The weekend we celebrate the Solemnity of the Most Holy Trinity. We know that the mystery of the most Holy Trinity is a basic doctrine of Faith in Christianity, and that it is not understandable with our heads, but with our hearts.

Our faith teaches us that there are three distinct Persons in one God – the Father, the Son and the Holy Spirit -- all sharing the same Divine Nature, co-equa,l and co-eternal. Our mind cannot grasp this doctrine which teaches that 1+1+1 = 1, and not 3. There are more things that we can talk about on the Holy Trinity, but it still comes down to faith.

I would like to take some time to talk about a different Trinitarian relationship that we can focus on, to show our love to the Holy Trinity. The Trinitarian relationship I want to talk about is the **“I–God–my neighbor”** relationship, we need to get back to focusing on.

You may have heard someone say that we as a society and people have moved too far away from God; that too many people focus on the ***“I”*** part of that three-part relationship. I think that has intensified during COVID, where people have been separated, with many focusing only on themselves, deciding what is best for them, and then believing that, by default, everyone else should do that also, because that is what was best for them.

Along those same lines, the focus on ***“I”*** has also made it difficult to work on a relationship with God. I want you to think of this Trinitarian relationship in the aspect of the cross. The ***”I”*** part of the relationship is the center of the cross where the vertical and horizontal braces are brought together. In this instance, you are the center of this relationship because you are in control of what happens in this relationship.

If you hold your arms our to your side and form yourself into a cross, what is at the center? It’s your heart, and many would say your soul, which is why I want you to think about it being the center.

The vertical aspect of this cross, this relationship, is our looking toward God and toward that relationship with Him. Unfortunately, many of us have spent a bit too much time looking down: looking down on our neighbors because they don’t do what we think they should do, or looking down on others because they are not like us. We aren’t working on the vertical aspect of this relationship, the ***“God”*** part, because we continue to focus too much on the “I” part.

The next aspect that we’ve had trouble with lately is the horizontal “my neighbor” part of this Trinitarian relationship. When we form that same cross with our body, we extend our arms out to the side in a symbol of acceptance, one of love, one that invites others into our hearts.

Unfortunately, we have again spent too much time lately holding our arms out in front of us, holding our hands out, keeping our neighbors at a distance. We have been told that, in essence, it’s OK to disregard a neighbor if they don’t align with what we think or believe. But when we do this, our hands are in front of us, and it blocks our view of that neighbor and in many ways blocks our view of their center, where their heart is, making it difficult to see them the way we should.

Going forward from today, lets spend time focusing on the three parts of this Trinitarian relationship – “I-God-my neighbor”. Think about it from the aspect of the cross. By focusing on all aspects of this relationship in this way, we honor God our Father, Jesus His Son and our Savior, and the Holy Spirit Who guides us.