

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 many of us in recovery, our understanding of God has been shaped by fear, distance, or confusion. We may have imagined God as distant, critical, or uninterested in the details of our lives. Recovery begins to reshape that image. We come to know God not as an abstract force, but as a loving Father who desires our healing, a Savior who walks with us in our struggle, and a Spirit who dwells within us and gives us strength.

The Twelve Steps guide us into this relationship. Step Two invites us to believe that a Power greater than ourselves can restore us to sanity. Step Three asks us to turn our will and our lives over to the

care of God. Over time, this relationship becomes more personal. We begin to trust not only that God exists, but that God is present, active, and involved in our recovery.

One of the significant shifts in recovery is moving from isolation to connection. Addictions, compulsions, and unhealthy attachments often pull us inward, keeping us focused on ourselves. Recovery opens us outward—toward God and toward others. This reflects the very nature of the Trinity. The Father, Son, and Holy Spirit exist in perfect relationship. To be drawn into that life is to be drawn into connection, love, and communion.

We often hear in recovery that this is a “we” program. We cannot do this alone. In a similar way, the Christian life is not meant to be lived alone. We are created for relationship—with God and with one another. As we begin to experience healthy connection in meetings, friendships, and sponsorship, we catch a glimpse of the kind of life God desires for us.

This does not mean that life becomes easy or that all struggles disappear. We still face challenges, setbacks, and moments of doubt. Yet something begins to change in how we live. We are no longer defined by our past or driven by fear. Instead, we begin to live from a new identity as beloved children of God.

Saint Paul speaks about this new identity throughout his letters, reminding us that we are no longer slaves, but sons and daughters of God. This shift is foundational in recovery. As shame begins to loosen its grip, we begin to see ourselves differently. We are not defined by our failures, but by the love of God.

The fruits of this relationship begin to show in our lives. We grow in patience, honesty, humility, obedience, and love. We become more willing to serve, to listen, and to be present for

others. These are not things we force into existence. They are the result of God's life at work within us.

The Solemnity of the Holy Trinity reminds us that recovery is not just about stopping destructive behaviors. 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. In this relationship, we find the freedom and fullness of life we have been seeking.

REFLECTION QUESTIONS

- How has your understanding or experience of God changed throughout your recovery journey?
- When have you experienced connection—with God or others—replacing isolation in your life?
- What helps you remain open to the presence and guidance of God in your daily recovery?

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