

ST TERESA OF AVILA

FEAST DAY OCTOBER 15

Saint & Doctor of the Church

Carmelite nun and reformer

“Our souls are like castles in the Kingdom of God. “

Teresa's *Interior Castle* is filled with many insights about the power of contemplative prayer that leads you to see your soul as a castle created by God, reminiscent of His Kingdom. In prayer, you journey through the many room or “mansions” of your soul, ultimately discovering God at the center.

Prayer is really about becoming friends with God.

“For mental prayer, in my opinion, is nothing else than an intimate sharing between friends; it means taking time frequently to be alone with Him who we know loves us.”

St. Teresa of Ávila

*Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which He looks
Compassion on this world,
Yours are the feet with which He walks to do good,
Yours are the hands, with which He blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are His body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.*

St. Teresa of Ávila pray for us