

Trinity Sunday: it is not a numbers game!

As Catholics we usually start praying by making the Sign of the Cross, *In the name of the Father, and of the Son, and of the Holy Spirit*. In that short statement we know that God is with us and, also that there is one God in three persons. There are not three different Gods but one God, who is Father, Son and Holy Spirit. This is difficult to understand and is why it is called a mystery. In our faith a mystery is something that has been revealed to us by God, so we accept it, but it is also something that we cannot fully explain. The Youth Catechism of the Catholic Church (called YOUCAT) puts it this way: *The fact that there are three persons in one God is a mystery. We know only through Jesus Christ that God is Trinitarian. It goes on to say: We know that God is triune from Jesus Christ: He, the Son, speaks about his Father in heaven ('I and the Father are one', Jn 10:30). He prays to him and sends us the Holy Spirit, who is the love of the Father and the Son. That is why we are baptised 'in the name of the Father and of the Son and of the Holy Spirit' (Mt 28:19).*

Phew! Complicated stuff. But perhaps we can understand from those few words above that we should think not so much about numbers but about relationships. It is not a numbers game as we will not add more persons in or take any away. Thinking about the Father, the Son, and the Holy Spirit we can know that their relationships with one another are so perfect they are ready to make friends with us and be part of our lives. They do not dislike or argue with one another because they are God and God is love. So, they do not dislike you or argue with you. They will accept you as you are. They may invite you to change the way you think, speak and behave sometimes as this may hurt you or others – and they do not want that as they love all people and want the best for them. As they are united, when you talk to one in prayer you are talking to them all. Our opening prayer at Mass is often addressed first to God the Father and then ends by saying that we make this prayer through the Son and in the Holy Spirit. We are saying to the Father that we can pray because of what Jesus, the Son, has done for us and we do pray because we love God, which is the Holy Spirit at work in our hearts.

We can think about our family and friends. In fact, about all those we meet each day. Although it may not always be easy, it can be quite hard work, we try to keep people together and enjoy being with one another. Then, by prayer join the Father, Son and Holy Spirit in peace as there is no division in God. For that reason, I imagine that there is a lot of joy and happiness within the Trinity, I hope you do too and that you may share this with friends and family.

God bless you, Canon David

