

Reflection for the Feast of the Holy Trinity

Today we celebrate the Feast of the Holy Trinity, this celebration dates back to as early as the 7th century. It was Pope John XXII who extended this Feast to the Universal Church in the year 1334. This Feast has always been celebrated on the Sunday after the Feast of Pentecost. With the Feast of Pentecost celebrating the coming of the Holy Spirit and the birth of the Church, the Feast of the Holy Trinity reminds us of our relationship with God the Father, Son and Holy Spirit. The Sunday following the Feast of the Holy Trinity is Corpus Christi Sunday. Also since 2018, the Monday after Pentecost Sunday the Universal Church has celebrated the Feast of the Blessed Virgin Mary, Mother of the Church.

So we can see the Feast of the Holy Trinity along with the Feasts of Mary Mother of the Church and Corpus Christi Sunday as three powerful reminders of what is provided to the Church to help us live and share the faith in this world. It is no accident that these three Feasts follow the Feast of Pentecost. As the Church receives its great commissioning and goes forth to share the good news, we as the Church need to know what help and support we have to perform our ministry in this world.

As we first reflect on the Feast of Mary, Mother of the Church we are reminded that on Good Friday as Jesus was crucified He took a moment to speak to Mary, His mother, and John, one of His Apostles. In the conversation that Jesus had with Mary and John, He asked John to treat Mary as his mother, and He asked Mary to treat John as her son. From this moment on Jesus shared Mary with the Church as our Mother. Since the day that Jesus died upon the cross for our salvation, we the Church have been able to turn to Mary as our Mother and rely on her help and support.

Next the Feast of the Holy Trinity provides us with an opportunity to be reminded that our God is one God that exists in Three Persons, and to have a full and complete relationship with our loving God we need to have a relationship with all three persons of the Holy Trinity; Father, Son and Holy Spirit. May we take the time to reflect on how we are affected by focusing on a relationship with God the Father, and how this parental relationship shapes and affects who we are and how we relate to others. Jesus the Son of God provides us with a way of relating with God, knowing that He understands the challenges and trials that we face in this world for He too has lived in this world. Next we have the Holy Spirit that is in our lives as the guiding light to help us in this world. This Feast reminds us that the true nature of our Triune God is a nature of love, and may we embrace His love and share it with the world at large.

The final of the three Feasts that follows Pentecost Sunday is the Feast of Corpus Christi, which reminds us of the importance that the Eucharist has in the life of the Church. The Eucharist as we all know is the source and summit of the Christian life. This is a gift that Jesus Christ gave the Church at the Last Supper and this miracle upon the Altar of Sacrifice has sustained the Church for 2,000 years and will continue to sustain the Church to the end of time.

Today on the Feast of the Holy Trinity, as we reflect on the nature of the Holy Trinity and the three important Feasts that follow Pentecost Sunday, we are reminded of the true nature of our God, which is love. As we reflect on all that our Triune God has done for us, it becomes clear that what motivates and drives our God is love.