

'Trinity Sunday'

Today is Trinity Sunday, a time when we commemorate the fact that the complete plan is in place.

Three diverse expressions of God's working together in perfect harmony: **God the Father** – who created the whole; **God the Son** – who through his humanness demonstrated life at its best in giving Himself for us; **God the Holy Spirit** – who as the 'Comforter' gives us, Christ's followers, unlimited resources to bear witness to God's Kingdom on earth.

Trinity: the fact that each is separate yet together make a stronger whole.

We can think of **the shamrock** where 3 separate leaflets combine to form one composite leaf, but I like my **Trinity Candle**, a candle, even a small one, lights up a dark room. How much more then will this candle (*Revd Sue held up a large candle with three wicks*) with its 3 wicks, bring light into darkness.

With **Creator God** at the centre we can see how the three become the one. God the Creator, Jesus Christ the Son and the Holy Spirit, the enabler.

In the Celtic tradition this is always stressed, the prayers always reiterate "**the Three.**" When I visited Iona this was an aspect I really noticed:

Holy God, Mother of all,

Have mercy on us

Jesus Christ, Son of Mary,

Have mercy on us

Holy Spirit, breath of life,

Have mercy on us.

This was a confession we used and it is typical of the way in which the Trinity is emphasised and used in prayer throughout the daily tasks from the beginning to the end of the day.

Last week, being Pentecost, is the time when the disciples were changed by the Holy Spirit. Suddenly their confusion over what Jesus had tried to explain to them so many times was resolved – they grasped his meaning and understood the need to share the 'Good News' – the Holy Spirit had completed the task begun by Jesus.

These men now understood the wholeness of God and the task they had been given.

Their belief in God, their knowledge of Christ as Saviour, teacher, friend and Son of God and the new strength in them to live and preach, given by the Holy Spirit, equipped them for the task ahead, even when they were persecuted.

We too can be equipped in this way if we just ask in trust, who knows what we might find ourselves able to do!