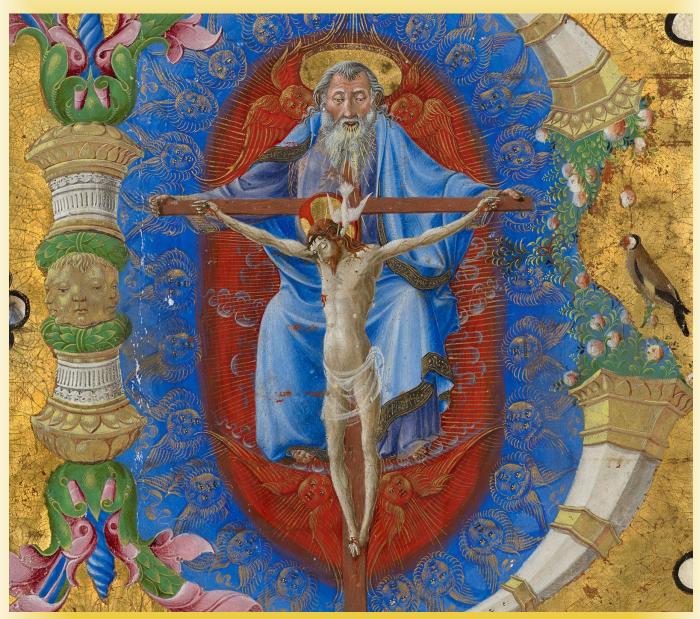
THE FEAST OF THE MOST HOLY TRINITY June 12, 2022



Saint Stanislaus Catholic Church

516 East 13th Street
Erie, Pennsylvania 16503
814.452.6606
www.ststanserie.org
email: ststaner@outlook.com

Fr. Jason Glover, S.T.L., Pastor Msgr. Daniel Magraw, Senior Associate Debbie Oldenski, Secretary Thaddeus Fryczynski, Director of Music

Office Hours: Monday - Friday, 9:30AM - 3:00 PM (Closed 12:00PM - 1:00PM, Saturdays, Sundays, & Holidays)

Weekend Eucharistic Liturgy:
Saturday at 4:00PM; Sunday at 9:00AM
* Daily Eucharist: Call the Parish Office

Holy Trinity Catholic Church

2220 Reed Street Erie, Pennsylvania 16503 814.456.0671

www.holytrinityrc.org email: parishoffice@holytrinityrc.org

Fr. Jason Glover, S.T.L., Pastor

Msgr. Daniel Magraw, Senior Associate

Mary Ann Merski, Secretary

Jeannie McGinley, Director of Music

Office Hours: Monday - Friday, 9:00AM - 4:00PM (Closed 12:00PM - 1:00PM, Saturdays, Sundays, & Holidays)

Weekend Eucharistic Liturgy:
Saturday at 5:15PM; Sunday at 10:30AM
* Daily Eucharist: Call the Parish Office



Saint Stanislaus & Holy Trinity Partners in Faith & Mission



The Most Holy Trinity

In creative celebration of the Most Holy Trinity, pray a rosary with creation. Find a quiet place outside or sit near a window. Contemplate the amazing Divine Gift that is before you. Admire it. Ask for the guidance of St. Francis as you pray: "You, Holy Father, are King of heaven and earth.... You are love. You are beauty. You are gentleness. You are joy. You are hope and happiness." Admire the wonder and majesty of God in all that is around you. Ask for wisdom and understanding.

Begin each decade with the Our Father and conclude with the Glory Be.

Decade one: Contemplate God the Father. As you pray each bead with a Hail Mary, get lost in the grandeur of all that you see. Imagine the thousands and thousands of years of history that is before you. Envision a time when nothing existed. What is nothing? Lift your eyes, heart, and soul to the power and magnificence of the universe, its expanse and its endlessness. You are one with it all. God's creative power.

Decade two: Contemplate God the Son. Behold the squirrels, birds, and critters all conducting life's business. They have heartbeats just like yours. Praying each bead, become one with the incarnate divine life that flows through you and flows with the smallest of creatures. It is holy innocence and blessed life. Tenderness. Compassion, Mercy. Reverence. All want to be held, have a home, and be loved. God in all things. Emmanuel.

Decade three: Contemplate God the Holy Spirit. The changing of times and seasons happens often without notice. It is all within God's care and guided. We all belong. Behold the living, dying, and rising to new life. You are one with all time from beginning into eternity.

Decade Four: Contemplate God as One. **Decade Five**: Contemplate God as three. All different while remaining one. The divine dance is being danced before you. Rest in what you see. Become what you see. We are all connected: God of the Holy Trinity, creation, our brothers and sisters, the animals, and the plants.

The rosary you have prayed celebrates the circle of connectedness and the intimate relationship we share with all things: a glimpse of the Trinity.

Readings for the week of June 12, 2022

Sunday: Prv 8:22-31/Ps 8:4-5, 6-7, 8-9 [2a]/Rom 5:1-5/Jn 16:12-15 Monday: 1 Kgs 21:1-16/Ps 5:2-3ab, 4b-6a, 6b-7/Mt 5:38-42 Tuesday: 1 Kgs 21:17-29/Ps 51:3-4, 5-6ab, 11 and 16/Mt 5:43-48

Saturday: 2 Chr 24:17-25/Ps 89:4-5, 29-30, 31-32, 33-34/Mt 6:24-34

Wednesday: 2 Kgs 2:1, 6-14/Ps 31:20, 21, 24/Mt 6:1-6, 16-18

Thursday: Sir 48:1-14/Ps 97:1-2, 3-4, 5-6, 7/Mt 6:7-15 Friday: 2 Kgs 11:1-4, 9-18, 20/Ps 132:11, 12, 13-14, 17-18/Mt 6:19-23

Next Sunday: Gn 14:18-20/Ps 110:1, 2, 3, 4 [4b]/1 Cor 11:23-26/Lk 9:11b-17

Sacrament of Baptism: Sacramental preparation is required of the parents who desire to share the Catholic faith with their children and are held monthly throughout the City of Erie. Call the parish office to register to schedule your preparation. Godparents must be Confirmed and practicing Catholics with a letter of recommendation from their pastor to serve as a sacramental sponsor.

Religious Education, First Holy Communion, and First Reconciliation programs are hosted at Saint Luke's Church for all eastside Erie parishes. Contact their parish office for more information and to register your child (814.825.7105).

Confirmation preparation for all eastside Erie parishes is hosted at Saint Luke's Church. Contact their parish office for more information and to register your child (814.825.6920).

Sacrament of Holy Orders: God calls all people to holiness. Some men are called to fulfill this vocation as priests. If you are interested in the priesthood, or have questions about it, please contact a parish priest or our Diocesan Vocation Director, Scott Jabo, at 1.814.824.1181.

Sacrament of Matrimony: Before a date can be scheduled, a priest must be contacted at least six months in advance to complete the required documents.

Sacrament of the Sick: Communal celebrations of Anointing the Sick are scheduled periodically. The sacrament can also be requested by any parishioner who is seriously ill or in danger of death. *Please note*: Federal law no longer permits hospitals or nursing homes to contact churches when a parishioner is admitted. It is important that family members notify the parish office if a loved one needs a visit, desires to receive Holy Communion, or needs to be Anointed.

Leave A Legacy: Consider Saint Stanislaus and Holy Trinity as you meet with your attorney or financial planner regarding your estate planning. Remember the needs of your parish family and leave a legacy of faith for future generations with your generous remembrance.

Bulletin Information Deadline: Please submit information to be included in the weekend bulletin by noon the Monday prior. Holiday bulletin announcements must be received by the parish office two weeks in advance.

"PRAYER, CARE, AND CONCERN" MINISTRY

Those who participate in this ministry express the care and concern of our entire parish community to those who are ill, hospitalized, homebound, or in nursing facilities, through birthday and holiday cards, visits, and prayers. To request prayers, or to participate in this ministry, contact Saint Stanislaus Office (814-452-6606).

"PRAYERLINE" MINISTRY

These ministers devote themselves to prayer for any needs made known to them and any special intentions. To participate in this ministry, or to request prayers for a particular need, contact Saint Stanislaus Office (814-452-6606 or Holy Trinity Office (814-456-0671).

PCEP (Parish Catholic Education Program)

Parishioners of Holy Trinity can receive a parish grant to assist with the cost of tuition for families who wish their primary or secondary school age children to have a Catholic education. To be eligible, families must participate in the program, attend Mass regularly, and be involved in the parish community. For more information, contact the parish office.

LITURGICAL MINISTRIES

Parishioners interested in serving our worshiping community as an altar server, lector, Eucharistic minister, or music minister, please let one of your priests know.

"PRAYER SHAWL" MINISTRY

The enjoyment of knitting, crocheting, and sewing are uniquely combined with prayer to offer a deeply personal and meaningful spiritual ministry. Shawls are prayerfully made and freely given away to those suffering bereavement, those recovering from illness, the elderly, homebound, and those in nursing facilities. To join us in this ministry, please contact Saint Stanislaus Office (814-452-6606).

THE "ZABAWA COMMITTEE"

Held on the parish grounds of Holy Trinity, Zabawa is the largest Polish heritage celebration in the region, drawing tens of thousands of people to our neighborhood. The Zabawa Committee organizes the festival through food preparation, donation solicitation, food and beverage service, and so on. The committee always welcomes any help they receive. If you would like to offer your time, and experience hands-on learning about these rich cultural traditions, contact Holy Trinity Office (814-456-0671).

PROLIFE COMMUNITY

This ministry advocates through for the protection of all human life from conception until natural death through prayer, education, and action.

"PRAYER CANDLE" MAKING MINISTRY

This ministry makes prayer candles from the church's left over bee's wax. They meet on Wednesdays, from 10AM - Noon in St. Stanislaus Parish Hall. No experience necessary.

	ST. STANISLAUS / HOLY TRINITY INITIAL PARISHIONER REGISTRATION (please circle which parish)	FORM
Family Name:		
E-mail:		
		
City/Zip:		
Phone:	Cell Phone:	
Please Check: _	New RegistrationChange of Address Change of Telephone No	umber
-	Change of E-mail Moving out of Parish Want Enve	elopes
Place	e in offertory basket or mail to Parish Office. We will contact you to complete our (Welcome to our Parish Family!	Census Form.

Saint Stanislaus Parish Community

MASS INTENTIONS

Mon., June 13th - Private Intention

Tues., June 14th – Stan & Jean Markiewicz (Family)

Wed., June 15th - Vernon & Ellen Gambill (Paul & Renee Gambill)

Thurs., June 16th - William ("Bill") Post (Jim & Joyce Bolla)

Fri., June 17th - Ed Przepierski (Marie)

Sat., June 18th, 4:00PM - For the People of St. Stanislaus (*Pro Populo*)

Sun., June 19th, 9:00AM - Ed Czulewicz (Janet & Rick York)



Our sanctuary candle burns in memory of JOHN & THERESA PIOTROWSKI, as gifted by Janet & Jim.



FFAST OF THE MOST HOLY TRINITY

IN MEMORIUM

A Mass of Christian Burial was celebrated on Saturday, June 4th, for Kathleen Baginski. We expend our prayers and sympathy to her family and friends. "Eternal rest grant unto her, O Lord..."

A FAMILY PERSPECTIVE

The words of Jesus in today's gospel, "I have many things to say to you, but you cannot bear it now", could be said by any parent. It can be frustrating because our desire to guide is often misinterpreted or poorly received. We cannot program our children. We can only teach, lead and trust the Spirit of truth will guide them.

LECTOR SCHEDULE

New lector schedules are available in the sacristy. Feel free to pick one up before or after Mass.

JULY LOTTERY RAFFLE

The Holy Name Society is, once again, sponsoring a lottery raffle for the month of July. For only \$5, you can have 31 chances to win throughout the month. Tickets can be purchased from any Holy Name member, in the sacristy, or at the Parish Office.

THE WOMEN'S SOCIETY

... will meet today, June 12th, at 1:00PM in the Parish Hall. All are welcome to attend.

WEEKLY OFFERING (JUNE 5, 2022)



UP TO THE JOB

Have you ever had a job for which you didn't feel qualified? I think we all have, whether it was a paying gig or not. A lot of us parents often feel in awe of the magnitude of that role and lose sleep worrying that we made the wrong decision in one situation or a bad call in another. Some of us feel intimidated by what our communities need from us, on the parish level or in our personal relationships. Or maybe we are simply dreading a task that seems too big, too overwhelming. When we don't feel qualified, we don't want to do the work. We get stuck in our own fear. That's the birthplace of procrastination, self-doubt and bitterness. When we look inward at our own abilities, we can only see all the traits that aren't there. The intelligence, the dexterity, the ambition — whatever it is we lack, we get stuck on it. I've got good news and bad news. I'll start with the bad news: none of us are qualified for the call of discipleship. We simply aren't. We don't have the love or grace or strength to get the job done. Now I'll give you the good news: God knows this, and He doesn't care. Stewardship does not insist that we possess every good quality — no, as a way of life, stewardship recognizes that we lack so many qualities. But it shows us where to find the love and grace and strength we need. Stewardship does not demand that we know every answer; it merely reminds us who to ask when we don't.

Tracy Earl Welliver, MTS

SAINT ROCH "MULTI-PARISH" MEGA-RAFFLE

We will, once again, participate in the St. Roch Raffle. St. Roch is a parish located in Greenwich, CT. They reach out to many, many parishes along the east coast to solicit participation. We were first invited to participate two years ago. On short notice, we didn't really "push" the raffle, but we do profit from it.

Tickets are \$25 each; 50% of all ticket sales (\$12.50/ticket) remain at St. Stanislaus. Prizes are paid out in American Express Gift Cards. First prize is \$30,000; second is \$10,000; third is \$8,000). There are also 20 winners of \$1,000. Drawing take place on August 13th and can be viewed live on-line. Please see John Villa for tickets, or call the Parish Office. Thanks for your support!

Holy Trinity Parish Community



The sanctuary candle burns this week in memory of **ALL LIVING & DECEASED PARISHIONERS.**



6/12 - Cheryl Meabon 6/13 - Norbert Wagner

6/18 - Thaddeus Zbrzeznj

6/19 - Angela Otto

MASS INTENTIONS

Mon., June 13th - In Honor and Thanks to St. Anthony

Tues., June 14th - For All Who Served in the Armed Services

Wed., June 15th - Living & Deceased Fathers

Thurs., June 16th - John Figurski (Theresa & Skip)

Fri., June 17th - For Living & Deceased Mothers

Sat., June 18th, 5:15PM - The People of Holy Trinity Parish (Pro Populo)

Sun., June 19th, 10:30AM - For Living & Deceased Fathers

Today we celebrate the feast of the Most Holy Trinity. What we are commemorating is a central reality of our Christian faith, that God is Trinitarian in nature — three distinct persons in one God. The Church calls this truth a mystery, as indeed it is. Some have said that "mystery" in this context is "not a wall to run up against but an ocean in which to swim." Contemplating the "ocean depths" of this mystery can make us humans feel so small, and almighty God so far from us. Yet nothing could be further from the truth as today's readings demonstrate. In the second reading, St. Paul reminds us that God is intimately connected to us. "The love of God has been poured out into our hearts through the Holy Spirit that has been given to us." God wants live in the very depths of our being and in all the intimate details of our lives if we will let Him. And in the Gospel from St. John, we learn that God holds back nothing of Himself from us. Jesus tells His disciples (this includes us!) that the Holy Spirit "will take from what is mine and declare it to you. Everything the Father has is mine." Thus, we find ourselves drawn right into the midst of this Trinitarian love. In fact, if the mystery of Holy Trinity is an ocean which to swim, the "water" that makes up that ocean is love. What then should be the response of the Christian steward to this sublime mystery? All we can do is worship. And offer our lives back to God in total gratitude for calling us to live in the richness of such unfathomable love.

Good Morning Happy Sunday





Happy feast Of the Holy Trinity

Prayer to the Trinity

God, Trinity, hidden in my soul, I praise and thank you for your gift of love. You have breathed into my soul the desire to be united with you in love. May this desire be realized in me through the hidden work of love. I surrender myself completely to your loving embrace, transform all that would keep this desire from being fulfilled. May my love for you be selfless as I continue to deepen in this three-fold unity of Father, Son and Spirit.

THANK YOU!

Many thanks to our PCEP Families who, for the 2021-22 academic year, offered an amazing 4,316 hours of service to our parish! Whether by baking bread or making pierogi, whether by working the holiday markets, or tending to our grounds, please know how invaluable your service is to our community!

But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will glorify me because it is from me that he will receive what he will make known to you. All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you." John 16:13-15 (NIV).

The Mystery of the Trinity

The puzzle is based on John 16:12-15



TRUTH	FATHER	RECEIVE	KNOWN	GUIDE
MAKE	SPEAK	BELONGS	SPIRIT	MINE
GLORIFY	COMES	TRUTH	HEARS	TELL



WEEKLY OFFERING FOR June 5, 2022

Regular Offering: \$1,704.00 (31/130)

	THIS WEEK	JULY 1 TO DATE
Dream Goal:	\$3,000.00	\$138,000.00
Budgeted:	\$2,365.00	\$109,721.00
Total Offertory:	\$1,704.00	\$113,523.00
Net (over/under):	(\$661.00)	\$3,802.00

Attendance: 5:15PM = 43; 10:30AM = 68

News for Our Partnership

MARK YOUR CALENDARS

Our annual parish picnic will be held on Sunday, August 14th, in the Saint Stanislaus Rectory courtyard. The communities of St. Stan's, Holy Trinity, and St. Hedwig's are warmly invited to attend. More details will be forthcoming.

PANCAKE BREAKFAST

Saint Stanislaus will host its first ever Pancake Breakfast on Sunday, July 10th in the Social Hall. Mark your calendars and plan to attend and support St. Stan's. More details will be forthcoming.

HELP WANTED

Kathy Smith is in need of the wicker baskets that she uses for the Theme baskets for Zabawa. Her suppliers do not have them. If anyone has any and could donate them, she would appreciate it. You can bring them to a weekend Mass and we will be sure to get them to her.

DIOCESAN ANNIVERSARY CELEBRATION

Couples celebrating their 25th, 40th, 50th or 60th or more wedding anniversaries are invited to attend the annual Diocesan Anniversary Celebration Liturgies on Sunday, July 31, 2022 at St. Mary in St. Mary's and Sunday, August 7, 2022 at Holy Cross in Fairview. Both liturgies will begin at 2:00 p.m. To register for either event or to receive a scroll by mail, please visit: https://www.eriercd.org/familylifeoffice/anniv.html or contact your parish office or the Family Life Office at (814) 824-1210.

BEEF-O-RAMA

The Men's Council of Our Lady of Mount Carmel parish announces the return of the annual "Beef-O-Rama" on Thursday, June 30th, on the parish grounds. You must be 21 years old or older to attend. Beverages are available beginning at 5PM. Hors d'oeuvres will be served at 6PM. Prime rib dinner at 7PM. Tickets are \$65 and must be purchased in advance; no tickets will be sold at the door. Tickets can be purchased at the parish office (814.825.7313), or from Dave Williams (814.825.2722 or 814.873.2778). The deadline to purchase tickets is June 19th.

Trinity Sunday is the first Sunday after Pentecost in the Western Christian liturgical calendar, however, in Eastern Christianity there is no specific day set aside to celebrate the Christian doctrine of the Trinity. The Eastern Churches point out that they celebrate the Trinity every Sunday. Westerners do as well, we just set aside a special feast day for the purpose. In the West, Trinity Sunday, officially called "The Solemnity of the Most Holy Trinity," is one of the few celebrations of the Christian Year that commemorates a reality and doctrine rather than an event or person. This is the mystery into which the Church invites us more deeply on the Solemnity of the Most Holy Trinity. Yet this truth is also the very gift that that we are invited to share with all whom God entrusts to us in our daily lives: "Love one another as I have loved you" (John 15:12). Every human heart longs for its eternal home. Today, we invite the Trinity to be more at home in our hearts in order to make them a more welcoming home for others—that through our smile, our gentleness, our availability of heart, everyone whom the Father entrusts to us may experience the Love that is their eternal home.

CHILD PROTECTION: LISTEN

With children are out of school, meeting new people and going to new places, make sure that you talk to them often about the people they've met. Listen to your children. If Observe and get to know the other children and adults. Make sure your children know they can come to you with any concerns they may have. If you hear of or observe inappropriate behaviors, make sure to communicate to people who are in a position to intervene.

EUCHARISTIC REVIVAL

The Diocesan phase of a "Eucharistic Revival," called for by the Bishops of the United States, will begin with four regional Eucharistic processions on June 19th, the Feast of Corpus Christi. Locally, the Eucharistic procession will be hosted at St. Peter's Cathedral beginning at 1:00PM. The procession will be organized outside of the Cathedral. All are strongly encouraged to participate by walking in the procession. This is an opportunity to give witness to the importance of the Real Presence of Christ in the Eucharist and in your life.

THE 31 CLUB - PRAYING FOR VOCATIONS

6/13) Shirley Widomski; 6/14) Julie Slomski & Katherine Krainski; 6/15) Dorothy & Mead Carlson, Nancy & Art Kujawinski, & Carol Clark; 6/16) Corinne Dyakon, Mary Jo Sulecki, & Kay Stankiewicz; 6/17) [OPEN]; 6/18) Pearl Wisniewski; 6/19) Bill Dyakon & Fr. Jason Glover

PRAY FOR OUR PRIESTS

6/13) Fr. Joe Kalinowski; 6/14) All Vocations; 6/15) Msgr. George Appleyard; 6/16) Fr. Mark Nowak; 6/17) Fr. Joe Czarkowski; 6/18) Msgr. Dick Mayer; 6/19) Bishop Persico

Sunday, Jun 12, 2022

SOLEMNITY OF THE MOST HOLY TRINITY

Proverbs 8:22-31; Romans 5:1-5; John 16:12-15

"Affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint."

Mirror the unconditional love of God

On this day six years ago, 49 people were murdered and 53 wounded in a mass shooting at a nightclub in Orlando. Most victims were members of the LGBTQ community and people of color. Expressions of horror and support poured in from around the world. Archbishop, now Cardinal, Blase Cupich of Chicago said: "Our prayers and hearts are with the victims of the mass shooting in Orlando, their families and our gay and lesbian brothers and sisters... In response to hatred, we are called to sow love. In response to violence, peace. And, in response to intolerance, tolerance." Sow love, champion diversity, and be the hope.

Monday, Jun 13, 2022

MEMORIAL OF ANTHONY OF PADUA, FRANCISCAN PRIEST, DOCTOR OF THE CHURCH

1 Kings 21:1-16; Matthew 5:38-42

"Give to the one who asks of you."

Saint of the lost and found

Many folks, when they lose track of their car keys, glasses, or phone, say a quick prayer to Saint Anthony. He's probably best known as the patron saint of lost objects - think of the countless prayers for his intercession he's received! The story goes that he lost a precious book once, feared it had been stolen, and prayed to find it. Soon after, it was returned by the novice who had taken it. Little losses can feel like big annoyances, but what about the big things lost that slip away little noticed? Like our relationship with God and with others that slowly disappear when neglected. Pray to Anthony for help in holding close the things most dear in life.

Tuesday, Jun 14, 2022

1 Kings 21:17-29; Matthew 5:43-48 "But I say to you, love your enemies."

My country 'tis of thee

The love of God and country, it is said, are as American as apple pie. On this Flag Day, it's helpful to realize that Catholic social teaching supports the love of one's country, so long as it's expressed as a form of solidarity rather than supremacy. Pope John Paul II spoke of it when addressing his Polish compatriots: "Love of our motherland unites us and must unite us above all the differences. It has nothing in common with narrow nationalism or chauvinism," he wrote. "It is the measure of human nobility." Read more in his 1978 Letter to the People of Poland.

Wednesday, Jun 15, 2022

2 Kings 2:1, 6-14; Matthew 6:1-6, 16-18

"But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you."

A contemplative pioneer in the North Star State

On this day in 1947, Father Prosper Edward Meyer, O.S.B. was ordained to the priesthood in Collegeville, Minnesota as the first black Benedictine in the United States. He was an early African-American priest at Saint John's Abbey, among the first U.S. Catholic seminaries (religious or diocesan) to lift bans on black applicants. His willingness to persevere in faith and in his vocation serves to inspire us all to holiness and fortitude in our respective states of life.

Thursday, Jun 16, 2022

Sirach 48:1-14; Matthew 6:7-15 "Your Father knows what you need before you ask him."

In praise of down time

Traditionally this is the time of year for summer vacation. The Christian tradition has had a love-hate relationship with leisure - often embracing work as a sign of virtue and salvation. However, from early on, Christians have respected leisure, instituting a Sabbath Day and touting the concept of "holy leisure." Monks promoted the concept because prayer and contemplation cannot thrive in constant activity. If you're taking a vacation soon, embrace it fully, and let it be restorative physically, mentally, and spiritually.

Friday, Jun 17, 2022

2 Kings 11:1-4, 9-18, 20; Matthew 6:19-23 "All the people of the land rejoiced and the city was quiet."

History makes perfectly clear our imperfect past

Last year President Joe Biden proclaimed June 19 as Juneteenth National Independence Day, a federal holiday commemorating the final emancipation of enslaved African Americans. As much as freedom is something to celebrate, our history of slavery cannot be ignored. In the words of U.S. poet Maya Angelou: "History, despite its wrenching pain, cannot be unlived: however, if faced with courage, need not be lived again." That is why we study history, mark its days of tragedy and good fortune, and learn from prior generations' successes and failures. It is self-reflection that can lead to progress, or as Saint Augustine put it: "This is the very perfection of a man, to find out his own imperfections."

Saturday, Jun 18, 2022

2 Chronicles 24:17-25; Matthew 6:24-34
"But seek first the Kingdom of God and his righteousness, and all these things will be given you besides."

Take a moment to hail Mary

If we were keeping track of which prayer gets said the most, the Hail Mary, being prayed now for more than a thousand years, would likely win. The first half of the Hail Mary is taken from the first chapter of Luke, the greetings to Mary by the Angel Gabriel and her relative Elizabeth. The last half, the petition, was added around the time of the Council of Trent in the 1500s. It takes about 15 seconds to recite the prayer. Pray it regularly as a way to center your heart and soul.

