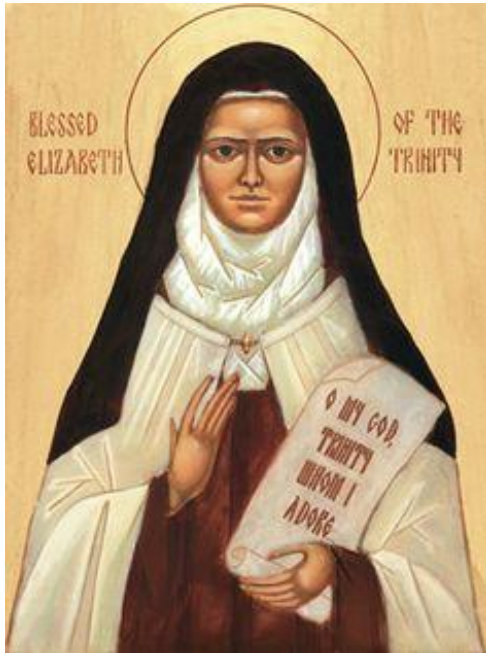


## Module DC24: St Elizabeth of the Trinity

This module is an introduction to the life and spirituality of Saint Elizabeth of the Trinity a young French Carmelite. She was only seven years younger than St Thérèse of Lisieux, whom she loved and admired, but whereas Thérèse became famous almost immediately, Elizabeth is a relatively unknown Carmelite.



The module covers five topics:

- Elizabeth's early life
- Postulant outside the walls
- Her life in Carmel
- Influences on her Spirituality
- Characteristics of her Spirituality

The **objectives** of the module are to:

- introduce you to a relatively unknown Carmelite saint;
- introduce you to the spirituality of Elizabeth of the Trinity both before and after she entered Carmel. As she lived most of her life as a committed Christian, she has much to say to those wanting to live Christian and Carmelite spirituality outside the cloister;
- explore the influences on Elizabeth's spirituality;
- consider the major aspects of Elizabeth's spirituality;
- show how Carmelite spirituality can speak to anyone, whatever his or her way of life.