

THE SOLEMNITY OF THE MOST HOLY TRINITY

Today we celebrate the greatest mystery of our faith, namely, the mystery of the Trinity. God is Father, Son and Spirit. The mystery of the Trinity is a fundamental mystery of our faith. We were baptized into the Trinity. We begin our prayers in the name of the Trinity: *the Father and the Son and the Holy Spirit*.

One of the keys to help us understand the Trinity just a little better is the concept of relationships. Without relationships in our lives, life would be unbearable. Our relationships unite us with others and yet we know we are separate from them. We are one with them yet we have our own individual lives.

This brings me to one particular issue I want to talk about briefly and that is what we see going around this country Today. There is one Question asked on almost every media Outlet: How Did we get here? How did we come to this? They are asking about the burning and looting and killing and tear Gassing people and loud noises....the unusual demonstrations.....*The simple answer to that Question is that the “relationships” have been severed... Broken severely! The relationships between the people and people in power has been severely damaged and that’s why we have come this far.....***But thankfully it’s still possible to close and to heal the wounds of separation ...**

Another Statement that is heard over and over again during these uncertain times on the Airwaves is : I Can’t Breath! A statement repeated over and over by protesters echoing that young man George Flyod; Who could not breath because he was suffocated live on Television.

Since the covid Crisis began three months ago;.....this cry; I can’t Breathe,*has been the desperate cry of many infected people*. Whose lungs has been taken over by a vicious virus that prevents people from breathing properly. Causing what the Doctors called an acute Respiratory Syndrome. These patients have to wait until a ventilator is made available....sometimes it never comes! The Nurses and Doctors feel helpless as they do not have enough! People are dying because they are Suffocated by the Covid-19 virus.

Let us stretch out our imagination more on this issue of the breath!..... After three months of quarantine all around the globe; people are almost feeling suffocating as the virus continues to ravage all nations of the world.

Part of the Gospel of John we heard last week says that Jesus came at a very crucial time when his apostles were already suffocating in their fear in the upper room where they had hidden themselves!

That upper room had turned into a virtual tomb! Because they had allowed their minds to be locked down by fear and anxiety. The risen Lord breaks into the Room and allows some fresh air to get in! And Jesus’ message to them and to us today: Peace be with you...and he Breathed on Them, the Gospel continues!!

Brothers and sisters, the Holy Spirit is the Breath of the New Life that Jesus brings in the situations that we find ourselves in today! *It’s the breath of Justice and accountability*, on those who are pinned down on their necks by cruel, and heartless inhuman systems of governance. It’s a breath of compassion, **and** assurance for those who are already suffocating in their fears and anxieties. It’s a breath of Generosity for those who are terrified of not finding the next meal for their family. It’s a breath of forgiveness on those suffocating in irrational hatred and resentment.

But it does NOT end here, the Gospel says; “*He breathed on them*” **He breathed on them so that they too could breathe on other people.** And Jesus **invokes God the Father:** “*As the Father has sent me, so I send you.*” It is Jesus’s way of saying; *Just as I was sent to save those who were running out of breath,* so also I send you with the same mission, to breath on others. We have received the Holy spirit from Jesus so that we can give the Spirit as a gift to others who are Choking. Those who are crying out and can’t breathe as they are choked by circumstances around them, it’s your duty and it’s my duty to resuscitate them. We do all this because we are all related and when we do not do this we are breaking the UNITY which the Trinity brings to us.

So the next time somebody says to you, “Well, you are a Catholic; you believe in the Trinity; What’s it all about?” don’t go into a long philosophical and theological discussion. Simply say: “It’s about three Persons bound in a relationship of love- and it’s about me, because I am the reflection of that relationship. The Trinity is the basis of the moral life which urges me to show in my life the glimpse I have of God’s life: Father, Son, and Spirit in love.

I would like to close with this thought on the Trinity. It perhaps might help us to understand this doctrine better if we put it this way: **God the Father who is for us, God the Son who is with us, and God the Holy Spirit who is within us.** We should certainly know that we cannot begin to fathom the incomprehensible mysteries of God, but that does not mean that we cannot know God. If God, choosing to make himself known to us, comes in the person of Jesus Christ and says I am your brother, and let me show you the Father, then by the Holy Spirit you can know God. You will know God Intimately. And Personally. Amen