

**OUR LADY STAR OF THE SEA, MUMBLES**  
**Reflection for**  
**Sunday of the Most Holy Trinity, Year A, 07 June 2020**  
**(May be used for Home Prayer Service)**  
**Dominican Friars, Swansea**

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*This reflection may be used during the home prayer service. Please see the home prayer service sheet for details.*

**GOD HAS REVEALED HIMSELF TO US AS TRINITY**

The mystery of the Most Holy Trinity is that God, who is One, Triune and eternal, has revealed Himself in time to humans. In His self-revelation, we have come to know God as Father, Son and Holy Spirit (CCC 253). In today's Solemnity of the Trinity, we joyfully worship our God who is mighty yet lowly, powerful yet simple, great yet gracious. The unfathomable nature of God succinctly expresses the infinite nature of his love and mercy for us.

**God's Self-Revelation in the Old Testament:** In the First Reading (Ex 34:4b-6.8-9), Moses encountered the Lord on Mt Sinai. A closer look at the passage reveals the presence of the Holy Trinity at this event. The voice of God the Father was heard. Moses himself prefigures Jesus Christ, the giver of the New Law (cf. Jn 1:17; the Sermon on the Mount in Mt 5-7). The cloud is a symbol of the Holy Spirit (cf. CCC 697). Thus, the divine name, Lord, encompasses the three persons of the Holy Trinity.

The first reading then teaches us about the nature of God who exists in Three Persons but in One Divine nature. In this passage, God revealed himself to the Israelites through Moses. He is a God who is merciful and gracious. He does not punish us according to our sins because he loves us and desires our salvation.

**God is Love:** The Gospel Reading of today (Jn 3:16-18) speaks about the greatest attribute of God which is love. In love, God created us that we may share in his beatitude and enjoy the beauty of his creation. In love, God came down and became one of us. He became one whom we can see, hear, feel and touch (cf. 1 Jn 1). In love, God died for us and reconciled us to Himself. In love, God renews us with the strength of the Holy Spirit as we go through the ups and downs of life. The ultimate expression of his love shall be when we share in the eternal life of God which has been promised us by Christ. Consequently, the Gospel Reading relates that it is in the nature of God to love and save. In truth, God is love and when we live in love, we live in God and he lives in us (cf. 1 Jn 4:16).

**The Trinity and the Catholic Faith:** The beauty of our Catholic faith is that it is established on the belief in the Holy Trinity (CCC 261). First, our Creed is Trinitarian. We believe in God the Father, God the Son and God the Holy Spirit. Second, our liturgy and the whole of our prayer is Trinitarian. We are baptised into the Holy Trinity (cf. Mt 28:19). The act of consecration at Mass is the work of the Holy Trinity. We ask the Father to send the Holy Spirit on the bread and wine so that they will become the Body and Blood of Jesus Christ for our salvation. Indeed, all other liturgical celebrations in the Church are profound expressions of this same belief as we begin and end them with the sign of the cross.

Third, the mystery of our salvation is Trinitarian. God created us as Trinity. He became human at the incarnation as Trinity. He died and rose in the person of God the Son yet remained as Trinity. He sanctified us through the outpouring of the Holy Spirit who is the gift of the Father through the Son.

**The Trinity in Our Lives:** We have come to know the Trinity as the perfect community of love made up of the Father, the Son and the Holy Spirit. This community then becomes the model for our human society which is torn apart by factions and divisions. God has constituted us as a community of persons in the world and in the Church. In this community, we support one another to experience the fullness of human dignity and ultimately attain eternal life. In this community of love, we are called to live in peace and unity in imitation of the Holy Trinity.

In our loneliness, isolation and despair, the Holy Trinity becomes our companion whom we can relate with as with a friend. May the unity of the Holy Trinity unite our world and enable us to value and love our fellow humans with the love we ourselves have received. And may we who have experienced the love of God here on earth share in the blessedness of the Trinity in the next world. Amen.