



# Saint Therese Church

Ministered by the Disalced Carmelite Friars

[www.StThereseChurchAlhambra.org](http://www.StThereseChurchAlhambra.org)

510 North El Molino Street, Alhambra, California 91801 - (626) 282-2744

(Unless otherwise indicated, all the telephone numbers in the bulletin are in the (626) area code).

**Pastor:** Fr. Philip Sullivan, OCD (222) **Associate Pastors:** Fr. Bernard Perkins, OCD (232)

and Fr. Charles Nawodylo, OCD (224) **In Residence:** Fr. Albert Bunsic, OCD

November 6, 2016

**Monday-Saturday:** 6:00 & 8:00 a.m. Carmelite Cloister: 7:30 a.m.; Vigil: 5:00 p.m.

**Sunday:** 7:30, 9:00, 11:00 a.m., & 5:00 p.m. (Latin High Mass at 1:00 p.m.)

**Established 1924**

## SPECIAL EDITION DEDICATED TO ST. ELIZABETH OF THE TRINITY



Original Painting by Belita William (Oil on Canvas)

### St. Elizabeth, Pray for Us!

*"My God, what a joyous mystery is your presence within me, in that intimate sanctuary of my soul where I can always find you, even when I do not feel your presence. Of what importance is feeling? Perhaps you are all the closer when I feel you less." -St. Elizabeth of the Trinity, O.C.D.*

#### PRAYER TO THE HOLY TRINITY

Composed by St. Elizabeth of the Trinity

O my God, Trinity whom I adore, let me entirely forget myself that I may abide in You, still and peaceful as if my soul were already in eternity; let nothing disturb my peace nor separate me from You, O my unchanging God, but that each moment may take me further into the depths of Your mystery! Pacify my soul! Make it Your heaven, Your beloved home and place of Your repose; let me never leave You there alone, but may I be ever attentive, ever alert in my faith, ever adoring and all given up to Your creative action.

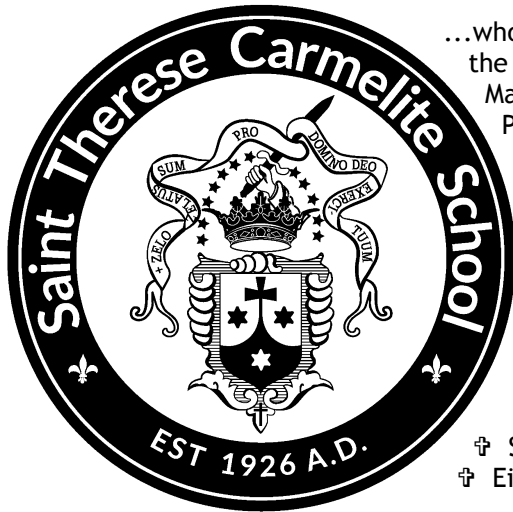
O my beloved Christ, crucified for love, would that I might be for You a spouse of Your heart! I would anoint You with glory, I would love You—even unto death! Yet I sense my frailty and ask You to adorn me with Yourself; identify my soul with all the movements of Your soul, submerge me, overwhelm me, substitute Yourself in me that my life may become but a reflection of Your life. Come into me as Adorer and Redeemer.

O Eternal Word, Word of my God, would that I might spend my life listening to You, would that I might be fully receptive to learn all from You; in all darkness, all loneliness, all weakness, may I ever keep my eyes fixed on You and abide under Your great light; O my Beloved Star, fascinate me so that I may never be able to leave Your radiance.

O Consuming Fire, Spirit of Love, descend into my soul and make all in me as an incarnation of the Word, that I may be to Him a super-added humanity wherein He renews His mystery; and You O Father, bestow Yourself and bend down to Your little creature, seeing in her only Your beloved Son in whom You are well pleased.

O my "Three," my All, my Beatitude, infinite Solitude, Immensity in whom I lose myself, I give myself to You as a prey to be consumed; enclose Yourself in me that I may be absorbed in You so as to contemplate in Your light the abyss of Your Splendor!

## Saint Therese Carmelite School: Each of Our Classrooms is Dedicated to a Carmelite Saint, Including Saint Elizabeth of the Trinity...



...who is the patroness and protector of the Fourth Grade Classroom. In fact, the school as a whole is under the patronage of Saints Louis and Zelie Martin, the parents of St. Therese of Lisieux. The other Grades with their Patron Saints are as follows:

- ✠ Kindergarten: St. Therese of Lisieux (Saint of the “Little Way” and Doctor of the Church)
- ✠ First Grade: Venerable Mother Luisita (Foundress, Carmelite Sisters of the Most Sacred Heart)
- ✠ Second Grade: St. Simon Stock (Visionary of the Brown Scapular)
- ✠ Third Grade: St. Albert of Jerusalem (Author of the Carmelite Rule)
- ✠ Fifth Grade: Prophet Elijah (Father of the Carmelite Order)
- ✠ Sixth Grade: St. Teresa Benedicta of the Cross (Philosopher and Martyr)
- ✠ Seventh Grade: St. John of the Cross (Mystic and Doctor of the Church)
- ✠ Eighth Grade: St. Teresa of Avila (Mystic and Doctor of the Church)

Our school is the only one in the Archdiocese of Los Angeles that teaches Catholic Classical Curriculum, the “Uncommon Core.” Education at our school is not an end in itself, but a means to our true end—to know, love, and serve God in this life so we can be happy with Him in the next! All subjects, all books, and all teachers are unified to serve this end. Every classroom has a timeline—with the Incarnation at its center. Historical periods are studied alongside the great works of art, music, and literature that complement them. Science is taught from the principles of the scientific method, math proceeds through Euclid, and both reflect the order of the universe that God has created. Latin, still the language of the Church, is taught for its structure and beauty beginning as early as Third Grade. A comprehensive writing program, based upon the wisdom of the ancient Greeks, begins in Fourth Grade and builds with each succeeding grade, so that the writing process becomes second nature to our students. We use every tool we have to teach our children how to reason, and how to both seek and discern the true, the good, and the beautiful from the cacophony of our modern times.

For the first time in the history of our Province, we have a full-time Carmelite chaplain (Fr. Charles Nawodylo, OCD) to serve the children, their parents, and the teachers so that we may be truly of one heart and one mind in Christ. The Carmelite priests, brothers, and sisters, each of whom humbly wears the Carmelite habit—a visible sign that we strive with our school families and teachers to live the “Little Way” of our Patroness, St. Therese of Lisieux, help in teaching religion classes and imparting the Catholic Faith.

The Discalced Carmelite Order of St. Joseph and St. Therese Carmelite Parish have committed to this return to Catholic Classical Curriculum, which is what has made Catholic Schools great for generations. However, changing the entire curriculum came at a cost, which is why we’re asking for your generosity as we continue to improve our school. We are confident that as more people hear about our school, we will one day have waiting lists; but, for now, we still need to find a way to cover costs, as well as to build a scholarship fund. I am asking you to please partner with us and our current benefactors in this very particular investment in the Faith of our Fathers. If you would like more information about contributing to our school, please contact our Principal, Alma Cornejo, at the school at 289-3364, X 661, or the Pastor, Fr. Philip Sullivan, at 282-2744, X 222.



**Chloe Delgado, dressed as St. Therese for the School’s Annual Celebration on All Saints Day**

# The Spirituality of St. Elizabeth of the Trinity

By Carolyn Humphreys, O.C.D.S

Elizabeth of the Trinity gave to Christians her love for the spiritual life, and her desire that all should grow in this life. She said, *"I think that in Heaven my mission will be to draw souls by helping them to go out of themselves in order to cling to God...which will allow God to communicate Himself to them and transform them into Himself."* Elizabeth encapsulated the Carmelite attributes of reflective prayer, living in the present moment, loving God wholeheartedly, and serving others with simplicity. She described a Carmelite as one *"who has beheld the Crucified, who has seen Him offering Himself to the Father as a victim for souls and, meditating in the light of this great vision of Christ's charity, has understood the passion of love that filled His soul and has willed to give herself as He did."* With the help of grace, we, too, can live in intimacy with God and in service to others. We should also seek God within when we are restless, tense, stressed, or upset. At this still point, we can tell God our inmost secrets or that which bothers us. The indwelling Three and the universal presence of God are the principal reasons why each Christian is a "praise of glory."

Elizabeth encourages us to reflect on that part of Mary's life between the annunciation and the nativity, which she believed gives us concrete evidence in our understanding of the indwelling presence of God. Elizabeth's concept of God was eminently personal. She loved and trusted God because she had the ability to love and trust herself and others. Her warmth and attentiveness to the joys and sufferings of people she met assisted her in experiencing the wonder of God within herself and within others. Elizabeth was neither overly concerned with the state of her soul, nor saw God as harsh and severely judgmental. When writing about God, her language was simple and affectionate. Love was experienced as a childlike, humble growing in God: "We shall not be purified by looking at our miseries, but by gazing on Him..."

Her focus was quiet attention to an intimate God within her soul, rather than concentration on a distant God who is far away in heaven. She envisioned each incident and circumstance of life as a sacrament, which brought God to an individual and assisted an individual to become more aware of God's indwelling presence. *"Every happening, every event, every suffering as also every joy, is a sacrament that gives God to the soul,"* she tells us. Without visions or miracles, in unsung daily activities, she located the pearl of great price. She found Jesus in rain or shine, pain or joy.

Elizabeth had an intense love for Scripture. She shows us we need not be scholars to understand Scripture. As she prayerfully and reflectively read the Gospels, she grew in God's love. She loved God's Word in a personal, compassionate way, rather than in an academic way. This attitude was manifest by a deep friendship with Jesus. She did not preach the Gospel with words; she lived it with her life.



In Carmel, Elizabeth used two biblical texts as guides: "to pray...in secret" (Matt. 6:6) and "...on judgment day people will be held accountable for every unguarded word they speak..." (Matt. 12:36). The first quote identifies the heartbeat of Carmel: Prayer in secret. This type of prayer sustains our intimacy with God and keeps it alive and well. Our love for God is equally an ultimate encounter and an unfathomable mystery experienced primarily in prayer.

Because Elizabeth wants to help us be aware of the intricate workings of God in our souls and in our lives, she is a true soul-friend for our time. Elizabeth saw herself as a helpmate to all who wish to walk on the road of loving prayer. She teaches us to let go of what holds us back on this road. We take her hand, and with her, rest in the simple, silent presence of God as He rests in us. Our reflective prayer is changed into silence. God has taken over. We should retire to this place of quietness regularly because, during this precious time, we dwell in the peace of Christ.

While in Carmel, Elizabeth penned her Act of Oblation: "O Eternal Word, Word of my God. I want to spend my life in listening to you, to become wholly teachable that I may learn all from you. Then, through all nights, all voids, all helplessness, I want to gaze on you always and remain in your great light . . . O my Three, my all, my Beatitude, infinite Solitude, immensity in which I lose myself, I surrender myself to you as your prey. Bury yourself in me that I may bury myself in you until I depart to contemplate in your light the abyss of your greatness."

# A Biography of Saint

St. Elizabeth of the Trinity, OCD (July 18, 1880 – November 9, 1906) was a French Discalced Carmelite nun, mystic, and spiritual writer who was born into a military environment and named Élizabéth Catez—the first child of Captain Joseph Catez and his wife, Marie Rolland. Spending her earliest years in this military environment, Elizabeth was naturally formed in such virtues as courage and forthrightness, but as a child she had a terrible temper. Elizabeth's personality was also marked by a determined, energetic disposition. Simultaneously, she demonstrated and developed a great attraction to prayer.

After receiving the Sacrament of Penance for the first time, she experienced what she called her "conversion." She henceforth began to struggle noticeably against her temper, promising her mother that she would strive to be the very model of a "sweet, patient, and obedient" daughter. In April of 1891, when she was almost eleven, Elizabeth made her First Communion. Sensitive by nature, especially to things sacred, she was profoundly affected by it, and tears of joy ran down her face. Upon leaving the church, she said to a close friend, *"I'm no longer hungry. Jesus has fed me."*

On the same afternoon, Elizabeth encountered the prioress of the Carmel of Dijon for the first time. The prioress, upon learning the name of the child, explained to her that *"Elizabeth means 'house of God.'"* A few days later, she sent her a holy card, on which she wrote: *"Your blessed name hides a mystery, accomplished on this great day. Child, your heart is the House of God on earth, of the God of love."* This theme of being the "house of God," was then closely associated with the mystery of the Eucharist in the mind of Elizabeth.

Elizabeth first discerned her vocation to Carmel at the age of fourteen, but her mother agreed to it only if she would wait until her twenty-first birthday. In the years before she entered the cloister, Elizabeth studied St. Teresa of Jesus' "Way of Perfection." She also read the first edition of Therese of Lisieux's "Story of a Soul," and quickly became an enthusiastic follower of the Little Way. The soon-to-be Carmelite was also greatly enamored of St. Therese's *"Act of Offering to Merciful Love."* Furthermore, in February of 1900, the young aspirant was introduced to a Dominican friar, a friend of the nuns. Elizabeth asked for help in understanding her interior experience—her need for silence and recollection, and her sense of an inexplicable presence in the depth of her soul. This Dominican proceeded to deepen her awareness of the truth of the indwelling of the Trinity, explaining to her that not just Christ, but that "all three persons of the Trinity were present in her soul. This greatly reassured Elizabeth and aided her in her spiritual progress.

As she was waiting to join the Carmel, Elizabeth lived the life of a typical young, active Catholic laywoman of her time. She sang in two choirs in her parish, helped prepare children for their First Communion, and began a type of day care for the children of those who worked in a tobacco factory. Elizabeth was also a very gifted musician. From the age of seven, she studied music at the Conservatory of Dijon, winning several prizes for her piano skills. Finally, in 1901, Elizabeth entered her beloved Carmel,



Age 22 months  
w/her favorite doll



L-R: Elizabeth with  
her sister, Marguerite



First Communion  
Day (4/19/1891)



Practicing while a student at the  
Conservatory of Dijon, France

# Elizabeth of the Trinity



At the age of twenty

receiving the name "Sister Elizabeth of the Trinity." Her awareness and experience of the Triune God dwelling within her continued to grow. Through her communion with Christ in the Eucharist and in the Scriptures, the young Carmelite's spiritual life deepened even more. Although she drew nourishment from the teachings of the great saints of Carmel, she named St. Paul as "the father of my soul," as he preached *"nothing but the mystery of the charity of Christ."* On November 21, 1904, the feast of the Presentation of Mary, Elizabeth composed her famous prayer to the Trinity. This prayer is like an offering of herself to the God who is Love. It was only two years after composing it that Elizabeth departed this life—after many months of suffering from Addison's Disease, a malady of the kidneys which, at that time, was incurable. Her final illness caused great fatigue, an inability to digest food, intense abdominal pains, and great thirst. She wrote that she felt as though tiny beasts were devouring her insides, and said that one of the first things she would do in Heaven was to have a drink of water. Her community noted the great patience, courage, and joy with which Elizabeth suffered.

The young Carmelite viewed her suffering as a way of being conformed to Jesus, as a way of sharing in the redemptive suffering of her Divine Bridegroom for the good of the Church. As such, Elizabeth even came to view this suffering as a gift.

Elizabeth's last audible words before her death were, *"I am going to Light, to Love, to Life."* She died on November 9, 1906, at the age of 26, after having lived in Carmel for only five years. When asked if she would spend her Heaven doing good on earth like St. Therese of Lisieux, Elizabeth responded that she would not, but that she would shoot "like a rocket" deeper and deeper into the abyss of the Trinity. Nevertheless, she did intuit that she would exercise a particular mission within the Church from her place in Heaven. From her sick bed, Elizabeth wrote to a fellow Carmelite, *"I think that in Heaven my mission will be to draw souls by helping them go out of themselves in order 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 transform them into Himself."*

In Dijon the beatification process started in 1931, and the official introduction of the cause—under Pope John XXIII—was on October 25, 1961. After an extensive investigation that spanned over a decade, she was made Venerable on July 12, 1982, by St. John Paul II, and then was beatified by him on November 25, 1984, during an apostolic visit to Paris. In his homily at the beatification, the Pope presented Elizabeth of the Trinity to the Church as one "who led a life 'hidden with Christ in God'" and as "a brilliant witness to the joy of being rooted and grounded in love"

We can turn to Elizabeth of the Trinity today as a witness to the impact that the presence of the loving God within the soul can have in a human life. She proclaims to us the great dignity of the Christian Vocation: the call to be conformed to Christ—crucified, risen, and present in the Eucharist—to become "temples of the Spirit," all to the praise of the Father's glory. She reminds us that the Trinity is "our home," that God has created us in order to be united to Christ, to live as His adopted sons and daughters, dwelling in His love and remaining there always in this life and in the next.

She has since been given such titles as "the prophet of the presence of God," "the saint of the divine indwelling," or "the saint of one idea," because of her strong experience of the indwelling of God in her soul. Even the Catechism of the Catholic Church cites her prayer to the Trinity in order to illustrate the truth that "...even now we are called to be a dwelling for the Most Holy Trinity." On March 3, 2016, Pope Francis approved a second miracle of healing attributed to her intercession, which was required for her canonization. The canonization took place in Rome on October 16, 2016, and her feast is on November 8.



# Quotations by St. Elizabeth of the Trinity

- ◆ “May my life be a continual prayer, a long act of love.”
- ◆ “May nothing distract me from You, neither noise nor diversions. O my Master, I would so love to live with You in silence. But what I love above all is to do Your will, and since You want me still to remain in the world, I submit with all my heart for love of You. I offer you the cell of my heart; may it be Your little Bethany. Come rest there; I love you so...I would like to console You, and offer myself to You as a victim. O my Master, for You, with You.”
- ◆ “It seems to me that I have found my heaven on earth, because my heaven is you, my God, and you are in my soul. You in me, and I in you – may this be my motto.”
- ◆ “What a joyous mystery is your presence within me, in that intimate sanctuary of my soul where I can always find you, even when I do not feel your presence. Of what importance is feeling? Perhaps you are all the closer when I feel you less.”
- ◆ “Make my soul...Your cherished dwelling place, Your home of rest. Let me never leave You there alone, but keep me there all absorbed in You, in living faith, adoring You.”
- ◆ “Here in Carmel, there is nothing, nothing but God. He is all, He suffices, and one lives for Him alone and for His glory... this life of prayer and contemplation, interceding always for His people before the Face of God...”
- ◆ “My mission in heaven will be to draw souls, helping them to go out of themselves to cling to God, with a spontaneous, love-filled action, and to keep them in that great interior silence which enables God to make His mark on them, to transform them into Himself.”
- ◆ “A soul united to Jesus is a living smile that radiates Him and gives Him.”
- ◆ “I can’t find words to express my happiness. Here there is no longer anything but God. He is All; He suffices and we live by Him alone.”
- ◆ “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.”

◆ “During painful times, when you feel a terrible void, think how the capacity of your soul is being enlarged so that it can receive God--becoming as it were, infinite as God is infinite.”

◆ “You will never be commonplace if you are vigilant in love.”

◆ “For my heart is always with Him, day and night it thinks unceasingly of its heavenly and divine Friend, to whom it wants to prove its affection. Also within it arises this desire: not to die, but to suffer long, to suffer for God, to give Him its life while praying for poor sinners.”

◆ “I go to Him as a baby goes to his mother so that He can fill me and invade all and take me in His arms.”



# Mass Intentions

# The Miracle That Brought Elizabeth Sainthood

**For the Week from 11/5/16 to 11/12/16**

**Saturday:**

5:00 p.m.: All Souls Novena 3

**Sunday:**

\*7:30 a.m.: Ernest Marrujio RIP  
7:30 a.m.: All Souls Novena 4  
9:00 a.m.: Parishioners  
11:00 a.m.: Asayama Family INT  
1:00 pm (Latin) Matthew Meeks INT  
5:00 p.m.: Edgar Lopez RIP

**Monday:**

6:00 a.m.: All Souls Novena 5  
\*7:30 a.m.: Thanksgiving to St. Jude  
8:00 a.m.: Yu Chu Wan Lan RIP

**Tuesday:**

6:00 a.m.: All Souls Novena 6  
\*7:30 a.m.: Dienthu Nguyen B-day INT  
8:00 a.m.: Jim & Shirley Loreda RIP

**Wednesday:**

6:00 a.m.: Jose Atencio RIP  
\*7:30 a.m.: Thanksgiving to St. Jude  
8:00 a.m.: All Souls Novena 7

**Thursday:**

6:00 a.m.: All Souls Novena 8  
\*7:30 a.m.: Charie Saddul RIP  
8:00 a.m.: John B. Willis RIP

**Friday:**

6:00 a.m.: Jose Atencio RIP  
\*7:30 a.m.: All Souls Novena 9  
8:00 a.m.: Luis Figueroa RIP

**Saturday:**

6:00 a.m.: Rosario Khoo INT  
\*7:30 a.m.: Carmelite Community  
8:00 a.m.: Margaret Lowenberg RIP

\*Held at the Carmelite Chapel, 215 East Alhambra Road. Open to the public every day except Sundays/holidays.



In May of 1997, Marie-Paul Stevens, a 39-year-old Belgian woman who was a professor of religion at the Institute of the Marist Brothers in Malmedy, started to have trouble speaking and developed other symptoms. On the advice of a friend, she underwent various medical tests and, some weeks later, was diagnosed with Sjogren's syndrome, an autoimmune disease. Her sickness

advanced, and she had to leave her profession in 1998. Although Marie-Paul received chemotherapy and other treatments, her health grew worse. Even her appearance changed, and her friends didn't even recognize her. In 2000 and 2001, she became more and more disabled and was in unbearable pain.

Since her adolescence, Marie-Paul had loved Elizabeth of the Trinity and had prayed for her intercession. Now all her friends, together with the nuns of the Carmel of Dijon (now in Flavignerot, where the nuns moved in 1979), prayed novenas to Blessed Elizabeth to ask for Marie-Paul's healing. The patient herself did not ask to be cured, but she wanted to go on pilgrimage to the Carmel of Flavignerot before she died to thank Elizabeth, who had accompanied her so powerfully during her illness.

So, accompanied by friends, Marie-Paul went to the Carmel of Flavignerot. On April 2, 2002, in the chapel of the Carmel, she prayed and gave thanks to Elizabeth for sustaining her during her five-year illness. Coming out of the chapel exhausted, she sat down to rest on one of the rocks that edged the monastery's parking lot. All at once she stood up, raised her hands to heaven, and cried out in amazement and happiness, "I'm not in pain any more!" From that day on, she has been well.

Just a few months later, Marie-Paul was able to walk 217 miles on a pilgrimage back to the Carmel to give thanks. It took some time, and many medical examinations, until the happy day when, on March 3, 2016, Pope Francis authorized Cardinal Amato, prefect of the Congregation for the Causes of Saints, to promulgate the decree approving the cure of Marie-Paul Stevens as a miracle attributable to the intercession of Blessed Elizabeth of the Trinity. It was this which opened the way for Elizabeth's canonization on October 16, 2016.

**Praise God!**

**St. Elizabeth, pray for us all!**



## INTENTIONS OF THE HOLY FATHER FOR NOVEMBER:

1) That the countries which take in a great number of displaced persons and refugees may find support for their efforts; and 2) That within parishes, priests and lay people may collaborate in service to the community without giving in to the temptation of discouragement.

# Lectors

**Saturday:**

5:00 p.m. Alice Cheung / Lucy Lopez

**Sunday:**

7:30 a.m. Ron Sandoval / Blanca Ruvalcaba  
9:00 a.m. Rosa Natividad / Nancy King  
11:00 a.m. Pat Cervantes / Sarah Halpin  
5:00 p.m. Gil Vargas / Charlie Gopez

## INFORMATION PAGE

Bulletin Number:  
513863

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SOFTWARE  
MS Pub 2007  
Adobe XI  
Windows 7

PRINTER  
HP OfficeJet Pro 8600 series

BULLETIN FOR SUNDAY:  
11/6/2016

TRANSMISSION TIME  
Tuesday, 11/1/16 — 5:00 P.M.

NUMBER OF PAGES SENT  
1 Through 8

SPECIAL INSTRUCTIONS: