

Trinity Sunday John 16: 12-15

In the name of God the Father creator of heaven and earth.

God the Son redeemer of the world.

God the Holy Spirit advocate and guide.

O Holy and blessed and glorious Trinity three persons in one God. Amen

In the name of God the Father, God the Son, God the Holy Spirit.

At the Last supper as Jesus gave his final teaching, he assured the disciples that the journey was not ending for them, though he was leaving them. There would be more for them to learn and they would learn it though they would not have Jesus in the flesh. Their teacher would be the Spirit of truth. The Spirit would not speak independently but would teach what the Spirit had received from Jesus – significant words.

This Sunday is the only one in the church calendar that focuses on doctrine-TRINITY SUNDAY. The word Trinity is not found in the Bible and yet we celebrate it today. So why do we have it on the calendar? It explains **the nature** of God rather than a commemoration of a special event like Pentecost /Ascension Day. *St Augustine says” We come to God by love not by navigation, he describes it simply as the lover, the beloved and the love that flows between.* Once we step into that flow of love and then we are caught up in a love affair before time began, the mystery between God the Father-the lover and creator- and God the Son the beloved and flowing in between them the tender love of the Holy Spirit.

Trinity is a way Christians understand the nature of God as compassionate family unit, a loving relationship. The Creeds were written to keep the teaching pure; 3 parts: I BELIEVE IN GOD THE FATHER ALMIGHTY, JESUS CHRIST HIS SON, HOLY SPIRIT. (Apostles & Baptism Creed of Athanasius) Creeds became more descriptive.

The Nicene Creed of 325AD provides the foundational statement of our Christian belief in the Holy Trinity; it holds and preserves the church’s teaching of the Holy Trinity. It affirms God’s oneness, while showing the distinctive roles of its 3 persons. One God Father almighty, creator of heaven and earth of all that is seen and unseen-- Jesus Christ only begotten son of the Father, God from God, true light from light, true God from true God begotten and not made of one being with the Father, through Him all things were made. Holy Spirit the Lord the giver of life, who proceeds from the Father and the Son is worshipped and glorified; who has spoken through the prophets. The Nicene Creed is not a prayer although we say Amen at the end. Because the Nicene Creed is an affirmation of our faith it has to be before us, as we read,/recite/speak hear and read it. WE BELIEVE IN ONE GOD.....

Some churches sing the creed, and that is a good thing to do because singing them gives them some movement/action, after all the creed is God’s action. We see God operating as 3 persons 1 : God-creating the world, redeeming it and making it holy and bringing it to completion. In 2007 at an Anglican Bishop’s Conference in America they held hands in groups of three (F, S & HS) and danced in a circle as they sang the words of the creed. Dancing the creed, I think that is taking it a bit far ;will you be happy to do that? It was after all good enough for David to dance with joy when he brought the Ark of the Covenant into Jerusalem, even if his wife did not approve. This is what people spontaneously do when they are filled with joy.

When the early churches debated the nature of God they came up with a wonderful image of the Trinity, as a dance. Jesus invites us to this dance. One of the greatest descriptions of the work of the Holy Trinity ever given uses this very image. – the dance. *An 8th century Christian mystic John of Damascus said that God the Father, Son, & Holy Spirit work together harmoniously complementary and gracefully like it was a dance; he invented a word theologians use PERICHORESIS -- dancing around. The divine dance of the Trinity*(mutual indwelling and interpretation of the 3 divine persons of the Trinity(F,S,HS) sharing mutual love, honour, happiness ,joy and respect – cleaving together— living an eternal relationship of self giving in this dance. Church Fathers described the Trinity as a harmonious relationship in which there is a mutual giving and receiving- this relationship is called LOVE and it is what the Trinity is all about *PERICHORESIS* is then the dance of love. Katarina Pavelova SSpS (Greek wedding 3 start going around in circles

When you read the Bible you will find evidence of this Divine dance everywhere.

THE FATHER:- sends the Son—gives all the glory to the Son—gives up the Son as a sacrifice for sin – raises the Son.

THE SON:- does the will of the Father—glorifies the Father—brings people to the Father—speaks the Father's words.

THE HOLY SPIRIT :- brings people to the Father through the Son – glorifies the Son by taking what is his and making it known to us—is glorified by them.

It is a dance of perfect love between the 3.- a dance of pure joy- a co-ordinated dance in which each has its own special steps; but they are so complementary and in time with one another that they look to us like one dancer. We have all seen couples dancing so well together, an interplay between them, the steps, the moves to the rhythm of the music the beat, and it looks like they move as one. When the music starts they know exactly how it will be interpreted which steps they are dancing and sometimes it looks like they glide across the floor. That is how graceful and in sympathy the 3 persons of the Trinity are. God invites us into the dance of life, into that relationship with him and with one another and we can join, St Paul says: it is through Jesus Christ that we attained access to the grace in which we stand and boast in the hope of sharing the glory of God. Romans 5:2

CS Lewis in his book *Mere Christianity* uses the imagery of dancing to describe the very life of God himself. God is not static he is dynamic and pulsating activity life a drama, that is the very life of God- Father-Son Holy Spirit—a dance of love between the 3 the continuous out pouring love, joy adoration between them just like partners in a dance. This divine dance matters more than anything else in the world, this dance is to be played out in each of us. Joy power, peace eternal life are the great fountains of energy, beauty spurting up at the very centre of reality. The divine dance of pure love and affection is the very life of the Trinity.

At Jesus' baptism - he descended into the water-as he comes out the heavens were torn apart and the Spirit descended upon him like a dove – as this happened the Father's voice resonates:" You are my Son the beloved..."As he comes out he is covered by the Father's words of love just as the Holy Spirit is covering him with power. The divine dance of God, glimpse of love he has for his son and the Son sees how the Son received the love from his Father. We get the full picture of the Trinity at work at Jesus' baptism one of the few places in the Bible, where we get the full glimpse of the divine dance that is the life of God. Because of this we are all made into the divine dance with God.

To be baptised means to follow Jesus into the dance that we have been destined for from the creation of the world. We are invited to share in Christ's baptism, invited to dance with him in the water of baptism and to rise to new and everlasting life. In baptism we can also be called the beloved of God, we are covered with the Holy Spirit just like him and we are invited to share his life.

Some Christians do not have amnesia but anemia, (weakness/tiredness) their prayers are weak mentioning one person of the Trinity and think God will not hear them ;best Christian prayers refers to all three members of the Holy Trinity. The right understanding of the Trinity will turbocharge our prayer life. We will then understand that God is not detached or distant but as close as a father, a father's son and as intimate as breath. We are invited to pray in the confidence that the Son intercedes for us – *Come Lord Jesus, Come Holy Spirit, Maranatha* ; in the knowledge that God grants us the strength to do it, we are invited to dance the exuberant and life giving divine dance that is at the centre of the divine life of God.

God's dance draws us in to share in the life of the Father, Son & Holy Spirit share together. God wants to bring us to the centre of the dance floor so that we can be caught up in the rhythm of his movement. And so we dance not with our steps or our beat ; but with God's own music and with his steps-which we have learned in dancing with him. The dance we do is about the same love that God has shown to us—open inviting love that brings joy to others because it is joyful itself; love that is infectious like a good rhythm that gets our feet tapping, love that encourages the less coordinated and the slow, the injured who find dancing hard; love that shows the Father creating and life giving power, love that shows compassion and forgiveness of the Son and the gentle leading of the Spirit.

The dance is full of steps, interplay, music sweat interplay between others so too is our life of discipleship. WE are called to be a dynamic life of discipleship, following the Son of God ,Jesus Christ the one who invites, each and everyone of us into the eternal and life giving dance of God. Our dance in Christ allows us to bring compassion to this wounded world we not only learn to love God but also one another and together we can make a difference. **BUT** there is one condition to dance with the Trinity we need to overcome the wrong about doing all the dance steps right-- the only way to let the Trinity captivate our hearts with its tune and draw us into giving of ourselves away is to serve others, loving and honouring them above ourselves ;might step on toes but God is in control and always invites us back we have to accept the invitation step out onto the dance floor. God is always ready to teach and to guide us no matter what we face. We can connect with God in a variety of ways depending on our need . Sometimes we need God to walk beside us and share our humanity. Sometimes we need a God who is within us, who challenges ,inspires and empowers us. Our Triune God is all of this and more. *Are we ready to enter into the divine dance of the Trinity and so bring compassion to our relationships our community the world? Do we listen to the impulses of the life giving Spirit who is the bond of Trinitarian love and dance?*

In the words of a song:

"Dance then, wherever you may be, I am the Lord of the dance," said He. "And I'll lead you all wherever you may be; and I'll lead you all in the dance," said He.

Holy Trinity capture my heart and take me deeper into your life.

**In the name of God the Father creator of heaven and earth.
God the Son redeemer of the world.**

God the Holy Spirit advocate and guide.

O Holy and blessed and glorious Trinity three persons in one God. Amen.

Reflection

Prayers

LET US TOGETHER AFFIRM THE FAITH OF THE CHURCH, We believe in ONE GOD.....

(John 16:12 I have so much more to tell you. The Triune God is a God who still comes amongst His people in presence and power. This God still speaks good things because the world continues to challenge us to hear what God has to say. The dead letters God can make into live words, for us that puts upon the church the responsibility of being a community of discernment and imagination. We have to listen carefully to what God might say in these days from what we do know. The Bible tells us about mercy & forgiveness, love& justice, wealth& poverty, faithfulness & discipleship, stewardship & mission, wisdom and folly, life and death. Listen to the Lord who speaks, follow his Son Jesus Christ and attend to God's living Spirit.)
