



SUNDAY GOSPEL REFLECTION

Dear Friends in Christ,

The Trinity isn't a math problem. It's not $1+1+1=1$ that we have to figure out. It's a Family we're invited into.

On Trinity Sunday we don't celebrate a doctrine. We celebrate who God is — and who we are because of Him.

The Father is the Lover who sends. He didn't keep His Son to Himself. He sent Him into a broken world. That's the heart of every father: to give.

The Son is the Lover who is sent. He doesn't cling to equality with God. He empties Himself, becomes one of us, dies for us. That's the heart of every true son: to obey for love.

The Holy Spirit is the Love between them. The breath that holds them together. The bond that doesn't break, even at the Cross. That's the heart of every family: the love that makes you one.

So when we are baptized "in the Name of the Father, and of the Son, and of the Holy Spirit," we aren't just marked with a formula. We're adopted into a family. You don't just believe in the Trinity. You belong to the Trinity.

That changes everything.

When you're lonely, you're not alone. The Father is with you.

When you're tempted, you're not abandoned. The Son is with you.

When you're weak, you're not helpless. The Spirit is with you.

The Trinity means you are never outside of love.

God doesn't exist in isolation. From all eternity, God is communion. Relationship. Gift.

And He made you in His image. So you're made for the same thing: communion, relationship, gift.

This week, don't try to "understand" the Trinity. Try to live it.

Love like the Father — give without counting the cost.

Serve like the Son — put others first.

Unite like the Spirit — build bridges, not walls.

Have a Blessed Most Holy Trinity Sunday 2026!

Fr. Rafal Ligenza,

Pastor

