

THE SOLEMNITY OF THE MOST HOLY TRINITY

The mystery of the most Holy Trinity is a basic doctrine of Faith in Christianity, understandable not with our heads but with our hearts. It teaches us that there are three distinct Persons in one God, sharing the same Divine Nature, co-equal and co-eternal. Our mind cannot grasp this doctrine which teaches that $1+1+1 = 1$ and not 3. But we believe in this Mystery because Jesus, who is God, taught it clearly, the Evangelists recorded it, the Fathers of the Church tried to explain it, and the Councils of Nicaea and Constantinople defined it as a dogma of Christian Faith.

Avoiding the mathematical argument, we need to accept this fact in faith. As perfect unity, three persons of God are always United in a loving relationship. So also, we are called to be united in a loving relationship with God, others, and nature. To be a complete being, we also need to be united in body, mind, and spirit.

Our faith rests on Trinitarian God, who is one in Being and three in distinct persons. How can one be three? The illustration of a married woman may help us to understand this complex concept. She is one being, but as persons, she plays three distinct roles - as daughter, wife, and mother. She is distinct in persons but as a woman, one in her being. So also, God is one in being with three distinct natures. He is one God in Father, Son, and Spirit.

The importance of the Holy Trinity in Christian life: 1) All prayers in the Church begin in the Name of the Holy Trinity and end glorifying the Trinity. 2) All Sacraments are administered (we are baptized, confirmed, anointed, our sins are forgiven, our marriage is blessed, and our Bishops, priests and deacons are ordained) in the name of the Holy Trinity. 3) Church bells ring thrice daily, reminding us to give glory to the Holy Trinity for the Incarnation of Jesus and His Redemption of all of us. 4) We bless ourselves, and the priest blesses us, in the Name of the Holy Trinity.

We need to respect ourselves and respect others: Our conviction of the presence of the Triune God within us should help us to esteem ourselves as God's holy dwelling place, to behave well in His holy presence, and to lead purer and holier lives, practicing acts of justice and charity. This Triune Presence should also encourage us to respect and honor others as "Temples of the Holy Spirit."

We need to be aware of God as the Source of our strength and courage: The awareness and conviction of the presence of God within us gives us the strength to face the manifold problems of life with Christian courage. It was such a conviction that prompted the early Christian martyrs being taken to their execution to shout the heroic prayer of Faith from the Psalms: "The Lord of might is with us, our God is within us, and the God of Jacob is our helper" (Psalm 46).

We need to see the Trinity as the model for our Christian families: We are created in love to be a community of loving persons, just as the Father, Son, and Holy Spirit are united in Love. From the day of our Baptism, we have belonged to the Father, Son, and Holy Spirit. How privileged we are to grow up in such a beautiful Family! Hence, let us turn to the Father, Son, and Holy Spirit in prayer every day. We belong to the Family of the Triune God. The love, unity, and joy in the relationship among the Father, Son, and Holy Spirit should be the supreme model of our relationships within our Christian families. Our families become truly Christian when we live in a relationship of love with God and with others.

St. Francis Xavier's favorite prayer was: "Most Holy Trinity, Who live in me, I praise You, I worship You, I adore You, and I love You." Let the Son lead us to the Father through the Spirit, to live with the Triune God forever and ever. Amen.