

# **LOOKING TO SUNDAY®**

**Trinity Sunday, May 31, 2015**

This email, entitled Looking to Sunday®, focuses on the Gospel Reading for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. Looking to Sunday is written by Father Tom Iwanowski.

## **EXPERIENCE TEACHES**

There are two principal ways we come to understand things in life, namely, through study or through personal experience.

For example, we can learn about human relationships by study. We can take classes in human psychology and sociology. We can read books dealing with the ways people interact. We can observe how individuals form and maintain their connections with one another. We can watch movies and reality shows centered on family dynamics, friendships, and romance. In such ways we can grow in our understanding of human relationships.

The other way we can come to understand human relationships is through our personal experience. The dealings we have with family members, friends, neighbors, classmates, coworkers, and strangers teach us about human interaction. Our personal experiences of love, friendship, compassion, misunderstanding, and forgiveness expand our knowledge of how people interact. We quickly come to understand that relationships can bring us the greatest joy and they can bring the greatest sorrow.

This Sunday, we celebrate the Solemnity of the Most Holy Trinity. We celebrate the most important of all relationships – the divine relationship of Father, Son, and Holy Spirit, the Three Persons who are the One God.

We can come to some understanding of this central mystery of our faith in the same way we learn all things – through study or through experience.

We can study the doctrine of the Holy Trinity. We can analyze the Creed that we profess each Sunday. We can consult the *Catechism of the Catholic Church*. We can take courses in theology and read theological treatises. We can examine scripture passages that point to this doctrine. Such a passage makes up this Sunday's Gospel (Matthew 28:16-20). There the Risen Lord tells his followers, "Make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit."

We can also come to an understanding of this central mystery of our faith through our personal experience. As people of faith, we have experiences that can reveal the Holy Trinity and give us some understanding of the One God, who is Father, Son, and Holy Spirit.

For example, we can experience God the Father and Creator in the majesty of the Grand Canyon, in the power of nature, in the birth of a child, in the immensity of the universe with its billions of galaxies, and in lifting our hands in prayer as we call upon "Our Father."

We can experience God the Beloved Son and Savior in our fellow Christians gathered for worship, in the proclamation of a Gospel reading, in reverencing the cross on Good Friday, in

quiet moments before the Blessed Sacrament, and above all in receiving his life-giving Body and Blood in the Eucharist.

We can experience God the Holy Spirit and Comforter in the wisdom that unexpectedly inspires us, in the courage that strengthens us to confront evil and injustice, in the words that come as we seek to explain what we believe, and in sensing the mercy, love, and presence of God even when all seems lost.

The doctrine of the Holy Trinity that we highlight this Sunday and that we bring to mind each time we make the Sign of the Cross will always remain a mystery. But it is a mystery we can understand, at least in part, through study and through experience. And in this case, it just may be that our experiences of God, the Father, Son, and Holy Spirit, make the best teacher when it comes to the Most Holy Trinity.

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