

Sermon 31 May 2026 – Trinity Sunday. Family Sunday

By Revd. Karen Adendorff

Tell me, how would you describe yourself? Maybe...short...tall...kind...caring...funny, a good friend...someone who shares easily...

These are all things that describe who you are to other people, isn't that so? People get to know you by how they see and experience you.

Well, today is Trinity Sunday. The church uses this word, "Trinity," to describe who God is based on how we see and experience God.

Does anyone know what Trinity means or is? Well, it comes from two words *trini*, which means three, and *unitas*, which means unity. Together they mean "three in unity." Now this may sound a bit strange and confusing, hey. How can God be three in unity?

Well, have you noticed that we often pray in the name of God, Father, Son and Holy Spirit. This means we pray to one God whom we know as Father, Son, and Holy Spirit. Each one different yet completely united in love. And this is the Trinity:

- The Father: Our Creator
- The Son: Jesus, who saves us
- The Holy Spirit: Our helper

Now, when we think about groups of people, we often imagine someone being in charge, isn't that so?

Who knows what a hierarchy is? A hierarchy is like a ladder. One person stands at the top and everyone else is underneath. Sometimes people imagine the Trinity like that.

So, let me ask you: Who do you think is the most important: the Father, the Son, or the Holy Spirit?

That's right... None of them is more important than the other. All three are completely equal, and they love each other perfectly.

Instead of a ladder, I like to think of this God relationship as a circle – one whole.

Let me show you what I mean. I would like three of you to come forward and stand inside this hula hoop facing one another.

Now, look at this circle. Where does it start? Can anyone point to the beginning or the end?

You can't, right? A circle has no beginning and no end. It is one whole shape.

Now let's pretend these three represent the Father, the Son and the Holy Spirit. Are they exactly the same person? (No.) Do they all look the same? (No.) Are they all different? (Yes.) Yet they are standing together in one circle. If they want to do something, they have to work together. That's a little like the Trinity.

The Father loves the Son. The Son loves the Spirit. The Spirit loves the Father. Together they share a relationship of perfect love. They listen to one another. They care for one another. They work together perfectly. They are a community of love.

But the Trinity is even more amazing than our circle. These three are not just friends working together—they are one God.

Who can tell me what a community is? That's right. A community is a group of people who care for one another, help one another, and work together. A good community makes sure everyone belongs. And because God is love, the Trinity is the perfect community of love.

In the first reading from Genesis this morning, we heard that God made human beings in God's own image. So, if God is a loving community, and we are made in God's image, what do you think God wants our families, schools, and church to be like?

That's right! God wants us to live as a loving community too. That means

- No one should be left out.
- No one should be treated as less important.
- Everyone belongs.

It doesn't matter if you are young or old, rich or poor, a boy or a girl. Every person matters to God. Every person is invited into God's circle of love.

And that's what Jesus is talking about in today's Gospel. Jesus tells his disciples to go and teach others as he taught them.

And what did Jesus teach? That's right... He taught them to:

- Love one another.
- Care for one another.
- Live in peace.
- Help those who are hurting.
- Welcome everyone.

Then Jesus tells them to baptize people in the name of the Father, Son and Holy Spirit. In other words, Jesus wants them to invite all people into God's family—the loving community of the Trinity.

And the good news is that we do not do this alone. The Holy Spirit helps us love others, share God's love, forgive people, and be brave when following Jesus.

The Trinity shows us the beauty and mystery of God's love. And we are called to show this love by sharing, caring, welcoming, and treating everyone as equally important.

So, this week, whenever you see a circle, remember: God's love is like a circle. And there is room for everyone inside it.

Let us pray

Dear God,

Father, Son, and Holy Spirit, thank you for showing us perfect love.

Help us to live in peace and unity. Teach us to share, care, and include everyone.

May we be a loving community, just like you. Amen.