

BRINGING THE CARMELITE SAINTS ALIVE

TWENTY-THIRD EDITION 2026



IN THIS MONTH OF MAY, WE WILL BE HIGHLIGHTING ST. ELIZABETH OF THE TRINITY IN HONOR OF THE HOLY TRINITY



THE "INVISIBLE FORTRESS OF RECOLLECTION"

The "Invisible Fortress of Recollection" is a key spiritual concept from St. Elizabeth of the Trinity. It was a phrase that she loved to use. It describes an interior sanctuary where a soul retreats from worldly distractions and anxieties to intimately dwell with the indwelling of the Holy Trinity, finding peace and

spiritual truth. To Dip into that Interior cell that “Invisible Fortress of Recollection” is to regather ourselves. To put yourself into the presence of God to remind you of the Beloved three. Where we meet our beloved Lord Jesus, where we meet the word proceeding from the Heart of the Father and the power of the Holy Spirit. A place of rebirth. A place to receive grace. A place of true and pure love.

This interior Fortress that St. John of the Cross tells us in his spiritual canticle: The Interior place that dwells in our heart where God dwells. St. Teresa of Jesus speaks about the Interior Castle. St. Catherine of Siena talks about the interior cell. The Interior Garden, and all these beautiful images and this image of the Fortress gives us the strength that we have in the Lord. In the Carmelite Rule, it tells us, “In silence is our strength.”

These are Three names that are Central to St. Elizabeth’s spirituality were three titles she felt she received from God:

- 1) HOUSE OF GOD – Her name Elizabeth which means “House of God” and also this is referring to the Indwelling of the Holy Trinity within her soul
- 2) PRAISE OF GLORY –We see this so beautifully in our Mother of God, that beautiful Canticle of the Magnificat. Turning every moment into a praise of Glory and God’s love. St. Paul tells us always have a spiritual song in your heart. If we do this now, we are entering into Eternal activities. The Holy Spirit is the “Foretaste” of Heavenly things.
- 3) HOST OF PRAISE – is cultivated through deep interior silence, allowing a person to remain attentive to God’s indwelling presence despite the noise of the world. She viewed the host consecrated at Mass as a complete self-emptying and union with Jesus. She frequently prayed that her own soul would be consecrated alongside the Host, transforming all her actions into a pure homage to God.

St. Elizabeth’s writings also reveal her understanding of the Three Persons of the Trinity. How would you describe your relationship with the Holy Spirit? St. Elizabeth explained hers in a beautiful poem:

Holy Spirit, Goodness, Supreme Beauty!
O You Whom I adore, O you Whom I love!
Consume with your divine flames
This body and this heart and this soul!
This spouse of the Trinity
Who desires only Your will!

St. Elizabeth of the Trinity was canonized in 2016, and biographies and collections of her writings have been widely translated. But perhaps her greatest gift to us can be found in a simple prayer which she jotted down on November 21, 1904, and carried with her in her community prayer book. The prayer given below is one that we can all use to try to understand the incomprehensible mystery of the Most Holy Trinity.

O my God, Trinity whom I adore, help me to be utterly forgetful of self so as to be rooted in you, as changeless and calm as if I were already in eternity. May nothing disturb my peace or draw me out of you, my unchanging One, but at every moment may I penetrate every more deeply into the depths of your mysteries. Make me peaceful, make me your Heaven, a home that you love and the place where

you can rest; may I never leave you there alone, but be there entirely absorbed, in living faith, wholly adoring, freely given up to your creative action.

O my Christ whom I love, crucified by love, I long to be the Bride for your heart; I long to cover you with glory and love you...until I die of love. But I realize how weak I am and beg you to cloth me with yourself, to identify my soul with the movements of your soul. Immerse yourself in me, possess me, substitute yourself for me, that my life becomes but a reflection of your life. Enter into me as Adorer, Restorer, and Savior.

Eternal Word, Utterance of my God, I want to spend my life listening to you. I want to make myself completely open to learn everything from you. Through all the nights, through every privation and weakness I want to be with you always, living beneath your blazing light, beloved Star; so fascinate me that I can no longer stray from your radiance.

Consuming Fire, Spirit of Love, come down upon me and make me as it were an Incarnation of the Word; may I be another humanity in which He lives out once more his mystery. And you Father, bend down to you poor little creature, cover her with your shadow and see in her only the Well-Beloved in whom you were well pleased.

O My "Three," my All, my Bliss, Infinite Solitude, Immensity in which I lose myself, I give myself up to you as your prey; immense yourself in me that I may be immersed in you until I go to gaze forever, in your light, on the boundless depths of your greatness.

OUR CARMELITE MISSION

MAY WE EMBRACE MARY'S PURITY OF HEART (PURITAS CORDIAS), AS SHE HELPS US TO PONDER THE LAW OF THE LORD DAY AND NIGHT ASSISTING US TO BE CONTEMPLATIVES AND TEACHING US TO LISTEN. AS WE WALK IN THE FOOTSTEPS OF OUR FATHER AND LEADER ST. ELIJAH; WITH HIS FLAMING ZEAL AND COURAGE WHICH ALLOWED HIM TO COMBAT THE EVILS OF HIS DAY. MAY WE PRAY THAT HIS PROPHETIC SPIRIT BE AN INTEGRAL PART OF OUR CARMELITE LIFE."MAY OUR LADY'S MANTLE WRAP YOU ALL WITH HER PRECIOUS LOVE.ALL THROUGH THE IMMACULATE & SORROWFUL HEART & TEARS OF MARY, ALL THROUGH THE PURE AND CHASTE HEART OF ST. JOSEPH, ALL IN UNION WITH THE SACRED HEART OF JESUS.

YOUR SISTER IN CARMEL,

LINDA



