

SAINT OF THE WEEK



DOCTOR OF THE CHURCH

SAINT TERESA OF ÁVILA

FEAST
OCTOBER 15TH



WHO IS SHE?

Saint Teresa of Ávila was born in Spain in 1515 and became a Carmelite nun when she was a young woman. She spent much of her life in prayer and founded new Carmelite convents across Spain, helping religious sisters to live simply and give themselves completely to God. Teresa had a deep friendship with Jesus and was known for her courage, wisdom and determination, even when her work was difficult. She teaches us to make time for Jesus, to trust him in every situation and to keep going when doing what is right feels hard.

SAINT TERESA PRAYER

*Let nothing disturb you,
Let nothing frighten you,
All things are passing
away:*

*God never changes.
Patience obtains all things
Whoever has God lacks
nothing;
God alone suffices.*

SAINT MISSION

St Teresa knew that you can't become friends with someone without spending time with them. This week, give Jesus at least ten quiet minutes every day. Talk to him, listen to him and simply enjoy being with him. Can you make time for your best friend?