

Years ago, a missionary stationed in rural Africa went home to England for a short vacation. While there, he spotted a beautiful sundial in an open air market that he thought would make a great gift for his villagers back in Africa. So he bought it, crated it up and returned to the village with it. When the village chief saw it, he insisted that it be set up in the center of the village. The villagers were grateful for their new gift. They had never seen anything so beautiful. They were even more enthralled once they learned how it worked. The missionary was excited with their response and was totally unprepared for what happened a few days later. The people of the village got together and built a roof over the sundial in order to protect it from the rain and the sun.

On this Feast of the Holy Trinity, I think we Catholics approach our Trinity much the way the villagers approached their sundial. The whole concept of the Trinity, namely that God is Father, Son, and Holy Spirit, is a treasured revelation for us but it is hard for us to comprehend. So instead of implementing it thoroughly into our lives we stand back and respect it; we essentially build a roof over it in order to protect it.

A way that we can incorporate it into our daily lives is for us to use it as part of a prayer exercise that we follow every night before we fall asleep.

As we prepare for sleep we take three minutes to replay the day that has just ended.

During the FIRST minute we pick out a highlight of the day. It might be a good deed that we did or a talk that we might have had with a friend. Then we bring it to God the

Father and we talk with him about it and then we give thanks for it.

During the **SECOND** minute we pick out a low point for the day. It might have been an argument with someone or a selfish or mean thought we may have harbored. Then we speak to Jesus about it and ask him to forgive us.

During the **THIRD** minute we look to the next day, there might be a big decision that needs to be made or maybe a special celebration is going to be taking place, whatever the next day might hold for us we take it to the Holy Spirit and ask for his guidance and courage when we enter into it.

As you can see this exercise combines prayer with an examination of conscience. If we are looking for a way to incorporate the mystery of the Trinity into our daily routine, this might be the way to start. I hope this exercise can make the Holy Trinity more user-friendly and less mysterious for those of us who believe.