

# NEWSLETTER

**for the Churches of St Arvans, St Mary, Penterry,  
St Deiniol, Itton, St James, Devauden & Holy Cross, Kilgwrrwg  
forming part of the Severn Wye Ministry Area**

## IMPORTANT - PLEASE NOTE

St Arvan's Church is open during the day both for worship and private prayer,  
**Our live-streamed services are as follows: Sunday Eucharist at 10. a.m.,**  
They can be accessed on the St Arvans Parish Group page on Facebook:  
<https://www.facebook.com/vicaragecello1/>  
and are available to watch at any time  
The St Arvans Parish website can be found here:  
<http://www.starvanschurch.org.uk/>

Please help to keep us informed of anyone who is in need or is isolated over the next weeks and months, and anyone in need of our prayer and support  
Fr Michael Gollop,  
The Vicarage, St Arvans  
01291 622064;  
Mobile 07867803479  
E-mail: [frmichael1@aol.com](mailto:frmichael1@aol.com)

**15<sup>th</sup> June 2025**

**Trinity Sunday**

### The 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**

### A reading from the book of Proverbs

*Thus says the wisdom of God:* Does not wisdom call, and does not understanding raise her voice? On the heights, beside the way, at the crossroads she takes her stand; beside the gates in front of the town, at the entrance of the portals she cries out: To you, O people, I call, and my cry is to all that live. The LORD

created me at the beginning of his work,  
the first of his acts of long ago. Ages ago I  
was set up, at the first, before the  
beginning of the earth. When there were  
no depths I was brought forth, when there  
were no springs abounding with water.  
Before the mountains had been shaped,  
before the hills, I was brought forth – when  
he had not yet made earth and fields,  
or the world's first bits of soil. When he  
established the heavens, I was there,  
when he drew a circle on the face of the  
deep, when he made firm the skies above,  
when he established the fountains of the  
deep, when he assigned to the sea its  
limit, so that the waters might not  
transgress his command, when he marked  
out the foundations of the earth, then I  
was beside him, like a master worker;  
and I was daily his delight, rejoicing before  
him always, rejoicing in his inhabited world  
and delighting in the human race.'

[8; 1 - 4; 22 - 31]

*Reader/ This is the Word of the Lord*  
*Response / Thanks be to God*

### Psalms 8

**R How exalted is your name  
in all the earth.**

O Lord our governor,  
how exalted is your name in all the world!  
Out of the mouths of infants and children  
your majesty is praised  
above the heavens.  
You have set up a stronghold  
against your adversaries,  
to quell the enemy and the avenger.

**R How exalted is your name  
in all the earth.**

When I consider your heavens,  
the work of your fingers,  
the moon and the stars  
you have set in their courses,  
What are mortals,  
that you should be mindful of them?  
mere human beings,  
that you should seek them out?  
You have made them little lower  
than the angels;

you adorn them with glory and honour.

**R How exalted is your name  
in all the earth.**

You give them mastery  
over the works of your hands;  
and put all things under their feet,  
All sheep and oxen,  
even the wild beasts of the field,  
The birds of the air, the fish of the sea,  
and whatsoever walks  
in the paths of the sea.  
Lord our governor,  
how exalted is your name in all the world!

**R/ How exalted is your name  
in all the earth.**

### A reading from the letter of St Paul to the Romans [5; 1 - 5]

Since we are justified by faith, we have  
peace with God through our Lord Jesus  
Christ, through whom we have obtained  
access to this grace in which we stand;  
and we boast in our hope of sharing the  
glory of God. And not only that, but we  
also boast in our sufferings, knowing that  
suffering produces endurance, and  
endurance produces character, and  
character produces hope, and hope does  
not disappoint us, because God's love  
has been poured into our hearts through  
the Holy Spirit that has been given to us.

*Reader/ This is the Word of the Lord*  
*Response / Thanks be to God*

### Gradual Hymn

Alleluia, alleluia!  
Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
The God who is, who was,  
and who is to come.  
**Alleluia!**

The Lord be with you:  
**And also with you**

### Listen to the Gospel of Christ according to St. John. [16: 12 - 15]

**R/ Glory to you, O Lord.**

*Jesus said to his disciples:*

**I** still have many things to say to you,  
but you cannot bear them now.  
When the Spirit of truth comes,  
he will guide you into all the truth;  
for he will not speak on his own,  
but will speak whatever he hears,  
and he will declare to you the things that  
are to come.  
He will glorify me,  
because he will take what is mine  
and declare it to you.  
All that the Father has is mine.  
For this reason I said that he will take  
what is mine and declare it to you.'

This is the Gospel of the Lord  
**R/ Praise to you, O Christ.**

## For Your Prayers

That God the Holy Trinity may fill us with  
his love and mercy.  
For the people of the United States  
of America.  
The government & people of Ukraine  
and a just and peaceful end to Russia's  
war of aggression there.  
All who are caught up in war or conflict  
All those without adequate food or shelter  
The people of Gaza, Israel, Lebanon &  
Syria, & for lasting peace in the Middle  
East  
Those who suffer as a result  
of the climate emergency & for  
responsible stewardship of our planet  
For compassion and responsibility  
in those elected to govern us.  
For migrants & refugees, and all forced  
to flee from their homelands

### For the Church:

For the bishops of the Church:  
Cherry, Bishop of Monmouth, Philip,  
Episcopal Visitor of the Society of the Holy  
Cross in Wales, & for all who hold and  
teach the Catholic faith that comes to us  
from the Apostles.  
All bishops, priests and deacons and all  
baptised Christians  
For the reunion of all Christians: for Pope  
Leo, for Orthodox Patriarch Bartholomew,  
& for the leaders of the Reformed  
traditions  
For the Severn Wye Ministry Area,  
for its priests, licensed lay ministers  
and all its people.

### For the Sick & those in need:

Roy Staples, Ralph Hamilton, Sylvia  
Jackson; The Revd Helen Rodwell;  
Elisabeth; Anne-Louise; Mary; Peter;  
Kenneth Cameron; Margaret; Althea;  
Margi Osborne, Yvette; Val Higgs,  
Marilyn;

### For the Departed:

The recently departed: Del Belcher; Jenny  
Vickers; John Yearsley; Naylor Firth; own  
departed relatives & friends, and those  
whose anniversaries of death fall this  
week: Nan Jenkins; Doreen Dunn; Angela  
Palmer

### **A Prayer of Spiritual Communion**

My Jesus, I believe that you are  
in the Blessed Sacrament.  
I love you above all things,  
and I long for you in my soul.  
Since I cannot now receive you  
sacramentally, come at least  
spiritually into my heart.  
As though you have already come,  
I embrace you and unite myself entirely to  
you; never permit me  
to be separated from you. Amen.  
*(The Confraternity of the Blessed Sacrament)*

## The Jereboam Interview

*We continue our series of extracts  
from the Jerusalem and Galilee  
Gazette, an imaginary first-century  
newspaper. Week by week, the  
correspondent Jereboam interviews  
people whose lives have been affected  
in some way by Jesus Christ and his  
teaching*

### Leah and Solomon

**Jereboam:** Congratulations,  
Leah. Congratulations, Solomon. Is  
everything going well?

**Solomon:** Not so badly, thanks,  
Jereboam. We're a bit tired, but that's  
to be expected really.

**Jereboam:** I suppose so. He's a  
lovely little boy, isn't he? How old is he  
now?

**Leah:** He's eight days old.  
Would you like to hold him for a  
while?

**Jereboam:** Well...if you're sure,  
thank you...This really brings back

memories: I probably haven't held a  
baby for fifteen years. What a sweet  
boy... Look, here we are, I'd better  
give him back to you now.

**Solomon:** I'll take him: Leah's  
arms could probably do with a bit of a  
rest.

**Jereboam:** Well, he seems to  
recognise his parents all right. He's  
obviously very comfortable with both of  
you. Personally I always think that  
babies can sense the bond of love  
between their parents as well. I reckon  
it gives them an extra feeling of  
security.

**Solomon:** I can believe that.

**Leah:** I didn't realise you were a  
follower of Jesus, Jereboam.

**Jereboam:** Strictly speaking, I'm  
not. What makes you say that?

**Leah:** You've just neatly  
described our idea of the Holy Spirit,  
that's all.

**Jereboam:** Really?

**Leah:** Yes: as you know, we  
worship God the Father and also his  
Son Jesus. Then there's also the Holy  
Spirit – the less tangible element that  
draws us into the loving relationship  
between God and Jesus. It's a bit like  
your theory about babies sensing the  
love between their parents. You've  
come up with a rather apt metaphor, if  
you ask me.

**Jereboam:** Always glad to  
oblige...

**Solomon:** You're obviously a  
natural...you ought to become one of  
us, you know.

**Jereboam:** I'll think about it.  
Anyway, it's lovely to see you all. Best  
wishes to the whole family.

## THIS WEEK

Sunday is Trinity Sunday. We celebrate  
the revelation of God as three persons,  
Father, Son, and Holy Spirit, and the  
outpouring of his life and love into the  
world.

On Thursday we celebrate Saints Alban,  
Julius and Aaron, the first martyrs of  
Britain.

This week continues with readings for St Paul's second letter to the Corinthians. Paul writes about the free grace of God which overcomes our weakness. The Gospels this week are taken from St Matthew. Jesus teaches his disciples about the need to turn the other cheek, to love one's enemies and not hate them. He speaks of the need not to parade our faith but to do good deeds anonymously. God sees all that is done in secret. His praise is the only important reward. He tells his followers to store up treasures in heaven, and not material things on earth. They must set their hearts on God's kingdom first and not to worry about tomorrow. **Next Sunday** we keep as Corpus Christi. We give thanks for the great gift of Jesus' Body and Blood in the Eucharist. Christ gives us his life so that we may have the strength to do his will in the world.

## A Homily for Trinity Sunday

+ All the other great Christian doctrines we celebrate during the course of the Church's year are relatively easy to engage with: at least we can see that they're directly connected to the life and mission of Jesus Christ; but many people seem to regard today's feast of the Holy Trinity as something confusing and inexplicable and we should just concentrate on a simple, biblical faith. Well, as they say, good luck with that. Scripture doesn't exist independently of the community of faith: it was compiled by the Church in order to witness to the authentic vision of God experienced by the community. The point about proclaiming God as Trinity is that it does exactly that. Our minds simply can't comprehend the immensity of the mystery of God. But we are not kept at an unbridgeable distance from him; more than that he refuses to keep at a distance from us as, through the life, death and Resurrection of Jesus, he has taken the whole of humanity into his own three-fold life of love. But, again, it's vitally important that we don't present the inner life of God as a form of theological abstraction, theorising, lacking any direct relevance to the way we believe and the way we live our lives. And we should start from the perspective that what we are doing today is celebrating the way God has chosen to reveal himself to us, not our own necessarily flawed and faltering

attempts to define him and understand him. Trinity Sunday celebrates the radical truth that, as St Augustine said, God is more present to us than we are to ourselves; which is why some writers have spoken of God as 'the ground of our being.' There isn't a distant God somehow managing the universe, or the one who set things in motion aeons ago and then disappeared, but only the God who continually seeks to bring the world into his own communion of love, his own eternal friendship. Our faith really does stand or fall by this message about the closeness of God who is Threefold Love. Maybe that's why the Gospel means "Good News". When we, as Christians, speak of God as 'Father' we don't - or at least we shouldn't - mean a distant, authority figure, nor the stern, disciplinarian upholder of family tradition and honour of the ancient world, but someone who knows and cares, as Jesus himself says, even for the sparrows; the one who is pictured in Our Lord's parable of the prodigal son rushing towards his child and embracing him and restoring him to life. We are talking about the One Jesus calls "Abba", a word which more or less defies any attempts at translation, but is much more familiar and informal, conveying care, concern and compassion rather than anything human society has come up with. Once again, the faith redefines, or perhaps *should* redefine, our human concepts and turns things upside down. So, as Christians, we proclaim the Son who comes to save the world, to draw us to him as, entirely helpless, he offers his outstretched arms to us on the cross - not as some kind of vicarious punishment for our sins as some would have it, but in overflowing love and compassion for the suffering of the whole of creation. And we believe there is only this God who does not spare himself in coming to us and thereby freeing us from all the false gods of hierarchy, merit and self-congratulation: we can't save ourselves, we can only freely respond to the love offered to us through the Holy Spirit, the one who is the personal, searching, healing and transforming one, the one who animates and transmits that love, who even searches the hidden depths of God, as St Paul tells us.

And if today we feel uncomfortable about all this language about God being

Trinity, we are meant, I think, to be a little bit uncomfortable, not because we find it totally baffling or because we think it's a way in which theological insiders down the centuries have complicated an essentially simple faith, but because the Holy Trinity throws down a radical challenge to each one of us, and to anyone ever tempted by the thought of a God who keeps himself uncontaminated, distant and aloof from the concerns and the needs of the world he created. If, as we believe, God is in himself, community, solidarity and ceaseless, creative, overflowing love, then that overflowing love is involved in the life, concerns, and needs of the world, not in the sense - as some might have it - of bringing about suffering, wars, disasters and pandemics, but in freeing, liberating, the energy of the divine love within each one of us so that the world can be transformed and transfigured. It follows that his Church, and those of us who are members of it, are meant to be involved in the world's joys and sorrows, its struggles and its hopes. And that the Church has a duty, a divine command even, to help bring about the conditions in which the Father's Kingdom is brought into being "on earth as it is in heaven." ... We don't say this enough, and in a world that seems to be darkening towards cruelty, autocracy and oppression, it's absolutely vital that we not only say it, but shout it from the rooftops. *God is love*, the first letter of St John tells us. What has been revealed to us is that God is an unlimited, restless, dynamic energy of love, and the Three Persons who make up the One God are the three aspects in which that love is revealed to us. At its deepest level, love is self-sacrifice: it's a giving of one's self to another. We see this essential expression of God's inner life, his own infinite capacity to give of himself without limit, revealed in human history in the birth, life and death of Jesus, God the Son, who offers himself upon the Cross for the life of the world - to bring about the defeat of the darkness, within and without. We celebrate today the mystery of the God who is love, the Three in One who cannot by his nature do anything other than share his life and his love with us all.

+

## SERVICES IN OUR CHURCHES

### TODAY

#### TRINITY SUNDAY

15<sup>th</sup> June 2025

- 9 a.m. Family Service  
at St James, Devauden  
10 a.m. Sung Eucharist  
at St Arvan's  
11.30 a.m. Holy Eucharist at Holy  
Cross, Kilgwrwg

### NEXT SUNDAY

kept as **Corpus Christi**

22<sup>nd</sup> June 2025

- 10 a.m. Sung Eucharist  
at St Arvan's  
11.30 Holy Eucharist  
at St Deiniol's, Itton

Readings:

Genesis 14.18-20

Psalms 116.12-19

1 Corinthians 11.23-26, 31-34a]

St John 6. [47-50,] 51-58

Fr Michael's day off this week  
is Monday.

Daily celebrations this week:

Tuesday, Wednesday & Thursday at  
10 a.m. Friday's mass is at 09.30.

For all services in the wider Ministry Area  
please see [www.severnwyema.co.uk](http://www.severnwyema.co.uk)

### Bible Study

at **St Christopher's**

starting **11<sup>th</sup> May 7 – 8.30 p.m.**

*The Seven 'I am' sayings of Jesus*

### St Arvan's Church Open Day

**Saturday 21<sup>st</sup> June**

**See notice for details  
of the day**

### St Arvans Tea and Chat

**July 12<sup>th</sup>** and usually every second

Saturday of the month

Childrens activity table

For assistance or a lift  
please ring Diane on 628084

## The Ministry Area

### Prayer Group

meets every Thursday 7.45pm – 9pm

This week at St Mary's, Penterry

For further details

email [david@bedlambeds.com](mailto:david@bedlambeds.com)

### St Patrick's Breastplate

*Patrick's great hymn in praise  
of the Trinity*

I bind unto myself today  
the strong Name of the Trinity,  
by invocation of the same,  
the Three in One and One in Three.

I bind this day to me forever,  
by power of faith, Christ's incarnation;  
his baptism in Jordan river;  
his death on Cross for my salvation;  
his bursting from the spiced tomb;  
his riding up the heavenly way;  
his coming at the day of doom;  
I bind unto myself today.

I bind unto myself the power  
of the great love of cherubim;  
the sweet 'Well done' in judgment  
hour;  
the service of the seraphim.  
Confessors' faith, Apostles' word,  
the Patriarchs' prayers, the prophets'  
scrolls,  
all good deeds done unto the Lord,  
and purity of virgin souls.

I bind unto myself today  
the virtues of the star lit heaven,  
the glorious sun's life giving ray,  
the whiteness of the moon at even,  
the flashing of the lightning free,  
the whirling wind's tempestuous  
shocks,  
the stable earth, the deep salt sea  
around the old eternal rocks.

I bind unto myself today  
The power of God to hold and lead,  
his eye to watch, His might to stay,  
his ear to hearken to my need.  
the wisdom of my God to teach,  
his hand to guide, His shield to ward;  
the word of God to give me speech,

his heavenly host to be my guard.

Against the demon snares of sin,  
the vice that gives temptation force,  
the natural lusts that war within,  
the hostile men that mar my course;  
or few or many, far or nigh,  
in every place and in all hours,  
against their fierce hostility  
I bind to me these holy powers.

Against all Satan's spells and wiles,  
against false words of heresy,  
against the knowledge that defiles,  
against the heart's idolatry,  
against the wizard's evil craft,  
against the death wound and the  
burning,  
the choking wave, the poisoned shaft,  
protect me, Christ, till Thy returning.

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

I bind unto myself the Name,  
the strong Name of the Trinity,  
by invocation of the same,  
the Three in One and One in Three.  
By Whom all nature hath creation,  
eternal Father, Spirit, Word:  
praise to the Lord of my salvation,  
salvation is of Christ the Lord. Amen.

