

Her Prayer

*O my God, Trinity Whom I adore,
help me to forget myself entirely
that I may be established in You
as still as and as peaceful as though
my soul were already in eternity.
May nothing trouble my peace or make
me leave You, O my Unchanging One,
but may each moment carry me further
into the depths of Your Mystery.
Give peace to my soul; make it Your
heaven, Your beloved dwelling and
Your resting place. May I never leave
You there alone but be wholly present,
my faith wholly vigilant, wholly
adoring, and wholly surrendered
to Your creative Action...*

~November 21, 1904



Her Message

*"It seems to me that I have
found my Heaven on earth,
since Heaven is God and
God is in my soul.
The day I understood that,
everything became clear to me.
I wish to tell this secret to
those I love so that they too,
through everything, may
always cling to God..."*

~ St. Elizabeth of the Trinity

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*St. Elizabeth
of the Trinity*



*Marie Elizabeth Catez
1880-1906*

I Want to Be the Praise of His Glory



**“For my heart
is always
with Him...”**

Elizabeth and Marguerite
in 1901, before Elizabeth’s
entrance to Carmel.

Elizabeth Catez was born July 18, 1880 to Captain Joseph and Mme. Marie Catez. According to her mother, little “Sabeth” was a “very beautiful, very lively” baby. Three years later, Mme. Catez gave birth to Marguerite (“Guite”), whom Elizabeth would love like a mother. Guite was gentle natured; Sabeth, however, was just the opposite. Her sister would later recall that Sabeth “went into rages that were quite terrible! She was a real devil!” The Catez family lived in the city of Dijon, France. But when Elizabeth was only seven years old, her father died very suddenly, leaving Mme. Catez to care for her two little girls.

Sabeth and Guite both studied piano at the Conservatory of Music, and won various awards. Besides long hours of practicing the piano, Sabeth also enjoyed traveling, sports, and the company of her many friends. But above all else it was the love of Jesus that was the center of her whole life.

From early childhood, Sabeth was aware of God’s love and desired to “return a little of His great love.” She strove to forget herself and overcome her fiery temper—for love of Jesus and for others.

As she grew to become a beautiful young lady, Elizabeth became more aware of God’s call in her heart—the call to a hidden life of love and sacrifice in Carmel; and she desired to respond wholeheartedly. Her mother, however, would not give her permission until she was 21 years old. During those years of waiting, Elizabeth entered more deeply into the mystery of God’s loving presence within her. She experienced that “**even in the midst of the world we can listen to Him in the silence of a heart which wants to belong only to Him.**”

Two weeks after her 21st birthday, Elizabeth said goodbye to her beloved mother and sister, and left home to enter Carmel. There she was welcomed by her sisters and received the new name, Sr. Elizabeth of the Trinity. Her letter to family and friends from Carmel reveal her joy in having found her vocation to live in union with God: “**I can’t find words to express my happiness... Here we find Him everywhere, at the wash as well as at prayer!**” On December 8, 1901 she received the habit of Carmel, which she had so much desired to wear. A year later, she made her total consecration to God by the profession of obedience, chastity and poverty.

Amidst various spiritual and physical sufferings, Sr. Elizabeth lived a life of deep faith and abandonment to God. She wanted to be the “**praise of His glory,**” to live in continual communion of love with the Holy Trinity. Like St. Therese of Lisieux, she learned that true holiness is to “**live by love... to become very little, to surrender oneself.**” Sr. Elizabeth shared many of her beautiful insights with Guite, who by 1905 was already a mother of two girls!

During the last years of her life, Sr. Elizabeth suffered from Addison’s disease, an illness incurable at that time. She saw her sufferings, however, as a way to be more united to her Christ and to share in His work of redemption. Near the end of her life she prayed: “**O Love, Love!... Consume my whole substance for Your glory. Let it be distilled drop by drop for Your Church!**”

On the morning of November 9, 1906, Sr. Elizabeth of the Trinity spoke her final words: “**I am going to Light, to Love, to Life.**”

She was beatified by Pope John Paul II on November 25, 1984. She was canonized by Pope Francis on October 16, 2016.

**“O my Beloved
Christ, crucified
by love... I wish
to love you even
until I die of love.”**



St. Elizabeth in 1903 with
her Profession Crucifix

Elizabeth of the Trinity

Fascinated by Love

"O my God, Trinity whom I adore... O my Three, my All, my Beatitude..."



"The Trinity, this is our dwelling, our "home", the Father's house that we must never leave."
(Heaven in Faith 2)

"I am Elizabeth of the Trinity, in other words, Elizabeth disappearing, losing herself, letting herself be invaded by the Three..."
(Letter 172)

*"I leave you my faith
in the presence of God,
of the God who is all Love dwelling in our souls.
It is this intimacy with Him "within"
that has been the beautiful sun
illuminating my life..."*
(Letter 333)

St. Elizabeth of the Trinity

Elizabeth Catez (1880-1906)

Path of light, of love and of life...

Saint Elizabeth of the Trinity... with what joy we invoke her name, she whose message radiates today throughout the whole world, and whom the Church canonizes in this Holy Year of Mercy! A piano virtuoso of fiery temperament, this Carmelite nun was fascinated by God and close to all...These...panels are... steps that will help you to discover her and be drawn to Elizabeth as a friend, a guide and a sister...

Saint Elizabeth of the Trinity would like to say to each of you what she wrote to a friend just a few days before her death:

*"You will have battles to fight on the path of life...
Call your little sister, she will be so glad to help you..."*

A Timeline of Elizabeth's Life

1880	July 18	Birth of Elizabeth Catez in Camp Avord near Bourges
	July 22	Baptism
1882	November	The family moves to Dijon
1883	February 20	Birth of her sister Marguerite
1887	October 2	Death of her father
1891	April 19	First Communion at St. Michael's Church
	June 8	Confirmation at the Church of Our Lady
1893	July 25	won first piano competition
1894	Summer	Hears her soul's interior call to Carmel
1899	March	Went on a parish mission retreat in Dijon
1901	August 2	Entrance into the Carmel of Dijon
	September 8	Clothing Day
1903	January 11	Religious profession
1904	November 21	Composition of the prayer "O my God, Trinity whom I adore"
1905	February	First symptoms of Addison's disease
1906	November 9	Dies at the age of 26
1984	November 25	Beatification by Pope St. John Paul II
2016	October 16	Canonization by Pope Francis in Rome

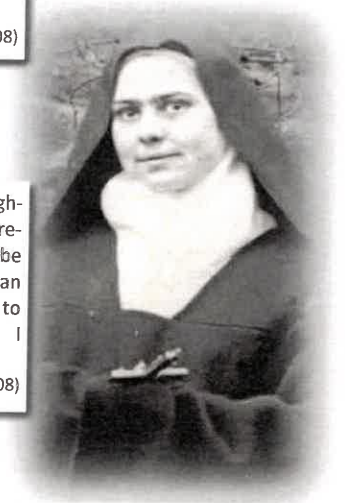
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St. Elizabeth of the Trinity

Carmelite, Apostle

"Oh how good it is in Carmel, it is the best country in the world, and I can say that I am as happy as a fish in water! What a beautiful horizon... it is the infinite!"

(Letter 108)



"As a true daughter of Saint Teresa, I desire to be an apostle so I can give every glory to Him whom I love..."

(Letter 208)

"I would like to keep myself like a little vase at the Source, at the Fountain of Life, so that later I can communicate it to souls by letting overflow its floods of infinite charity."

(Letter 191)

*"Walk in Jesus Christ:
you need this broad road!
If you knew how He loves you
and how, through you,
He wants to be loved..."*

(Letter 233)

Elizabeth of the Trinity

Sabeth Angel or Devil?

"Elizabeth was very lively, quick tempered and could fly into a real rage, screaming, stamping... a real devil!"

(Her sister)



"This child has a will of iron. She must have what she desires..."

(Elizabeth's tutor)

"At 6 years old, one is struck by her recollection and her fervor when she prays." (Elizabeth's tutor)

*"If you have a combative nature,
a battlefield,
don't be discouraged, don't become sad.
I would gladly tell you:
love your misery,
for that is where God exercises His mercy!"*

(Letter 324)

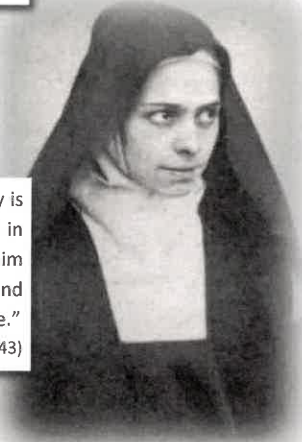
Praise of Glory

"Praise of Glory, this will be my new name in Heaven..."

(Letter 301)

"A praise of glory is a soul that lives in God, that loves Him with a pure and disinterested love."

(Heaven in Faith 43)



"To be rooted and grounded in love: such, it seems to me, is the condition for worthily fulfilling its work as a praise of glory."

(Last Retreat 20)

*"Live within with the Three
in the Heaven of your soul.
Then you will be "the praise of His glory"...
Always believe in Love
and always sing in thanksgiving!"*

(Letter 269)

"Will of God"

"Oh, how good it is to unite, to identify our will with His will, then, one is always happy!" (Letter 44)



"He has placed in my heart a thirst for the infinite and such a great need to love that He alone can satisfy it." (Letter 169)

When she entered Carmel, she was asked: "What name would you like to have in Heaven! She responded: "will of God..."

(Personal notes 12)

*" Listen
to what the Lord tells you:
Let yourself be loved, it is your vocation.
It is in being faithful to it
that you will make me happy..."*

(Let Yourself Be Loved)