

**“When he comes, the Spirit of truth, he will guide you...”**

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

**Once upon a time**, the former Secretary of State, Henry Kissinger, wrote a book entitled *Years of Upheaval*. The incident in the book, of which I am about to share with you, occurred on a Wednesday night. It was August 7, 1974. It was the night before, the then President Richard Millhouse Nixon, announced his resignation to the world.

*Kissinger was at home, having dinner with his wife, Nancy, his children, and columnist, Joseph Alsop. At about 9 pm, the telephone rang. It was the President, at the White House.*

*Nixon asked Kissinger to ‘come over’ right away. When Kissinger arrived, he found Nixon slouched in a large, brown chair. A thin beam of light, from a small reading lamp, shafted onto a small, yellow pad on his lap. The rest of the room was draped in gray and black shadows.*

*The two talked about many ‘things.’ Then, about midnight, Kissinger got up to leave. Nixon escorted him to the elevator. Suddenly, just outside the Lincoln bedroom, Nixon stopped. He asked Kissinger to kneel in prayer with him.*

*Questioned about this later, Nixon recalls that both of them knelt. Kissinger says he doesn’t recall if he knelt or not. He does recall, however, being ...*

**‘filled with a deep sense of awe ...and not knowing ...for what ...to pray!’**

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*The image of Kissinger kneeling in that midnight-White House-hallway, filled with awe, but not knowing for what to pray ...is a good image of many of us, as we consider today’s...*

**Feast of the Holy Trinity.**

*Like Kissinger, we are often filled with awe, but we, often, don’t know for **what** to pray or, perhaps better put, we don’t know **how** to pray... to the Trinity.*

*I often suggest this to help you ‘put a handle’ on the mind-boggling concept of ‘Trinity:’*

Think of God the Father as **Creator** ...to whom we attribute **creation**,  
Think of God the Son as **Savior** ...to whom we attribute **salvation**, and  
Think of God the Holy Spirit as **Sanctifier** ...to whom we attribute **sanctification**.

*What should we say as we kneel before the Holy Trinity: the uncaused-cause of creation, salvation, and all sanctification? How should we strive to make this ‘thing,’ this ‘Holy Trinity,’ a practical part of our daily lives? ...you ask.*

**Well ...I am so glad you asked that question!**

'Listen up' and try to make this a part of your daily prayer-life. Some of you, no doubt, have heard me say this before. Regardless, such a system bears repeating. (I use it every night after praying for family, friends, all parents/grandparents, and parishioners—past & present.)

So, 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**—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**—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 in 'attending' to things or for not helping someone in need.

**3**—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' a subordinate, 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 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.

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The Feast of the Holy Trinity celebrates the great mystery of the uncaused cause of the universe: that **God is our Abba-father**, who 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,' and that **God the Holy Spirit 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!

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

In doing so, I pray that Almighty God, our dear Abba, will bless you:

in the name of the Father and of the Son and of the Holy Spirit. Amen.