

“God so loved the world that he gave his only Son....”

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

Once upon a time, even unto the present, unfortunately, there are very few articles written about the Trinity and very few homilies devoted to the Trinity. Even when we DO read an article or hear a homily on the Trinity, it is often... how to put it... ‘tedious.’

This is understandable because, when we talk about the Trinity, we are talking about a profound mystery, something that, necessarily, baffles the human mind. We must remember that, after all, God is the Artist and we are only the artifact. The artifact cannot possibly, fully (if at all), comprehend its creator, that is, the Artist.

The Creed, i.e., the Profession of Faith, which we recite each week after the homily, begins with the Father, as Creator, moves to the Son, as Redeemer, and ends with the Holy Spirit, as Life-Giver and Sanctifier. We must never forget that where the Father is, there also are the Son and Holy Spirit. **The Trinity is always a profound mystery of unity & exclusivity simultaneously!**

The following are a few human insights, which attempt to give us some kind of a ‘handle,’ so to speak, on understanding the Divine Trinity, although they are feeble attempts, at best.

One writer used the rain to give an insight into the Trinity. He said something like this:

“The water that is falling is ...water, BUT... it can exist in 3 different forms: gas, solid, and liquid—that is, in steam or fog, in ice, and in falling rain.”

Of course, every analogy falls short of the reality. **BUT**... I think you can see the point. There are not 3 different kinds of water. There is only 1 water, **BUT**... it exists in three different forms. In a similar way, we might think of God, i.e. the Trinity.

St. Ignatius of Loyola, once, while in prayer, perceived of the Trinity in the form of 3 musical notes, that, when played at once, made up 1 single cord or sound.

And finally, we all are familiar with St. Patrick’s use of the 3 leaves of 1 clover to convey the idea of the Trinity.

Be all that as it may, a question remains:

“How can we make the Trinity come alive and become a part of our personal lives?” you ask.

Well, I am glad you asked that question!

I will now share with you, as I have in the past, a way to accomplish this. When your head hits the pillow at night, take 3 minutes to replay, in your mind, the day that just ended.

In the 1st minute, pick out the **‘high-point’** of the day—like keeping calm when falsely accused. Speak to the Father about it and thank him for it (i.e., the inner calm).

In the 2nd minute, pick-out the **‘low-point’** of the day—like ignoring someone who really needed your help. Speak to Jesus about it and ask his forgiveness.

In the 3rd minute, think about **‘tomorrow,’** to some critical point—like having to confront someone about something. Ask the Holy Spirit for wisdom and courage to deal with it properly.

So, you see, combining prayer to the Trinity with an examination of conscience is a perfect way to bring the Holy Trinity into the **‘nitty-gritty’** of daily life. I suggest that, in the week ahead, if you don’t already, set aside three minutes each night and try this prayer-exercise in honor of the un-caused... cause of the universe, the Holy Trinity.

I now conclude with the Trinitarian action that has become the trademark of our Catholic faith—
The Sign of the Cross.

May Almighty God, our Abba, bless you: the Father, + the Son, + and the + Holy Spirit.

Amen.