

ST TERESA OF AVILA: October 15th

Today we celebrate the feast of one of the Church's greatest saints – Teresa of Avila.. Her writings reflect, in a very personal way, the richness of her own spiritual journey and are a faithful witness to her own dynamic spirit..

Prayer is what she talks about most of all in her writings. For her, prayer was about friendship, friendship with the Lord. Like any friendship it grows by communication, and that's what prayer was for her; a heart-to-heart conversation with someone she knew loved her.

After the Council of Trent when church officials attempted to enforce the teachings of the Council forbidding the reading of any spiritual books by current authors who advocated and taught the prayer of recollection especially to women, Teresa of Avila wrote *"To be a woman in the Church is enough to make my wings fall off ..."* When all vernacular translations of the Scriptures were banned she remarked encouraging the other nuns: *"Let them stick to their spinning ... lest they be deceived."* "Never mind," she retorted, *"Hold fast daughters, they cannot take the Our Father and the Hail Mary away from us ..."*

This is a reflection of her total dedication to God. She was not afraid to take a clear and bold stand. Her greatness is evidently in her own love of God. It is not what she tells us about herself that matters most but what she tells us of God. The essential witness of Teresa is to the reality of the spiritual world, a world in which God is encountered as real and personal, as someone who loves each one of us unconditionally and is intimately involved in the everyday realities of our lives.



*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.*