

Homily for the Solemnity of Holy Trinity Year A

This Sunday we celebrate **The Trinity Sunday**. It is one of the central mysteries of our Christian faith, understandable *not with our heads* but *with our hearts*. The Holy Trinity teaches us that there is **one God in three Persons: *the Father, the Son, and the Holy Spirit.***

Each person of the Trinity is truly and fully God, yet they are not the same: **the Father is not the Son, the Son is not the Spirit, and *the Spirit is not the Father.***

It is a divine mystery, revealed by Jesus Christ, who is God. The Evangelists recorded it, the Fathers of the Church reflected on it, and the Councils of Nicaea and Constantinople defined it as a dogma of the Christian faith.

This mystery stands at the very center of prayer. Every Sign of the Cross, every Holy Mass, every sacrament, and every Christian prayer begins and ends in the name of the Holy Trinity. From Baptism onward, our lives are deeply connected to the Father who created us, the Son who redeemed us, and the Holy Spirit who continues to guide and sanctify us each day.

The **Father** is *the source of all life, goodness, mercy, and creation.* **Jesus Christ, the eternal Son, entered the world to save humanity through His suffering, death, and resurrection.** **The Holy Spirit** remains with the Church, strengthening believers, comforting the weary, and leading souls toward holiness and truth. Though distinct in Person, the Trinity remains perfectly united in one divine nature and one eternal love.

There is a beautiful story from the *desert fathers of Egypt*. A young monk came to a wise and elderly monk, said, ***“Father, I have been praying and studying for months, and I still cannot understand the Trinity. How can God be three and yet one? It makes no sense to me. Should I stop trying?”***

Instead of answering directly, the old monk rose quietly and walked to the corner of his cell and lit an oil lamp. **The flame appeared small, quiet, alive and he**

asked the young monk, *“now Tell me what you see.”* The young monk said: *“I see a flame.”* The elderly monk said again, *“Look more carefully,”*.

The young monk looked again and said slowly: *“I see... the flame itself. And the light it casts across the wall. And the warmth I feel on my face.”*

The older monk nodded gently said, *“Three things and yet you would never say there are three fires. There is one fire. The flame is its source. The light is its expression, going out into the world. The warmth is its gift, reaching you personally, entering you.”*

Then he paused for a few moments and asked the young monk, *“Now do you understand The Trinity?”* The young monk opened his mouth to say *yes*, but the elderly monk raised a hand and smiled and said, *“No. You do not. And neither do I. But now you know something true about it. And that is enough to pray. Go and pray.”*

The *lesson of that old monk is very clear. Trinity is a mystery that no human mind can fully comprehend. Yet, in spite of this, God has not left us completely in the dark. He has revealed Himself to us.*

To understand a little more there is another analogy to explain this Holy Trinity. If we take a look at our **self**, each human is made up of a **mind**, a **body**, and a **soul**, and yet we are still only one person.

When you hear a person's speech, you are hearing three things - **his words**, **his thoughts**, and **his voice**, yet it is still **one speech**. GOD the Father, the Son and the Holy Spirit. Three Persons, yet One God in Trinity. The Holy Trinity.

This great feast invites us to reflect on the mystery of *God's infinite love and unity. The Father created us, the Son redeemed us, and the Holy Spirit sanctifies and guides us.* Though the Trinity is a mystery beyond our complete understanding, it reveals that God is a communion of perfect love, calling us to live in faith, hope, and charity.

We may not fully understand the Trinity, but we are called to live it, by loving God and loving one another. May God the Father, God the Son, and God the Holy Spirit lead us deeper into that love and communion. May God bless all of us. Amen.

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