

SUNDAY *Plus*

The Most Holy Trinity **Divine Office Week III** Year C**Day for Life**

Love in its fullness

Detail of fresco of Holy Trinity in the Church San Francesco Saverio by Sebastiano Conca (1680 - 1764) Rome, Italy. Renata Sedmakova / shutterstock.com

Perhaps the most quoted line from the Dalai Lama is, "My religion is kindness." Isn't that simple? "My religion is kindness." He asked, really challenging us from other world religions, "How do you teach kindness or compassion and how does this come from your understanding of God?" I had the job of representing the Christian tradition; I thought the job was rather easy, because of the feast we celebrate today of God as Trinity.

Sadly, the doctrine of the Trinity hasn't exercised much

influence in the Christian understanding of God. If most Christians – Catholic or Protestant – are questioned about their real image of God, it's generally an old man sitting on a throne. He's upset half the time and it's our job to make this god happy. This, of course, has almost nothing to do with our actual doctrine on the nature of God. What our tradition believes is that God is a fountain fullness of love, a water wheel flowing constantly in one direction: Father to Son, Son to Holy Spirit, Holy Spirit to Father – always outflowing, always

outpoured, always giving, never taking, but only receiving what the other gives. It would take the rest of your life to try to comprehend what that means!...


The medieval mystic Julian of Norwich (1343-c.1416)... describes her encounter with the Trinity: "For the Trinity is God, and God is the Trinity. The Trinity is our creator and our sustainer, our Beloved forever and ever, our endless joy and bliss... Whenever Christ appeared, I seemed to understand the blessed Trinity, as well."

Richard Rohr



The Trinity teaches us that one can never be without the other. We are not islands; we are in the world to live in God's image: open, in need of others and in need of helping others.

Pope Francis

Govern everything by your wisdom,
O Lord, so that my soul may always be serving you
in the way you will and not as I choose.
Let me die to myself so that
I may serve you.
Let me live to you who are life itself.  Amen.

St Teresa of Avila

The "divine circle dance"

By Paul Higginson

Some theologians have defined the Trinity as a "divine circle dance" – a continuous, intimate fellowship between the three persons, each connecting to the other in perfect relationship. St Bernard of Clairvaux explained this by saying, "If... the Father is he who kisses, the Son, he who is kissed, then it cannot be wrong to see in the kiss the Holy Spirit... their unshakable bond, their undivided love, their indivisible unity."

The good news of the Christian faith is that God has made room for us on the dance floor and asks us to participate. Our loving acts of kindness, compassion, forgiveness and generosity become our small contribution to the circle dance, adding to the great store of love in the world. And love is never wasted – the love we give away to others, united with God's immense love for humanity, inevitably comes back to us, and the circle is complete.

Paul Higginson is a retired teacher and author of Doing Christianity: how religion is about what you do, not what you believe.

Jubilee 2025: Pilgrims of Hope

14-15 June

Jubilee of Sport

A sense of participation, sharing and being part of a group is fostered when sports are played in such a way that the person is placed at the centre and the joy of playing together is valued. Indeed, I like to remind athletes, including professionals, not to lose the flavour of the game and "to live" their sport while always preserving the spirit of being an "amateur". This is important. The reality of play is fundamental, especially for the very young: it gives joy, fosters sociability and engenders friendships, while also being formative. Thanks to sport we can establish strong and lasting relationships. Sports create community.

As the limbs form the body, so players form a team and people form a community. Sport can be a symbol of unity for a society, an experience of integration, an example of cohesion and a message of concord and peace.

Pope Francis



READINGS

Today:
Proverbs 8:22-31
Romans 5:1-5
John 16:12-15

Monday:
2 Corinthians 6:1-10
Matthew 5:38-42

Tuesday:
2 Corinthians 8:1-9
Matthew 5:43-48

Wednesday:
2 Corinthians 9:6-11
Matthew 6:1-6. 16-18

Thursday:
2 Corinthians 11:1-11
Matthew 6:7-15

Friday:
2 Corinthians 11:18. 21-30
Matthew 6:19-23

Saturday:
2 Corinthians 12:1-10
Matthew 6:24-34
E&W: Sts John Fisher and Thomas More (Feast)
2 Maccabees 6:18. 21. 24-31
Matthew 24:4-13

Next Sunday:
Genesis 14:18-20
1 Corinthians 11:23-26
Luke 9:11b-17