



SEPTEMBER 2025

THE TRINITARIAN WAY

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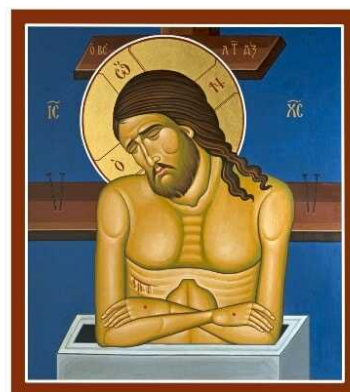
Humility as the Path to Holiness

As Trinitarians, we live under the Rule of St. John de Matha, consecrated by our vows of poverty, chastity, obedience, and the fourth vow of humility. This fourth vow, unique to our Order, calls us not only to live simply but also to walk the path of Christ who “humbled himself, becoming obedient to death, even death on a cross” (Phil 2:8).

Humility is not weakness. It is strength rooted in truth. To be humble is to recognize who we are before God: His beloved children, redeemed by Christ, and called to serve. Humility opens our hearts to see others as brothers and sisters, not as rivals or strangers. It strips away pride and self-reliance, allowing us to depend on God’s mercy and to recognize His image in those most forgotten and oppressed.

The saints remind us that humility is the soil in which holiness grows. St. Teresa of Ávila teaches, “Humility is truth.” St. John de Matha lived this truth when he chose to spend his life not for himself but for those enslaved and persecuted. Humility led him to solidarity, mercy, and radical love.

Humility also allows us to grow in holiness because it opens us to God’s transforming grace. Pride closes the heart; humility makes room in our hearts for the Holy Spirit to dwell. When we admit our limitations, God fills us with His strength. When we serve our neighbor, Christ raises us up in glory. Through humility, we learn to place God’s will before our own, becoming more conformed to Christ the Redeemer. In this way, humility helps us fulfill God’s deepest call: to become saints. Every saint, no matter their path, walked first the road of humility.



In a world where ambition, recognition, and self-promotion often dominate, the vow of humility becomes prophetic. It challenges us to seek God’s glory, not our own. It invites us to listen more than to speak, to serve more than to be served, and to embrace weakness so that Christ’s strength may shine through us. As Trinitarians, we strive to embrace this aspect of our vocation by allowing ourselves to decrease, so that Christ may increase.



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And here lies the beauty: humility is not only the path to holiness, it is also one of the unique aspects of the Trinitarian vocation. To walk humbly with Christ the Redeemer in service of the most forgotten is to find joy, freedom, and peace. Those who feel drawn to the Trinitarian way of life often discover that it is humility—this hidden strength—that speaks to their hearts. It is humility that gathers us together, shapes our mission of redemptive mercy, and inspires new brothers to join us in giving glory to the Trinity and setting captives free.

News & Updates

In August, Br. Erichson Masih, O.S.S.T., made his first profession of vows in the chapel of Holy Trinity Monastery. Br. Erichson has spent the last year as a novice preparing for this moment. As a simple professed brother, he will continue his theological studies and be engaged in ministry.



On September 6, 2025, the Trinitarian community in the Philippines welcomed three postulants. Fr. Kurt traveled to the Philippines to receive the men into our program of formation. Jereicho Alphonso, Jimbo Mendejar, and Romeo Manlangit received the Trinitarian Cross as a sign of their commitment to more deeply discern their vocation as a Trinitarian. The three postulants will reside in community, pray together, and continue their theological studies at a nearby university. Fr. Allan will be the formation director, and Fr. Kevin will accompany the men during this initial year of formation.

Br. Kim returned to the US after an eventful summer assignment abroad working with persecuted Christians. He now resides at St. John de Matha Monastery in Adelphi, MD and will continue his theological studies at The Catholic University of America.

Yours in the Trinity,

Fr. Joshua Warshak, O.S.S.T.

Fr. Joshua Warshak, O.S.S.T.

Vocation Director

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