



FEAST OF THE MOST HOLY TRINITY – MAY 31, 2026

Exodus 34:4b-6, 8-9 2 Cor 13:11-13 John 3:16-18

Story: Little Martha, a kindergarten student in a Catholic school, was very absorbed in drawing something in class. Her teacher was curious and asked her what it was. "I'm drawing God," little Martha replied. "But" the teacher replied, "no one knows what God looks like." "Well, they will when I am finished," Martha proudly stated.

The Feast of the Trinity is about a mystery we experience every day. God as Father, Son and Holy Spirit, is something we profess every time we do the sign of the cross.

But like little Martha, we try to draw how God looks like to no avail. Luckily, we have the life of Jesus Christ to show us not what God looks like, as much as what God is.

I came across a thought someone had on St. Irenaeus, who lived in the second century. St. Irenaeus was a great explainer and defender of the Christian faith. St. Irenaeus in describing the Trinity explained the Son and the Holy Spirit are like two "hands" of God. It led to the image of people thinking of God's ability of God to hug us with these two hands.

Nice description of the Trinity, something we can appreciate.

Be that a hug of yourself (illustrate – using one's hands as Son and Holy Spirit) or a hug of another person. There is something divine in that embrace.

I am thinking little Martha would be okay with God as a hug.

Our readings illustrate this thought.

Our first reading the Lord proclaims that the Lord is "a merciful and gracious God, slow to anger and rich in kindness and fidelity." It is a God who is deeply concerned about us and offers us a "hug" for support.

The Gospel, of course, contains the famous quote we would see occasionally at sports stadiums, "God so love the world that he gave us his only son."

That Son would spread his hands out and give us a hug on the cross, telling us how much he loved us.

So, I invite you not to get caught up with the Trinity, three persons and one God, and stumble on a math equation.

Rather, I would invite all of us to see Trinity as a relationship that continues to grow to this day with us.

It is a blessing – a hug – that St. Paul offers as a blessing, "The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with all of you."

That's a hug we can live with and share.

Amen.

Prayer: Bringing Home the Word