

**“And behold, I am with you always...!”**

*In the name of the Father and of the Son and of the Holy Spirit. Amen.*

**Once upon a time**, a missionary, who worked in Africa, returned to England for a short break. One day, he ran across a beautiful sundial. Then, he got an idea and thought to himself:

**“This sundial would be ideal for my villagers. I could use it to teach them the time of day.”**

The missionary bought the sundial, crated it up, and took it back to Africa. When the village chief saw it, he insisted that it be set in the center of the village. All the villagers were thrilled with the sundial. They had never seen anything so beautiful in their lives. They were even more thrilled when they learned how it worked.

The missionary was delighted by everyone’s response to his sundial. He was, therefore, totally unprepared for what happened a few days later.

The people of the village got together and built a roof over the sundial to protect it from the rain and the sun.

Now, you’re probably wondering what this story has to do with today’s Feast of the Holy Trinity. Well, let me tell you. I think the sundial is a lot like the Holy Trinity. And we Christians are a lot like those villagers.

You see, one of the most beautiful revelations about our faith is the teaching on the Holy Trinity, namely, that

**God is: Father, Son, and Holy Spirit.**

We have correctly placed this teaching at the center of our faith. We stand in awe of it. But, & there’s that **BUT** in life again, instead of putting that teaching at work in our lives, we have built a roof over it, so to speak, just as the villagers did to their sundial!

**“Why do I say such a thing?” you ask. Well, I am glad you asked that question!**

For many of us, the teaching on the Holy Trinity seems of little practical value when it comes to our daily lives. Since, however, it **IS** the Feast of the Holy Trinity, I will now share with you a closer look at this teaching...**1<sup>st</sup>** from **what Scripture says about the Trinity** and, **2<sup>nd</sup>**, I will suggest **how to make the Trinity a practical value in our daily lives.**

**1<sup>st</sup>**, Scripturally, we find most of its references in the Gospel of St. John. Jesus frequently refers to the Holy Spirit, who will come after him. However, the best-known reference to the Trinity is in St. Matthew’s Gospel, which I just read to you:

**“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit...”**

The most graphic reference to the Trinity comes in St. Mark’s Gospel. Immediately after Our Lord’s cousin, John the Baptist, baptizes Jesus, the Holy Spirit descends upon Jesus in a dovelike form and a voice from heaven says among other things:

**“You are my own dear (i.e., beloved) Son.”** Mk.1:11

**The voice**, **the dove**, and **Jesus**, these 3 images create a vivid portrait of the Trinity.

St. Luke is the most fascinating on the Trinity. For him, the Old Testament period is the era of the Father, the New Testament or the Gospel period is the era of the Son, & the post-Gospel era, beginning with Pentecost, is the era of the Holy Spirit.

Personally, I attribute Creation to the Father, Salvation to the Son, and Sanctification to the Holy Spirit.

Finally, from a scriptural perspective, St. Paul’s best-known reference to the Trinity is his famous blessing at the close of his **2<sup>nd</sup>** Letter to the Corinthians:

**“The grace of our Lord Jesus Christ, the love of God, and the fellowship (now, ‘communion’ in the 3<sup>rd</sup> Edition) of the Holy Spirit be with you all. <sup>2Cor.13:13</sup>”**

Now, **2<sup>nd</sup>**, *how to make the Trinity a practical value in our daily lives.*

*I supply you with this lesson every year, so ‘listen up’ and try to make it a part of your daily prayer-life this year --if you haven’t already. If you have, I am sure you won’t mind my repeating myself for the sake of those who may have ‘missed’ making the Trinity personal last year. If you **DO** mind, too bad!*

*Here’s the drill. When your head hits the pillow at night and you want to say something to God, but don’t quite know how to get started ...try this: (It’s as easy as: 1, 2, 3.)*

**1<sup>st</sup>** –Think of **God-the-Father**...and **thank him** for the **‘high point’** of the day --something you did right or that ‘went well.’ **For example**, for something you did successfully, for some kid that smiled or waved at you, for an unexpected compliment, for a quiet cup of coffee, or maybe for the chance to have received Communion that day.

**2<sup>nd</sup>** –Think of **God-the-Son** ...and **apologize to him** for the **‘low point’** of the day --something you did ‘wrong’ or for something that you didn’t do that you should have done. **For example**, for a snide or unkind remark you made, for an exaggeration or lie you told, for criticizing someone behind his or her back, for making yourself into more than is true, for being lazy.

**3<sup>rd</sup>** –Think of **God-the-Holy Spirit** ...and ask him for guidance or wisdom **‘for tomorrow’** – something you have to do that worries or frightens you. **For example**, having to report to a superior, having to ‘fire’ someone, or having to give a talk, a report, or do some very difficult task.

*If you perform this nightly, spiritual exercise, you will have discovered a remarkable way to have the Blessed Trinity as an integral and helpful part of your daily life.*

*It’s as simple as **1, 2, 3**:*

1. Think of God-the Father ...the high point of the day, and thank him.
2. Think of God-the Son ...the low point of the day, and apologize.
3. Think of God-the Holy Spirit ...tomorrow and ask for courage & wisdom.

*The Feast of the Holy Trinity celebrates the great mystery of the Uncaused-cause of the universe: that God is our Father-Creator, whom we can trust and thank for all the good things in life, that Jesus is our Brother-Savior, who will always forgive our true sorrow & lead us on ‘the way,’ that God the Holy Spirit-Sanctifier, is our constant companion, to whom we can always turn for guidance & courage ...the Tri-une God: one, equal, separate, and eternal.*

*This is, of course, mind-boggling for puny-man, BUT... so be it!*

*I will now close with that prayer that has become the trademark of our Catholic faith.*

*In doing so, I pray that our Tri-une God will bless you:*

**“The Father and of the Son and of the Holy Spirit.  
Amen.”**