

LOOKING TO SUNDAY®

Sunday, June 15, 2025

The Most Holy Trinity

This email, entitled Looking to Sunday®, focuses on one or more of the scripture readings for the coming Sunday. It prepares readers to hear God's Word at Mass and it offers a point of reflection to consider in the days leading to Sunday. Looking to Sunday is written by Father Tom Iwanowski.

Looking to Sunday has been published for more than sixteen years.

EXPERIENCE, THE BEST TEACHER

If we wanted to learn about the Russian people and understand their culture, we might do so in a variety of ways.

We could study the history of the nation. We could read the translated works of acclaimed Russian authors. We could watch English-captioned Russian movies and television programs. We could take a course in the Russian language. We could seek out American news programs focused on the country. We could visit neighborhoods with a high concentration of Russian immigrants.

But the best way to learn about the Russian people would be to visit their country. Living in Russia for several months and experiencing daily life would teach us more than any book, movie, news report, or language class. A personal experience of Russia and its people would be the best teacher!

This Sunday, the Church celebrates the Solemnity of the Most Holy Trinity. We celebrate our belief that the One God is a Trinity of Persons, the Father, the Son, and the Holy Spirit.

We can try to understand this central doctrine of Christianity in much the same way we might try to understand another people or culture. We could search for passages in the scriptures, such as this Sunday's Gospel (John 16:12-15), that reference the Persons of the Trinity. We could read a historical study showing how the Church came to understand God as a Trinity of Divine Persons.

We could consult the Catechism of the Catholic Church to see what it says about the Trinity. We could read the writings of renowned theologians or take a course on the topic at a local Catholic college or seminary. And we could pay close attention to the homilies that will be preached at Mass this Trinity Sunday.

All these things would give us an understanding of the Holy Trinity. But perhaps the best way to learn about the Holy Trinity is to consider how we are presently experiencing the action of the Father, the Son, and the Holy Spirit in our lives. Our experience of the Holy Trinity will help us to understand what we profess in the Nicene Creed at every Sunday Mass.

We experience the "one God, the Father almighty, maker of heaven and earth" in the beauty of a wildflower and in the stars and galaxies that brighten the vastness of the universe. We call upon Almighty God in a warm and loving way as we address him as "Our Father" and recognize that he has given us life and made us his children.

We experience the presence of the “one Lord Jesus Christ, the Only Begotten Son of God” when we receive the Eucharist, listen to his voice in the Gospels, recognize his saving action in the sacraments, and feel his care and compassion in the kindness of our fellow Christians. We are touched by the depth of his love when we gaze upon the crucifix or kneel before the tabernacle.

We experience the action of the “Holy Spirit, the Lord, the giver of life who proceeds from the Father and the Son” when we are inspired to do good and build up God’s kingdom, when we come to know the meaning of our lives, and when we are empowered to resist the temptations that can pull us into the darkness of sin and diminish our dignity as children of God.

This Sunday’s Solemnity of the Holy Trinity is an opportunity to recognize how we are experiencing the presence of the Father, the Son, and the Holy Spirit in our lives. Experience is the best teacher.

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