

# IMPRINT

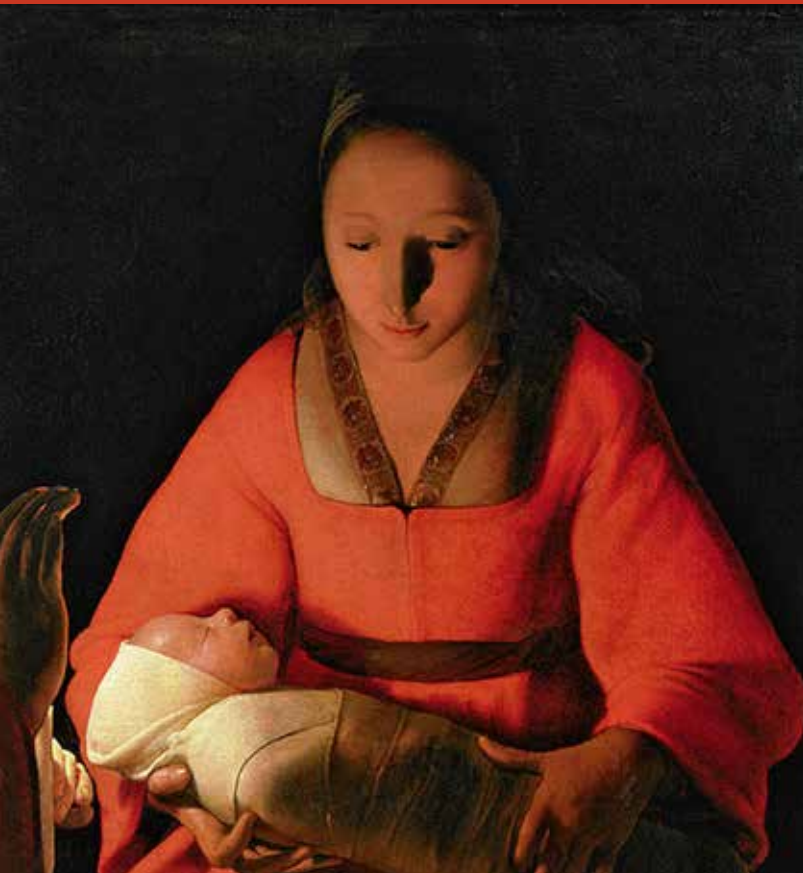
A PUBLICATION OF THE SISTERS OF LIFE / WINTER 2020 ISSUE

## GOD DWELLS WITHIN MY SOUL

*He wants to dwell not just  
in the world, but in your soul.  
In Baptism, the fire of God  
comes to dwell within you.*



GOD ENTERS IN



... as He did in Bethlehem.

## FEAR NOT, for I am with you. (Is 43:5)

From the beginning of time, God has been pursuing human hearts with His love, and revealing Himself as the God who is with us. Over and over again He spoke to His chosen people, reassuring and encouraging them: “Fear not, for I am with you” (Is 43:5); “Do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with My victorious right hand” (Is 41:10); “Do not fear nor be dismayed, for the Lord, your God, is with you wherever you go” (Jos 1:9).

In Jesus, God took on our human flesh to tell us, “I am with you” in an unparalleled and astounding way. God became man. Who would dream of asking for anything greater? Yet, God offers us even more. The Incarnation, the ultimate “being with”, wasn’t enough for Him; He wants to dwell not just in the world, but in our souls. He longs to unite Himself to every human person.

At your Baptism, the living God came to dwell in your heart, to fill it with the Love you have been searching for from the moment you came to be. Jesus prayed, “Father, they are Your gift to Me. I wish that where I am they also may be with Me” (Jn 17:24). God doesn’t want to be with you just because He loves you, but because He *rejoices over you* — the real, unique, and unrepeatable you. And His birth in Bethlehem, His life, suffering, death, Resurrection, and sending of the Holy Spirit at Pentecost has made this union possible.

As Mary was a tabernacle that carried the Creator of the world in her womb, so we are called to be intimately united to Jesus. In these turbulent times, let us not be afraid to hand everything over to the Lord. Let us allow Him to be *in us* and to fill us with His courage, hope, and fearless love.

Know of our prayers for you and your loved ones this Christmas.

In Christ, Our Life,

*Mother Agnes Mary, SV*

Mother Agnes Mary, SV



*"The mystery of the Most Holy Trinity is the central mystery of 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."*

*- Catechism of the Catholic Church  
(CCC) #234*

# The World's Best Kept Secret

*by Sr. Maris Stella, SV*

## THE HOLY TRINITY *and you.*

### **With whom do you share your interior life?**

There are sacred, secret places in our souls that we share only with someone we trust and esteem. We all want to be deeply known, and we hope that our truest self will be received with love.

God Himself desires to be received by you. He wants to reveal His heart to you. You are so loved and so important to Him, that He freely chooses to share His innermost secrets with you. He began even before you were born. In one of the most arresting moments in human history, God spoke to Moses through the burning bush (*Ex 3:16*). Through fire, He spoke His divine name and revealed Himself as "I Am Who Am" — pure being, sheer existence itself, the source of all that is. He is not abstract or distant, but "merciful and gracious ... abounding in steadfast love and faithfulness" (*Ex 34:6*). He did this *for you*.

But He didn't stop there. In the fullness of time, God came to us with a face and a name — Jesus — revealing the deepest mystery of our faith: the Holy Trinity — Father, Son, and Holy Spirit. This is something human reason alone could never have achieved. In Jesus, God revealed that He is a communion of love — one God, three Divine Persons. The Father eternally gives Himself to the Son, and the Son eternally receives and gives Himself back to the Father, and the love between them is so

great that it is a third Person — the Holy Spirit. (*cf. CCC #221*) In the Incarnation, God has revealed the depths of His heart and made Himself vulnerable *for you* because He wants you to enter into His love.

Frank Sheed describes the revelation of this mystery: "The closed circle is suddenly opened, the barrier is down, and the whole vast inner life of God invites us." We easily nod our heads and pray our prayers in the name of the Trinity — but have we let ourselves be embraced and seized by His love?

In giving us His very self, God gives us everything. We are called to "throw ourselves down ... before the mystery of God's power present to us ... the flame of God's love, which burns but does not destroy" (*Pope Emeritus Benedict XVI*).

You are invited in. In Baptism, you are infused with Divine Life, the "great living fire of divine love" (*ibid*). Now you, like Moses, have found the burning bush — it dwells in your soul.



### **The Holy Spirit: Our Friend and Advocate**

*Jesus said: "And I will ask the Father, and He will give you another Advocate, to be with you forever. This is the Spirit of Truth ..." (Jn 14:16).*

# Now are GOD'S HOME

*“Imagine yourself  
as a living house.*

God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and so on; you knew that those jobs needed doing and so you are not surprised. But presently He starts knocking the house about in a way that hurts abominably and does not seem to make any sense. What on earth is He up to? The explanation is that He is building quite a different house from the one you thought of — throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards. You thought you were being made into a decent little cottage: but He is building a palace. **He intends to come and live in it Himself.** ”

- C.S. Lewis





# THE INDWELLING

*God wants to live in you.*

## An interview

with Fr. James Dominic Brent, O.P. by Sr. Mary Margaret Hope, SV

*Fr. James Dominic Brent, O.P., a good friend of our community, was born in Michigan. He fell away from the faith for a time in college, but then he returned through his study of philosophy. Now a Dominican Friar of the Province of St. Joseph, he lives and teaches at the Dominican House of Studies in Washington, D.C. One of his favorite teachings to share is the mystery of the indwelling of the Holy Trinity.*

### **Father, you speak a lot about the “indwelling” of the Trinity. What exactly do you mean by that?**

The “indwelling” means that we are the “home” of God by grace; that the entire Trinity — Father, Son, and Holy Spirit — dwells in the hearts of all who are baptized and living in a state of grace (*cf.* CCC #1239). The Lord says, “If a man loves me, he will keep my word and my Father will love him and we will come to him and make our home with him” (*Jn 14:23*). You are a temple of God. This is what Christianity is all about. This is what life is all about. Life is all about receiving the grace of the indwelling of the Holy Trinity.

### **Do you think people are aware of this?**

I’ve travelled the country and preached to many audiences, many different people, and this comes as news to a lot of Catholics. I hate to say it. Some people have a kind of very vague awareness, but it’s not front and center in their consciousness. And the Church wants this to be front and center.

### **Why is this so important?**

God gave us life in order to draw us into communion with Himself. We often understand this to mean that God wants a relationship with us. But that word “relationship” can make it seem like God is outside of us — like He is off in the sky somewhere and, yeah, He cares, and we have a relationship with Him, but that’s about it. [But] it’s not just that we have a “relationship” with Him; rather, He is in the depths of our hearts. He is extremely close to us, closer than we realize. It says in the Old Testament, “His delight is to be with the sons of men” (*Prov 8:31*). He doesn’t want us to think of Him as far off or far away. God wants us to enjoy His presence, and He wants to be in our presence. That’s basically what heaven is going to be.

### **How does the indwelling actually “work”?**

We enter into Divine Life thanks to Christ. It’s not just that He lives in our soul like a tabernacle — although that’s a good image — but it’s rather that He occupies our whole being! This can be understood very realistically, not metaphorically. The Lord says, “I am the vine; you are the branches” (*Jn 15:5*). Just as the life that is in the vine surges through the branches, and the vine and branches are one organism, the very Life of Jesus Christ surges through us. We live His Divine Life. I just find that amazing! The Spirit living within us is sometimes called the Divine Artist because He is actively transforming us into Christ. And just as Jesus is always turned toward the Father, we who have been changed into Christ by the Holy Spirit are likewise turned toward the Father. So, to be a Christian is to be immersed in the Holy Trinity, to be caught up in the life of the Trinity. The indwelling goes both ways. It’s not only the Trinity in us; it’s us in the Trinity.

### **When we live out of this reality, how will it change us?**

The short answer is that it will heal and elevate us. Before the Fall, Adam and Eve enjoyed the indwelling of God in their hearts. But after they sinned, they lost that grace. They could know God was “out there”, but He became, in a sense, a felt absence. When a person is baptized, he is given the gift of the indwelling. It’s the beginning of the recovery of the interior awareness of the presence of God, and the beginning of the healing of the human heart from the loneliness and fracture of the Fall. We are given a kind of life in our Baptism that is better than Adam and Eve ever had. We don’t enjoy all of the privileges they had (i.e. immortality), but in the depths of our hearts we are elevated to a higher level by life in Christ and the explicit knowledge of the Trinity.

### **How can we learn to respond to this mystery more fully?**

Faith. Faith is actual spiritual contact with God. I always like to use the example of the hemorrhaging woman. She thinks, “If only I could touch the tassel of His garment, I’ll be healed” (*cf. Mk 5:28*). So she goes, and she touches the tassel of His garment. And power goes forth from Him, and she is healed. The interesting thing is that the Lord then says, “Your faith has saved you” (*Mk 5:34*). So, was it touching the



garment that saved her or was it her faith? Every time you make an act of faith, you spiritually touch the ascended Lord Jesus Christ and power goes forth from Him into you. By believing the things that God tells you through His Word, you actually, by that very belief, make contact with these mysteries and begin to grow in them on a supernatural level.

### **What if I don't feel God living within me?**

As St. Paul says, "We walk by faith and not by sight" (2 Cor 5:7). This mystery is not directed towards our emotions or reason, but to our deep heart, deeper than our momentary experiences or feelings. This mystery can be true even if we are in a terrible place, emotionally, physically, or psychologically. We all have moments when it may seem like God is not there — bad days, depressing days, anxious days. The reality of the indwelling Trinity is still true, and we know it by faith. Even on the bad days, we can say, "Holy Trinity, I believe You live in me." If we do that, we actually make contact with the Holy Trinity, and graces are released in our souls that will fortify us and help us with that bad day.

### **What happens if someone is baptized but not living in a state of grace?**

Fly to Confession as soon as possible! One of the reasons why mortal sin is so horrific is that the gift of the indwelling which is given to us at our Baptism is destroyed. It is called "mortal" sin because it kills that Divine Life surging within us. It's not that God dies, but it deals a death blow to God's life in us. But a good Confession will restore Divine Life to the soul.

### **What are some practical ways to grow in this mystery?**

The single most practical thing that you and I can do is make acts of faith. Say often: "Jesus, I believe in You"; "Holy Trinity, I believe You dwell in my soul." That's where it all begins. And then we need a lot of silence in our life. We do this by first becoming aware of the indwelling, and then by taking advantage of the silence and time for prayer that we've been given. Any kind of prayer is good — *lectio divina*, the rosary, etc. — but really just believing that the Holy Trinity dwells within you is a good start!

### **This sounds like it could really change how we see everything and everyone.**

I really do believe that the whole point of preaching the Gospel is for the human heart to receive the grace of the indwelling Trinity and to grow into full awareness of it. When you think of Christianity in that way, it looks like something very different than just observing commandments, being a good, well-behaved person. It's all for the sake of growing into ever deeper communion with the Holy Trinity. St. John Paul II said that what the Church of the Third Millennium needs is a spirituality of communion, which "indicates above all the heart's contemplation of the mystery of the Trinity dwelling in us, and whose light we must also be able to see shining on the face of the brothers and sisters around us" (*Novo Millennio Ineunte* #43). That's it. Christianity is all about receiving and sharing with others the grace of the indwelling Trinity!

# The Trinity is Love

by Fr. Joseph Koterski, S.J.

## 1 What does God's love look like?

**Each member of the Trinity has an especially "characteristic" form of love:**

- **The Father → Generosity**

His free and unconditional generosity in His love of the Son.

- **The Son → Receptivity**

The free and unconditional receptivity to the love of the Father.

- **The Holy Spirit → Delight**

The free and unconditional delight in the giving of the Father and the receiving of the Son.

**How do we fit in?**

- The Son is the perfect image of the Father.
- We are made in the image and according to the likeness of God.
- Since God is a Trinity, we are made in the image and according to the likeness of the Trinity.

## 2 What happens to us as the result of the Fall?

**The Fall of Adam and Eve has damaged us and thus disordered various things within us:**

- Instead of exhibiting the generosity especially characteristic of the Father, we tend to love only what strikes us as lovable.
- Instead of exhibiting the receptivity especially characteristic of the Son, we tend to fear (out of a sense that we are not lovable) that we will not receive the love we desire. As a result, we can either tend to be manipulative in order to try and force love, or tend to despair of ever being loved.
- Instead of exhibiting the delight especially characteristic of the Holy Spirit, we tend to be envious or jealous when we see others giving or receiving.

## 3 How does God restore us to His image?

**Jesus, in becoming human** and founding His Church, shows us who we are made to be, makes us members of His Body, the Church, and offers us through the Sacraments the grace that can restore what had been damaged and destroyed ... So that we can give, receive, and delight like He does, **and so we can become what we are made to be from all eternity.**

*Fr. Joseph Koterski, S.J. is a dear friend of our community. He is a Jesuit Priest of the Maryland Province of the Society of Jesus and a professor of philosophy at Fordham University.*

# Your suffering has *profound* meaning

by Fr. James Dominic Brent, O.P.

*The sacrifice of Christ is the center of all human history and is the source of all transformation and renewal in the world. As Christians, we can actually participate in the sacrifice of Jesus on the Cross and win grace for the world.*

**When I'm doing hospital ministry,** I'll often meet people who have been suffering for a long time. There's some good news I try to share with them. I say, "This time in the hospital bed is not spent in vain. You know how in Mass, the priest places bread and wine on the altar? And how he takes the bread in his hands and says, 'This is My Body, which has been given up for you'? And how it becomes the Body of Christ? And how he lifts it up and offers it to the Father?" And they say, "Yes." So, I say to them, "Ok. This very bed that you're laying in, this hospital bed, is the altar. And you are a baptized Catholic. That means that you are a member of the Mystical Body of Christ. In a supernatural, mystical, yet very real way, your body is the Body of Christ. And every minute of every hour that you are lying in this bed, Jesus Christ — who is the great high priest — is within you, and He takes you in His hands, and He says, 'This is my Body, which will be given up ...'. And He lifts you, and your life, and your sufferings, and everything up, and

He offers it all to the Father. You can join Christ in this act in which He, in you, is offering you up, like the host on the altar. You can offer your sufferings up for a particular intention, whatever intention is on your heart. In answer to that prayer, the Father pours out the Holy Spirit upon the people you offer it up for. And it has effects. The world is changed and transformed through this sacrifice. We can offer our suffering for big intentions, and great things will come to the world."



*I can pray  
throughout my day:*

Jesus, I unite  
myself to You.  
And I offer up  
my sufferings  
for \_\_\_\_\_



Find it on Youtube:

Fr. James Brent, O.P. on "Offer It Up"



It's all up to me.  
I can do this.  
Gulp.

# Where is my gaze?

## It's Monday morning ...

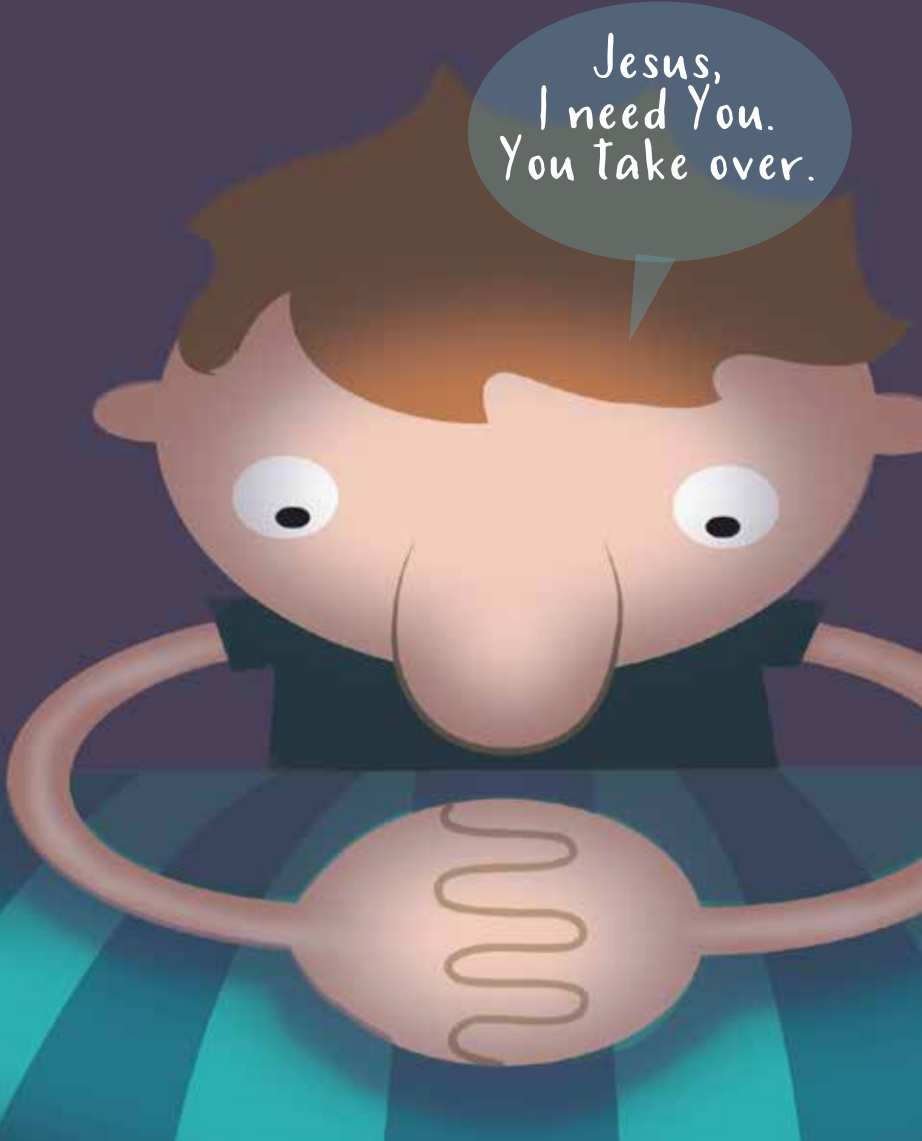
My alarm goes off, and with a pit in my stomach I reach for my phone. I do a quick scan of my emails, looking to see what I missed during the night. Great — this morning's Zoom rescheduled for tomorrow. Sweet — pillows on sale. I scroll through my newsfeeds and find out what's happening in the world. A few headlines catch my interest. I watch last night's game highlights, and I "like" a few posts on Instagram. A quick check of the weather and 20 minutes later ... it's time to get up. The all too familiar fear and anxiety return, and I remind myself, with determination and will-power — **I can do this.**

1

## Does my day look like this?

- 1 When I feel like a conversation or a meeting didn't go well, I dwell on it and replay it over and over in my mind. I convince myself that I'm right.
- 2 I don't like things I can't control. I like to believe that "I've got this."
- 3 When I am tempted to stress eat, watch mindless cat videos, or check my phone every 10 minutes ... I do.
- 4 When future things make me anxious, I plug in my earbuds and turn up the volume or find another way to drown out unwelcome thoughts.
- 5 When I'm impatient, frustrated, depressed, annoyed, angry, or agitated, I tend to want to avoid people ... so I do.
- 6 When I'm feeling insecure or alone, I try to stay positive by focusing on "what I have to offer."
- 7 Too much silence makes me restless and uneasy.
- 8 At the end of the day I often feel scattered and empty. I sometimes say to myself, "There has to be more than this."





Jesus,  
I need You.  
You take over.

## How can I draw close to God who lives within me?

Life is crazy. There's a ton going on. How can I draw close to God in the midst of crisis, complicated relationships, and constant distractions? One little tip is to pay attention to what or whom I'm looking at. Where's my gaze? Is it on myself or on God?

Through daily prayer, I can discover that I am intimately held and loved by Him. I begin to notice that I no longer need to fix, control, prove, and defend myself, or cling to fleeting comforts, pleasures, and addictions. God literally takes over. I can take the focus off myself and place my attention on God. This "Godward gaze" takes patience and time, but it's well worth the struggle — for the peace and joy I long for can only be found in Him.

## It's Monday morning ...

My alarm goes off, and with a pit in my stomach I think of all the things I have to do today. I panic. So, I get on my knees and lift my heart and mind to God. I whisper, "Come, Holy Spirit. Father, help me to surrender everything to You today. Jesus, speak and act through me. Holy Trinity, I believe You dwell in my soul. I trust in You. You take over."

Whatever circumstance I'm in, whatever comes my way, whatever I'm feeling, God is in me, and I am not alone.

I remind myself, with confidence —  
**I am in God's hands. And He's in charge.**

## 2 Or does my day look like this?

- 1 When I want to control, I say, "Jesus, help me to let go. You take over."
- 2 When a situation doesn't go well, I review it with Jesus and ask Him: "Where do I need to grow in this? Is there something I need to forgive?"
- 3 I'm tired of being addicted to my phone. I decide to wait until after breakfast to check it. Baby steps.
- 4 I can be tempted to stress eat and scroll my feeds, but I know it won't satisfy me. So I pray, "Jesus, I need You. Come, fill me." Then I refocus.
- 5 Even though silence can be scary, I unplug so I can connect with God.
- 6 When I'm having a terrible day, I just want to close in on myself, but I know that makes it worse. So, I offer everything to Jesus, and I choose to be generous and help someone.
- 7 When I'm feeling unloved or alone, I sit with Jesus. No need to hide. He loves me *unconditionally*. I pray, "Restore and heal me, Jesus."
- 8 No matter what, I know my past, present, and future belong to God. So I say, "Jesus, I trust in You. Thank You. Give me Your peace."



## THE SACRAMENTS

### *The REAL Superpowers*

Our Sister's four-year-old nephew was at the doctor's office, needing to receive an injection. The nurse warmed him up with the encouragement, "You know what I'm doing, Joseph? I'm injecting superpowers into your muscles!" He looked at her, unimpressed. "But I have Jesus in my heart," he said, simply.

"Sacraments are 'powers that come forth' from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in His Body, the Church" (CCC #1116).

#### **The Seven Sacraments —**

Baptism, Confirmation, Eucharist, Confession, Anointing of the Sick, Holy Orders, and Matrimony — were instituted by Jesus in His earthly life so that we could be united with Him forever. **Here are three:**



## The Day He Came to L

### **Monica's Story:**

I did not have my mom when I was growing up, and I always had fantasies about what life would be like if she were around. I myself had always wanted to become a mom. But, when I realized I was going to be a single mom, I tried my best to hide it from myself. It had become obvious that the father of my baby wasn't going to be around, and I knew that it would be one of the greatest heartbreaks my child was going to have. No mother wants her child to live a life filled with sadness or despair or anger. I don't want him to grow up hating his dad — that does nothing good for anyone, but makes everyone miserable... and I was already an unhappy person.

I never thought in my life that I would live in a convent. I thought it was crazy. Yet, here were the Sisters offering me something more than I could have ever imagined. When I came to live with them, I was so baffled by what is fun for them ... for them, just living in community is fun. Being able to spend time with each other is fun. We don't have to be in some dark, poorly-lit area with alcohol and drugs and loud music for us to want to be together. At the convent, you hear a lot about the Lord and His goodness. The Sisters always explain that Jesus isn't rude — He doesn't open the door without knocking. You have to say "yes" in order to receive Him. The more time I spent around the Word, the more I began to think, "I want to say 'yes'."





## 1. Baptism

Baptism is a total explosion of grace; every Baptism radically changes the world. Why? Because in Baptism, the God who created the cosmos comes to dwell in our souls. He casts out the forces of sin and darkness that Adam and Eve's sin brought upon us; He claims us as His own beloved sons and daughters; and He actually pours His Divine Life into us. The whole point of Baptism is *to become another Christ* — to be so transformed by Him into His Body, that everything we do, think, or say is a manifestation of Divine Love. As St. Paul said, "It is no longer I who live, but Christ who lives in me" (*Gal 2:20*). Talk about a superpower!



## 2. Confession

Confession has the radical power of giving you a new past. Say what? It's true. Everytime we go to Confession, the priest (who is in the person of Christ) absolves us, and our sins are gone. Kaput. They don't exist anymore. Jesus has washed us — and our past — clean with His Precious Blood. If the Divine Life in our souls has been deadened by mortal sin, the power of Confession raises us up and gives us His life again. Where there was sin, now there is mercy and grace. Jesus wants to set us free — free from shame, guilt, and from the ways we've been wounded by living as slaves to our passions. He says to us, "Behold, I make all things new" (*Rev 21:5*).

## *live in Us Both*

I think I decided I wanted to get baptized when I was in labor. I was doing breathing exercises, trying my best to calm down. Someone told me to think of every contraction as getting one breath closer to meeting my son. I wanted to try my absolute hardest to provide my baby anything I thought he needed. I wanted to make sure that this human being God gave to me got the love and affection he needed ... he needs God. How can I give him God? How can I get him closer to God? I thought the best way to give a child God is to baptize him. If he has God, perhaps he might be driven by mercy, by forgiveness. The only way this wound can be healed is if he has God.

At my Baptism, when Father poured the water on me three times and referred to me as "Monica", I thought it was very powerful. It made me think about all of the things I had been forgiven from. It made me think a lot about how the future is so bright, ... how beautiful life can be. It reminded me that God didn't just help me to say "yes" to my baby's life; He also gave me everything I need to be a good mom.

## No More Darkness Inside

### **\*Maria's Story:**

*Maria heard about our Hope & Healing Mission through an event at her daughter's school. She asked the Sisters to arrange an opportunity for Confession.*

I remember waking up that day and asking, "What if I can't do it? What if I go in, and I just freeze?" The church was a good 20-minute walk from where I was. The day was windy, cold, and gloomy. I felt, in addition to my coat, I put on this extra layer of courage. I told the secretary I was there and waited for the priest to come. My hands were sweating — I've never been so nervous. I was afraid of being judged.

But then the priest came and was so friendly. He just listened — listened all the way. I cried. I was mad at myself. I was ashamed. And he listened. From the bottom of my heart, I let everything out.

I remember looking at the window and smiling because I saw the sunshine come out. I had no more darkness inside. And when he said those words "I absolve you," it was like a big hug. After all that I had done, God was there forgiving me ... to the end. Unbelievable joy. I wanted to scream and tell everybody, "I just came out of Confession! I am so happy!" I felt like dancing. I hugged everyone in the house. I felt loved; I felt that I loved everybody. I'm always going to remember that day.

**For more information: [sistersoflife.org/healing-after-abortion](https://sistersoflife.org/healing-after-abortion)**

*\*Name changed for anonymity*



### 3. The Eucharist

“THE HIGHWAY TO HEAVEN” - BLESSED CARLO ACUTIS

In the Eucharist, we encounter Jesus in a way even more intimate than His disciples encountered Him in the Gospels — because He, the God of the universe, made Himself food for us. It’s a shocking thing to say, but it’s true. He said it Himself: “Eat my flesh and drink my blood” (*Jn 6:56*). At the Last Supper, Jesus *actually* changed bread and wine into His Body and Blood, and gave His apostles the power to do the same. *The Eucharist is not a symbol.* In every Mass, the one sacrifice of Jesus at the Last Supper and on the Cross is really made present to us. We can receive Him — and the entirety of His life, love, and power that crushed sin and death — into our very bodies. “The Eucharist is a fire that inflames us, that, like lions breathing fire, we may retire from the altar being made terrible to the devil” (*St. John Chrysostom*).



“Cyberapostle”  
of the Eucharist:

Blessed Carlo Acutis

May 3, 1991 - October 12, 2006

An Italian teenager who died of leukemia at the age of 15 was just declared “Blessed”, and is on his way to being canonized a saint. Bl. Carlo Acutis was born on May 3, 1991 and was known for his joy and simplicity, his computer savvy, and his love of the Eucharist and the Blessed Mother.

Bl. Carlo was full of life, talkative, enjoyed video games, wore jeans and sweatshirts, and made cartoons for his friends on the computer. He had a deep love of the Eucharist — calling it his “highway to heaven” — and among his many computer projects was a website that documented Eucharistic miracles. Bl. Carlo regularly stopped in churches to say “hello” to Jesus. He always tried to live in the presence of God. Throughout his life, Bl. Carlo leaned on the sacraments to carry him through his suffering. He said, “The more Eucharist we receive, the more we become like Jesus, so that on this earth we will have a foretaste of heaven.” His life plan was simply to be close to Jesus.

After Bl. Carlo’s diagnosis, and as his cancer progressed, his faith only grew stronger. He knew that every moment of life counted, that it was a gift not to be wasted. He spoke of death as “the start of a new life” and as a reunion, saying, “We are always expected in heaven.” He lived by these words: “Our goal must be the infinite and not the finite.”

Bl. Carlo died on October 12, 2006, and his funeral was packed with family, friends, and the poor he had visited and loved. Bl. Carlo was beatified in 2020.

**To learn more: [carloacutis-en.org](http://carloacutis-en.org)**



## SISTERS OF LIFE POSTULANTS 2020

*Top row (L to R): Ruth, Mary Cason, Dana, Mignon / Bottom row (L to R): Amanda, Catherine, Nahomy, Victoria*

### Ruth

**Hometown:** Maidstone, Kent, England

**Studies:** Theology, Nursing, and Good Shepherd Catechesis

**Interests:** Singing, sports, literature, the outdoors, floristry, crafting

**Finding God's presence in:** Moments of stillness and silence. Staying attentive to the small details of my day and expecting His gifts of love to surprise me within them.

### Mary Cason

**Hometown:** Kennesaw, GA

**Studies:** Industrial Engineering

**Interests:** Running, ballet, cooking, people-watching in airports, a good cup of coffee

**Finding God's presence by:** Cultivating both interior and exterior silence helps me to be present to the One who is always present to me.

### Dana

**Hometown:** St. Leo, MN

**Studies:** Accounting and Finance

**Interests:** Running, bicycling, spending time outdoors

**Finding God's presence by:** Practicing gratitude. When I'm aware that "all is gift", I can more easily trust in His goodness and unfailing care.

### Mignon

**Hometown:** New Orleans, LA

**Studies:** Accounting and Supply Chain Management

**Interests:** Hiking, family game nights, biking, coffee with friends

**Finding God's presence:** By consciously inviting God into every activity and by asking Him to help me see even the small ways He is revealing Himself to me in each moment.

### Amanda

**Hometown:** Santa Clarita, CA

**Studies:** Law

**Interests:** Disney, NHL Hockey, swimming

**Finding God's presence:** Through those I encounter throughout the day, as well as pondering creation through nature, especially the beach.

### Catherine

**Hometown:** Richland, WA

**Studies:** Opera

**Interests:** Gardening, knitting, reading, hiking

**Finding God's presence in:** Stillness, and finding joy in the little things helps to orient my heart and mind to the Lord.

### Nahomy

**Hometown:** Zacatecoluca, El Salvador

**Studies:** Aerospace Engineering

**Interests:** Social justice, the intersection of ethics and technological development, philosophy, space exploration, cooking

**Finding God's presence in:** The intricate and sophisticated design in nature (ie. the shape of an orchid); the stunning display of leaves; the perfectly crisp breeze of fall afternoons.

### Victoria

**Hometown:** Danbury, CT

**Studies:** Theology and Catechetics

**Interests:** Learning to play guitar, painting, running, reading

**Finding God's presence in:** So much! Especially my encounters with others each day, hearing pieces of their stories and getting glimpses into the heart of God through them.

*We had the great joy of welcoming eight new women as postulants this Fall!*



# What happens when you let God live in you?

## Saint Elizabeth of the Trinity

*Tasting heaven on earth*

**Born July 18, 1880**, Saint Elizabeth grew up in Dijon, France. She was a gifted pianist, enjoyed traveling, and had an active social life. As a young child, the grace of her first Communion helped her to master her fiery temper, causing a visible change in her demeanor. She told her family, "I am no longer hungry; Jesus has fed me."

St. Elizabeth entered Carmel in Dijon at age 21. She continued cultivating a deep interior life. Everything led her to "her Three," a name she used in her writings to affectionately refer to the Trinity.

St. Elizabeth suffered great physical pain from Addison's disease, which led to her death at age 26. At the end of her life, she told her superior, "I think that in Heaven my mission will be to draw souls by helping them ... to cling to God by a wholly simple and loving movement, and to keep them in this great silence within which will allow God to communicate Himself to them and to transform them into Himself."

St. Elizabeth of the Trinity teaches us that we can taste the glory of heaven even now, simply by yielding to His presence within our hearts.

*O my God, Trinity whom I adore, help me to forget myself entirely that I may be established in You as still and as peaceful as if my soul were already in eternity.*



▲ This opening line of St. Elizabeth of the Trinity's well-known prayer, "O My God, Trinity Whom I Adore," summarizes her spirituality of interior recollection — living in the heart of the Trinity, dwelling within.



3

## Blessed Margaret of Castello

*United through suffering*

**Born in Italy in 1287**, Blessed Margaret was rejected by her noble parents because of her blindness and spinal deformity. She was baptized and hidden away in a tiny cell next to a church. She spent her days growing in intimacy with the One who never left her. She was instructed by the parish priest and consoled by his invitation to unite herself with the sufferings of Jesus. For a period of time, she lived in a locked cellar with no access to the Sacraments, but was sustained by her faith in the indwelling presence of God.

When she was 20 years old, Bl. Margaret's parents abandoned her in Castello, leaving her to live on the streets after their attempt to seek physical healing for their daughter failed. The purity of Bl. Margaret's heart kept her free of bitterness and anger. She became revered in the town; her presence brought joy and peace to those she encountered. Eventually, Bl. Margaret became a member of what is now the Third Order of St. Dominic, dedicating her life to the love and service of God through study, prayer, and penance.



1



2

*"Believe that He loves you. He wants to help you Himself in the struggles which you must undergo. Believe in His Love, His exceeding Love."*

- St. Elizabeth of the Trinity





*"In the way of God ... love does everything. And it is not necessary to have great things to do. I turn my little omelet in the pan for the love of God."*

- Brother Lawrence



## Brother Lawrence

*Keeping our eyes fixed on Him*

**Born in 1614 in France**, Nicholas Herman joined the Carmelites in Paris as a lay brother, after serving in the army. He took the name Brother Lawrence and faithfully performed the humblest duties in the kitchen, with his gaze ever fixed on doing the will of God with love. "In the way of God ... love does everything. And it is not necessary to have great things to do. I turn my little omelet in the pan for the love of God."

In his simplicity and humility, Br. Lawrence was free from concerns about finding the right method of learning to stay in the presence of God; his tried and true shortcut was simply prioritizing love in all things, which kept him always aware of God's presence within him and in prayerful dialogue with the One he loved. "By meditating on Jesus Himself, I advanced in my knowledge of this lovable Person with whom I resolved to dwell always."

Br. Lawrence's capacity to recognize the presence of God dwelling within him was a free gift born of faith. "Because God's perfection is infinite, He is consequently



indescribable; no words of man are eloquent enough to give a complete description of His grandeur. It is only faith that makes me know Him as He is." He encouraged others to follow this path of faith and live the mystery of eternal beatitude in which we were made to rest.

Br. Lawrence's life shows us that we can live in God's presence by doing even little things with love.



Her capacity to receive the grace of the indwelling Trinity opened her spiritual vision. She was able to recognize Christ incarnate during the Consecration, even though she could not see any other physical details of the Mass. This was not a curing of her blindness, but rather a vision that transcended physical sight. When asked by a priest to describe what she did see, she responded, "O Father, you are asking me to describe Infinite Beauty!"

Bl. Margaret's life shows us that even when we feel abandoned, we are never alone; God is always present as a source of love, burning in our hearts.

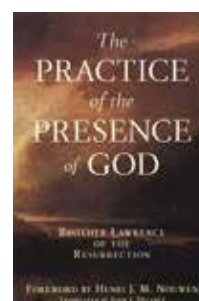
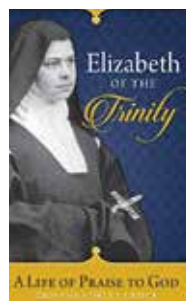
*"O Father, you are asking me to describe Infinite Beauty!"*

- Blessed Margaret

### Some interesting facts:

- 1. Photos:** St. Elizabeth before and after she entered Carmel.
- 2. Carmelite Monastery, Dijon, France:** St. Elizabeth lived here.
- 3. Miracles:** After Bl. Margaret's death at 33 years old, over 200 miracles occurred in confirmation of her heroic sanctity. Years later, her body was exhumed and found to be incorrupt.
- 4. Streets of Castello:** City in Italy where Bl. Margaret walked.
- 5. Br. Lawrence** attracted visitors from afar. His spiritual guidance later became the basis for *The Practice of the Presence of God*.

### Check out these books to learn more:



THE SISTERS OF LIFE  
Annunciation Motherhouse  
38 Montebello Road  
Suffern, NY 10901

#### IMPRINT

Sr. Marie Veritas, Editor  
Sr. Mercy Marie, Copy Editor  
Sr. Maris Stella, Writer  
Sr. Mary Margaret Hope, Writer  
Sr. Lucia Christi, Writer  
Sr. Fidelity Grace, Writer  
Sr. Zelig Maria Louis, Writer  
Sr. Charity, Writer  
Sr. Beata Victoria, Writer  
Sr. Elizabeth Ann, Design/layout

#### How To Reach Us

[publications@sistersoflife.org](mailto:publications@sistersoflife.org)

**Find us on Youtube:** Sisters of Life

**Website:** [sistersoflife.org](http://sistersoflife.org)



#### Annunciation Motherhouse

(Generalate, Novitiate)  
38 Montebello Road, Suffern, NY 10901  
845/357-3547

#### Heart of Jesus Convent

125 Lafayette Avenue, Suffern, NY 10901  
845/547-2630

#### St. Frances de Chantal Convent

(Postulant House, Evangelization)  
198 Hollywood Avenue, Bronx, NY 10465  
718/863-2264

#### New York Mission to Pregnant Women

20 Cardinal Hayes Place, New York, NY 10007  
Pregnancy help call: 212/737-0221  
Toll free: 877/777-1277  
Co-workers of Life call: 646/882-1087

#### Visitation Convent

320 East 66<sup>th</sup> Street, New York, NY 10065

#### Philadelphia Mission to Pregnant Women St. Malachy's Convent

1413 North 11<sup>th</sup> Street, Philadelphia, PA 19122  
267/831-3100

#### Toronto Mission to Pregnant Women

659 Markham Street, Toronto, ON M6G 2M1 Canada  
Pregnancy help call: 416/463-2722

#### St. Joseph's Convent

172 Leslie Street, Toronto, ON M4M 3C7 Canada

#### St. Paul the Apostle Convent

586 McLean Avenue, Yonkers, New York, 10705  
914/968-8094

#### Villa Maria Guadalupe

(Retreat House)  
159 Sky Meadow Drive, Stamford, CT 06903  
203/329-1492

#### Sacred Heart of Jesus Convent

212/397-1396

#### St. Clare's Convent and Eucharistic Chapel

3900 13<sup>th</sup> Street NE, Washington, D.C. 20017  
202/635-0931

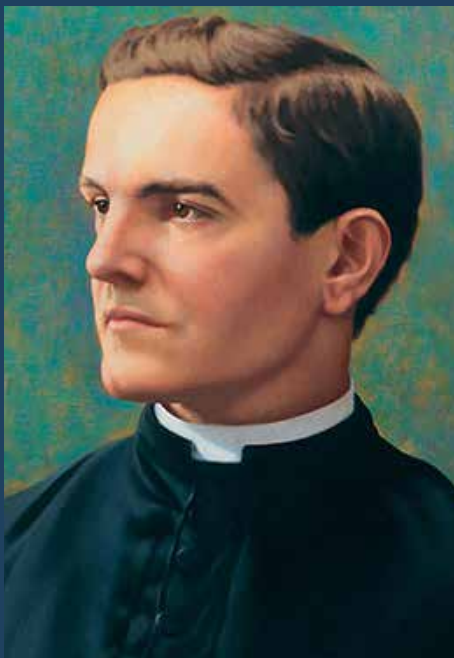
#### St. Mary Magdalene Convent

2771 Zenobia Street, Denver, CO 80212  
303/658-0409  
[denver@sistersoflife.org](mailto:denver@sistersoflife.org)

#### Hope and Healing After Abortion

(U.S. and worldwide) Toll free: 866/575-0075  
[hopeandhealing@sistersoflife.org](mailto:hopeandhealing@sistersoflife.org)  
(Canada) 416/463-2722  
[toronto@sistersoflife.org](mailto:toronto@sistersoflife.org)

Printed through the generosity of the Knights of Columbus. Written and designed by the Sisters of Life.



**Blessed Michael J. McGivney**  
**Founder of the Knights of Columbus**  
*1852 - 1890, Waterbury, CT*

The Spirit dwelt quietly in the soul of an unassuming parish priest — and led him on the path of sanctity. God gave Blessed Michael J. McGivney a heart for widows and orphans, and for fostering Catholic manhood, leading Him to start the largest Catholic men's fraternal organization in the world: the Knights of Columbus. We are grateful to God for his recent beatification and to his Knights of Columbus who continue his mission to assist vulnerable women and children by their support of the work of the Sisters of Life!