

The Most Holy Trinity (Sunday after Pentecost) (Year A)



John 3:16-18

'God sent his Son in order that the world might be saved through him.'

For God so loved the world, that he gave his only begotten Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only begotten Son of God.

Reflection

Today's Gospel gives us a glimpse into the life of the Trinity—Father, Son, and Holy Spirit— not as something distant or complicated, but as a relationship full of love that we're invited into. Jesus reminds us that the Holy Spirit will guide us into truth, speaking what He receives from the Son, who reveals the love of the Father. It's this constant flow of love and unity, and the incredible thing is, we're not on the outside of it. We're invited in. As young Vincentians, that matters because our faith isn't just something we believe, it's something we live. The Spirit nudges us to notice others, to act with compassion, to choose kindness when it's easier not to, and to love in ways that are real and practical. So today, let's not just admire the Trinity— let's reflect it. Let's be people who bring that same love into our friendships, our schools, and our communities. Come, Holy Spirit, help us to love like that.

Materials needed

- Paper window cut out
- Coloured tissue paper of different colours
- Glue
- Scissors

Activity

Create your own stained glass window inspired by the Holy Trinity— Father, Son, and Holy Spirit. Think about how you might represent each person of the Trinity using colours, symbols, or images (for example, light, a cross, a flame, or something more personal that reflects love and connection). Using the paper window cut-out and coloured tissue paper, design and build your image. Take your time to make it meaningful, not just decorative.

Once you've finished, leave it to dry. When it's ready, place it in a window and watch how the light shines through. As the colours come alive, remember how God's love isn't meant to stay hidden— it's something that shines out through us into the world.

Call to Action

This week, look for signs of the Father, the Son, and the Holy Spirit in your everyday life. Where do you notice love that gives? Hope that saves? Energy that moves through the mess? Let the Spirit guide you to speak kindness, choose compassion, and act with courage. In doing so, you become like that stained glass window— allowing God's light to shine through you for others to see.



