

God unlimited



Gillian Cooper *reflects on* Matthew 28:16-end

Today we celebrate the only Sunday to be named after a doctrine – Trinity Sunday. In our Gospel reading Jesus promises his disciples that he will be with them “always, to the end of the age.” Yet the physical, human Jesus leaves the world. So how can that be? He also commands the disciples to baptise in the name of the Father the Son and the Holy Spirit.

Today we are invited to get our minds round the idea that the one God, the only power in the universe, can also be spoken of as three distinct persons. It is mind-blowing to think about – and illogical. The best theologians have struggled to find ways of defining the Trinity, and

of talking about it in ways that make logical sense. But perhaps logic is not the point. The doctrine of the Trinity may be difficult to get our heads round, but it tells us something very important. It tells us that God is not encountered only in one way, but is present for us in as many ways as we need. It appeals not to our logical brains, but to our spirits and emotions. This is our God, who is ancient and vast and fierce and gentle and human and beyond human, and too much of it all to be spoken of as one person. Our God is not limited to one time or place. God is there in all time and eternity. God is past, present and future. This is the magnificent, astonishing God that we see in Jesus and know through the Spirit in our daily lives. 😊

God of mystery, universal power, we thank you for being there for us in every way, for ever. Help us to appreciate how awesome that is, and to walk in your truth. Amen.

The Martyrs of Uganda

by Patsy McGregor

On Wednesday the Church commemorates the Uganda Martyrs – a group of forty-five Anglican and Catholic converts to Christianity who were executed in the 1880s – killed on the orders of the king because of the religious struggle for political influence.

Martyrdom – who likes to talk about that? And yet generations of martyrs have displayed willingness to suffer death rather than renounce their religious beliefs. As

Revelation 12:11 says: “They have conquered him by the blood of the Lamb and by the word of their testimony, for they did not cling to life even in the face of death.”

It makes me think – are there modern-day Christians willing to make such sacrifices? Am I willing? Having the heart of a martyr begins with small things – giving up our own will, wants, selfishness for the sake of the Gospel because “if we endure, we will also reign with him” (2 Timothy 2:12). 😊

“**People think of science as rolling back the mystery of God. I look at science as slowly creeping toward the mystery of God.”**

Allan J. Hamilton (born 1950), American physician, author and medical consultant

Mental Health awareness

Part 4 – darkness my old friend

by Katharine Smith

Katharine Smith concludes her series about depression.

“Hello darkness my old friend...” It might seem a strange greeting to something as horrible as depression. Talking to an old friend? But sometimes it can be a relief to recognise “my old friend”. The darkness is a frightening place that I’ve come to know. I’ve also learnt that the darkness can show me what needs to change in my life, or maybe I just need to rest and

calm my mind. And always in my mind are these words:

- “Do not fear, for I have redeemed you; I have called you by name, you are mine” (Isaiah 43:1).
- “When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you” (Isaiah 43:2).
- “Surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope” (Jeremiah 29:11).

www.mentalhealth.org.uk. 😊