Dear Friend
I am pleased to enclose our virtual service for Trinity Sunday, prepared by Judith with the reflection by Preb Jan.

If you fancy a sing, I enclose a link to the hymn quoted by Judith at the start of the service.

Holy, holy, holy:
https://www.youtube.com/watch?v=g26p62NCOJE

In her reflection, Jan refers to the importance of experiencing music. The following is a piece that has sent shivers down my spine since I had the privilege of singing in it many years ago. It is Libera nos, Salva Nos, an antiphon for Trinity Sunday by the Tudor composer John Sheppard, written for Magdalene College Oxford in the 1540s. The translation is "Free us, save us, defend us, O Blessed Trinity".

First, a splendid recent lockdown recording from their respective homes by members of The Sixteen, conducted by Harry Christophers:
https://youtu.be/jAbAtsaApZk

if you like to follow the dots, herewith a rather slower version by Trinity College (appropriately enough), conducted by John Rutter:
https://www.youtube.com/watch?v=02GtwA9gm3I&list=RD02GtwA9gm3I&start_radio=1

I hope the stillness and serenity of this piece helps in your prayer time.

All the best
Chris

7th JUNE 2020 10am TRINITY SUNDAY

Holy, holy, holy! Lord God almighty! Early in the morning our song shall rise to thee; Holy , holy, holy! Merciful and mighty! God in three persons, blessed Trinity!

CONFESSION Have mercy on me, O God, according to your steadfast love; according to your abundant mercy, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. *(Ps.51:1,2)*

As far as the east is from the west, so far has he removed our transgressions from us. (Ps.103:12)

READINGS: Psalm 8; Isaiah 40: 12-17, 27-end; 2 Corinthians 13: 11-end; Matt 28: 16-20

REFLECTION How do you describe the indescribable? However a particularly stunning piece of music is described we will only get a sense of it. It has to be experienced . On this Trinity Sunday, we are reminded of the threefold dimensions of God, the reality of which words cannot really describe. The Triune God needs to be experienced. In the O. T. there are hints of the Son and the Holy Spirit while God the Creator is the main focus. In the N. T. although we do not encounter the word Trinity we most certainly do encounter God the Creator/Father, Jesus the Son/Word and the Holy Spirit the Guide/ Strengthener . When Jesus talks of his return to the Father he promises the coming of the Holy Spirit. As he leaves his followers he commissions them to go and make disciples..... baptizing in the name of the Father, Son and Holy Spirit. Many of us only comprehend a part of this concept of the Trinity. Essentially, God is mystery and cannot be fully grasped. We are able, though, to experience and know God in our daily lives.

COLLECT: Holy God, faithful and unchanging, enlarge our minds with the knowledge of your truth, and draw us more deeply into the mystery of your love, that we may truly worship you, Father, Son and Holy Spirit, one God, now and for ever. Amen.

PRAYERS O God, Father, moment by moment you hold me in being, on you I depend. O God, eternal Son, friend and brother beside me, in you I trust**. O** God, Holy Spirit, life and love within me, from you I live. *(Richard Harries)*
We pray for the church, and for all who worship with us today throughout the world.
We ask your blessing on all who are in any kind of trouble or distress, because of sickness, poverty, hunger, or the effects of natural disaster. (*names*) We pray for those who have died and those who mourn. (*names*) We give thanks for the goodness and kindness shining from the people who are responding with love to all those in any kind of need.

THE LORD'S PRAYER *(your chosen version)*
WE SHARE THE GRACE

FINAL PRAYER Each morning and evening let the peace of the Father be mine. Each day and each night let the peace of the Son be mine. Each dawn and each dusk let the peace of the Spirit be mine, both now and forever. Amen
(*Carmina Gadelica)*