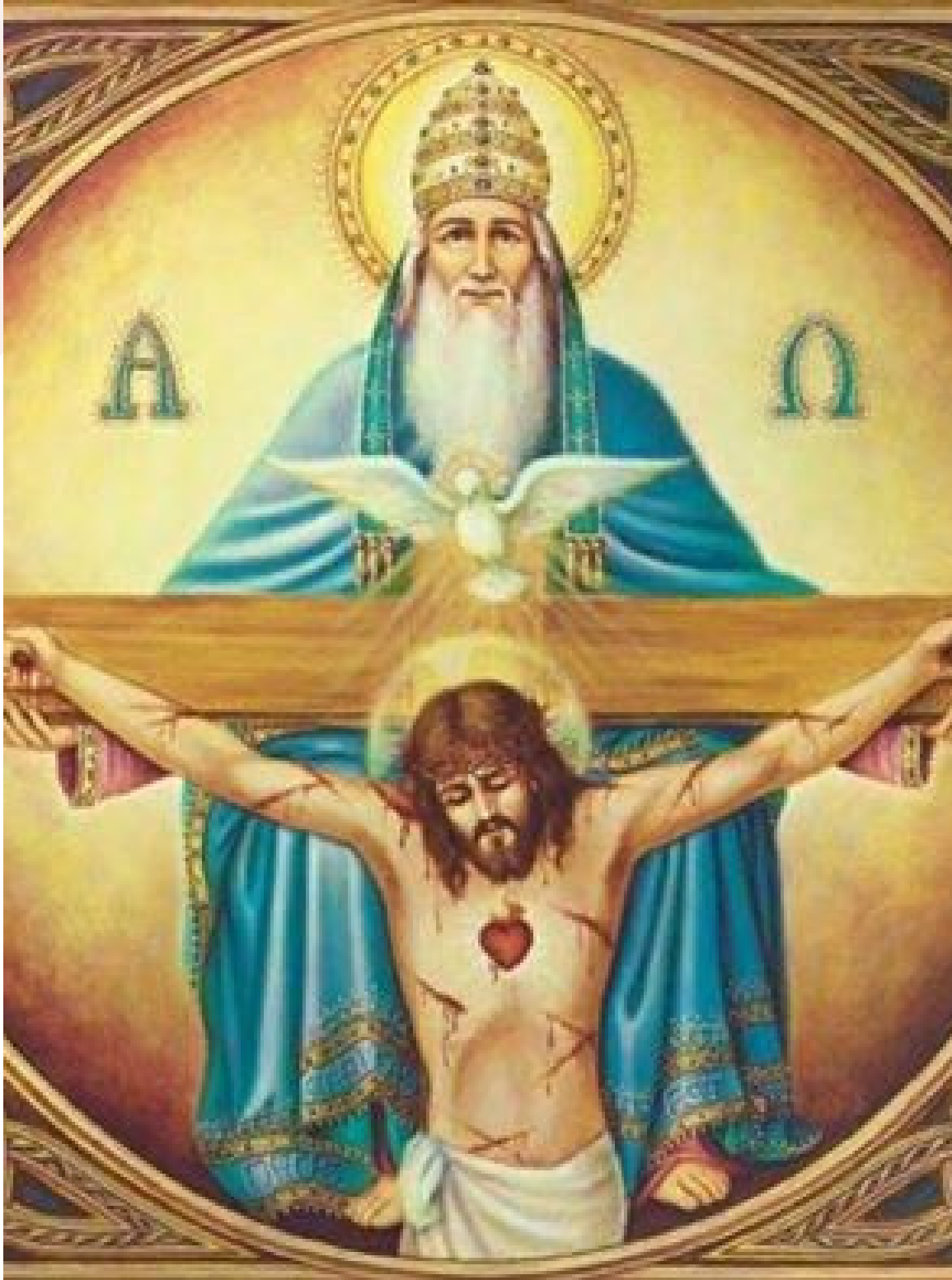
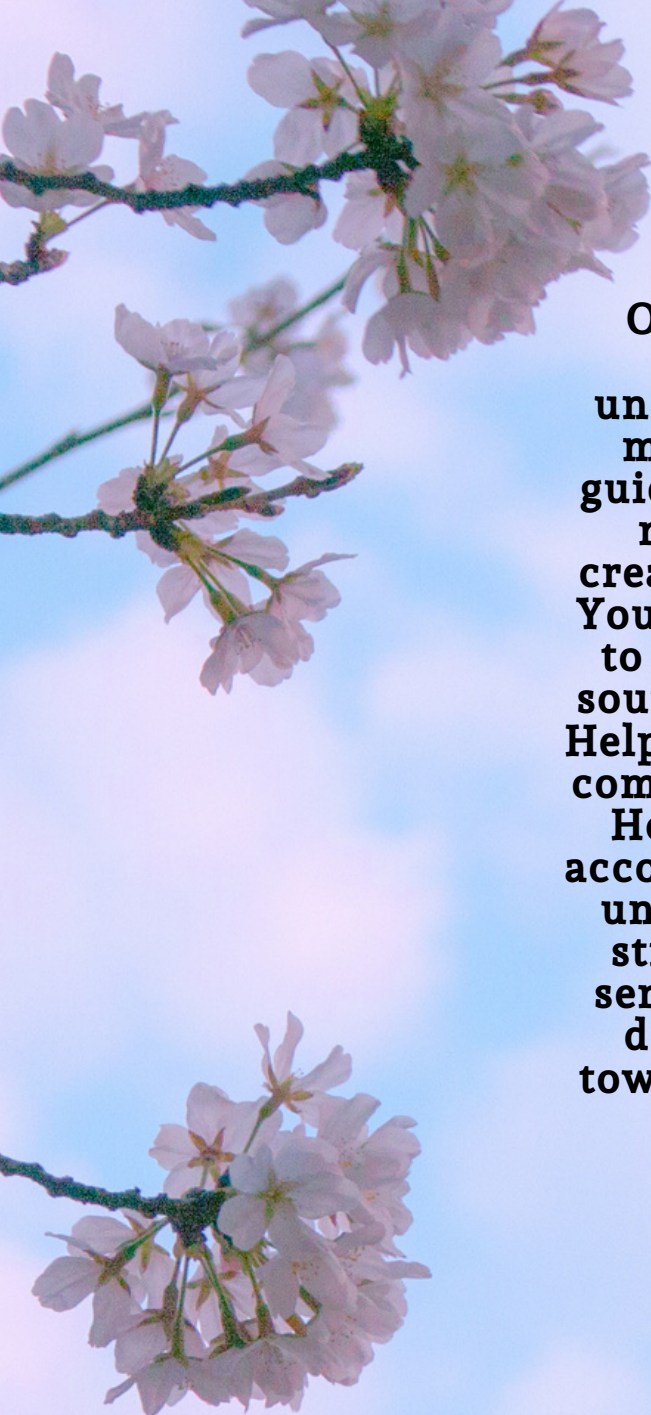


***PRAYER FOR ROOTEDNESS
IN TRINITY***





O Holy and Undivided Triune God I believe that the Father loves me unconditionally through Jesus Christ my Redeemer & the Holy Spirit who guides to become fruitful instrument in my daily duties. I believe that You created me in your own image to follow You and fulfill your Plans in the service to the people. In my life's journey be a source of my encouragement & strength. Help me to serve & love your people with compassion and mercy. Kindly send your Holy Spirit to fortify my daily duties according your will. May your constant & unfailing love for me be the source of strength in my life of commitment & service. My life solely depends on your deep loving presence in my journey towards Heaven Your Abode for Eternal life.

Sr. Manjita Tigga SSpS

O most Holy and Triune God I praise adore and thank you with my whole heart, mind and soul. I proclaim you as my Lord and master. You are the God who knows everything and every part of my being. Let every breath of mine praise and glorify you. You are the supreme source of energy, the fountain of life and its nourishment. Help me Lord to be united always with you just as you are all united. It is difficult to measure the love between you for you are three persons yet one God. You cannot be separated or measured in my small brain. Give me the grace Lord to live in communion with you and with others in spite of all challenges and differences found in daily life. Amen

Sr. Dibya Mallika Dang SSpS



Glory be to the Father who by the almighty power and love created me in His own image and likeness, Glory be to Jesus the son who by the precious blood redeemed me from sin and opened the heaven's gate for me, Glory be to the Holy Spirit who sanctified me in the sacrament of baptism and continue to sanctify me always out pouring His graces abundantly.

O most Holy and adorable Trinity, dwelling in my heart I surrender myself to you. Unworthy to be your servant and follower I stand before you and consecrate myself to you. O Holy and powerful father help me to experience your gentle touch recreating me once again restoring me from all unhealthiness of my heart and soul and make worthy to be your temple. Oh precious blood that gushed from heart of Jesus and the blood from every wound that wet the earth cover me and sanctify my whole being that I may be worthy to stand in your presence offering myself to you always. O Holy Spirit love that unites the Father and son and letting that love flow into my heart, fill me with your compassion and mercy that flows from the heart of Jesus, and the gentleness, softness, serenity with which Abba Father created me, and the seven fold gifts and fruits that enriches me leads my every step that I take, come and penetrate in me that I may be rooted in your life and love always. Amen.

Sr. Mary Grace SSpS



Our Founder St. Arnold Janssen was deeply rooted in the love of the Triune God. The source of his spirituality flowed from his devotion to the most Blessed Trinity. Lord we too have chosen the same way to follow Christ our Lord. So, help us to find in the Trinity the beginning and the end of all that in this world. We are to serve the Triune God; all things must be done in the name of the Trinity. All hearts must become the dwelling place of the Trinity. Lord help that all people may come to know, to love and adore the Triune God. May the Holy Triune God live in our hearts and in the hearts of all people. In him we live, move and have our being. (Act 17:28.) Lord let this be the dominant motivating force in our lives. May we entrust everything on the Blessed Trinity.

Our Founder St. Arnold Janssen's prayer at night was "take every breath and every beat of my heart as an act of love and veneration of Thee, O Holy and Triune God." Lord we ask you to perfect our inner self. According to St. Arnold this is accomplished by perfecting the three powers of the soul, the memory, understanding, and will in and through God. Lord God bless us to consecrate our memories to God our Father, our understanding to God the Son and our will to God the Holy Spirit. So, we may be perfected by His holy love. Amen

Sr. Vinita Joseph SSpS

Glory be to the Father, Who created me, Glory be to the Son who redeemed me, Glory be to the Holy Spirit who sanctified me. O Holy and Triune God I believe in you, I adore you present in me. I sense your presence all around me in the rising sun, blowing winds, the growing trees and flowers. They speak to me of your tenderness and reveal to me your love. May my life be so attuned to you that I too may reflect your love and goodness .Holy Triune God help me to be united with each other like the vine and branch and never let me go astray from you, help me to seek your will and be guided by you . O Holy Triune God, grant that I may ever love you, praise you and always recognize your presence within the core of my being. Amen.

Sr. Deepti Soreng SSpS

Father, maker of heaven and earth, the giver of life, Son the redeemer, the fullness of life and Holy Spirit the sanctifier, spring of new life, you are the origin and hope of our life. I Praise and glorify you for your indwelling presence within and around me. I hear your words calling me, "Abide in Me as I abide in you". As I gaze deep into myself I find an inner restlessness to be one with you. But I'm pulled aback being caught up in the circle of my own situation. My efforts end up in futile and I'm left in quietness. I realize my call to be rooted deeply in relationship with you as I'm created in your own image and likeness. It's in you I find myself and the true meaning of my life.

O Loving Triune God, Your encircling love, unites me to live a harmonious life with one another. Even in the midst of broken and divided world, your inner life inspires me to find new hope. Lord, draw me to share in your life and love as you reveal your movements within me. Fill my heart with the sense of deeper awareness of your presence in me, that I may reflect your tender loving care to all and be a channel of peace and unity. Lord, bless and unite our families, communities, nation and world that are torn apart by hatred and prejudices. May your love bring among your people whom you have created in your image and likeness the fullness of life, joy and peace that we may be in complete union with you and one another on earth as you are one in heaven. Amen.

Sr. Josepha Kullu SSpS

**Triune God,
God the Father of heaven,
God the son redeemer of the world,
God the Holy Spirit, the sanctifier.**

O most Holy Trinity, Father, Son and Holy Spirit we have gathered here as a one family to praise and worship you; and also with a deeper desire to unite ourselves with you. Father, we praise you with all your created being-living and non living. They came forth from your all powerful hand, they are yours, filled with your presence and tender love. Son of God, Jesus, through you all things were made. You were formed in the womb of Mary our Mother, you became part of this earth, and today you are alive in every creature in your risen glory. Holy Spirit, by your light you sanctify us, guide us towards the Father' love, you dwell in our hearts and you inspire us to do what is good. Triune Lord, wondrous community of infinite love, teach us to contemplate you in the beauty of this vast universe.

Sr. Fransiska Kido SSpS

O my God, Trinity whom I adore, help me forget myself entirely so to establish myself in you, unmovable and peaceful as if my soul were already in eternity. May nothing be able to trouble my peace o make me leave you, O my unchanging God, but may each minute bring me more deeply into your mystery! Grant my soul peace.

May I never abandon you, but may I be whole and entire, completely vigilant in my faith, entirely adoring, and wholly give over to your creative action.

O Eternal Word, utterance of my God, I want to spend my life listening to you, to become totally teachable so that I might learn all from you. Through all darkness, all emptiness, all powerlessness, I want to keep my eyes fixed on you and to remain under your great light. O my Beloved Star, so fascinate me that I may never leave your radiance.

O Consuming fire, Spirit of Love, overshadow me so that the Word may incarnate again in my soul. May I be for him a new humanity in which he can renew all his mystery. And you, O Father, bend down towards your poor little creature. Cover her with your shadow; see in her only your beloved son in whom you are well pleased.

Sr. Antonett Sebastian SSpS



It is said, "It is better in prayer to have a heart without words than words without heart." O Most holy Trinity Father, Son and Holy Spirit I adore you present in the blessed sacrament of the altar. Father you are my hope, Jesus you are my refuge and Holy Spirit you are my protector. I sing your praises and proclaim your glorious deeds, glory to you holy and undivided Trinity, adore you with the deepest reverence. I give you thanks from the depth of my own heart that you have created me and the beautiful universe which gives me immense joy and brings peace into my heart. O, my sweet Jesus you know my weaknesses and limitations and I can't do anything without you, deny me not, o good Jesus my loving friend, humbly I pray give your grace to practice the good which you have commanded specially to love you and my neighbor with a pure heart. Amen

Sr. Sunita Digal SSpS

O most blessed Trinity, Father, Son and Holy Spirit, perfect example of unity, love and communion I praise and adore you. May your blessings be with me to be united in mind, heart and spirit. Abide with me, O Lord, be my true joy in the midst suffering and pain. Teach me to be in communion with the Divine, may I be inspired by the Holy Spirit and faith to carryout God's plan for me with perseverance. Grant me the grace to experience the indwelling presence of the Triune God in my soul and in every person.

Sr. Sushmita Soreng SSpS

Glory be to the Father who created the world so beautifully through his mighty hand and made me in His image and likeness. Glory be to the only son, of the Father who redeemed me by shedding his blood for whole humanity and opened the gate of heaven. Glory be to the Holy Spirit, who sanctified me in the sacrament of baptism and penance by his divine Grace and love. Glory to the adorable Trinity now and for ever. Amen.

O most everlasting and indwelling Trinity, I love you, adore you and venerate your presence in every human heart .Your love is immeasurable and uncountable as the sand in the sea. Divine master, and Lord grant that I may ever love you ,praise you and always recognize your presence in my neighbour as you love and care for them .Grant that every action of mine be done for you and my hands and feet are to be used for your greater glory and the salvation of the world. Amen.

Sr. Premcila Minz SSpS

“OUR HEARTS ARE CREATED FOR GOD AND THEY ARE RESTLESS UNTIL THEY REST IN GOD” (ST.AUGUSTINE).