

## **St Magnus Cathedral, Kirkwall**

[www.stmagnus.org](http://www.stmagnus.org)

Scottish Charity SCO 05322/CCL No 119086

[www.facebook.com/StMagnusCathedralCongregation/](https://www.facebook.com/StMagnusCathedralCongregation/)



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Welcome to St Magnus Cathedral this morning. It was founded in 1137 by St Rognvald, in honour of Magnus, his uncle. The Cathedral belongs to the people of Orkney and its doors are open to all. If you are a visitor, we hope this order of service will help you feel part of our worship together.

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**SUNDAY 30<sup>th</sup> May**

You can find our Sunday worship here.

<https://www.facebook.com/StMagnusCathedralCongregation/>

Join our Wednesday ZOOM meditation by signing up here.

[stmagnuszoom@gmail.com](mailto:stmagnuszoom@gmail.com)

Welcome

Within a mystery lies another mystery

Within a mystery lies a sacrament

within a sacrament lies a journey

through a journey lies a living

within a living lies a calling

within a calling lies our God

within our God lies a mystery

always a mystery within another mystery

Things are never as they seem. This is Trinity Sunday  
not some enigma to solve but a mystery to live

Welcome into God

Opening meditation

The Spirit of Life, God of many understandings – calls us to be in communion with one another; to be connected and grounded in community. May all feel validated here, loved, and respected. May all feel welcomed, encouraged to be themselves and then inspired to face this world with a renewal of the mind and fresh conviction to be and live the change needed in this world.

We are individuals and community on the way – evolving, growing in life pangs through change, vision and possibility. Experiencing and handling trust and caution as we move along together. On this day of becoming more human and one, we invite a spirit of trust more fully into our lives.

Reading from Luke 17 Mark Causer

On the journey to Jerusalem, Jesus passed along the borders of Samaria and Galilee. As Jesus was entering a village, ten people with leprosy met him.

Keeping their distance, they raised their voices and said, "Jesus, Rabbi, have pity on us!" When Jesus saw them, he responded, "Go and show yourselves to the priests." As they were going, they were healed. One of them, realizing what had happened, came back praising God in a loud voice, then fell down at the feet of Jesus and spoke his praises. The individual was a Samaritan. Jesus replied, "Weren't all ten made whole? Where are the other nine? Was there no one to return and give thanks except this foreigner?" Then Jesus said to the Samaritan, "Stand up and go your way; your faith has saved you." The Pharisees asked Jesus when the reign of God would come. Jesus replied, "The reign of God doesn't come in a visible way. You can't say, 'See, here it is!' or 'There it is!' No—look: the reign of God is already in your midst."

**For the truth made known in texts for the wisdom found  
on different paths for the hope that leads us on  
We give thanks.**

Reflection

"Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light not our darkness that most frightens us.  
We ask ourselves "who am I to be brilliant, to be gorgeous, to be talented and  
fabulous."

Actually who am I not to be.

I am a child of God. My playing small doesn't serve the world.  
There is nothing enlightened about shrinking so that people won't feel insecure  
around me.  
We were born to make manifest the glory of God that is within us.  
It is not just in some of us – it is in everyone.  
As we let our own light shine we unconsciously give other people permission to do  
the same.

As we liberate our own fear our presence automatically liberates others."

That's the God within in a nutshell.

These words made famous by Nelson Mandela capture the essence of the God  
within.

Traditionally, Christian theology captured the God within with the phrase "the  
indwelling of the spirit".

The Hebrew word for spirit is ruach. It's a word that comes out of the depths of our being and goes through our whole body and fills the space around us. It means the breath of God.

The Greek word for spirit is pneuma. Once again that word comes from deep within us and comes out as a breath and as it comes out it fills the space around us.

We don't even need to know what it means because we can hear it and we can feel the breath.

We can feel the spirit coming from deep within you.  
Pneuma.

What we've just experienced is the God within.

I wonder how many of us really believe that we have the seed of God within us.

I wonder if you are like me and you find that hard to believe or hard to own the power and the wisdom of the God within.

I wonder if you like me, have some fear of the responsibility of the God within.

On this Trinity Sunday, I want to place the God within in the context of the trinity.

Trinity is a concept that is in all religions including Pagan religions.  
It is not unique to Christianity.

And with all the different religious understandings of trinity, there is something which is common.

That is, that the pattern of life is a triad. The pattern of life is three;

that means there is subject, there is object and there is the relationship between them.

All sorts of people over the centuries have tried various analogies to describe the Trinity.. An analogy that we might use to understand the trinity is that of ice, water and steam. They are all one and yet at the same time they are all distinct. Ice is attached to form. It is a measurable, we can see it, we can touch it. Water is subtle and it is fluid. We can still measure it but we can't always see where it ends and where it begins. Steam is invisible and it is mysterious.

So we have ice, water and steam and I want to suggest we link that with another analogy that of body, mind and spirit. That the body is that which is physical that we can touch and feel with our senses is the ice.

Now who can say where the mind begins and where our mind ends. Our mind is the water – fluid and subtle. Steam is spirit – invisible and mysterious. It's often impossible to explain rationally that which goes beyond words. That which seems to go beyond our senses we often call spirit and we can relate that to steam.

Body, mind and spirit in each of ice, water and steam.

Or think of this for example in terms of love. We have the lover, the beloved and the love shared. A triangle – a triad.

We can think of all the different aspects in our lives, subject, object and the relationship between them.

As the Spirit of God that is within us is manifested in body, mind and spirit we live, move and breathe divinity. For God is Love.

#### Prayer

Through the ongoing creativity of God, we marvel at the invitation to go and be likewise; to gently lay hold of the gifts we have been given and to share them open-handedly. For we yearn for a greater creativity in our world with the common good in mind. We long for minds and hearts devoted to peace and good will, not more technologies of war and disunity. Hear the desire of our hearts as we sing

As Christ accompanies us on our faith journey, we recall how he continually gave of himself for others and their well-being. May we also give freely. May we stand beside those most in need, offering encouragement and healing. For we yearn for greater compassion in ourselves and in our world. We long for minds and hearts devoted to a common human destiny, not one nation, one religion, or one economy. Hear the desire of our hearts as we sing

As the Spirit guides us on our way, demonstrating the unrehearsed nature of love in its desire to bring renewed life, may we follow with expectation and joy. May we be courageous, even outrageous, because of the call to include and value unconditionally. For we yearn for a vision that we can trust. We long for a life beyond mere patriotism or survival of the strong. Hear the desire of our hearts as we sing

#### Blessing

Now may our wisdom show itself in deeds of compassion  
and in acts of understanding.  
May the fruits of the spirit  
be apparent in our lives

May you stay safe in the Way of Christ, and may you be blessed by his Spirit  
this day and always.