

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 impacted by a loved one's addiction, compulsive behaviors, or unhealthy attachments, our understanding of God may have been shaped by confusion, disappointment, and fear. We may have questioned where God was in the midst of chaos or pain. Recovery begins to reshape that image. We come to know God not as distant or indifferent, but as a loving Father who sees us, a Savior who walks with us in difficult relationships, and a Spirit who strengthens us as we learn to live with greater clarity and peace.

The Twelve Steps guide us into this relationship. Step One invites us to recognize our powerlessness over another person's choices. Step Two encourages us to believe that God can restore us to sanity. Step Three invites us to turn our will and our lives over to His care. Over time, this becomes more personal. We begin to trust not only that God is present, but that He is actively guiding us.

One of the significant shifts in recovery is moving from control to connection. We may have spent years trying to manage, fix, or predict outcomes. Recovery invites us to release that burden and turn toward relationship—with God and with others. This reflects the nature of the Trinity, where love is shared in relationship rather than forced through control.

We often hear that this is a “we” program. We cannot do this alone. Through meetings, sponsorship, and honest relationships, we begin to experience support, understanding, and shared growth. In those moments, we catch a glimpse of the kind of life God desires for us—one rooted in connection rather than isolation.

This does not mean circumstances immediately change or relationships become easy. There will still be uncertainty and challenges. Yet something begins to shift within us. We are no longer defined by fear or driven by someone else's behavior. 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 patience, honesty, humility, and love. We become more willing to respond rather than react, to set healthy boundaries, to use the recovery tools available to us, and to trust God with what we cannot control.

The Solemnity of the Holy Trinity reminds us that recovery is not just about surviving difficult relationships. 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 has your understanding of God been shaped by your experiences in relationships or family life?

- What does it look like for you to move from control toward trust and connection in recovery?

- How are you experiencing growth in patience, clarity, or peace as you deepen your relationship with 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