

Trinity A - 2026

The universal testimony:

A good illustration of the Trinity comes from world-renowned scientist Dr. Henry Morris. He notes that the entire universe is Trinitarian by design.

The universe consists of three things: matter, space, and time. Take away any one of those three and the universe would cease to exist. But each one of those is itself a trinity. Matter = mass + energy + motion.

Space = length + height + breadth.

Time = past + present + future.

Thus, the whole universe witnesses to the character of the God who made it (cf. Psalm 19:1).

St. Cyril, the teacher of the Slavs, used the sun to give a hint of the Mystery of Three-In-One Nature of the Most Holy Trinity. He said, "*God the Father is that blazing sun. God the Son is its light and God the Holy Spirit is its heat — but there is only one sun. So, there are three Persons in the Holy Trinity but God is One and indivisible.*"

St. John of Damascus, a great Eastern theologian of the eighth century, said we should think 'of the Father as a root, the Son as a branch, and of the Spirit as a fruit, for the substance of these three is one.' He also said, 'Think of the Father as a Spring of Life, begetting the Son like a River and the Holy Ghost like a sea, for the spring, the river and the sea are all one nature.'

St. Jean-Marie Vianney offered visual comparisons to illustrate, at a great distance, the Mystery of the Unity of Persons in the TriUnity:

The Cure of Ars used lighted candles, roses on the altar, and water in the cruets. "*The flame has color, warmth and shape. But these are expressions of one flame. Similarly, the rose has color, fragrance and shape. But these are expressions of one reality, namely, rose. Water, steam and ice are three distinct expressions of one reality. In the same way, one God revealed Himself to us as Father, Son and the Holy Spirit.*" (Fr. Tony (<https://frtonyshomilies.com/>))

God present in our lives

When I was on retreat in the seminary, we had a retreat master who encourages us to pay attention to the Trinity in our lives. Each day, even each hour, each member of the Trinity interacts with us.

When we have a good idea of any kind, that is God the Father.

When we do anything that is good, that is God the Son.

And when we feel the excitement of life and love, that is God the Holy Spirit.