

- My wife and I have always been fans of mystery stories. Maybe you are too. We grew up with television shows like: Perry Mason, Murder She Wrote, Columbo and the Nancy Drew Mysteries.
- Even today mystery stories enjoy great popularity; there is a whole network, “Hallmark Mystery Channel” dedicated to airing only mystery stories.
- As humans there is something about a mystery that attracts us. We like to use our minds, our logic ability, to find the clues, to make assumptions and to connect the dots in an attempt to solve the mystery.
- A skilled mystery writer can really draw us into a story. Sometimes have us chasing shadows, sometimes misleading us a bit, sometimes allowing our reasoning to lead us to wrong conclusions – down dead end paths.
- We know that “real life” also has many mysteries. Science tries to solve many of them. Interestingly, as we come to understand some mysteries, we discover even more new ones!!
- Today the Church celebrates a mystery central to the Catholic faith and calls us to spend some time reflecting on this mystery. What is that mystery?
- (Pause and make the sign of the cross slowly upon yourself)
- Each time we make that sign (bless ourselves) we acknowledge to ourselves and to the world that we believe in the Holy Trinity. A mystery central to our faith and our lives as Christians. It is the very mystery of God Himself.
- We say we believe in **one** God who is **three** persons. Notice we say we *believe* not we understand.
- Also notice we don’t say in the NAMES of the Father, Son and Spirit – We say in the NAME – One God, three persons.
- But how is that possible? It hurts your brain if you think about it and try to logic it out. (Luckily God speaks first to our hearts).
- Sometimes we use symbols to try to help us understand: like a Shamrock – one plant with three leafs. Or we think of H₂O which can take the form of ice, liquid water and steam. But even these examples are incomplete.

- Here is a way I try to wrap my brain around this mystery. We are told in the Bible that we are made in God's image. So maybe we can learn more about God by considering our own life. Think of yourself; you are one person, yet different things. You are someone's son or daughter. You might also be a sister or brother, a wife or husband, a mom or dad. You are many things but one person. You do not "play roles", you are these things. You may not be in the physical presence of your child at this moment but you don't stop being "mom" – you are mom!
- So we have one God who is many things: Father Son and Spirit.
- This is a good analogy but still not a perfect explanation of Trinity. In fact the Catechism of the Catholic Church tells us we cannot reason out this mystery on our own. Paragraph 237 tells us: "*The Trinity is a mystery hidden in God which can never be known unless it is revealed by God. It is inaccessible to reason*".
- The good news is God wants to reveal this mystery to us. Think of any loving relationship. We want that other person to know all about us – but that happens over time doesn't it??
- God wants us to know Him. He invites us to find out more and more. He has told us much about Himself already: through Jesus, through Scripture and the teachings of the Church.
- In our first reading we see God revealing qualities of Himself to Moses: Merciful, Gracious, Rich in Kindness, Faithful. God gives Moses the 10 Commandments – An act of compassion toward us, teaching us how to live life and find happiness.
- God has told us through scripture that the Trinity is ONE. We see that in our second reading today. St. Paul's letter to the Corinthians is the first New Testament letter with a clear reference to God as Trinity. We don't believe in three Gods, but one God who is three persons.
- To really know that one God, we need to know those three persons.
- God has revealed Himself as Father. He is our Father. The creator of everything; who loves and cares for each one of us. We encounter this person daily. Take a look outside today. Plants and trees and flowers are blooming with new life. Oxygen is pumping out of them to sustain us!! Today our hearts will beat about 155,000 times because God says so. Our loving Father is constantly creating and giving life.

- God our Father intended a special relationship with us but we damaged that relationship by putting our will ahead of His. But in His great love and mercy, He chose to come live among us and restore that relationship. Jesus, God the Son, sent to show us God's great love. Sent to reveal the Father, make Him visible and knowable. Sent to show us how to love God and love each other. Sent to give His life to show us the promise of eternal life.
- We encounter this "second person" of the Trinity also on a regular basis. Each time we give love to and receive love from each other, Jesus is present. And in a very unique, mystical and perfect way, we encounter Jesus when He nourishes us in the Holy Eucharist.
- And when this second person of the Trinity returned to heaven, we were not left alone. We were sent the Holy Spirit, the third person of the Trinity.
- In our second reading today, St. Paul uses the phrase "Fellowship of the Holy Spirit". If you look up the meaning of the word "fellowship" you will see the words "company" and "friendship". The Holy Spirit befriends us, accompanies us throughout our life on earth. What a great comfort to know this.
- God knows our world can be a difficult place at times. Difficult to determine the truth, difficult to find the right path in certain situations. God the Holy Spirit is always with us to lead us from confusion to clarity (not like those mystery writers that sometimes want to throw us off the path).
- The Holy Spirit is our Counselor and Teacher. Leading us to truth in every situation – if we take the time to listen and have the courage to trust. But as the Gospel reminds us it is our choice to make.
- The Spirit reminds us of everything Jesus taught and leads us to an understanding of how to apply those teachings in our day-to-day lives. The Spirit leads us to accept God's forgiveness. The Spirit fills us with the love and presence of Jesus – because they are one!!
- Our encounters with the Spirit are constant. We may not always choose to **do** right, but we usually **know** if we chose to do right or wrong. That voice inside us that let's us know – that is the Holy Spirit. We encounter the Spirit in silence, in prayer, in the sacraments and most commonly in the love and kindness of others.

- One God, three persons. Greater than we can imagine but continually inviting us to know Him better. And the more we know, the more we realize what an awesome God is our God!
- Here is another important thing God has revealed to us. We are made in His image and likeness. When God created us He breath His Spirit into us. In other words, there is something of Trinity inside each of us.
- The Catechism of the Catholic Church tells us our ultimate end is to enter into perfect unity with the Trinity in heaven. And, that here and now, we are called to be a dwelling place for the Trinity. What does this mean?
- It means we are called to be Creators. Married couples are allowed to partner with God in creating new life. We are called to use the gifts God has given us to create beauty in the world (Art, music etc....); called to create loving relationships and to fight against what devalues life.
- Being Trinity means we are called to be Christ-like. To make Christ's teachings our way of life. To bring Christ's mercy, compassion and healing to others (mostly through simple acts of love).
- And being Trinity means we are called to be Spirit. Called to lead others to God. To be counselors and teachers – to let others know God loves them dearly, God forgives them; they matter to God. There are countless people in our world desperate to hear this. As Spirit we are called to be guides and defenders of the Faith in very public ways.
- We are called as Spirit to reveal the Father and Son to the world.
- We are called to be Trinity. Sometimes you can only really understand something by doing it. The more we “do” Trinity, the more we can understand this great mystery.
- So I will end this reflection by asking you to raise your hand (you are probably alone reading this but don't feel silly) if you still have questions about God and Trinity??
- I am sure lot's of hands are raised – so is my hand.
- That's good. Very Good. Because the first part of the word “question” is “quest”. We are on a quest to better know God. A quest that takes a lifetime. God wants us to keep asking and listening. He promises in today's Gospel that He will continue to provide the answers!!! God bless you.