

REFLECTION FOR SOLEMNITY THE MOST HOLY TRINITY 2021

Deut 4:32-34,39-40 Rom 8:14-17 Matt 28:16-20

We celebrate the solemnity of the Most Holy Trinity. There are three distinct Persons in one God, sharing the same Divine Nature, co-equal and co-eternal.

All our prayers in the Church begin in the name of THE MOST HOLY TRINITY and end glorifying the Trinity.

All sacraments are administered in the name of the Holy Trinity – we are baptized, confirmed, anointed, our sins are forgiven, our marriage blessed, all in the name of the Holy Trinity.

Many years ago, I used to help out in a parish, a man requested to see me. He came well dressed and had a broad smile.

He said to me, “Father, like every human, being I’ve made mistakes. And I knew that I needed, a wake-up call in my life, so that I could focus on what’s really important and do what is best for the people I love.”

Then that man said to me, “Well, the wake-up call that I got was a cancer diagnosis. And it’s the best thing that has happened to me.”

I was shocked – throughout my life as a priest, no one has ever said to me that cancer was “the best thing that happened to them.”

But the man with the broad smile continued: “For many years, I defined success the wrong way. I gave too much attention to my work, and not enough attention to my relationships.” He said, “I allowed possessions and positions to become more important than family and faith. I know I needed a wake-up call.”

“So,” he said, “My wife and I have decided that we are going to do this right. We are making every choice in order to spend time together, to treasure every moment of our relationship, to create memories with our children and to make this the best time in our lives as a family.”

When the man left my presence to go home, I realized that something holy had just happened. His deep Catholic faith was an inspiration to my faith. His hopefulness in the face of his diagnosis was awesome. His desire to make the most of every moment God gave him reminded me of how much I take for granted.

The church’s understanding of the mystery of the Holy Trinity is clear – our God is a God of relationships.

The importance of the feast of the Holy Trinity lies in this: We are made in the image of God, therefore, the more we understand God, the more we understand ourselves.

In the inner life of God, in the Trinity, there is no individualism. In the Holy Trinity, there is relationship and there is communion. God the Father, the Son and the Holy Spirit are united in themselves.

The Trinitarian life of God encourages us to abandon the so-called life of an **I - and - I - principle of individualism and adopt an I - God - neighbour - principle of life** and try to live in harmony, in peace, in solidarity, in grace, in love and in communion with God and one another.

There is only one thing worth treasuring – *and that is relationship.*

Which means that we will most often *experience* God in our lives through our *relationships*. Our relationship with God and with others. We must learn to honour and love the living God by honouring and loving the people that God has placed into our lives.

And that takes work.

It takes hard work to make relationships our priority.

It takes work for young married couples to put their relationship first, even if that means living more simply.

It takes work to build what Pope Francis called a ‘culture of encounter,’ where we take interest in others and speak to those we would rather ignore.

If we listen to the language that surrounds us in the world, it is the language of anger, division, hate, fear, and *condemnation*.

When we are living in an angry, divided, condemning world, the God we create in our minds ends up being an angry, divisive, condemning God.

Which is why we need this feast of the Most Holy Trinity. Because this feast day reminds us who God really is... and who we are supposed to be, since we are created in *God's* image.

What is the true identity of God? God is love.

“God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him.”

A Father who is love. A Son who reveals that love perfectly. A Spirit who refreshes us with the breath of that love and sends us forth to carry out the mission of Jesus. A mission of love, not hate or not condemnation. It's *easy* to condemn. It's often *hard* to love.

The Holy Trinity is the God of mercy, gracious love, and peace. That's the God I want to follow. “mercy, love and peace.” That's the person I want to become. “mercy, love and peace.” That's the essence of our God, who is Father, Son and Holy Spirit. **Amen!**

Fr Patrick