

Reflection: Holy Trinity

Here are two pieces for reflection or prayer about the Holy Trinity which we celebrate today. The first is a poem by John Henry Newman (1801-90), which is usually now sung as a hymn. The second is an extract from Thomas Merton's *Seeds of Contemplation* (1972), in a chapter entitled 'A Body of Broken Bones'.

Firmly I believe and truly
God is Three and God is One;
and I next acknowledge duly
manhood taken by the Son.

And I trust and hope most fully
in that manhood crucified;
and each thought and deed unruly
do to death, as he has died.

Simply to his grace and wholly
light and life and strength belong,
and I love supremely, solely,
him the holy, him the strong.

Adoration ay be given,
with and through the angelic host,
to the God of earth and heaven,
Father, Son, and Holy Ghost.

God is a consuming Fire. He alone can refine us
like gold, and separate us from the slag and dross
of our selfish individualities to fuse us into this
wholeness of perfect unity that will reflect his
own Triune Life forever.

As long as we do not permit His love to consume
us entirely and to unite us in himself, the gold
that is in us will be hidden by the rock and dirt
which keep us separate from one another.

They are worth a little thought as we engage in our worship and annual meeting.

Fr David

WARM SPACE ST THOMAS PARISH HALL- THURSDAY 3-5PM



Free refreshments in a warm
space

NEXT SUNDAY 02.06.2024 Trinity 1
10.30am in the Church

READINGS: OT Deuteronomy 5: 12-15
NT 2 Corinthians 4: 5-12
GOSPEL Mark 2: 23-3: 6



CONTACT US

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St Thomas, Exeter

26th May 2024

Trinity Sunday

10.30am in Church

Today

10.30am Sung Eucharist

Hymn Numbers

212 Holy, holy, holy! Lord God almighty
124 Father of heaven, whose love profound
225 I bind unto myself today

12 noon Annual Parochial Church Meeting

Wednesday 29th May

10am Holy Communion (BCP)

7.30pm PCC Meeting

Thursday 30th May

9.30 –11am St Thomas Tots

10.30-12 noon Knit & Natter, 19 Maple Rd.

Details from Jenny 01392 498725

3-5pm Warm Space (Last meeting)

Friday 31st May

9.30am Morning Prayer

10am Staff Meeting



Collect

Almighty and everlasting God, you have given us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity and in the power of the divine majesty to worship the Unity: keep us steadfast in this faith, that we may evermore be defended from all adversities; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

Isaiah 6: 1-8

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: 'Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory.' The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: 'Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the LORD of hosts!' Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: 'Now that this has touched your lips, your guilt has departed and your sin is blotted out.' Then I heard the voice of the Lord saying, 'Whom shall I send, and who will go for us?' And I said, 'Here am I; send me!'

Romans 12-17

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh—for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. 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.

John 3: 1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Post Communion

Almighty and eternal God, you have revealed yourself as Father, Son and Holy Spirit, and live and reign in the perfect unity of love: hold us firm in this faith, that we may know you in all your ways and evermore rejoice in your eternal glory, who are three Persons yet one God, now and for ever.

Amen

NOTICES

Community Larder There will be a collection box in the Church on Sundays for food donations. The need remains great so please be mindful of our wider community.

Summer walks Call out for help for summer project of community, reflective walks of hope! We're looking for people with IT, graphic design or project coordination skills to help produce walk leaflets and online content. Please call/text Ian's mobile, or email: jenifertuckett@gmail.com or pioneersthomas@gmail.com

Parish Website We are looking for a small team of people who would be prepared to write something occasionally for this Blog. Please speak to one of the staff team.

The APCM will take place today following the Eucharist. We are in need of a Churchwarden and there is one vacancy on the PCC. If anyone is interested in any of these important and interesting roles please speak to Ian or one of the clergy. Nomination forms will be at the back of the Church.

House Group meets on the 1st, 3rd & 5th Tuesdays of each month at Helen's house. The group will be studying the Acts of the Apostles. New members are welcome. For information please see Ian or Helen.

Christian Aid. Please bring back your envelopes as soon as possible, preferably with a donation inside!