



HER MESSAGE IS  
CLEAR: NO MATTER HOW  
ROUGH THE SEAS, THE  
LORD IS INTIMATELY  
PRESENT, GUIDING AND  
STABILISING US.



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**PILGRIMS IN HOPE:  
WALKING WITH ST  
ELIZABETH OF THE  
TRINITY ON LIFE'S  
JOURNEY**



Dear pilgrim,

As you walk the path of faith, you join countless others who seek meaning, direction, and the presence of God in their lives. Drawn by the cross of Christ—the anchor of hope in life's stormy seas—you are part of a sacred movement that transcends time and place. Pilgrimage is more than a physical journey; it is a spiritual encounter with grace, trust, and transformation. In moments of joy or difficulty, the cross reaches out to embrace us, offering the assurance that we are never alone. In this spirit, we look to one of the Church's radiant witnesses: St. Elizabeth of the Trinity, a Carmelite and prophet of hope.

"Elizabeth of the Trinity helps us to discover that we are dwelling places of the Trinity and that the divine presence is our homeland, our dwelling place, and the goal of our journey."

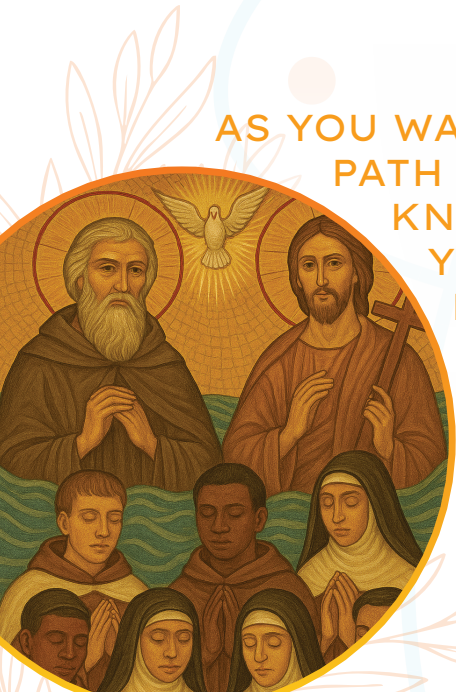
Pope St. John Paul II

May her life inspire you to live as a "Praise of Glory" in every step you take.

## Prophet of the Presence of God: Discovering the Anchor of Hope

St. Elizabeth of the Trinity (1880–1906) reminds us of a profound truth: God is not only with us but dwells within us. As pilgrims navigating the waves of life, we often encounter uncertainty, suffering, or fear. Elizabeth's life, marked by early loss and personal trials, speaks to the heart of the pilgrim's experience. She found strength in her awareness of God's presence within her soul—a truth that became her anchor in times of turbulence.

Pope John Paul II called Elizabeth a “**Prophet of the Presence of God**” because she points us back to this forgotten mystery. Her message is clear: no matter how rough the seas, the Lord is intimately present, guiding and stabilising us. Wherever your path leads—whether through quiet prayer or daily struggles—remember her invitation to quiet your heart and discover that God is nearer than you imagine, sustaining you with His unflinching hope.



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## Prayer to the Trinity: A Pilgrim's Song of Love

One of Elizabeth's most beautiful gifts to the Church is her *Prayer to the Trinity*. Written during a retreat in 1904, this spontaneous outpouring of love captures the essence of her spirituality: **complete surrender to the indwelling presence of God**. Like the priestly prayer of Jesus in John 17, Elizabeth's prayer is a window into the deep communion she shared with the Father, Son, and Holy Spirit.

For pilgrims through life, this prayer can serve as a guide. In moments of reflection, let Elizabeth's words inspire you to open your heart fully to God's love and invite Him to transform every aspect of your life. As Elizabeth herself discovered, this is how we grow closer to the cross—not as a burden, but as a source of unshakeable hope that anchors us through every trial.

## A Praise of Glory: Living the Pilgrim's Vocation

St. Elizabeth embraced St. Paul's vision of the Christian life as a call to become a “**Praise of Glory**” (cf. Eph 1:6–14). For her, this meant more than offering occasional prayers of praise; it was about making her entire life a hymn of love to God. She believed that by uniting our joys, sufferings, and daily actions to Christ, we glorify the Father and reflect His presence to the world.

As a young woman, Elizabeth lived this vocation with remarkable vitality. A classically trained pianist, she played music, taught catechism, and helped the poor with great generosity. Later, as a Carmelite, she deepened her union with the Trinity through prayer and silence. Even in her final illness, she radiated peace and joy, showing those around her that true hope is found in surrendering to God's will.

Pilgrims through life, take Elizabeth's example to heart. Like her, you are called to be a living “Praise of Glory.” Every step, every prayer, and every act of love becomes a testimony to God's enduring hope.

## Anchored in Hope: Pilgrims Together

Elizabeth understood the importance of spiritual community. She shared her reflections through letters, encouraging friends and family during their own struggles. Her words continue to resonate, reminding us that hope is not just personal—it's shared.

As you walk the path of faith, know that you are never alone. Like Elizabeth, we are invited to support one another in love, to carry each other through stormy seasons, and to become signs of hope to the world. In Christ, we find the strength to walk forward—together.

## Your Pilgrim Prayer

Take a moment to reflect on the prayerful life of St. Elizabeth of the Trinity. Quiet your heart and pray as she did:

“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. May nothing disturb my peace or draw me out of You, O my unchanging God, but may each minute bring me deeper into Your mystery.”  
(St. Elizabeth of the Trinity, *Prayer to the Trinity*, 1904)

As you continue your life's pilgrimage, may St. Elizabeth of the Trinity inspire you to anchor your heart in God's presence, to live as a radiant praise of His glory, and to walk each day with unwavering hope.

ST. ELIZABETH EMBRACED  
ST. PAUL'S VISION OF THE  
CHRISTIAN LIFE AS A CALL  
TO BECOME A “PRAISE OF  
GLORY” (CF. EPH 1:6-14).