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Trinity Sunday  
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May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my rock and my redeemer.

Welcome to Trinity Sunday!

I wish I could remember in what grade I learned about Trinity Sunday – maybe 5th grade? We were told that there is one God in three persons. Out came a picture of the 3-leaf clover to explain how that works.

Later, as an adult I could see it as an analogy for the various identities that I possess and have possessed: daughter, wife, mother, widow, church lady, and numerous names for jobs I'd had. All in one body.

Nonetheless, the doctrine has always been difficult to understand. We can't really know what God is like. I am certain that God is nothing like an Earthling.

God is a Mystery. It is important that we look to what the Bible tells us a lot about God. The readings chosen for us today pretty much tell us all we need about God and our relationship with God.

As we go from the formless void to the creation of humankind in God's image, we see that God loves what is created; God blesses it and calls it good.

Creation responds with psalms to praise God. Today we heard only one of them.

The Apostle Paul closes his 2nd letter to the Corinthians with a brief summary of God's appeal to us – agree with one another, live in peace, greet one another with a holy kiss and a benediction calling on Jesus Christ, the love of God and the communion of the Holy Spirit to be with us. While not dense, these are the same ways we strive to live.

The Gospel of Matthew closes with Jesus claiming his authority and making disciples of **all nations** in the name of the Father and of the Son and of the Holy Spirit – not only to be baptized but taught to follow Jesus' way. Jesus gave that commission to the 11 Apostles, **even those who doubted**.

This is a clear description of a God of Love and Peace. We know from other scriptures that the Father, Son and Holy Spirit moved in the world in alignment.

The author, Judy Cannato, in her book *Radical Amazement*, reveals the harmony of science and spirituality. The phrase “radical amazement” comes from Abraham Heschel, who said that wonder or radical amazement is the chief characteristic of a religious attitude toward life and the proper response to our experience of the divine. . . Living in radical amazement brings us into the space in which great things happen to the soul.

Cannato said, “The universe, developing in and through the love of the Creator in space and time over billions of years, has finally evolved to that place from which it can respond to the Creator in the person and symbol of Jesus. His radical acceptance of Creative Love completes the circle that began with God’s self-communicated grace starting with the Big Bang, continuing through the birth of Earth and the development of life, leaping forward with the dawn of consciousness and emerging with awareness, embodied in Jesus, that all life is accepted and included in God’s love and grace.”

She continues later, “In Jesus we experience God’s grace given irrevocably and accepted radically completing the connection between human and the divine in a way that affirms our human capacity to live in conscious, **co-creative relationship with the Holy One whose definitive characteristic is love.**”

How often have we heard “God is Love?”

Rather than trying to understand the Trinity, I propose that we trust God and cultivate amazement – whichever “mode” is moving in the world. By doing these things we are more likely to hear God speak to us. God is always with us

God speaks in many ways:

- that strong urge to go outside in the middle of the night to see that stunning moon;
- that day you took a different route to work and find out later that you avoided an accident;
- the day your first grandchild was born;
- the day you listened to your body’s resistance to step onto the slippery boulder;
- the comfort you experience after praying about your bad news.

The more we are amazed the more attuned we’ll be to God

**God gets us through the rough patches.** I invite you to join me to reach out to God right now.

First breathe, close your eyes or bring your gaze down

Now, think about the last time you came upon something so beautiful that it made you gasp.

Sit with that – how do you feel now?

As for the rough times – clearly some people are having a tough time, AND as a nation, a society, we are in a collective tough time. Nothing will bring us peace as long as we “other” those we disagree with.

Compassion for the “other” can help heal the rifts that have taken over our society. A similar practice to that of nurturing amazement can support us in our small circles.

Again, breathe, close your eyes or bring your gaze down.

Think of someone with whom you have disagreements.

See yourself in that person’s shoes; how would you feel? How could you make it easier to talk with that person?

As always, we have God on our side as we open our hearts to God, whether Father, Son, Holy Spirit, or other Divine Identity.