



God wishes us to be enclosed in rest and peace

Reflection for the Solemnity of the Holy Trinity 15 June 2025

by Mgr Daniel McHugh

“Glory be to the Father, and to the Son and to the Holy Spirit ” [Rev.1:8]

As I am writing this Reflection for Trinity Sunday my thoughts are also on the Requiem I will be giving the Homily at on Friday this week. I will be at a Church near Ballinasloe, Galway, in the West of Ireland. Not far from there is the place where my father was born: I went there on the occasion of my 80th Birthday to give thanks and celebrate the family and the Catholic Faith passed on to us in the Church where he was baptised. After Mass we gathered in the Cemetery where our grandparents, uncles, aunts and other relations are buried. The times they lived in were not as materially rich as they are now, but they were times filled with Faith and readiness to make sacrifices. I will be referring to this on Friday: some of the family came to England, some remained in Ireland: all the children and grandchildren now grown up – have benefited materially from the opportunities now open to them in England and Ireland in education and the prosperity arising from the sacrifice and work of their parents. In the case of Irish families coming to England the Catholic Faith has played no little part in the contribution this community has made to society. In his Homily at the Intercultural Mass for Pentecost last week Fr. Cecil Rogerson expanded on this when he said: *“Into that community, many others have followed from Eastern Europe, Asia and Africa, bringing their own identity and customs which continue to enrich our own – THANK YOU. Each group has demonstrated afresh in a different land, culture and among different people and ways of doing things. You have demonstrated great perseverance and faithfulness in the practice of your faith in a way and a language that you have had to adapt to”*.

In my experience of pastoral support to the Ethnic Chaplaincies to different Catholic Communities and the priests ministering to the Eastern Churches, their Faith support particularly through prayer, the Mass and other spiritual and catechetical activities, play a significant role in their communities attitude to and engagement with the society in which they now find themselves. Love of God and love of neighbour underpin the ethos of all of us on our Faith journey; education for our children; and work to build a prosperous future for ourselves and others. We can be thankful for our Faith as we celebrate the key mystery of our Catholic Faith this Sunday: God the Father, Son and Holy Spirit.

In his commentary on this Feast, Fr Ferlita SJ in his Reflection “The Paths of Life” begins: *“Now thank we all our God: Father, Son and Holy Spirit.” “Never doubt”* he says; *“be empowered by Faith”*. He quotes Julian of Norwich, the Mystic whose cell I once visited in the centre of the town, *“it is in the Trinity that “you will see for yourself”God wishes us to be enclosed in rest and peace.”*

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'Showings' is a book by Julian, the 14th Century anchoress who died in solitude, who received 16 "showings" or revelations of God's love in a series of visions. She writes: *"And so our Good Lord answered to all the questions and doubts which I could raise, saying most comfortably.....I shall make all things well."* I remember vividly those words in Italian, *"Tutto sarà bene"* [all will be well] at the time of Covid on the wall of the Church in Genazzano where the miraculous icon of Our Lady of Good Counsel is kept.

The mystery of God the Father, Son and Holy Spirit is revealed to us in the Liturgy in the course of the Church's year and in other events too when we live by faith as members of the Church. Recently we have been celebrating World Oceans' Day: it received wonderful publicity in a film made by David Attenborough and highlighted at an International Conference in Nice by Prince William last Sunday. My joy in the wonder of creation is expressed in prayer of thanksgiving, awe and wonder to the Father as Creator. In the Son, Our Lord, I find inspiration in His words and life for the Way I should strive to live and be. I am nurtured by His Word and live with His life in the Sacraments. I see the Holy Spirit moving in the many communities and cultures in the One Church, and indeed at work through the leadership of the Church being the Community that is becoming more and more the force for unity among all Faiths under one Father to bring about peace between nations.

It is in the Father, Son and Holy Spirit that as Julian of Norwich said *"you will see for yourself"* that *"God wishes us to be enclosed in rest and peace."* On Monday this week we turned to Mary Mother of the Church, the one who is there for each of us as she was at the Cross when Jesus said to John: "Here is your mother" [Jn.19: 26-27]. In the Preface for the Mass we see these words:

"Raised to the glory of heaven,
she accompanies your Pilgrim Church with
a mother's love
and watches in kindness over the Church's homeward steps, until the Lord's
Day shall come in glorious splendour"

The Entrance Antiphon for the Memorial is taken from Acts 1:14 *"The disciples devoted themselves with one accord to prayer with Mary, the mother of Jesus."* The whole Church does so on the Solemnity of the Most Holy Trinity that *"with the Blessed Virgin's motherly help your Church may teach all nations by proclaiming the Gospel."* [Prayer after Communion] Pope Leo reminded all those gathered for the Jubilee of the Holy See on Monday this week: *"The Church....lives in the holiness of each of its members"* That is you and me. *"Mary, Mother of the Church, Pray for us"* that we may hand on our Faith to future generations as those who went before us did to us.

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