

HOMILY TRINITY SUNDAY

May 31, 2026

The world is made of music,
Never ending symphonies of sound surround us,
Miracles of melody abound around us too,
It's a musical world.

It is a musical world, and music has always been an important part of my life. Music is with us most of the time whether you are aware of it or not. We purposely turn on music at home and in the car. Frequently after it is on for a while it becomes background and we are not very conscious of it. When we get into an elevator or into a store we frequently hear Muzak and we may not be aware of it at all. There is usually music playing in the background in movies and TV shows and while you may not be aware of the music, it affects your emotional response. And if you are like me, you may have some music playing in your head. Sometimes it is a familiar song that I play over and over to myself and sometimes I am just making it up as I go along. And there have been times when people have asked me “Do you realize we can hear you?” God is kind of like that. He is with us all of the time, sometimes we are aware of his presence, sometimes we are not, but he always has an effect on our lives. The more aware we become of God’s presence, the more we can cooperate with him.

Today we celebrate Trinity Sunday. The Trinity is three persons, one God. I want to explain the Trinity comparing it with music. There are three things that are necessary to have music. First of all you have to have the composer. You have to have that person who is inspired to create something in particular. I see God the Father as the creator who set everything in motion. Next you have to have notes. Until you have notes you just have an idea that no one can hear. I see God the Son as the notes. The Word made flesh. The invisible God made visible in the world. Next you have to have a melody. The notes have to be in a certain order and held for different amounts of

time according to a particular rhythm. I see the Holy Spirit as that creative source behind the melody, that creative source that gives the composer and the notes their feeling and expression. To have music you have to have all three, the composer, the notes and the melody. If any of these are missing, you do not have music. You can talk about them separately, but you have to have all them to have music. It is similar with the Trinity. Three persons, one God, you can talk about them separately but when one is present they are all present. We do not have God without all three.

The fact that God is three persons one God is very important. God is love. God is relational by his very nature. You cannot love alone. That is called narcissism. God the Father loves the Son unconditionally and the Son loves the Father unconditionally and the outpouring of love creates the Holy Spirit. The love between the three persons of the Trinity is perfect love. It is hard to have a relationship with one other person. Try adding a third person as an equal partner. That exists between the three persons of the Trinity. We are created in the image and likeness of God and we are also relational by nature. That is why we need to be in relationship with one another. We cannot live and do well in isolation. We need to give and receive love.

We can participate in the unconditional love of the Trinity. We hear how to do that in the second reading. “Mend your ways, encourage one another, agree with one another, live in peace and the God of love and peace will be with you. Greet one another with a holy kiss.” If we at least try to do that the world will be a better place. We need to be with one another in a way that you cannot do through technology. We need to be able to touch one another. We need to hear each other’s tone of voice. We need to really look at each other’s face. We need to look into each other’s eyes. We need to have all of the communication that has nothing to do with words. We need to really connect. We need to do that to really love one another. And in the end, it is all about the love.