

THE SOLEMNITY OF THE MOST HOLY TRINITY

After the outpouring of the Holy Spirit at Pentecost, the Church invites us to reflect on the mystery at the center of our faith: the Holy Trinity. What was revealed through Christ's life, death, resurrection, and the sending of the Spirit now comes into focus. We are not simply following a set of teachings or principles—we are being drawn into a relationship with the living God: Father, Son, and Holy Spirit.

This mystery can seem difficult to grasp. The Trinity is not something we fully understand, but something we come to experience. In recovery, we are often less concerned with explaining everything and more concerned with what is real and transformative. The same is true here. The Trinity is not an abstract concept—it is the living reality of God's presence and action in our lives.

The Gospel for this Sunday offers a simple but profound truth (John 3:16-18): *“For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.”* This passage reveals the heart of the Father, who sends the Son out of love. Through the Son, we are brought into relationship with the Father. And through the Holy Spirit, that relationship becomes alive and active within us.

For those recovering from the effects of dysfunctional family systems, our understanding of love and relationship may have been shaped by inconsistency, fear, or emotional distance. Recovery begins to reshape that understanding. We come to learn that healthy relationships are not based on performance, control, or fear, but on truth, presence, and mutual care.

The Twelve Steps guide us into this transformation. Step One invites us to recognize that old survival patterns no longer serve us. Step Two encourages us to believe that God can restore us. Step Three invites us to turn our lives over to His care. Over time, this relationship becomes more real. We begin to trust that God is present and that we do not have to navigate life alone.

One of the significant shifts in recovery is moving from isolation and self-reliance toward connection. Many of us learned to depend only on ourselves or to manage others in order to feel safe. Recovery invites us into something different. This reflects the nature of the Trinity, where life is shared in relationship, not lived in isolation.

We often hear that this is a “we” program. Through meetings, sponsorship, and honest relationships, we begin to experience what healthy connection can look like. We learn to speak truthfully, listen openly, and receive support. In these relationships, we begin to heal.

This does not mean that old patterns disappear overnight. We may still feel the pull toward control, withdrawal, or people-pleasing. Yet something begins to change. We are no longer defined by our past or limited by old roles. Instead, we begin to live from a new identity as beloved children of God.

As this relationship deepens, we begin to see fruit in our lives. We grow in awareness, honesty, courage, and love. We begin to respond more thoughtfully and live with greater freedom.

The Solemnity of the Holy Trinity reminds us that recovery is not just about healing from the past. It is about entering into a new way of living—one rooted in relationship with God. As we continue this journey, we are invited to remain open to the Father's love, to follow the Son's example, and to rely on the guidance of the Holy Spirit.

REFLECTION QUESTIONS

- How have early experiences shaped your understanding of love, trust, or relationship?

- When have you experienced healthier connection replacing isolation or self-reliance?

- What helps you live more fully from your identity as a beloved child of God?

MASS READINGS

FIRST READING Exodus 34:4b-6, 8-9

RESP. PS. Daniel 3:52, 53, 54, 55, 56

SECOND READING 2 Corinthians 13:11-13

GOSPEL John 3:16-18