180 for about 40 minutes or so.

