

THE WORD THIS SUNDAY

God gives
a Spirit
of truth

SUNDAY, May 22, 2016

Most Holy Trinity Sunday

FIRST READING

When the Lord established the heavens
I was there,
when he marked out the vault
over the face of the deep...
—Proverbs 8:22-31

PSALM

O Lord, our God, how wonderful
your name in all the earth!
—Psalm 8

SECOND READING

Therefore, since we have been justified by faith,
we have peace with God through our Lord Jesus
Christ,
—Romans 5:1-5

GOSPEL

Jesus said to his disciples: “I have much more to
tell you, but you cannot bear it now.
But when he comes, the Spirit of truth, he will
guide you to all truth.”
—John 16:12-15

REFLECTION QUESTION

How do you see your family life as a reflection of
the Trinity?

Get reflection questions and Scripture resources in
Breaking Open the Word at Home at pbgrace.com.

THE CHURCH THIS WEEK

MONDAY May 23

Servant of God Emil Kapaun (1916–1951)
*Fr. Kapaun was a U.S. Army chaplain during
the Korean War; he stayed with injured soldiers and
tirelessly served them in a POW camp.
He is the most-decorated chaplain in U.S. history.*

National Day of Prayer and Remembrance
for Mariners and People of the Sea

TUESDAY May 24

St. Mary Magdalene de' Pazzi (1566–1607)
*Mary got the nickname “the ecstatic saint”
because of her mystical experiences of prayer.
Five books were filled with her visions.*

WEDNESDAY May 25

St. Bede the Venerable (672–735)
*Bede—a scholar who was dedicated to learning,
writing and teaching—was considered
a saint even when he was alive.
Bede published the first English language poem.*

THURSDAY May 26

St. Philip Neri (1515–1595)
*Philip went to Rome to revitalize the Church with wit
and spirit of friendship. He liked to take people to other
churches, singing and picnicking along the way.*

FRIDAY May 27

St. Augustine of Canterbury (d. 605)
*Augustine and forty monks were sent
by Pope Gregory the Great to evangelize England;
he became the first bishop of Canterbury.*

SATURDAY May 28

Venerable Pierre Toussaint (1766–1853)
*Born in Haiti and brought to New York a slave,
he became a successful hairdresser; he used his wealth
to care for his master's family, as well as the poor.*

THE WEEKS AHEAD

- 1 week to **Corpus Christi** (May 29)
- 2 weeks to **Memorial Day** (May 30)
- 2 weeks to **World Priest Day** (June 3)

Get Your Grace On

PRAY

Prayerfully preview the Scriptures for this Sunday with your kids. Our readings celebrate the Holy Trinity—the community of God. How do you see God as a relationship of love in the readings?

Teach younger kids to pray the Sign of the Cross this week, and teach older kids about the meaning behind this basic prayer with Stephen Beale’s “21 Things We Do When We Make the Sign of the Cross” at CatholicExchange.com.

Pray for mariners and others who work on the sea this Monday for the National Day of Prayer and Remembrance for Mariners and People of the Sea. You’ll find prayer resources at the U.S. Catholic bishops’ website for the Apostleship of the Sea, usccb.org/aos.

One of our Saints this week, the Venerable Bede, died while praying a Trinitarian prayer: “Glory be to the Father, and to the Son, and to the Holy Spirit. As in the beginning, so now, and forever.” This week, add this prayer to the end of your normal prayers.

CELEBRATE

At dinner this Sunday, share some foods with a Trinitarian theme. Italian Rainbow Cookies have three colors—they make a good dessert! Or cook

something that includes “the trinity”; onion, celery and carrots, or onion, celery and green peppers.

If you have younger children, make or find a traditional symbol of the Trinity and place it on your home prayer table. Traditional symbols include trefoil (the shamrock), the pansy, or the Trinitaria, a delicately perfumed white flower with three petals. Or make a triangle surrounded by rays, with an eye looking out from the center. As you make your symbol of the Trinity, talk about the unity of the three persons in one God.

You can also plant a Trinitarian garden. In medieval gardens, strawberries were planted because of their three point leaves. What other plants could you put in there? This might become a family prayer garden.

SERVE

Memorial Day is coming. In the next few weeks, pray for those who have lost their lives defending ours. A way to honor the sacrifice that many of our military have made is to take care of those who continue to defend us. Check out your local VFW to see if they have any ways you can serve. Look up charities like Wounded Warriors or Warriors’ Angels Program to see what they need.

TALK

In preparation for Memorial Day, teach your kids the amazing true story of Servant of God Fr. Emil Kapaun; search online for numerous excellent resources. What does his story teach us about the true meaning of “service”?

Venerable Bede recorded the first Old English poem, “Caedmon’s Hymn.” Look it up to see what Old English looks like—it’s not Shakespeare—and it is a beautiful poem about God’s creation. Google the story of Caedmon, too. He was a poor, uneducated cow herder who was given this poem by an angel to share because he was sad that he couldn’t write one himself. How do you see God filling in where you fall short? What beauty have you created when you partnered with God?

St. Mary was given some strange gifts. She had mystical visions called “ecstasies” and was able to bilocate (be in two places at once). Why do you think God makes things like that happen? Why do you think that only some people are given those gifts? Do you have to have extraordinary gifts like that to be great?



Paschal Mystery in the Sacraments

Have your kids look at the *Compendium of the Catechism of the Catholic Church* (available online) #224–232, then let them choose questions to pose to you; they get points if they can “stump” you, you get points if you answer correctly. See the full rules at “Stump the Parents” at pbgrace.com.

Sample questions:

What are the sacraments and which are they? (#224)

What is the relationship of the sacraments to Christ? (#225)

What is the link between the sacraments and the Church? (#226)

What is the sacramental character? (#227)

What is the relationship between the sacraments and faith? (#228)

Why are the sacraments efficacious? (#229)

For what reason are the sacraments necessary for salvation? (#230)

What is sacramental grace? (#231)

What is the relationship between the sacraments and everlasting life? (#232)