

## TRINITY SUNDAY YR A

Today as we know is Trinity Sunday

The day when we reflect on the Triune God. Father, Son, and Holy Spirit.

The belief in the Holy Trinity is at the very centre of our Christian faith, it's a dogma, something that has been declared by the Church as an indisputable truth.

It's a belief that is not just held by the Catholic Church but is shared by all other authentic Christian traditions.

As committed followers of Jesus Christ we hold this belief to be true.

Yet it is a difficult concept to explain or to grasp, unless we do so in faith. For this reason it's called a mystery, one of several in our faith.

The Trinity can never be explained scientifically; in fact it cannot be explained at all, because our human intelligence is not qualified to do so. It comes down always to faith.

We believe in this mystery because Jesus, who is God, taught it clearly. The Evangelists recorded it just as Jesus had told them.

The Old Testament, however, is quite vague about it. There are references to God's spirit and the coming of the Messiah, although they didn't know that he would be God's son.

The doctrine was introduced by Jesus

I have followed the example of St Patrick, who used the shamrock as an example, when I am introducing the concept of the Holy Trinity to the children in our PREP class, the children preparing for their sacraments.

I ask them to draw a shamrock and draw their attention to what appears to be three separate leaves but is in fact one leaf with the appearance of three.

St Augustine wrote: - "you see the Trinity if you see love. The Father is the lover, the Son the loved, and the Holy Spirit is the personification of the act of loving".

When we look at the readings today they are all about

Pouring out:-

God pours self out into the word. God and word pour out the Spirit to help us pour ourselves out. And the Spirit pours forth faith and strength and character.

In the 1<sup>st</sup> reading Moses poured out his appeal on behalf of his people asking for forgiveness.

In the 2<sup>nd</sup> reading Paul teaches us that we have peace with God the Father through Jesus Christ and that the love of God has been poured into our hearts through the Holy Spirit.

In the Gospel Jesus talks about the love of God which gave us Jesus His Son, so that through Him the world may be saved.

God is the creator, the source of all life and:-

Through Jesus we experience reconciliation, healing, and salvation.

Through the Holy Spirit guidance in truth, teaching, and sanctification.

In the word Trinity we understand three persons in one God one in divinity yet three distinct persons. This doctrine of three persons in one God is mentioned about 40 times in the New Testament.

The early church arrived at the doctrine of the Trinity through revelation which she had received in faith from Jesus. The oldest formulation is found in the Apostles Creed. And later the Council of Nicaea in the year 325 stated the doctrine more explicitly.

In our lives, then, we approach the blessed Trinity through the Holy Spirit, who is our source of strength and courage. The Holy Trinity is the model for all Christian families. We are created in love- to be a community of loving persons, Just as the Father, Son and Holy Spirit are united in love.

Since the day of our Baptism we have belonged to the Father, Son and Holy Spirit. We are privileged to grow up in such a loving family.

Our own families become truly Christian when we live in a relationship of love with God and others.

St Francis Xavier's favorite prayer was.

“Most Holy trinity, Who lives in me, I praise you, I adore you, and I love you.”

St John of Damascus spoke of the Trinity thus:-

“Think of the Father as a spring of life begetting the Son like a river, and the Holy Spirit like a sea, because the spring, the river and the sea are all one nature.

Think of the Father as a root, the son as a branch, and the Spirit as a fruit, for the substance in these three is one.

Think of the Father is a Sun, the Son as rays, and the Holy Spirit as heat

But in the end the Holy Trinity surpasses by far every likeness and comparison”