

HOMILY TRINITY SUNDAY

May 30, 2021

My sister has a dog, and they do not have any fences in their neighborhood, so they would either have to keep their dog on a chain when it is outside or get one of those invisible fences. How many of you are familiar with invisible fences? With the invisible fence, you designate the area that you want to confine your dog to, the dog wears a special collar, and they get an electric shock if they venture out of that area. The dog wants to avoid the shock, so generally figures out how far they go without getting a shock. They cannot see the boundaries, but they learn what they are. Now my sister's dog is getting older, and the invisible fence has not worked for years, but the dog still does not venture outside the boundaries. In reality the dog could run free when it goes outside, but it goes along with these self imposed limitations. We sometimes have these self imposed limitations. We love and we are hurt, so we decide we are not lovable and close ourselves off from close relationships. Maybe we got out of our comfort zone and tried something we felt called to do and failed, so we do not want to put ourselves out there anymore. Maybe we know what we are called to do, but it is going to be difficult and it will be a lot of work, so we settle for what we have. Maybe we are ruminating about something that happened in the past and cannot truly live in the present. Maybe we are living with a total focus on the future, I will do it

when I have more time, I will do it when I retire, I will do it when I feel more secure, which may mean that you will never do it. These are all self imposed limitations.

Today we celebrate Trinity Sunday. God is three persons, Father, Son and Holy Spirit in one God. We hear in the second reading that we are God's adopted sons and daughters. In the Roman world 2,000 years ago it was considered a great privilege to be adopted. It meant that you were personally selected to carry on the family name and to inherit the family property. It was a great honor to be adopted, and so we should feel honored as well. And the second reading says that we can cry out to him "Abba Father." Abba Father is a term of endearment and expresses the great love that the Father has for us. He is the perfect loving father. He will love and protect us wherever we go and whatever we do. We can always go to him for advice. He will never give up on us. Then there is the son. I often wonder what it would have been like to have known Jesus when he walked the earth 2,000 years ago. It must have been a great privilege to have known him in this way. Can you imagine what it would be like to have a brother or best friend like Jesus? Someone who would always have your back, someone who would do anything for you? You do! We also hear in the second reading that we are joint heirs with Jesus. Jesus is our brother. We also have the Holy Spirit. We hear in the second reading that he is not the "spirit of slavery to fall back into fear." We cannot let our fears and doubts enslave us and lead us into self imposed

limitations. If we live in the Spirit, he will move us to a better place so that we can be the best versions of ourselves, so that we can be all that God intended us to be.

We have been living with a lot of self imposed limitations for the past year and a half because of a coronavirus that we cannot see, just like the invisible limits imposed by the invisible fence. These self imposed limitations have served us well and have kept us safe, but they are not working for us anymore. We may not be ready to run free yet, but we need to start pushing ourselves back to normalcy. If you are fully vaccinated, you are pretty safe. When you start doing things that you have not done in a year and a half, it is going to feel a little uncomfortable, but we need to force ourselves to do some of these things and support one another in moving forward. If you have not been fully vaccinated, we have now learned that wearing a mask and social distancing will keep you pretty safe. And as the cases of COVID continue to decrease, there is less and less virus out there. We can continue to take some reasonable precautions, but living always involves some risk. If you wait for the world to be 100% safe, you will be staying at home alone with a mask for the rest of your life.

Have you accepted the limitations that exist only in your mind? Are you ready to settle for much less than God has to offer? Remember you have a loving Father who will always care for you, a brother and a best friend in the Son who will do anything for you, and a Holy Spirit that will lead you in the direction you are called to go. Don't stay in the backyard for the rest of your life. Run free!