

# Connecting with the Sunday Readings

**Solemnity of The Most Holy Trinity Sunday**    **Gospel Word**  
John 16:12–15

Today is Trinity Sunday. This is the day we celebrate the oneness of God as it is shown in the love of the Father, made real and concrete in the human Person of his Son Jesus and still present in the Holy Spirit. In the Gospel according to John there are many references to God as Father, Son, and Spirit. Today's feast is different from Christmas, Easter, or Pentecost because they celebrate a doctrine rather than an event.

Today's Gospel reading is from Jesus' farewell address to his disciples. In it he is preparing them for life without him. When the disciples became aware that he would be "dying" and leaving them, they were naturally afraid and sad. They felt like most groups feel when a beloved leader and founder is about to depart or die: "What will happen to us? How will we continue?" His words are meant to encourage them, to support them. He would send someone just like him to guide them and be their advocate. His Spirit would enlighten them and help them understand what had happened.

Later as the Church grappled with the Mystery of Father, Son, and Holy Spirit, there were differing opinions: were there three gods? Or three Persons, or what? As bishops and theologians grappled with these opinions the doctrine of the Trinity was developed. There is one God united in Three Persons. They are a communion of love.

One way of thinking about this mystery is that none of the Three are soloists. They play each other's music. If we pull out every instance of one or the other being mentioned in the Bible, it presents a view of total harmony between them. Today we read that the Holy Spirit will continue to guide and teach the followers of Jesus after his Ascension. The Holy Spirit continues to guide and teach even today. The message and the mission is the same whenever God is revealed in Scripture whether it is the Father, the Son, or the Holy Spirit.

## Living the Word

How does the Feast of the Most Holy Trinity connect with your life? Think about the idea of diversity in unity. You experience differences between yourself and family members or friends, but those differences don't stand in the way of your loving each other and treating each other as equals. When you observe families, spouses, or friends who are loving and caring, you will probably see relationships that attract you. If you are in one of those relationships, you probably have experienced the reality that love frees you both up to love and care for others. Isn't that a big part of family life and friendship?

People often marry or befriend someone who shares similar interests. They both like certain kinds of music, food, or politics. Many of these similarities brought the two together. There are differences but they don't always surface right away. Dealing with the differences becomes a task in keeping marriages and friendships alive and growing. If love is strong, the differences will be a positive factor in building and deepening commitments. It is an opportunity to grow in loving each other as God loves us.

Focus on the differences you have experienced in friendship and marriage, especially those that are in your present life. Are they a challenge for your growth? Does the way you respond to them increase the bonds of unity?

## One-line Prayer

Dear Father, Son, and Holy Spirit,  
help us to model a communion of life  
and love as you do. Amen.