

“*Pax et Bonum*” is a very well-known greeting which has been used by Franciscans for centuries. It basically means “may the Peace and Goodness of God be within you.” St. Francis of Assisi was obsessed with the reality of God’s infinite goodness. This truth proved to be the source of his joy and peace in good times and bad – Almighty God never changes, and He is Pure Goodness. Before each hour of the Divine Office (i.e. seven times a day) St. Francis had his followers say this prayer:

All-powerful, most holy, most high, supreme God: all good, supreme good, totally good, You Who alone are good, may we give you all praise, all glory, all thanks, all honor, all blessing, and all good. So be it! So be it! Amen.

Now, wouldn’t that be a good prayer for all of us to say seven times a day, good days or bad!



TODAY WE CELEBRATE THE SOLEMNITY OF THE MOST HOLY TRINITY

We read in our catechism: “The mystery of Christian faith and life. It is therefore the source of all the other enlightens them” (CCC 234). How does enlighten all the mysteries of faith? of Christian faith and life? The mystery God is in fact a perfect Communion of same substance (same being) – they are Infinite Love, Infinite Goodness, Infinite only our minds and hearts could remain truth, as was St. Francis’s, we would see creation, all the Sacraments, the friends and every human being, yes, is an expression of Infinite Love. Listen Francis at a time when his body was



of the Most Holy Trinity is the central the mystery of God in himself. It is mysteries of faith, the light that the mystery of the Most Holy Trinity How does it serve as the central mystery of the Trinity reveals to us that Almighty three divine Persons Who are all of the perfectly One. In a nutshell, God truly is Truth, and Infinite Beauty in Himself. If obsessed and overwhelmed by this everything in its deepest meaning. All Church, the law of God, our family and EVERYTHING (except sin and its effects) to the famous canticle penned by St. racked with pain and he was dying:

Most High, all-powerful, good Lord,
 Yours are *the praises, the glory, and the honor, and all blessing,*
 To You alone, Most High, do they belong, and no human is worthy to mention Your name.
 Praised be You, my Lord, with all *Your creatures*, especially Sir Brother Sun,
 Who is the day and through whom You give us light.
 And he is beautiful and radiant with great splendor; and bears a likeness of You, Most High One.
 Praised be You, my Lord, through Sister Moon and *the stars,*
 In heaven You formed them clear and precious and beautiful.
 Praised be You, my Lord, through Brother Wind,
 And through the air, cloudy and serene, and every kind of weather,
 Through whom You give sustenance to Your creatures.
 Praised be You, my Lord, through Sister Water, who is very useful and humble and precious and chaste.
 Praised be You, my Lord, through Brother Fire, through whom *You light the night,*
 And he is beautiful and playful and robust and strong.
 Praised be You, my Lord, through our Sister Mother Earth, who sustains and governs us,
 And who produces various *fruit* with colored flowers and *herbs.*
 Praised be You, my Lord, through those who give pardon for Your love,
 And bear infirmity and tribulation.
 Blessed are those who endure in peace for by You, Most High, shall they be crowned.
 Praised be You, my Lord, through our Sister Bodily Death, from whom no one living can escape.
 Woe to those who die in mortal sin.
 Blessed are those whom death will find in Your most holy will,
 For *the second death* shall do them no harm.
 Praise and bless my Lord and give Him thanks and serve Him with great humility.

St. Francis understood the Power, Beauty, and Love of the Most Holy Trinity, and he lived accordingly. *Pax et Bonum!!*

Your Servant in Christ,
 Fr. Terry Staples