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Fr. Danny Murphy – Trinity Sunday 2016

Trinity Sunday! So, as you will read in today's bulletin: "The Trinity is a Mystery". But, I think that if we break it down, it really isn't THAT mysterious! In a nutshell, we already know that the Trinity is One God in three Persons: The Father, the Son and the Holy Spirit. They are so in LOVE with one another and so in RELATIONSHIP with one another that the Three are ONE expression of love and of relationship. The Scriptures tell us that "God is Love", the Trinity tells us that God is relationship. If we are made in the image and likeness of God, then we are made people who LOVE and people who are in RELATIONSHIP. IF we are people who love and we are people who are in relationship with others, then we will be happy, because we will be whom we were created to be! If we are not people who love and if we are NOT in relationship with others then we will be miserable and very unhappy, because

we will NOT be whom we were created to be! The Trinity really is THAT simple! I invite you to PAUSE now and reflect, reminisce about the happiest moment in your life, from your first memory up to this moment. P A U S E

I bet you that some of the happiest moments were the times when you were held, hugged, encouraged, affirmed, when you had someone special in your life; the moments when you were loved, when you were connected. See if you agree that these are the happiest moments in life. Now, once again I invite you to PAUSE, but this time think about, reminisce about the saddest moment in your life, again, from your earliest memory right up the present moment. P A U S E

I bet you that the saddest moments were when you were rejected, ridiculed, when a relationship that was important to you fell apart, ended. Maybe it was when you had to cope with the death or loss of a dear one or cope with a loss or separation of any kind. Perhaps you needed a hug and no one gave one, you needed to talk, and no one listened, needed a friend and no one was there. Perhaps you felt betrayed or abandoned, deserted or lonely. Do you agree that these are the saddest moments in life? Do you see the picture that we human beings are made to be connected, to have union with others? We are not made to be apart FROM but to be a part OF. It is fine to LIVE alone, but it is not fine to BE alone. Even the Bible tells us that "Humans are not made to be alone". That's not whom we were created to be. Our hearts long to be connected to others because we are made in the image

and likeness of God. The Great medieval mystic, Julian of Norwich wrote that God created everyone simultaneously, in the same instant, then on our birthday, God sent each of us forth individually, one by one. He didn't create us individually, but sent us FORTH individually! Do you see the Unity, how ONE we really are? That's the Trinity, that's who God is and we are made in that image. Here is a story that hopefully will illustrate the truth about the Trinity: A priest I know went on a vacation trip with his sister and her family. While they were swimming, his sister drowned at age 29 leaving behind three young children. Her brother, the priest was consumed with guilt and grief and sank into such a major depression that he had to go to a psychiatric hospital and seek intense counseling. Each day, while he was in that hospital, a couple from his parish came to visit him. They spent hours every day listening to him, talking with him, praying with him, laughing with him and after many months his depression was healed and he was able to return to active ministry – happy and healthy – a good priest. If you ask him, he will tell you that he thanks God first for his healing. He is also grateful to the hospital staff who cared for him for so long and so well. But he is convinced beyond the shadow of a doubt that he would never have been healed were it not for the outpouring of love by that couple from his parish. They lived the TRINITY. So when you break it all down, yes, the Trinity is a mystery, but it is not really all that mysterious. If someone asks you to explain the Trinity, embrace that person and say to them: "THAT'S the Trinity"!

