

## **Trinity Sunday-2025: “A God in communion”**

The Easter season is over with Pentecost. Back again to the Ordinary Season, we begin it with the solemnity of “The Most Holy Trinity.” This mystery is central to Christian faith & Christian life. The church believes in this because Jesus has revealed this to us. God alone can reveal it to us by revealing Himself as Father, Son, and Holy Spirit. We call this a *mystery of Faith*. And this feast teaches us that there are three distinct Persons in one God, sharing the same Divine nature. In essence they are one, but in person they are three.

The French philosopher Gabriel Marcel speaks about two types of reflection, primary reflection and secondary reflection in the human reasoning. Any hidden reality- human or Divine, can be a *problem* according to the primary reflection. Any hidden reality is a *mystery* to the secondary reflection.

A problem needs to be solved, but a mystery can never be solved, but only be shared, as it is a matter of heart and not of head. The Most Holy Trinity is not an object of reason, but a mystery of faith. Therefore, it is fruitless to try to explain and solve it as a problem, while it can be shared and understood with humility through the eyes of faith only.

The Most Holy Trinity is to be understood as a *communion of Persons*, and God’s own life is a shared life, a life of mutuality and interacting relationships. God is a community; can be understood as a family of love, as it is the model for both Christian life & Christian families.

Holy Trinity is the true explanation of what it means “*God is love*”. To say, ‘God is love’ is different from saying, ‘God loves’. If God is alone, we cannot say, ‘God is love’. God cannot be someone selfish, ‘who loves himself’. Therefore, there should be three realities that substantiate the expression, “God is love’: *the one who loves, the one loved and the love itself that exists between them*. When we see the Holy Trinity through this truth, we are

able to approach the *mystery of Trinity*. The Father who loves, the Son who is loved, and the Spirit of love that emerges from the Father and the Son. Hence with the metaphor of love, we can draw the beautiful picture of the Holy Trinity, and we understand God as love by being in relationship.

We can always find the Trinitarian dimension in our identity as a Christian, as we are called to a shared living with God, with other people and with our whole created environment. That is why, all prayers in the Church begin with the Trinitarian sign of the cross, all sacraments are administered, (i.e. we are baptized, confirmed, anointed, our sins are forgiven, and marriage blessed, in the name of the Holy Trinity). All the blessings are given in the name of the most Holy Trinity.

We also need to understand that in any divine action, whether it is an action of the Father, or of the Son or of the Holy Spirit, all three are present. (Eg: **Creation** is normally understood as an action of the Father. But the Son and the Spirit are present: -God created through his Word, and that eternal Word is Jesus, the son. He created it through the Spirit. Also, we read, “**let us** create man in our own image and likeness”)

-**Holy Mass**- is an act of the Son, Jesus’s sacrifice. But the bread and wine are offered to the Father, and is transubstantiated into Body and Blood of the Son, through the Holy Spirit. (*Epiclesis*-invocation of the H. Sp. to *anamnesis*).

Today’s feast is above all, a reminder to pray with much greater meaning and respect, the most common of all prayers, so common we hardly think of as a prayer - *the Sign of the Cross*. It combines both the mystery of the Trinity and mystery of our salvation. It encapsulates in so few words and a simple movement of the arm, all that we believe in and all that we live for. Let us, then resolve to make this sign, with greater dignity and reverence, and in a spirit of real prayer, as we say: “*Glory be to the Father, to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be world without end, Amen*”. Happy Feast of the most Holy Trinity!