

Trinity Sunday: June 7, 2020

St. Vincent De Paul Church, Baltimore

Reflections on today's Scripture Readings

Exodus 34:4-9 2 Corinthians 13:11-13 John 3:16-18

Almost three months have passed since the COVID-19 lockdown began. As difficult and challenging as this pandemic has been for all of us, I found in it an opportunity to experience inner reflection & self-assessment that has been for me very profound.

This never would have occurred in my lifetime if we were not asked by our government to pause, remain at home, allowing me to hear my inner voice. I thought when turning 70 in April this year I had experienced it all, but I learned during this crisis many new things about myself and how best to live my life in my remaining years.

So here we are, Advent and Lent have passed, COVID-19 restrictions are gradually being lifted, while our nation's streets are erupting in protest over injustices that run deep in our society. Today we celebrate the Feast of the Holy Trinity. It is a big challenge to try to explain this complex mystery of our faith - that God is one in three or God is three persons in one. As humans with our limited physical senses of the reality around us we try to package God into one description.

Trinity Sunday helps me to remember the tremendous depth of God's reality and prevents me from wrapping him up into a neat little package. The Trinity reminds me there are many ways we can relate to and experience God - and these ways throughout history have focused on God as Father, Son and Holy Spirit.

Someone once asked Albert Einstein's wife if she understood her husband's theory of relativity. "No," she said, "but I know my husband". We cannot begin to grasp the mysteries of God, but that does not mean that we cannot know God.

The readings today call us to abandon the confines of any narrowly "religious" conception of divinity in order to know our Creator. Today's Exodus reading invites us to be amazed with Moses at the tenderness of the God who gave the

Law to lead us to life. As Moses states, "The God who is God of tenderness and compassion, slow to anger, rich in kindness and faithfulness."

There could be no better way to help us realize the truth of God's identity. In our second reading, Paul reminds us again of the three persons in one God with a beautiful blessing: "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you." In the Gospel, through a conversation with Nicodemus, Jesus teaches us that God is love, offers only love, and has sent his Son to lead us to love. God loved the world so much that he gave his only Son. This is our God, the God of love and peace as Paul describes to us today.

We must always remember that when we use words to describe God, we are just using symbols. When we call God father, we are saying God is like fathers we have known. We, and the scriptures, also call God mother, friend, and lover. These, too, are only images. When I meditate and pray on the Trinity, I sometimes see myself in the center of a radiant, warm circle of love. I am transformed from my everyday existence into a life filled with hope, love for others and a glowing fire drawing me closer and closer to the ideal union of Three Persons in our One God.

Alana Florio

The Holy Trinity Prayer *(Book of Common Prayer)*

Almighty and everlasting God, you have given to us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity, and in the power of your divine Majesty to worship the Unity: Keep us steadfast in this faith and worship, and bring us at last to see you in your one and eternal glory, O Father; who with the Son and the Holy Spirit live and reign, one God, for ever and ever. Amen.