

Mother Trinidad was born in Monachil, a small village in the province of Granada, on 28th January 1879. She was baptised as Mercedes two days after her birth. She was the daughter of Manuel Carreras and Filomena Hitos, a very Christian family.

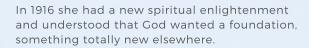
At a very young age, she suffered the loss of her mother, who entrusted her children to the protection of Our Lady of Sorrows. This experience stayed with her since she was eight years old and never left her. Following this painful event, her father and grandmother decided to send Mercedes and her sister Pepita to Colegio de Santa Inés school so that the nuns could educate them. She stayed there until the age of fourteen, at first with the desire to "prepare herself to take care of her father and brothers." However, it was during those years in the atmosphere of the convent that she began to forge her religious vocation and her desire to be "all God's."

Once back in Monachil, she decided to join the Capuchin nuns of San Antón (Granada), a contemplative order of great austerity and observance.

From the very beginning, she devoted herself to the demands of the Rule and spent many hours praying. After three years of struggles and difficulties, the community accepted her to receive the habit on 21st November 1896. She received the name of Sister Trinidad of the Purest Heart of Mary.

Her experience in religious life led her to conceive some necessary transformations: a common novitiate for the Capuchin monasteries and an Abbess General, which the Capuchins already had. However, her main goal was to establish Perpetual Adoration of the Holy Eucharist. She enthusiastically began to spread her idea of requesting Perpetual Adoration among the nuns, but to no avail. The community saw these novelties as an unbearable burden and continually rejected her proposal, patiently waiting for God's moment. When it finally came, it would certainly be the best time.

On 16th July 1908, the community elected her as Abbess. On 19-20th March 1912, during the celebration of the 7th centenary of St. Clare, after receiving Communion, Mother Trinidad felt that Jesus was once again asking her for adorers.



In 1920, she was elected Abbess again; it was at this time that she had the idea of taking in young girls to educate and bring them closer to the Eucharist.

In 1921, the archbishop of Granada, Mr. Vicente Casanova Marzol, visited Mother Trinidad and encouraged her to go ahead and get the nuns to accept adoration at San Antón. Seeing that the nuns still would not compromise, he directed her to leave and ordered her to draft the constitutions, with Perpetual Adoration and admission of girls for their education.

On 11th April 1925, she founded the first community of Capuchin Sisters in Chauchina, Granada, along with eleven other nuns. The community grew and the archbishop proposed a new foundation in Berja (Almería) to her. The charisma or way of life was defined around the following foundations:

- Spirit of poverty and simplicity
- Eucharistic and Marian spirit
- Education of children and young people.

As a consequence of the Spanish Civil War, Mother Trinidad moved her nuns to Portugal. Thanks to this, the Congregation spread to this country as well. The final approval of the Vatican came by telegram on 10th January 1949, when the foundress was already at the gates of Heaven as a result of a cancer that left her suffering for her last few days of life. This is how she lived, very close to her crucified Master.

