

## Trinity Sunday 7<sup>th</sup> June

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Today's feast invites us to live in the awareness of the presence of the Triune God within us: The Father, the Son and the Holy Spirit. The mystery of the Holy Trinity, a doctrine enunciated by the ecumenical councils of Nicaea and Constantinople, is one of the fundamental doctrines of Christianity and the greatest mystery of our Faith, namely, that there are Three Divine Persons, sharing the same Divine nature in one God. "There is one God, who has three Persons, Father, Son and Holy Spirit. Each Person is God, yet there is still only one God" (CCC #234, #253-256). We have the Father who is the Creator, the Son Who is the Redeemer and the Holy Spirit Who is the Sanctifier and the Counsellor – One God.

A man looked sad on his birthday. And his friend asked him why, he said: "My older brother and my younger brother forgot to greet me on my birthday." Wanting to console him, the friend said, "Well, it can happen that brothers can forget one another's birthdays." Whereupon the man replied: "Oh, yeah? But we're triplets!" We affirm the Trinity, not as an explanation of God, but simply as a way of describing what we know about Him. Of all Church doctrines, the one of the Blessed Trinity is perhaps the hardest one to explain. St. Cyril tried to explain the Mystery of the Most Holy Trinity using sun as an example. He said, "God the Father is that blazing sun. God the Son is its light and God the Holy Spirit is its heat - but there is only one

sun.” “Trinity is not a problem to be solved but a mystery to be lived.” He said: we say  $1+1+1$  equals 3 but if we apply this mathematical equation to the Blessed Trinity, it is like this:  $1+1+1$  equals 1. In other words, we believe that God is one nature but three persons, but the full meaning of these words is far beyond our understanding. One parishioner said to a pastor, “The Trinitarian God is a lot like our pastor. I don’t see him through the week and I don’t understand him on Sunday.”

The Father, the Son and the Holy Spirit are one in essence and nature and that is, of being divine. Therefore we do not confess three Gods, but one God in three persons. We have the Father who is the Creator, the Son who is the Redeemer and the Holy Spirit who is the Sanctifier and the Counsellor. - One God. It does not mean that God the Father is the One who came first; God the Son is the second one to come and God the Holy Spirit is the last one to come. But rather they are eternally equal since there is no beginning and there is no end for these Three Divine Persons. At the Annunciation, at the baptism of Jesus, the farewell discourse and the Ascension and at the missionary command to his disciples we see the presence of Trinity. We are created in love, to be a community of loving persons, just as the Father, Son, and Holy Spirit are united in Love. Let us not lose heart - He is with us. St. Francis Xavier’s favourite prayer was: “Most Holy Trinity, who live in me, I praise You, I worship You, I adore You and I love You.”

Today's Gospel describes Jesus' final appearance to his apostles just before his Ascension into Heaven. At that moment, He commissioned them to make disciples of all nations and commanded them to baptize those who came to believe, "in the Name of the Father and of the Son and of the Holy Spirit." Here is the Trinitarian apostolic blessing of St. Paul, "*The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all*" (2 Corinthians 13:14).