

In seminary formation, there used to be a saying for the seminarians who were in the course entitled "The Mystery of the Trinity". The saying was something like this: 3 Persons, 2 Processions, 1 God, 0 Understanding. Yet, the Church has always guarded and defended this great deposit of faith. It is what makes us as Christians different than all other religions in the world...that God has revealed Himself to us as a Trinity of persons, Father, Son and Holy Spirit sharing one divine substance.

In order to evangelize, explain and describe the mystery of the Trinity in more simpler terms, many have tried to use analogies like the three leaf clover, or the egg or even, my favorite, Neopolitan Ice Cream. But all analogies fail, they all fall short of trying to explain the mystery of the Trinity. And what happened in the first few centuries of the Church's history, by using these analogies, coupled with our sinfulness, different thoughts, different opinions arose about who God is...and a lot of different errors concerning the Trinity began to spread. It took valiant men like St. Anthanasius, St. Augustine, St. Gregory, St. Basil and so many others to defend the mystery of the Trinity. The Nicene Creed which we will profess after this homily is the result of such theological debate

In our baptism, we were baptized into this faith...that there are 3 Divine Persons in the One Godhead. For our children who are making their first Holy Communion today, they would not remember that day, but your parents will surely remember when the minister poured water on these children saying, "I baptize you in the name of the Father, and of the Son, and of Holy Spirit." On that beautiful day, all of the baptized entered into a new relationship with God as his children. Since we were created by God, our life is meant for this relationship. As children of Adam, belonging to the human family sin has caused a God sized hole in our hearts. But, through our Saviour's passion, death and resurrection and the power of the Holy Spirit, we are justified by faith and given access to grace...to have that God sized hole in our heart filled and belong not just to the human family, but belong to God's family...to enter into the communion of life and love that is the Holy Trinity as his children, to have Jesus as our brother and friend and the be temples of the Holy Spirit.

My dear children, In receiving Our Lord in the Blessed Sacrament, that relationship with God goes to the next level. You are now being invited to the banquet of God's family. Before Our Lord ascended into heaven he promised us that he would remain with us until the end of the age. Primarily and perfectly, Our Lord is with us in the Blessed Sacrament, the Eucharist. Jesus comes to us at Mass and He remains with us in the Tabernacles throughout the world. Having been united to Christ in baptism, He now unites himself ever more deeply to you in the Sacrament of His body and blood, soul and divinity. It is Today, you will for the first time be nourished by God with his very flesh and blood in the Eucharist.

The Eucharist is God's gift to us. There is nothing that we can do to earn such a great gift. And God gives us this gift because of his love for us. God is love, and in the Eucharist, we see how much God has loved us. Our response to this gift is thanksgiving. To give thanks to God for revealing himself in the Scriptures: The Word of

the Lord - Thanks be to God...and for making himself food for our journey on earth - The Body of Christ - Amen and when you kneel down with your family...say Thank you Jesus and spend that time in thanksgiving for the many blessings that God has given to you...above all his Son...really and truly present in the Blessed Sacrament. In his short story *In Love with the Church*, St. Josemaría says, "We give thanks to God our Lord for the wonderful way He has given Himself up for us. Imagine, the Word made flesh has come to us as our food! ...Inside us, inside our littleness, lies the Creator of heaven and earth! ...If our thanksgiving were in proportion to the difference between the gift and our deserts, should we not turn the whole day into a continuous Eucharist, a continuous thanksgiving? Do not leave the church almost immediately after receiving the Sacrament. Surely you have nothing so important on that you cannot give Our Lord 10 minutes to say thanks. Love is repaid with love."