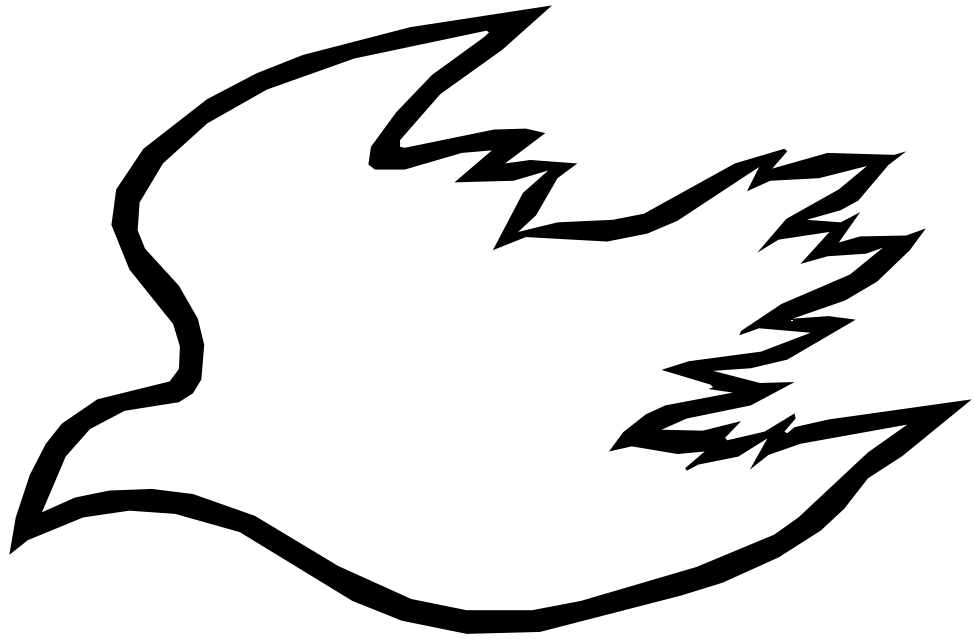


HOLY SPIRIT



The Holy Spirit that came to the apostles is the Third Person of the Trinity. The Holy Spirit came to us at Baptism. He helps us to pray and to love. He gives us the grace to win the fight against sin. He helps us to understand the things we learn about God.

