

## Reflection. Trinity Sunday. First Sunday after Pentecost

### Lectionary Readings.

**Genesis 1:1 - 2:4a; Psalm 8; 2 Corinthians 13:11-13; St Matthew 28:16-20**

About five years ago, just after we were successful in purchasing a flat for our retirement, I was visiting a lady in my congregation in Carnoustie Panbride. She and her husband grew up in Leith and she was interested in where it was in Edinburgh our flat was. I said it was in "Trinity" which was what it said on the Estate Agent's Schedule. However, the lady was not impressed and asked what the Post Code was and when I said EH6, she immediately said – "that's not Trinity – that's Leith!!"

So wherever it is in Edinburgh that we are now living, for the purpose of today, we live in Trinity! Today is what the church calls "Trinity Sunday". Have you ever thought how many things come in threes? Most of the things that come in threes, I discovered from the internet having been directed to it by a friend who was seeking something different to say about Trinity Sunday.

#### **Things come in threes in religion:**

the Father the Son and the Spirit,  
the amount of times the cock crowed,  
Shadrach, Mesach and Abednigo.

#### **Things come in threes when you're shopping:**

Small, medium and large  
Buy two get one free  
Three good meals a day

#### **Things come in threes in your life story:**

Past, present and future

#### **Things come in threes on your calendar:**

yesterday today and tomorrow

#### **Things come in threes at school:** where you learn your A B C 's

#### **Things come in threes when you're celebrating:**

Hip hip hooray!, hip hip hooray!, hip hip hooray!  
Blondes, Brunettes and Redheads could tell you,  
The Three Musketeers would let you know,  
The Beverley Sisters would express this:

#### **Things come in threes.**

Mark Twain once made up a saying about the three key things in life:

*Work like you don't need the money.*

*Dance like no one is watching.*

*And love like you've never been hurt, he said.*

And Fred Flintstone says things in threes: "Yabba, dabba, do!"

Christ has died, Christ is risen, Christ will come again: something that is often said during our Communion Services.

Our faith says that things come in threes.

'Who is the **third** who always walks beside you?' asked the poet TS Eliot, thinking about the men on the Emmaus Road.

### **Things come in threes.**

When you've been waiting for ages for a bus:  
you know that three will come along all together - especially the number 11 bus!

When someone starts telling you a joke in a pub: you know it'll have an Englishman, an Irishman and a Scotsman in it.

And we have the Forth Bridge, the Forth Road Bridge and the Queensferry Crossing.

If someone tells you they never go to church, they probably will three times:  
for a baptism, a marriage and a funeral.

I read this story during the week about the last days of someone's elderly mother's life. This lady, in her younger days, had loved playing darts in the pub team while her husband was over on the snooker table. Her son said that the very last thing she did before she slipped away into unconsciousness was this: she took a piece of tissue paper and rolled it up between her fingers, and then she threw it as if throwing a dart.

Then she did the same thing again.

And again, a third time.

Her son said what he thought she was doing: she was going through the motions of playing darts again, remembering the best times she had had in her life.

And we all know what the three wise monkeys say: "I see no evil, I speak no evil, I hear no evil".

There's The Andrews Sisters;

There's the Three Bears who met with Goldilocks:

**Things come in threes.**

There's the triple jump,

There's the stumps on a cricket wicket,

There's the lines on a bingo card:

**Things come in threes.**

And God comes in threes, as we well know by now. And today we celebrate Trinity Sunday where we remember the way that our lives are blessed by the **Father**, our creator, the **Son**, our Saviour, and the **Spirit**, who is with us now connecting us to God.

Jesus taught his disciples three things they should do to spread the good news to others:

**Go and make disciples** of all nations,

**Baptise** them in the name of the Father and of the Son and of the Holy Spirit,

and **teach them** to obey everything that he commanded.

And Saint Paul taught the Corinthian believers three things they should do to live the right way together:

**Put** things in order,

**agree** with one another,

**live** in peace;

and the God of love and peace will be with you.

Preachers sometimes get worked up about the Trinity. They think it's something that we'll never understand. But God has ordained that things come in threes. And most of the time that helps us, comforts us, pleases us. We know what that's about.

If we understand threes then we understand God.

If we understand God then we understand threes.

And in our tradition, there are the sacraments which again remind us of threes – the three visual aspects to the sacraments – the **water** of baptism, and the **bread** and **wine** of Communion.  
**Water, bread and wine.**

Whenever we share together we are reminded of the threes we find in the letter to the Corinthians

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The grace of our **Lord Jesus Christ**,  
the love of **God**,  
and the fellowship of the **Holy Spirit** - be with us all, evermore: