

Pope Leo recently stated that “the gravest poverty is not to know God.”^[1] So much of our time and energy is spent chasing things that don’t satisfy us. We pursue careers, accomplishments, possessions, and recognition — all good in their place, but none of them can fill the deepest need of the human heart. We were made for communion. That is the true wealth of our lives. Allowing God to accompany us on the journey of life puts everything into perspective. When we know God, we see what truly matters. Instead of being consumed by material success or status, we invest in the real treasure: communion — with God and with one another. Trinity Sunday reminds us that we are created in the image and likeness of a God who is, in Himself, eternal communion.

The doctrine of the Trinity is a window into the very heart of reality. “God is an eternal exchange of love” (CCC, no. 221). The Father pours out His entire being in love to the Son. The

Son, in turn, receives the fullness of the Father's gift and offers Himself completely in return. This perfect exchange of love between Father and Son is itself so total, so alive, that it is a Person—the Holy Spirit. Father, Son, and Spirit all share the same substance of personhood; it is why we call the divine persons consubstantial.

This is the foundation of our faith: before anything was created, love already exists—in the eternal communion of the Trinity. God has never been alone. He is not a distant or solitary being, but a living relationship of Father, Son, and Holy Spirit. From the very beginning, God has desired to share that communion—not only with all creation, but most intimately with us. Human beings alone are capable of personal relationship with Him and with one another.

Communion is the divine thread that weaves together all of existence. It is the very order and meaning of reality. Without communion, nothing could endure.

To know God is not merely to know about Him — it is to enter into relationship with Him. We are not spectators in our faith. We are participants in the divine life. We were created not just to believe in God but to live in communion with Him — to abide in Him and allow Him to abide in us. And because we are made in the image of this relational God, we are also made for communion with one another. That is why isolation wounds us so deeply. Why betrayal and loneliness can cut to the core. We are not meant to live separated from each other. We are meant to live connected, reconciled, bound together by love.

This is why the Church matters. The Church is not just a religious institution — it is the Body of Christ. It is the family of God into which we have been adopted. Through baptism, we are brought into communion not only with God, but with one another. We become part of something larger than

ourselves. We become part of a shared life made possible by the Holy Spirit. In the words of Jesus, “I have much more to tell you, but you cannot bear it now. But when the Spirit of truth comes, he will guide you to all truth” (John 16:12–13). The Spirit is the bond of communion — between the Father and the Son, and now, between God and us. He draws us into divine life and unites us to one another. “The love of God has been poured into our hearts through the Holy Spirit that has been given to us” (Romans 5:5). God is not far from us; He is in intimate communion with each one of us from the moment of our baptism. And when we live in love — when we forgive, when we serve, when we welcome, when we bind up each other’s wounds — that love becomes visible. That love becomes the very presence of God in the world.

Even suffering is transformed in the light of communion. St. Paul writes, “We even boast of our afflictions, knowing that

affliction produces endurance, and endurance, proven character, and proven character, hope.” We never suffer alone. The Father who created us, the Son who redeems us, and the Spirit who sustains us are always with us. The redemptive suffering of Jesus on the cross gives meaning to all human suffering. When we unite our suffering with His, it becomes redemptive—because He draws it into His own self-giving love, transforming even our pain into an expression of love; when we give our suffering to him we are offering ourselves, our personhood; God receives our gift self and transforms it into a gift of love that bears fruit beyond what we can ever imagine. In Him, even our deepest wounds can bear fruit.

Communion is the true treasure, the wealth that never fades. Communion with God and with one another — that is what our hearts long for. That is what we were made for. And that is what the Trinity reveals.

^[1] Leo XIV, *Message of the Holy Father for the Ninth World Day of the Poor*, Vatican Press Office, June 13, 2025, no. 3.