The Three Points of Communion

1. Communion with the Trinity
I am created in the image of God, the Most Holy Trinity: Father, Son, and Holy Spirit. Therefore, my heart is restless until I enjoy eternal communion with God, which is my final end. Because I am a sinner, I try (and fail) to satisfy my restless heart with creatures rather than the Creator. All the while, God calls me to be totally for him and to return to communion with him. Yet, without his merciful help, I can do nothing and would remain forever separated from him, which is hell.

2. Transforming Communion with Christ
The Second Person of the Trinity, the eternal Son, became man, lived in the world, suffered, died, resurrected, and ascended into heaven to bring me back to communion with God. Through faith and the Sacraments, I receive the saving power of his Paschal mystery. Specifically, Jesus Christ redeems me by forgiving me of my sins and giving me the grace to avoid sin. He “glorifies” me by transforming me into his very Body, the Church. This transformation in Christ, begun in my Baptism and nourished by the Eucharist, is an ongoing process. It aims to make me fully “through Christ, with Christ, and in Christ,” in the unity of the Holy Spirit, to the glory of God the Father.

3. Mission of Communion
Filled with gratitude for the gift of salvation and as a member of Christ’s Body, I should desire with Christ, the Head of the Body, “that all may be one” in the communion of love of the Most Holy Trinity. This desire should spur me on to action, to a mission of communion, a mission of bringing others and all of creation back to God through, with, and in Jesus Christ, by the power of the Holy Spirit. I fulfill this mission as a priest, prophet, and king according to my state of life and personal vocation in Christ.