Today we celebrate Trinity Sunday—we celebrate that God loves us so much that He has taught us who He is

When you love someone you want them to know you—God loves you and me and wants us to know Him—to know who He is—to the best of our ability

So God has told us that He is not a solitary figure---but is a community of love—that He's Father, Son and Holy Spirit

We have hints of that in the OT—in our 1st reading today –it speaks about Wisdom—being with God—existing before all else

Most theologians today would say that what was referred to as Wisdom in the OT is what Jesus revealed as the Holy Spirit in the New

In our gospel –we hear Jesus—the 2nd person of the Trinity—who taught us about the Father throughout His ministry—is now in this passage teaching us about the Holy Spirit

My friends—it's so important to understand that so much of creation is the way it is, because God is who He is

We see the imprint of the Trinity imbedded in so much of creation

And the bible tells us that we human beings are made in the image and likeness of God—which means **that imprint of God** *is even more powerfully imprinted into our essence than on the rest of creation*

Okay—where do we see the Trinity in creation?

God made space—how is space measured - Height, depth, and length—three dimensions

God made time—how do we measure time? Past—Present- and future

One of the most necessary things for life is water—how is water manifested in creation? It can be a solid- a liquid- or a gas (that by the way is true of

most elements—but the one we see it most with—especially in northeast Ohio—is water)

The building blocks of all physical creation is the atom—what's the atom made of? Protons- neutrons- and electrons

What are protons made of?—Scientists say they are made of quarks—an individual quark by the way is invisible—But a proton is made of two upward quarks and one downward quarks

A neutron is made of two downward quarks and one upward

I want to draw your attention to the diagram I have in front of the pulpit That's a picture of laminin—it's connective tissue in the body

Laminin holds every cell in our body to every other cell in the body—it's made of **three proteins**—and it's in the shape of a cross

So God has imprinted in our bodies Himself and His saving plan (the cross) onto every cell of our body

My friends—things are the way they are because everything points to God and His saving plan

We are the way we are because we are meant to image God who is a community of life-giving love

Just as the atom is the building block of all physical things—but the atom is composed of three things—protons—neutrons and electrons

Which points to God—one God who is Father, Son and Holy Spirit

The basic building block of human society **is not the individual—but the** family

Why? Because the family –husband, wife and children together images the community of love that God is

God Himself is a community of life-giving love—we are the way we are because God is who He is

That's why for Catholics—when a couple are of child-bearing years they must be open to children—they must be open for their love to give life---because to not be open to that is to refuse to image God in the world

Folks we are made the way we are—<u>not by some accident of a mindless creation</u> (creation isn't mindless)—*but by the design of God who made us the way we are* **for a reason**—*to image Him*—so that we can point to Him—so that our families can be living icons of God in the world

That's how much He loves us—He wants our love to be able to give life—He wants the love of a man and a woman to bring new life in the image and likeness of God into the world

Okay—I want to venture into dangerous territory here –we're kind of changing gears here---but I want to start with an analogy

Many of you know that I'm a private pilot—I got my pilot's license in 2001 and I got my Instrument rating a few years later

When I was learning especially for Instrument rating—my instructor drilled into my head—<u>trust your instruments</u>—<u>don't follow your feelings</u>

Because when you're flying in a cloud with no visible cues—your feelings will fail you---if you follow your feelings it will lead to disaster

When you're in a cloud you might feel like the plane is doing this {demonstrate with extended arms turned sideways}—but you might really be straight and level---or you might feel like your straight and level but you're really like this {demonstrate in same way with arms}

If you follow your feelings, *you will probably crash and burn and die*Now why did my instructor say that to me? Was he trying to limit me?

Was he trying to keep me from having fun? Was he trying to control me?—NO—he didn't want me to kill myself or others!!!!

And my friends—one of the things the bible teaches us is that we have a fallen human nature

And so in life—our feelings are not a good guide if we want to find happiness and peace and fulfillment---they're just not—because of our fallen human nature we feel like doing things that ultimately will be harmful to us and to others

Let me just give a couple of examples of that

Is there anybody here who ever felt like killing someone?

I know I have—if I would have followed my feelings my brothers never would have made it to adulthood— *If they followed their feelings I probably wouldn't be here today either!* --Anybody else have that experience?

I think we can all agree that following our feelings isn't always a good thing

I'm not going to ask for a show of hands here—but there are times a married person feels like having an inappropriate relationship with someone who is not their husband or wife

When a person follows those feelings—they often bring unspeakable pain onto the person they vowed to love and honor for the rest of their lives—*it's often disasterous*

If a person follows those feelings into often destroys their marriage –again bringing unspeakable heartache and pain

If a person follows their feelings—it often puts their children in the middle of a very ugly situation—and robs their children of something they really need—one of the things that is best for children is for their moms and dads to love not only them—but to love each other

Because the love of a mom and dad provide an atmosphere of love in which a child can thrive

But in following their feelings a person can bring incredible destruction to their innocent children

So just like in flying—if you follow your feelings—it will often bring disaster—in life –because we have a fallen human nature—following our feelings will often bring disaster

So in life —we need to follow the instruments that God gave us

For a pilot there's what they call the six pack—that has nothing to do with beer or abs

It's a reference to the instruments that a pilot must trust—the instruments that a pilot must follow if he or she is to fly and land the plane safely

But there are two primary instruments—front and center before a pilot—the attitude indicator on top and the heading indicator on bottom

If all the other instruments fail—the pilot can safely navigate the plane with these two instruments—and again they are front and center in the cockpit

For us to get through life —for us to become the people God made us to be—we need to follow the instruments that God gave us to navigate through life

He gave us the bible--- and the catechism of the Catholic Church {pull them out and hold them up –the bible over the catechism}

Those are the two primary instruments that God gave us to navigate through life

If we follow our feelings rather than the instruments God gave us—we are courting disaster for ourselves –for the people who love us—for our society itself

And I bring this up —because Trinity Sunday is an opportunity to reflect on the fact that God made us the way we are for a reason—He made us the way we are so we can image Him in the world

He made us the way we are so that our families can be a living icon of God in the world

But many today want to follow their feelings—rather than the plan of God
But following our feelings—especially if those feelings are contrary to what
God taught—is to court disaster

The bible tells us that God made us male and female (that was before sin came into the world—being male or female was part of God's original design before sin)

Gender is not a social construct as some people today are arguing—that's biology
And God made us male and female for a reason—so that a man and woman
can join together and their love can give life---in that way they and their
family become an icon of the living God—God who is a community of lifegiving love

But we have people today—who argue that gender is a social construct—that you can choose what gender you feel like being

My friends—we need to help people understand that that attitude is not only a denial of science—a denial of biology—it's also a denial of the creator of nature who made us the way we are for a reason

The fact is that for a man—every cell in his body as an X and a Y chromosome

For a woman every cell in her body has two X chromosomes—that's not a matter of faith---it's scientific fact

If a person tries to be transgendered—it doesn't matter what hormones they take—it doesn't matter what surgical procedures they have done on themselves—if God made them male every cell of their bodies has an X and a Y chromosome

If God made them female every cell in their body has two X chromosomes

I understand that there are hospital systems who used to do transgender surgeries—who no longer do so because so many people who have had those surgeries have committed suicide

Not because society won't accept them—but because they are at war with themselves – every cell in their body says one thing and they are trying to convince themselves and others that are something else

My friends—my heart breaks for our young people today—because they've been lied too

They've been told following their feelings will make them happy –but because of our fallen human nature—following our feelings can often be disastrous

My friends we are created by God who made us the way we are for a reason—we are not the way we are by accident—we are the way we are by design—by God's design

My friends –there's a lot more I wanted to say to explain this—but I've already gone longer than I like to go

Please please—know that God in His love made you in His image and likeness—God made you the way you are for a reason

Please Please Please trust the instruments that God gave us to safely navigate through this life-trust the bible and the catechism

As human beings we have the power to image God – to be living icons of God in the world

Let's embrace God's design – let's embrace God's plan –Let's follow the instruments He's given us--- let's live lives of love so that we can be living icons of God's life giving love in the world