

Reflection for the Feast of the Holy Trinity

This Sunday we celebrate the Solemnity of the Most Holy Trinity. This Feast was introduced to the Church in the 9th century, and in the 14th century Pope John 22nd inserted this Feast into the general calendar of the Church. This Feast is a teachable moment in the life of the Church. All Feasts that we celebrate in the Church are teachable moments, but some might be more instructional in nature than others. The Solemnity of the Most Holy Trinity by its very nature is a Feast that provides a teachable moment.

The reflection for this Solemnity that is found in *New St. Joseph Sunday Missal*, states “*The first thing our parents taught us about our religion was most probably the sign of the cross. The last thing a priest will do at our graveside is make the sign of the cross.*” The sign of the cross has been a part of the life of the Church since the early days of Christianity, and it is first documented by Tertullian in 204 A.D. For most of us as Catholics making the sign of the cross when we pray is just a part of our DNA.

At first it might seem strange that as we celebrate Holy Trinity Sunday, the first thing that is mentioned in this reflection and many articles about Holy Trinity Sunday is the sign of the cross. So, to be clear on a Sunday that we focus on the Holy Trinity, Father, Son, and Holy Spirit the symbol or action that is most often mentioned for this feast is the cross that Jesus gave His life on for our salvation. Does that not seem a bit strange to you? Of course, in making the sign of the cross, yes, we are remembering the saving act of the crucifixion, Jesus giving His life for our salvation. But in making the sign of the cross we are remembering and embracing not just Jesus Christ the Son of the Father but also, the creator, the Father of creation and the Holy Spirit, the ever present love of God.

Every time we pray, be it as an individual or as a community, be it for devotional prayer or for a sacrament, we start with the sign of the cross. This simple introduction to prayer has been a part of our faith tradition since at least the second century. This simple prayer that is a part of our daily lives reminds us of our Triune God, the two natures of Jesus Christ, and that Christ came into the world not only for the chosen people but for all peoples.

In all our readings this Sunday on the Solemnity of the Most Holy Trinity, we are reminded that we have a loving God that is here for His people. In our first reading this Sunday taken from the Book of Proverbs we have of God the Father the creator of the universe, creating everything. It is God the Father the creator of the universe that is our starting point in our relationship with our Triune God. Next in our second reading taken from St. Paul’s Letter to the Romans that we have peace with God through Jesus Christ; it is He how gives us hope of eternal Salvation. The hope of eternal Salvation naturally brings about an inner peace. Finally in our Gospel reading taken from the Gospel of John we hear of the Spirit of truth that is to come that will guide us to all truth. Our Triune God reaches out to us in unique ways that enables us to ponder the type of relationship that we can and should have with each person of the Holy Trinity.

So, the next time you make the sign of the cross may you take a moment or two to reflect on the fact that followers of Jesus Christ have been making the sign of the cross as far back as 204 A.D. This sign speaks of the two natures of Christ, and the fact that Jesus came to save all humanity God’s chosen people and everyone else. Let us never forget that the sign of the cross reminds us of the Holy Trinity, Father, Son, and Holy Spirit, and yes, this Solemnity truly is a teachable moment for all of us who pray.