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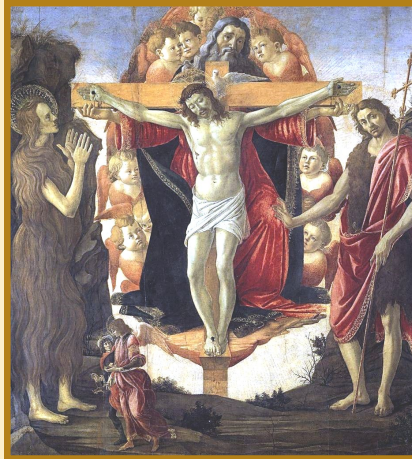
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MOST HOLY TRINITY SUNDAY

The mystery of the Most Holy Trinity is the central mystery of the Christian faith and life. It is the mystery of God in himself. It is therefore the source of all the other mysteries of faith, the light that enlightens them. It is the most fundamental and essential teaching in the "hierarchy of the truths of faith." The whole history of salvation is identical with the history of the way and the means by which the one true God, Father, Son and Holy Spirit, reveals himself to men "and reconciles and unites with himself those who turn away from sin."

Catechism of the Catholic Church 234



Prayer to the Most Holy Trinity

Glory be to the Father,
Who by His almighty power and love created me, making me in the image and likeness of God.

Glory be to the Son,
Who by His Precious Blood delivered me from hell, and opened for me the gates of heaven.

Glory be to the Holy Spirit,
Who has sanctified me in the sacrament of Baptism, and continues to sanctify me by the graces I receive daily from His bounty.

Glory be to the Three adorable Persons of the Holy Trinity, now and forever. Amen.

Prayer of Three Offerings to the Most Holy Trinity

We offer to the Most Holy Trinity the merits of Jesus Christ, in thanksgiving for the most precious Blood which He shed in the garden for us; and by His merits we beseech the Divine Majesty for pardon of our sins.

Our Father...
Hail Mary...
Glory Be To The Father...

We offer to the Most Holy Trinity the merits of Jesus Christ, in thanksgiving for His most precious death endured on the Cross for us; and by His merits, we beseech the Divine Majesty for the remission of the pains due to our sins.

Our Father...
Hail Mary...
Glory Be To The Father...

We offer to the Most Holy Trinity the merits of Jesus Christ, in thanksgiving for His unspeakable charity, by which He descended from heaven to earth to take human flesh, and to suffer and die for us upon the Cross; and by His merits we beseech the Divine Majesty to bring out souls to the glory of heaven after our death.

Our Father...
Hail Mary...
Glory Be To The Father...

THE 3 KINDS OF FAITH....WHICH DO YOU HAVE?

By Dr. Taylor Marshall

The Latin Church Fathers (beginning with Augustine) speak of three levels of faith in God:

1. *credere Deum* ("to believe that God is"): This is simply to believe that God exists. The devils have this kind of faith, as Saint James explains in James 2.
2. *credere Deo* ("to believe toward God"): This is to trust God. If God says, "Jesus is God's Son," then you believe it. If God says, "I am your shepherd. I will take care of you." You believe it.
3. *credere in Deum* (in Latin, literally: "to believe into God"): This is more difficult to translate but it implies motion into God. This is placing faith, trust, even yourself into God. This is the highest form of faith.

Saint Augustine says that *credere in Deum* (level 3) is actually placing "yourself into God." In the moments and seasons of tragedy, depression, dark nights, betrayal, confusion, bankruptcy, divorce, cancer, and death, this highest form of faith transcends simply believing that God exists or believing His statements.

Pain and Believing into God

"Believing into God" or "*credere in Deum*" (not "in Deo" – a huge difference in Latin) is what I often teach to myself and to others who are hurt so deeply.

In the moments and seasons of tragedy, you have to push everything and your own pain and soul into the bleeding side wound of Jesus and just camp out there. That spiritual movement of going into the Heart of Jesus is the highest form of faith. It is the only thing that can restore peace, sanity, and joy. I've been there. It's true.

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The Gift of Gifts, the Paraclete, the Counselor and Consoler, Friend, Sanctifier, Third Person of the Blessed Trinity—all of these are different titles given to the Person of the Holy Spirit. In an earlier article we explained the power of the Holy Spirit to transform sinners into great saints—as we saw in the Apostles, and especially Simon Peter. Saint John XXIII actually said: “The saints are the masterpieces of the Holy Spirit.” A future saint can be you and me.

In this article we would like to point out ten specific ways that we can deepen our knowledge, love, intimacy and union with the Holy Spirit and thereby allow Him to do the work of transforming us from sinners into saints. It can be done if we become docile instruments in the hands of God who is the Holy Spirit! “Come Holy Spirit, come, through the Immaculate Heart of Mary!”

1. *Prayer.* Form the habit of praying to the Holy Spirit on a frequent basis. You could pray the traditional prayer to the Holy Spirit: “Come Holy Spirit fill the hearts of your faithful and enkindle within us the fire of your divine love.” If you like the hymn in Latin: “Veni Creator”; or the Sequence prayed on Pentecost “Veni, Sancte Spiritus.” Or you might sing the classical hymn to the Holy Spirit, “Come Holy Ghost.” Or it might appeal to you to pray the *Litany of the Holy Spirit*. Never forget, you can pray and talk to the Holy Spirit using your own words, simply speak to Him from your heart.

2. *Acts of the Apostles.* Read the book from the Bible, “The Acts of the Apostles”. Written by the Evangelist Saint Luke, this book clearly shows the powerful working of the Holy Spirit in the Apostles—especially Saint Peter and St. Paul—as well as the formation of the primitive church. As you read be keenly attentive to the presence and workings of the Holy Spirit and beg Him to work powerfully in your own personal life! “Come Holy Spirit come....”

3. *Gifts of the Holy Spirit.* Get to know the Gifts of the Holy Spirit. You received the Gifts of the Holy Spirit the day of your Baptism. These Gifts were fortified the day of your Confirmation. However, these Gifts must be used and exercised. If these Gifts are not used then they become rusty, dormant, and inactive. Memorize them and study them. Here they are: Wisdom, Knowledge, Understanding, Counsel, Fortitude, Piety and Fear of the Lord. These gifts, according to St. Thomas Aquinas, perfect our intellect and our will—so that we can know God more clearly and love Him more ardently.

4. *Silence.* We must cultivate zones of silence in our daily lives, even though many of us have to combine the Martha and Mary (The Active and the Contemplative) in a harmonious balance. Still the danger is to launch ourselves into a frenetic activism whereby there is little time for prayer and much less for silence. The Holy Spirit speaks to a heart that is ready to listen in silence. With Samuel in the temple we should pray: “Speak O Lord for your servant is listening.”

5. *Docility.* Silence is a prerequisite to move on to the next step—docility to the Holy Spirit. A person who is living in the state of grace, honestly pursuing a life of holiness and seeking perfection will be exposed to heavenly inspirations that come from the Holy Spirit. The key is an ability to listen to

these gentle but insistent inspirations, discern them coming from God and then the most difficult is to follow and obey these inspirations. The Holy Spirit is so to speak a “Gentleman” and will never force Himself upon anybody. Rather, He waits patiently for us to respond and then He can work very powerfully only if we are silent, humble and obedient.

6. *Spiritual Readings.* Highly to be recommended, with respect to learning to be docile to the Holy Spirit, is the reading of a spiritual masterpiece “*The School of the Holy Spirit*”, written by the French spiritual master Jacques Philippe. The essence of this book is very clear and simple. If we want to arrive at sanctity of life we must get to know the Holy Spirit, love the Holy Spirit and manifest this knowledge and love by being docile to His heavenly inspirations.

7. *Be Careful and Alert.* The work of the devil is to discourage us, make us sad and to push us into desolation and then despair. Be aware of the workings of the Holy Spirit. The workings of “The sweet Guest of the soul” are the direct opposite of the devil. How does the Holy Spirit work? St. Ignatius of Loyola in his rules for discernment specifies how the Good Spirit works. He strengthens our resolve to follow Jesus and fortifies our faith, hope, charity. He infuses peace and joy and energy to follow the Lord. He encourages us to lift our mind to heaven. He consoles us with the thoughts of the eternal salvation of our soul. Therefore, do not allow the devil to discourage you, but let the Holy Spirit encourage and strengthen you.

8. *Prayer, Penance, Power, Perseverance, & Perfection.* Try to connect these “5 P’s” to union with the Holy Spirit; all are necessary for a constant and growing union with the Holy Spirit. We must pray to the Sanctifier. Also, as Mary and the Apostles acted in the Cenacle for this powerful novena, we must practice penance or self-denial. This will give our will power—or if you like “Will-power” to do good. However, the journey can be long and cumbersome, we must persevere and if we fall bounce back. Then if we are faithful to the first 4 P’s the Holy Spirit will bring us to perfection in the following of Jesus.

9. *Loneliness? Problems?* If you experience loneliness and are weighed down by many problems then never forget to enter into the depths of your soul and speak to the Holy Spirit whose name is “Sweet Guest of the soul”. You will recognize that you are really not alone and that your problems and crosses are not as heavy as you think. Rather, the Holy Spirit can help you to resolve your problems or at least help you to cope with them.

10. *Mary and the Holy Spirit.* Mary is the Daughter of God the Father, the Mother of God the Son, and she is the Mystical Spouse of the Holy Spirit. St. Maximilian Kolbe has written brilliantly on the intimate relationship between Mary and the Holy Spirit. Also Saint Louis de Montfort has gone so far in saying: “Those who love Mary, the Holy Spirit flings Himself into that soul,” if you like, as a powerful Frisbee cutting through the air going from one hand to the next. If you want to have a powerful invasion in your heart of the Holy Spirit, a personal Pentecost experience in your life, then why not turn to Mary. As the Holy Spirit descended upon the Apostles the day of Pentecost through Mary’s prayers and presence, He can descend into your soul through the prayers and presence of Mary. “Come Holy Spirit, come, through the Immaculate Heart of Mary.”

THREE KINDS OF FAITH—Continued from front

Quote from Mother Angelia:

“I’m not here to win friends and influence people. I’m here to do God’s Will. Now, if the accomplishment of that will bugs a lot of people, well, that’s their problem. I can’t help that.”

Explore the three levels of faith. Where are you?

Honestly I have moved up and down the ladder. Sometimes we can be satisfied with level 2 (credere Deo). Even if life is good, try to move beyond this daily and pray for the faith *credere in Deum – to believe into God.*

Godspeed