

TRINITY SUNDAY 2021

In the name of the Father and of the Son and of the Holy Spirit. Last Sunday at Pentecost, we celebrated God the Holy Spirit. Next Sunday focuses on God the Son as we celebrate the Feast of the Body and Blood of our Lord Jesus Christ. Today we celebrate the very essence of God in the Solemnity of the Most Holy Trinity, one God in three persons sharing the same divine nature, a mystery understandable not with our heads but with our hearts.

The Trinity reminds us that just because we cannot explain or comprehend something, does not make it false or a myth but rather just a mystery. This mystery has been revealed to us by Jesus, by the evangelists and by the Fathers of the Church who tried to explain it and the Councils of Nicaea and Constantinople who defined it as a dogma of Christian faith to counter the Arian heresy. This is clearly expressed in what came to be called the Nicene Creed.

The Trinity is always at work in the life of the Church and in our lives. All our main prayers in the Church begin in the name of the Holy Trinity (Mass) and end by glorifying the Trinity. (doxology) Sacraments in the Church are also administered in the name of the Holy Trinity, e.g baptism (gospel), reconciliation, marriage... (take this ring as a sign of my love and fidelity...)

The Trinity is about relationship, unity and love. The unceasing love of the Father and the Son generates the life-giving power of the Holy Spirit for all eternity. Hence St. Paul has told us in the 2nd reading that we are all brothers and sisters since we call God Abba, Father.

The first reading has reminded us that Yahweh is different from other gods. He is a faithful friend who is always close to His people. He takes interest in our problems and is ready to intervene to help us. The gospel has stressed the same fact by the assurance that Christ who once called us friends, is with us now, till the end of time. Though physically absent, His Spirit is dwelling in us.

Jesus spoke about the Father who sent Him (the Son) and about the Holy Spirit whom He was going to send. He said that the Father had given Him (the Son) all that He has and that He in turn had given to the Holy Spirit all that He had received from the Father. In this we see the unity of purpose among the three persons of the Trinity.

God entered time when creation began and He manifests Himself from then on. Creation is usually attributed to the Father who also provides for His creatures; redemption to the Son who shows us how God is loving and merciful thus reconciling us with the Father and sanctification to the Holy Spirit, who strengthens us, teaches us and guides us to the Father and the Son. Nevertheless, though they are distinct as persons, neither the Father nor the Son nor the Holy Spirit ever exists or acts in isolation from the other two persons of the Trinity.

May we follow the example of the Trinitarian relationship of love and unity in our Christian families. At the Last supper Jesus prayed for us that we may be one as they are one. We were created in love to be a community of loving persons like the Father, the Son and the Holy Spirit.

By virtue of our baptism thus we all became children of God and members of God's Trinitarian family. So, let us also acknowledge the Trinitarian God who abides in us and is the source of our hope, courage and strength. Our conviction that the Trinity is present within us should then help us to esteem ourselves as God's holy dwellings and thus lead holier lives.

May the grace of the Holy Trinity help us to banish all traces of selfishness in our lives so as to live in the love and friendship of our God and neighbor. "In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

This Memorial Day weekend, may we remember all those who sacrificed their lives for our freedom and peace. May we pray for the peaceful repose of their souls. Eternal rest grant unto them O Lord...