

Solemnity of the Most Holy Trinity



Last Sunday we reflected upon the apostles' experience with the strong driving wind of the Holy Spirit at Pentecost, remembering our own spiritual awakening and the lasting impression it can have. We may be grateful for moments when we are seized by the will of God and given clear direction to the path we ought to take. Inevitably, the storm will calm, but our identity is forever changed.

This Sunday, we turn our rejoice toward the Holy Trinity, recognizing the beautiful relationship we maintain with God the Father, Christ the Son, and the Holy Spirit. This is a central aspect of our faith as Christians and something we acknowledge every time we make the sign of the cross. To be loved by God is to be a part of the three-in-one (triune) relationship that is the Holy Trinity.

Saint Paul summarizes this notion in the fifth chapter of his letter to the Romans, this Sunday's second reading (Romans 5:1-5):

Brothers and sisters:

*Therefore, since we have been justified by faith,
we have peace with God through our Lord Jesus
Christ,
through whom we have gained access by faith
to this grace in which we stand,
and we boast in hope of the glory of God.
Not only that, but we even boast of our afflictions,
knowing that affliction produces endurance,
and endurance, proven character,
and proven character, hope,
and hope does not disappoint,
because the love of God has been poured out into
our hearts
through the Holy Spirit that has been given to us."*

In our recovery from addictions, compulsions, and unhealthy attachments, we are given a chance to transform from a spirit of slavery to a spirit of freedom through our adoption into the Holy Trinity. In this relationship, we can shed the shame of our past and reframe our attitude alongside our brothers and sisters seeking spiritual progress.

It is often said that recovery is a “we program,” not an “I program.” We need each other. As baptized Christians, this also implies that our relationship with the Father, Son, and Holy Spirit is an essential part of the experience. It cements our identity as children of God, co-heirs to His kingdom with Christ, and channels of the Holy Spirit. By replacing *I* with *we*, we replace *illness* with *wellness*.

Paul concludes this passage by noting that we are to suffer with Christ so that we may also be glorified with him. Our experience in recovery tells us that as we get better, the circumstances around us may still be troubling. Alone, we may not be able to withstand this suffering—certainly not in a redemptive way. We find courage through our union with the Holy Trinity and the loving support of others.

We are not always moved by a rushing breeze of the Holy Spirit. Sometimes the voice of God can only be heard when we empty our minds and quiet our hearts. Affirmation that we are on the right path comes when we experience the fruits of the Holy Spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control (cf. Galatians 5:22-23).

- What does a “we program” of recovery look like for you?
- How do you stay committed to your recovery and a life of faith even when the initial rush of euphoria has worn off?
- How do you understand redemptive suffering through the lens of your recovery?

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First Reading: Deuteronomy 26:4-10

Responsorial Psalm: Ps 91:1-2, 10-11, 12-13, 14-15

Second Reading: Romans 10:8-13

Gospel: Luke 4:1-13