

# THE MOST HOLY TRINITY (John 3:16-18)

## *HOLY TRINITY*

It's hard to fathom the Holy Trinity,  
As it is considered a great mystery.  
It's certainly beyond man's intelligence,  
Look at it with faith and you'll see the difference.

Holy Trinity is God's testimony-  
To His love for mankind from eternity.  
God is one and in Him, we know, there are Three,  
Not with intelligence but with faith we can see.

Among them there is a perfect unity,  
It is a unity in diversity.  
Each Person shares in fullness divine nature,  
Among them perfect love they always nurture.

Each One joins with two Others to be God,  
As the Three Persons together comprise God.  
They're three equal Persons living together,  
Perfect understanding is their character.

Among the Three, Father is the Creator,  
While the second Person is the Redeemer.  
The Holy Spirit is the Sanctifier  
Each one plays the role of a Unifier.

The Trinity marks the origin of Christianity,  
It is the model of true Christian community.  
Like the Trinity we must learn to love one another,  
And learn that united Christians can be ever stronger.

### **QUESTIONS:**

1. How does the poem help your understanding of God's divine nature?
2. What is your relationship with that divine nature?
3. How does the Holy Trinity's action penetrate your own being?
4. How should your participation in God's nature be reflected in community prayer?

### **REFLECTIONS:**

At a Confirmation, the Archbishop asked the candidates for a definition of the Holy Trinity. One of them answered, "The Holy Trinity is three Persons in one God." The archbishop, who was hard of hearing, replied, "I don't understand you." The young theologian replied, "You are not supposed to, your Grace. The Trinity is a mystery." From time immemorial, the Holy Trinity has been considered a mystery beyond human explanation or understanding. There is a popular story attributed to the brilliant theologian St. Augustine of Hippo. Being an intellectual, he wanted to prove the mystery of the Holy Trinity and to explain the existence of three Persons in One God. He spent years attempting to prove the mystery. He could never articulate any convincing explanations, until one night when an angel took him to a seashore. Showing him the mighty ocean, the angel asked Augustine to make a hole in the sand. He dug the biggest hole he could. Then the angel told him, "Now empty the water of this ocean into this hole." He answered the angel, saying that it was impossible for the small hole to contain the mighty ocean. The angel then gently reminded him that his brain is too small to contain the mystery of the Holy Trinity. Augustine abandoned his effort to approach the mystery of the Holy Trinity.

As Catholics we do almost everything by invoking the holy names of the Father, Son, and the Holy Spirit. We often do so mechanically without considering its significance. The Holy Trinity is the ideal for a community. It is a perfect community of

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**MESSAGE  
FROM  
FR. ANTONY**

love, and God's revelation of such is a divine gift. Among the three Persons there is perfect love, understanding, and unity. They complement each other perfectly in their radiance of God's divine love and mercy. The Holy Trinity is the divine model for our lives which is why God chose to reveal this Mystery to us. By contemplating the Holy Trinity, we can learn a lot about ourselves and about the way we should live. The three Persons of the Holy Trinity radiate all of God's virtues, which do not include the petty jealousy, backbiting or insecurity we commonly experience in our earthly relationships. Consider the ideal in those worldly relations: to make each other feel fully accepted, loved, and appreciated. They are a symbol of perfect unity. Each of them has their own well-defined tasks which they bring to perfect fulfillment. Each Person keeps to His own work and does not interfere with the others because there is pure humility in each. The Trinity is a community of Persons.

Man is not an island. We need each other to be truly human. We are mutually interdependent social beings. This is evident from the beginning to the end of life. Left by itself, the newborn infant dies. The same is true of the elderly. In between the entrance and exit, we are also dependent on each other. It is through these relationships that we identify ourselves and become the person God has given us the potential to become. This community of persons is a COMMUNITY OF LOVE. The essence of the Trinity is a personal relationship of love between the Father, the Son, and the Holy Spirit. Love should also be at the root of the Christian community. Love is creative, fulfilling, and healing. It is the source of life without which no one can live. It heals and completes both the one who gives it and the one who receives it. In the Trinity, there is not uniformity but UNITY in DIVERSITY. Each Person is unique and all share in the divine nature in perfect unity.

Too often for us, diversity is a source of fear, suspicion, and hatred. How devastating to the community is the unreasonable demand for uniformity. What a dull, boring world it would be if everyone were alike. The word Catholic means unity in diversity. The Christian community is the people of God, the family of God, as we pray in the "Our Father." In necessary things we have unity, in doubtful things we have liberty, but in all things, we have charity. How foolish it is to demand uniformity in faith when there is no uniformity anywhere in creation or in the Creator.

One of the basic human psychological needs is to belong, and this provides the foundation for growth and development. We need to belong to a family, to a parish, and to a community because of our dependence on the love, support, and friendship of others. It is not good to be alone, and we can only experience true happiness when we belong. It is a sad experience to go through life feeling like an outsider. Because God's family is such a happy family, God wants to share the happiness of that family with us and invites us to belong. This began when we were created in the image and likeness of God and reinforced as we were baptized and became sons and daughters of God. That can roll off the tongue so easily, "sons and daughters of God," but it would be good to stop and think about it. Imagine! You are sons and daughters of God! You were adopted as God's son or daughter on the day you were baptized. We belong to God. Jesus is the Son of God, and you are also a son or daughter of God. What does that mean? It means Jesus is your brother! In this way, we participate in God's Holy Trinity, and we belong in the profoundest possible way. The Father is also your father, Abba, your Daddy. This experience is a beautiful reflection of the spiritual reality that we are in fact all brothers and sisters, sons and daughters of the one Father. You belong to the Father, Son, and Holy Spirit. How privileged you are to grow up in such a beautiful family. Turn to the Father, Son, and Holy Spirit in prayer every day. Let me conclude with a prayer to the Trinity quoted in a book on Celtic Prayer:

"O Father who sought me  
O Son who bought me  
O Holy Spirit who taught me."