

## TRINITY SUNDAY

If I could adequately explain the Doctrine of the Holy Trinity to you today they would probably declare me to be a Doctor of the Church. Obviously I cannot. I can however tell you some things about the Holy Trinity. First of all we believe in one God but one God in three divine persons. It is very important to remember that these are three different persons, the Father, the Son, and the Holy Spirit. The father is not the Son, the Son is not the Holy Spirit, and the Holy Spirit is not the Father. Although there are three different persons they are perfectly one with each other. They are in perfect *communication* with each other. The holy Trinity is in this sense a community. They are different persons who are in perfect union with each other. Nothing isolates them from each other. The Holy Trinity is a model for the family.

A family is made up of different persons. The goal of a family is to transcend these differences. Why should we try and transcend our differences? Aside from the fact that this is a nice thing to do and makes life a great deal more bearable, this is also the very nature of love. God is love as our Holy Father Pope Benedict XVI is so found of pointing out. To love is to “desire the other as other” or in other words I want you because you are you. I don’t wish to remake you into something other, rather I wish you to become perfectly *yourself*, and by doing so I will acknowledge and respect the fact that you are an entirely different person than I am. If I love you I seek to help you become completely yourself, the person God intended you to be. This process will only become complete at the Resurrection but the process is the work of love.

Whenever I prepare couples for marriage there is one thing that I always make a point of telling them. They are usually startled when I say this. I tell them — “learn how to argue!” What do I mean by that? Since we are all different it is these differences that rub us the wrong way. A true family is a group committed to resolving their differences. This is what an argument is all about. Without going into too great an explanation, a true argument is not a war; it is rather a search for the truth. The great thing is that if we discover the truth, everybody wins, there are no losers.

The first thing to do when arguing is to establish the ground rules. No one is allowed to yell. If anyone starts yelling they are ending the argument. Next everyone has to actually listen to the other person. The great thing about listening to someone else is twofold: first, it shows that I actually care about you, what you think and especially what you feel; and secondly, I am trying to work things out instead of focusing on winning the argument. Last of all always bear in mind that in a true argument we must justify our thoughts, opinions and ideas — but we never have to justify our honest feelings, we do however need to share them with the people who love us. We can’t always work out our problems but knowing that my spouse or my family actually cares about me helps me enormously and makes my problems bearable.

Finally, it is important to remember that Jesus is both God and Man. He has two wills: one human, one Divine. He had to conform His human will to the Divine will. This is what the Agony in the Garden was all about. “Abba, Father, yet not what I will, but Your will be done.” *Mk. 14:36*. Christ’s will is that we be one as He is one with the Father and the Holy Spirit. This is the work of marriage; this is the work of the family. Our Lord did not promise us that it would be easy but very little could be more important.