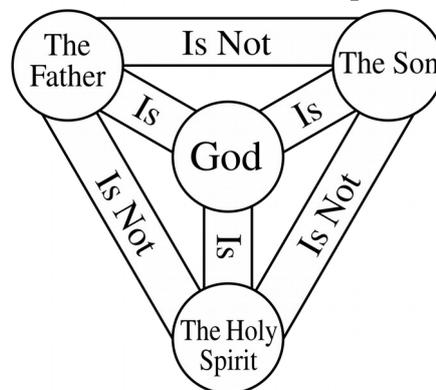


Matthew 28:16-20

¹⁶Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷When they saw him, they worshiped him; but some doubted. ¹⁸And Jesus came and said to them, "All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything that I have commanded you. **And remember, I am with you always, to the end of the age.**"

The Church, with both a big and little 'C' is, for so many of us, a place where we form relationships with one another and with God and find a true sense of community. One of the main challenges for parishes at this time is to find new ways of being and enlivening our Church communities. There is almost certainly grief and fear at this time for us as individuals and as Church. But as followers of Jesus, we're called to try and live our lives showing forth the loving relationships of a people who know they are loved by God, acknowledging the reciprocal love we see shared by God in the persons of the Trinity. One of the illustrations used to help us shows what the Trinity is and is not.



You've probably heard lots of illustrations that aim to help explain "Three persons – One God" Irish legend says St Patrick used the Shamrock, (three-leaf clover) with it's three leaves that make up the whole, as an educational symbol to explain the Holy Trinity in Fourth Century Ireland.

Liquid, steam and ice as three properties yet still all water. I've seen the shell, yoke and white of an egg used and the skin, flesh and seeds of an apple as teaching points on the subject.

Obviously any illustration can't hope to adequately explain the Trinity. Nor should humans expect to fully grasp the ways of God completely. The doctrine of the Holy Trinity is one of the most essential yet most mystery-filled of all the tenets of the Church and we need to find new ways of spreading that to those who need to hear the Good News. In the Gospel for Trinity Sunday (above) we read what is known as The Great Commission: Jesus tells his disciples to make known the fullness of God, to share his teachings and to offer an opportunity for people live their lives in the knowledge that they're loved and cherished by God. We're used to hearing these words: "in the name of the Father, the Son and the Holy Spirit". Our creeds attest to the nature of God as the three different but equal persons of the Godhead. Is it perhaps worth pondering what the Holy Spirit means to us and praying for understanding using one of the collects set for Trinity Sunday.

O blessed Trinity, in whom we know the Maker of all things, seen and unseen,
 The Saviour of all, both near and far:
 By your Spirit enable us so to worship your divine majesty
 That with all the company of heaven
 We may magnify your glorious name, saying,
 Holy, holy, holy. Glory to you, O Lord most high. Amen.

