**Solemnity of the Most Holy Trinity May 26-27. 2018**

Every year, on this first Sunday after Pentecost, we celebrate the Solemnity of the Most Holy Trinity. This feast invites us to recall what we have been taught to believe about God, who has revealed himself to us in the Trinity, one God in three Persons. The Gospel for this Solemnity is taken from the conclusion of Matthew’s Gospel, which takes place on a mountaintop. It’s Jesus’ final commission to his apostles, before He leaves them to ascend into heaven. Throughout Scripture, many of the most important events involving Jesus happen on a mountaintop. Peter, James, and John saw Jesus transfigured on the mountaintop, and Jesus taught the crowds from the mountaintop in the Sermon on the Mount. In today’s Gospel, the apostles go the mountaintop in Galilee, as Jesus had instructed them. They see Jesus and they worship Him. Jesus approaches them and commissions them to baptize and teach all nations. It is a task for which Jesus had spent countless hours, preparing them for this moment. Jesus had already sent the apostles to preach the Kingdom of God and to heal. But earlier, the Twelve were only sent to the House of Israel; but in this final commission, the apostles are told to go to all nations. The mission of Jesus is now to be taken to all people, and the task is to baptize them in the name of the Trinity, and to teach them all that they were taught.

As we read this Gospel on the Solemnity of the Most Holy Trinity, we are reminded that this central mystery of faith is also meant to be lived by each one of us. As baptized Christians, we also now share in the life of the Most Holy Trinity and we are also commissioned to invite others to share in God’s love.  He taught his disciples to invite others to share in the life of the Blessed Trinity by sharing with others the gift of Baptism and all that they were taught. This continues to be the mission of the Church. Each of us who has been baptized now shares in the life of the Blessed Trinity, so we also share in the Church’s mission of inviting others to share in God’s love.

We simply need to be reminded of this when we make the Sign of the Cross every time we pray. We have been doing this since the time of the apostles. If you think about it, all of our prayers in the Church begin in the name of the Trinity and they also end glorifying the Holy Trinity. And all of the sacraments are also administered in the name of the Father, the Son and the Holy Spirit. We are baptized, confirmed, our sins are forgiven and our marriages are blessed, all in the name of the Holy Trinity. We always bless ourselves, and the priest blesses us, in the name of the Trinity.

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So what are we really doing when we make the sign of the cross? I’m pretty sure that we don’t actually think about this every time we make the sign of the cross, but we’re expressing one of the most fundamental acts of our faith. We are expressing what Jesus taught us about the Holy Trinity, and we are saying that we believe that the Trinity was revealed by Jesus on his Cross.

First, we touch our head and we say, “In the name of the Father.” Because he is the first person of the Trinity and our Creator. Second, we then touch our hearts and we say, “and of the Son.” This reminds us that God the Son proceeds from the Father and came down from heaven to the womb of the Blessed Virgin Mary to save us from our sins. And then, third, we touch our shoulders, moving from left to right as we say, “and of the Holy Spirit.” We do this because God the Holy Spirit proceeds from the Father and the Son; and in his love, the Spirit fills us, our body and our soul, with the life of God.

Now, another way to think about the Trinity is the way that St. John described God in one of his letters. He said very simply, “God is Love.” Also, many of the theologians and saints, including St. Augustine, have helped us to see, that God is a communion of three divine Persons in love. And then we simply need to remember, that it has been revealed to us that we are created in the image of God. That means that you and me, and every one of us, are created in the image of the Most Holy Trinity. We are created in the image of the God who is Love. So the Trinity actually tells us the meaning of our lives. It tells us that we are made to share in the life of God, in the life of the Blessed Trinity.

This means we are made to live a divine life in this world. We are to live as children of God, and as temples of the Holy Spirit. This is a basic reality of our Christian lives, and this helps us to understand our call here on earth. Jesus said that if we love him and keep his commandments, that the Holy Trinity will come and make his home within us. God dwells in each us by his grace!

But do we actually realize God is present in us, Father, Son and Holy Spirit? Are we really mindful of The Trinity’s presence, and living with this thought in our mind that the Holy Trinity is always there with us? This great feast of the Most Holy Trinity today challenges us to examine ourselves a little closer about our belief in God the Father, and the Son and the Holy Spirit. It calls us to really take a deeper look, and to really live with a greater awareness of this beautiful reality — that the Blessed Trinity is actually present in our hearts.