

# The Christian understanding of the Trinity

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**An excerpt from Fr. Laurence Freeman, WCCM International Newsletter, 12.2018.**

Fr John's theology breathes through the model of relationship expressed in the Christian understanding of the Trinity. Here God is seen as relationship, communion and community. Not an anthropomorphic God. Not God as a philosophical idea to be proven or debated. Or as a magical ego-projection offering false consolation. But God as the love that every human being seeks and that cannot be reduced to biology, neuro-transmitters or even to desire. We seek love, named or not. Therefore, we seek God whether we believe or not. 'Whoever loves lives in God and God lives in them'. The ego will fail to understand this because it wants to possess what it seeks . . .Whoever truly seeks *will* find but then, as truly, will lose, in myriad ways, in each phase of life. God is the human quest that gives meaning to life whether or not we believe. Religion wants us to 'believe'. God just wants us to love.

**After meditation: "One Heart" by Franz Wright in WALKING TO MARTHA'S VINEYARD (New York: Knoph, 2004), p. 5.**

ONE HEART

It is late afternoon and I have just returned from the longer version of my walk nobody knows about. For the first time in nearly a month, and everything changed. It is the end of March, once more I have lived. This morning a young woman described what it's like shooting coke with a baby in your arms. The astonishing windy and altering light and clouds and water were, at certain moments, You.

There is only one heart in my body, have mercy on me.

The brown leaves buried all winter creatureless feet running over dead grass beginning to green, the first scentless violet here and there, returned, the first star noticed all at once as one stands staring into the black water.

Thank You for letting me live for a little as one of the sane; thank You for letting me know what this is like. Thank You for letting me look at your frightening blue sky without fear, and your terrible world without terror, and your loveless psychotic and hopelessly lost  
with this love

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