

Fr. Romeo Evangelista Homily  
Sunday, May 31, 2026  
Most Holy Trinity  
Cycle A

Many years ago, I was invited to give a short reflection to a small group of elderly people. At one point, I asked them a simple question: “What do you wish you had done more of in life?” The answers were both honest and revealing. Almost nobody said, “I wish I had tried harder to earn more money.” Or “I wish I had accumulated more possessions.” Instead, many answered, in different ways: “I wish I had spent more time with my family.” “I wish I had told people I loved them.” “I wish I had repaired broken relationships sooner. “In other words, what mattered most in the end were not accomplishments but relationships. Not achievements but communion. Not possessions but love.

Deep inside, we already know this. We know that a life centered only on ourselves can never truly satisfy us. We know that the happiest moments of life are usually moments of love: a reconciliation, a shared meal, a lasting friendship, a family gathered together. Why? Because we were created in the image of God. We are created not simply to exist, but to live in self-giving love. For that is the very life of the Trinity. And that is the deepest calling of every human person.

The mystery of the Trinity is not simply telling us who God is. The Trinity is showing us how to live. The Father gives. The Son receives and gives Himself back to the Father. The Holy Spirit unites them in perfect communion. This eternal movement of self-giving, receiving, and unity is the very life of God. And because we are created in God's image, this is also the pattern for our life. We are created to give. We are created to receive with gratitude. We are created to build communion. The closer we live to this pattern, the more fully human we become. For this is the very life of the Trinity: self-giving, grateful receiving, and loving communion.

The problem is that we often follow a very different pattern. The world teaches us to focus on ourselves: "Protect yourself... Promote yourself... Think of yourself first." "Do whatever makes you happy." And success is often measured by what we accumulate, achieve, or possess. Yet despite all our advances, many people remain lonely, divided, and unhappy. Perhaps because the human heart was never designed to revolve around itself. A heart that only takes eventually becomes empty. But a heart that learns to give becomes alive.

So, Trinity Sunday is not simply an invitation to admire a mystery. It is an invitation to imitate the life of self-giving love that exists between the Father, the Son, and the Holy Spirit. For the more we live in love, generosity, and communion, the more we reflect the image of the Triune God in whom we belong.

And every time we choose generosity over selfishness, forgiveness over resentment, reconciliation over division, and communion over isolation, we reflect the very life of the Trinity. For the Trinity is not only the mystery of God. It is also the pattern for a truly Christian life.

Because sin isolates. But love unites. And the more we live in love, the more we become like the Father, the Son, and the Holy Spirit.