

In the Name of the Father and of the Son and of the Holy Ghost. Amen.

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Today we celebrate the Holy Trinity. We may think of this Sunday as the point in the Church's year where the three Persons of the Holy Trinity as one God have been revealed to us and celebrated. We have celebrated God the Father's design to save humanity through Advent, we have celebrated the Incarnation and sacrifice of God the Son from Christmas to Easter, and we have celebrated the descent of God the Holy Spirit as was promised by God the Father and God the Son at Pentecost. The Church teaches and has always taught in her doctrine that God is three persons and yet one and that God is one and yet three; God the Father, God the Son, and God the Holy Spirit, in complete union and communion with each other, and that union is love.

We have recited this morning that God is neither confounded nor divided in substance, and incomprehensible. Dorothy L. Sayers laments that most Christians think of the Trinity as *The Father incomprehensible, the Son incomprehensible, and the whole thing incomprehensible*. And I imagine after reciting such a lengthy and complicated creed we are tempted to think, *and what does any of this have to do with me anyway?* C. S. Lewis helps to illustrate what the Trinity means in our lives. He reminds us that we are created to be Trinitarian, we are created to be in union and communion with God, he writes, *you may ask, 'if we cannot imagine a three-personal Being, what is the good of talking about Him?' Well, there isn't any good talking about Him. The thing that matters is being actually drawn into that three-personal life, and that may begin any time – tonight if you like. What I mean is this. An ordinary simple Christian kneels down to say his prayers. He is trying to get in touch with God. But if he is a Christian he knows that what is prompting him to pray is also God: God, so to speak, inside him [the Holy Ghost]. But he also knows that all his real knowledge of God comes through Christ, the Man who is God – that Christ is standing beside him, helping him to pray, praying for him. You see what is happening. God is the thing to which he is praying – the goal he is trying to reach. God is also the thing inside him which is pushing him on – the motive power. God is also the road or bridge along which he is being pushed to that goal. So that the whole threefold life of the three-personal Being is actually going on in that ordinary little bedroom where an ordinary man is saying his prayers. He is being pulled into God, by God, while still remaining himself* (Lewis, *Mere Christianity*, pg. 163).

If simply kneeling down to say our prayers before we go to bed can bring us into communion with the Holy Trinity, imagine how Holy Communion brings us into communion and union with the Holy Trinity. Indeed, Holy Communion is the

ultimate expression of prayer, of communion and union with God the Holy Trinity. Holy Communion is ordained by God the Father, it is the Real Presence of God the Son who desires to dwell within us, and through God the Holy Spirit. Jesus has ascended into heaven, and yet He is still present on this altar, through the power of the Holy Spirit. And this is a reminder too that God wishes to make us in union with Himself to transform us from the inside out. The change we so desperately want to see in this world, that the peace of God would reign even over this nation, must begin from the inside, from the heart. But we see that this cannot begin without the intended relationship with God. We need a spiritual disposition that relates and responds to the love of God the Father, God the Son and God the Holy Ghost.

God, the Holy Trinity, who is so profound that He defies human understanding loves us and desires to have a relationship with finite human beings. God's love is so great for us that He has asked us into His house, set His table before us, and has set out bread and wine. The Holy Trinity is going above and beyond to show us His great love. This bread and wine, this body and blood of Christ, which we are invited to come and receive are seeds of unity with the Body of Christ. We are reminded by St. Paul, *there is one body and one Spirit, Just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.* The Unity within the Holy Trinity is a pattern given to us which reveals the unity according to which the Body of Christ is called to operate. We each come to the altar rail, we each receive the body and blood of Christ, and yet though we are each different we are united to the Body of Christ. We renew our Baptismal and confirmation vows with as many times as we receive Holy Communion. We are pulled further and further into relationship with God the Holy Trinity, and we are bound closer and closer to each other with every host and every sip of wine from this altar.

We believe in and confess the Holy Trinity, in that which we cannot understand, in that which the martyrs shed their blood for, because Almighty God seeks us out and cares for us as a good shepherd tends to His sheep. The Infinite and Almighty stoops down from heaven for us who are so small and so frail. This is a God who cannot be placed in a box, and yet He makes Himself reachable and knowable to us. This is God who calls us into a radical and transforming relationship with Himself. By eating Christ's Body and drinking His Blood each and everyone of us is one with Jesus. By accepting His Real Presence in our hearts and souls, we are carried into the Father's presence by our Lord the Holy Spirit. The Life of the Trinity is ours for the living. The life of the Trinity is ours for our knowing. The life of the

Trinity is ours for the loving. God the Father longs for us to come to Him. We come through Jesus Christ our Lord. We persist in this relationship with God and our fellow men by loving God and our neighbors through the Holy Spirit. Our God is one God. Our God is three Persons. Each Person does His job in reconciling us to the one true God. Let us embrace this gift of fellowship with God through the three Persons of the Trinity. Let us share this gift with everyone we meet, so that as we grow together in one life, one knowledge, and one love, we might share the same with the whole of our world. Amen.