

## Trinity Sunday Reflection

Today we are asked to contemplate one of the most profound mysteries of our faith: the Holy Trinity. The idea that God exists as three distinct persons – Father, Son, and Holy Spirit – all fully God, yet one God, can be a challenging concept to grasp.

But here's the beauty of faith – it's not always about perfect comprehension. It's about trusting in the revelation of God's love, even when it stretches our understanding.

The Bible offers glimpses into this mystery. In the Book of Genesis, we hear God speaking in the plural: "Let us make man in our image, after our likeness" (Genesis 1:26). Already in the very first book of the Bible we have a hint at a multiplicity within the Godhead.

Then, in the New Testament, Jesus, the Son of God, is baptized by John the Baptist. The Holy Spirit descends upon Jesus in the form of a dove, and a voice proclaims, "This is my beloved Son, with whom I am well pleased" (Mark 1:11). Here, we see the three persons of the Trinity – Father, Son, and Holy Spirit – all present and distinct.

Throughout Scripture, we see the interplay of these three persons. The Father, the creator and source of all love. The Son, Jesus Christ, who embodies that love in human form, offering redemption and salvation. The Holy Spirit, the divine force that guides us, empowers us, and connects us to God's grace.

While the Trinity might be a mystery, it isn't an abstract concept. It's the foundation of a loving relationship between God and humanity. The Father desires a relationship with us, the Son bridges the gap through his sacrifice, and the Holy Spirit makes that relationship real in our hearts.

We are not alone. God is a communion of love, eternally existing in a perfect relationship. Because of the Trinity, we are invited to share in that love.

So, how can we live out the implications of the Trinity in our own lives?

- **Love One Another:** If God is love, then our call is to reflect that love in our interactions with each other. Practice forgiveness, compassion, and service to those around you.
- **Seek the Holy Spirit:** Open yourself to the guidance and power of the Holy Spirit. Pray, reflect, and allow the Spirit to work in your life.
- **Live in Relationship:** Nurture your relationship with God through prayer, scripture reading, and participating in the sacraments.

The mystery of the Holy Trinity may not be fully understood, but it is a source of endless wonder and a foundation for a life filled with God's love. Your homework for this week is to , reflect on this beautiful truth and living lives that radiate the love of the Father, the Son, and the Holy Spirit. If we do that, we will not only be fulfilling God's will, but we will be that beacon on the hill, guiding everyone to the PNCC.

Let me close with a short prayer:

Oh Most Holy Trinity Have Mercy on Us.

Oh Lord, cleanse us of our sin.

Oh Master, pardon our transgressions

Oh Holy One come to us and heal our infirmities. Amen.

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Heavenly King, Comforter, Spirit of Truth, Everywhere present and filling all things; Treasury of Blessings and Giver of Life: Come and Dwell within us, cleanse us of all sin, and save our souls O Gracious One.

Holy God, Holy and Mighty, Holy and Immortal, Have mercy on us.

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Holy God, Holy and Mighty, Holy and Immortal, Have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit, now and ever and ever Amen.

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In 512 AD a riot occurred in Constantinople, the Imperial Capital when a proposal was made to add the words “who was crucified for us”. The dispute arose because it is not entirely clear if the prayer was describing Jesus or the Holy Trinity.

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Gregory of Nyssa on the Trinity:

Everywhere, in the public squares, at crossroads, on the streets and lanes, people would stop you and discourse at random about the Trinity. If you asked something of a moneychanger, he would begin discussing the question of the Begotten and the Unbegotten. If you questioned a baker about the price of bread, he would answer that the Father is greater and the Son is subordinate to Him. If you went to take a bath, the Anomoean bath attendant would tell you that in his opinion the Son simply comes from nothing.