

May 31, 2026 Homily

The Solemnity of the Most Holy Trinity

<https://bible.usccb.org/bible/readings/053126.cfm>

Why are we too allergic to love? It seems that we don't like the idea of a God who loves us all, A God who also loves the people we don't like. And we often resist the invitation of Jesus to love ourselves and one another. We seem to have a strong willingness to hate one another. Christianity is all about love. The Mystery of the Holy Trinity is all about Father, Son and Holy Spirit bounded by love for each other, and by their love for humanity.

And we were created in the image and likeness of God, which means, we are to be bound by love as well. Our image of God has a great deal to do with our image of ourselves and our world. We probably try to understand who God is and what God is up to with a logical and rational mind. This Sunday we are invited to understand the mystery of God through the ways of love.

The God of Jesus Christ is a family, a great community of love. When Jesus commissions his disciples to love and serve one another, He is truly inviting them, and us, to participate in the Trinitarian Communion of Love. We are called to love what God loves, and how God loves it. In the end, only lovers understand deeply what goes on inside God. Without love, God remains an impossible, distant, and uninteresting secret, not truly related to me. Without prayer, It is easy for a religious person to operate from a view of God that is punitive, shame-based, and exclusionary of those we consider 'wrong' people'. Then, we believe that religion is all about punishment and rewards, rules, obligations, and rituals to please a selfish god. Rather, Jesus has come to disclosed the true about His Father in Heaven, a loving and tender God, who instead of seeking justice, offers his saving grace to those who break the law, and restores the dignity of those who are excluded from political, social and religious circles.

Jesus reverses the values of a faith based only on reason, rigorism, and fear, and calls us to establish with God a new and healthier relationship based on love, freedom, forgiveness, salvation and life eternal. Then, we are to change our world in the ways of God. Honestly, most Christians have not participated in this Divine rearranging of our world. Our reaction toward the injustices of our world reveals how distant we are from the God of Jesus Christ. The way we must react to the terrible expressions of racism

and hate among peoples in this nation and in the world, is either indifference and comfort, or compassion and love. Sadly, we Christians are not usually recognized as compassionate and loving people, especially now with what is going on in the whole world.

Dear sisters and brothers, our faith is a call to love God, ourselves, our neighbors and all the living creatures of this planet. We can fall in love with all of these if we pray, and pray, and pray. Prayer leads our hearts into communion with the mystery of a Trinity of Persons in love. It leads people to heal, not inflame. To embrace, not push away. To forgive, not condemn. To reconcile, not divide. To see others as God sees them, not as the world sees them. A heart that prays is a heart that loves. A person in communion with the Holy Trinity, prays and remains in communion with both the pain of the world and the love of God. This communion leads us to get involved in the healing that our world needs now.

The greatest theologians and mystics of the Catholic Church knew they would never understand God at all: But for them it was more important to love Him. Our call today is to love. In a world in which hate, violence, injustice, divisions and death among us are so strong among us: God calls us to transform America and the world with the Love of the Holy Trinity, a love that is healing, inclusive, tender, humble, liberating and saving. We create and justify reasons to hate one another. But God has created us out of love, and in his image and likeness, to love and serve one another. Finally, let us be aware of this: We all are broken and in need of healing love. Even the people we don't like may starve for our compassionate love. In serving and loving one another, we not only transform the world: Also, we immerse ourselves into the healing love of the Trinity. When we love God, we offer healing love to others, and by doing this, we also receive the healing love that we need. Only love restores, heals and redeems. Only love can transform this world into an expression of God's Kingdom.

The Universal Prayer  
Sunday 31st May 2026  
The Most Holy Trinity

Celebrant:

Sisters and brothers, after the Easter Season, we reflect on the Most Holy Trinity and worship our One God who is the unity of Father, Son and Holy Spirit.

1. That led by Pope Leo, every Catholic will enter the mystery of the Holy Trinity in the Eucharist, united in the Spirit, worshipping the Father and in communion with Jesus Christ.

We pray to the Lord.

2. That in our parishes and communities we will find happiness, help one another, be united in love and peace, as the love of God holds us in the grace of Jesus and the friendship of the Spirit.

We pray to the Lord.

3. That the nations of Africa affected by the Ebola outbreak, will receive all the help they need to care for the sick and prevent its spread.

We pray to the Lord.

4. That the continuing war between Ukraine and Russia, the relentless oppression of the Palestinian people, the violence between Israel and Lebanon, and the feeble efforts for a ceasefire between Iran, the United States, Israel and across the Middle East, will be conquered by dialogue, justice and peace.

We pray to the Lord.

5. That people of good will help break down barriers of resistance and unite all in America, by building a just and inclusive society.

We pray to the Lord.

6. That many more young women and men will respond to the call of God to serve the world in the Priesthood in the Diocese of Raleigh, and to Religious Life in the Daughters of St. Mary of Guadalupe.

We pray to the Lord.

7. That those who have been baptized in the Name of the Trinity may enter God's heavenly home, opened for us by the death and resurrection of Jesus.

We pray to the Lord.

Celebrant:

Glory be to you Father, Son, and Holy Spirit, Glory be to you, One Eternal God, now and forever.