



Trinity Sunday

After he has told the story of how Jesus rose from the dead, St Matthew describes how Jesus met all his disciples on a mountain top.

His friends were amazed and really happy that Jesus was alive again. Jesus said that that they must tell everyone in the world about him. They had to make *new* disciples by telling people the stories of Jesus.

Then, they are to baptise them in the name of the **Father**, and of the **Son**, and of the **Holy Spirit**, which we call the "Trinity", meaning three-in-one. We still do this today, using those exact words.

Then Jesus promised to be with his disciples for ever, until the end of time.

Some years ago Father Peter taught himself to juggle so that he could explain the Trinity - Father, Son & Holy Spirit. Here's his explanation ...

To juggle:

Stage 1: Take a ball in your right hand. Throw the ball up and across to your left hand and catch it. Then throw it back again. Practice this several times.

Stage 2: Now take a ball in your right hand and your left hand. Throw the ball in your right hand up and across to your left hand, and immediately throw the ball in your left hand across and up to your right hand. Your left hand should move inside to throw the ball up and then go back out to catch the first ball. This is called "a jug". Practise this several times.

Stage 3: If you can do stage one and two, put two balls in your right hand and one in your left. Throw one of the balls in your right hand up and over to your left hand, throw the left hand ball up and across to the right hand and while it is crossing throw the second ball in your right hand up and across to your left. Practise this several times, then just keep going! If you have successfully thrown all three balls up and across from one hand to the other without dropping them, you can juggle!

P.S. Father P's juggling can sometimes go a bit off-course.
Best not to sit in the front pew!

Trinity Sunday uses the number 3 to teach us about the way God loves and looks after us. Here are some things to do based on the number 3 to remind you of how the Trinity works.

Name:

3 animals you can find in a zoo

3 animals you can find on a farm

3 flowers in your garden

3 things you can find in a church

3 things that can fly

3 people in the Bible

Your 3 favourite films

Your 3 favourite books

3 things with wheels

Your 3 favourite things to eat



These easy snacks are each made with *three* ingredients:



Apricot footballs

<https://www.stayathomemum.com.au/recipes/apricot-balls/>

Strawberry & banana lollipops

<https://www.stayathomemum.com.au/recipes/apricot-balls/>

Mini fruit kebabs

Use cocktail sticks for kebab skewers. Thread on to them whatever mixture of three fruit you prefer, e.g. black or green grapes & slices of banana or blueberries, strawberries & small pieces of peach. Design your own!