

"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? How Christian faith and life? The mystery of 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 as was St. Francis's, we would see creation, all the Sacraments, the Church, every human being, yes, EVERYTHING expression of Infinite Love. Listen to the a time when his body was racked with



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 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 truth, everything in its deepest meaning. All the law of God, our family and friends and (except sin and its effects) is an famous canticle penned by St. Francis at 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





Saint Aloysius Gonzaga

Feast Day: June 21

Born: March 9, 1568

Died: June 21, 1591

Beatified: 19 October 1605 by Pope Paul V

Canonized: December 31, 1726 by Pope Benedict XIII

Aloysius Gonzaga was born in Castiglione delle Stiviere (in northern Italy near Mantua) into a prominent and wealthy noble family. As the eldest of seven children, he was destined to inherit his father's title of Marquis and was trained from a young age for a military career. Despite the violence and intrigue of the Renaissance period in Italy, Aloysius experienced a profound spiritual awakening at the age of seven, dedicating himself to prayer and acts of devotion. His early education took place at the courts of Florence and later Madrid, where he served as a page to the son of King Philip II of Spain. During these years, Aloysius became increasingly disillusioned with court life and was drawn toward religious vocation. By age nine, he had already taken a private vow of chastity, and by twelve, he received his First Communion from St. Charles Borromeo, a significant spiritual milestone.

Aloysius's decision to join the Society of Jesus (Jesuits) was met with fierce resistance from his father who hoped his son would continue the family legacy. After a prolonged struggle, Aloysius renounced his inheritance and entered the Jesuit novitiate (the first stage of entering the Jesuit religious life) in Rome at the age of seventeen. His spiritual director was St. Robert Bellarmine, who would later be canonized and declared a Doctor of the Church. As a Jesuit, Aloysius was known for his deep commitment to prayer. He practiced rigorous fasting and self-denial, seeking to purify himself and grow closer to God.

In 1591, a devastating plague struck Rome. Aloysius volunteered to care for the sick and dying at a Jesuit hospital, tending to their needs with compassion and courage despite his own frail health. His selfless service exposed him to the disease and he soon contracted the plague himself. After months of suffering, Aloysius Gonzaga died at the age of twenty-three, just six years short of his ordination as a priest. His early death was widely mourned, and his reputation for holiness quickly spread.

Gonzaga University in Spokane, Washington, is one of many educational institutions worldwide named in honor of Saint Aloysius Gonzaga. Founded in 1887 by Jesuit priests, the private university embodies the Jesuit values of service, academic excellence, and care for the whole person; values exemplified by its namesake. The university also has a study abroad program located in Florence, Italy.

Reflection: Saint Aloysius Gonzaga's brief yet impactful life continues to resonate across centuries and continents. His choice to forsake privilege for a life of service, his courage in the face of suffering, and his enduring legacy as a patron of youth and education reflected in the mission of Gonzaga University has touched countless lives. His example challenges all to live with compassion, humility, and unwavering faith.