



TRINITY SUNDAY – YEAR A – June 11, 2017

The readings today are taken from the book of Exodus, chapter 34, St. Paul's second letter to the Corinthians in chapter 13, and the Gospel of St. John in chapter 3. They speak to us about the several manifestations of "Godness" (the nature of God) as three distinct persons: The God above us, the God beside us and the God within us.

We celebrate the feast of the Most Holy Trinity today. It is one of the most profound mysteries of our Catholic Faith. Some would say: the most profound, because it speaks to us about the very nature of God. The words of St. Augustine come to mind, "When you think you know God, you don't". But there are some things we can know. We can know what God told us.

The Trinity is not a mathematical problem. It is not a matter of how three = one, or one = three. That is not the mystery of the Trinity, that's a mathematical impossibility.

The mystery of the trinity is this - there are three persons in one nature. Person and nature are not the same thing. If you ask the question - Who - the answer is a person. If you ask the question - What - the answer is the nature of a thing.

Who is the Trinity - the trinity is the Father and the Son and the Holy Spirit - three persons - three separate and distinct persons.

What is the trinity - the Trinity is God - one God - one nature, "Godness".

Every time we make the sign of the cross, we acknowledge what God has revealed to us about himself. The God above us, the God beside us and the God within us.



How can we reduce all this theology to a practical level in our daily lives. What can we do to make the Trinity a part of our own personal lives each day. One way that some people find helpful is a prayer exercise they follow each night before they fall asleep. They take three minutes to replay the day that has just ended.

During the first minute, they pick out the high point of their day, something good that happened to them, like keeping calm when falsely accused, or helping someone else when they were able to do that. They speak to God the Father about it and thank him for his help. That is the God above us – our Creator, Abba.



During the second minute, they pick out the spiritual low point of their day, something bad that happened, like ignoring someone who really could have used their help, or playing the role of a victim to avoid doing what needs to be done. They speak to Jesus about it and ask for forgiveness. That is the God beside us – our Redeemer, the Son of God.

During the third minute, They look ahead to tomorrow, to some critical point like having to confront someone about something or having to change something about themselves. They speak to the Holy Spirit about it and ask for the wisdom and courage to deal with it properly. That is the God within us – our Paraclete, our Helper, the Holy Spirit.

Try this prayer form in the week ahead. God's love for us is Trinitarian every day. All three persons love us unconditionally. Our love for God (for them) can be Trinitarian too.. Peace!