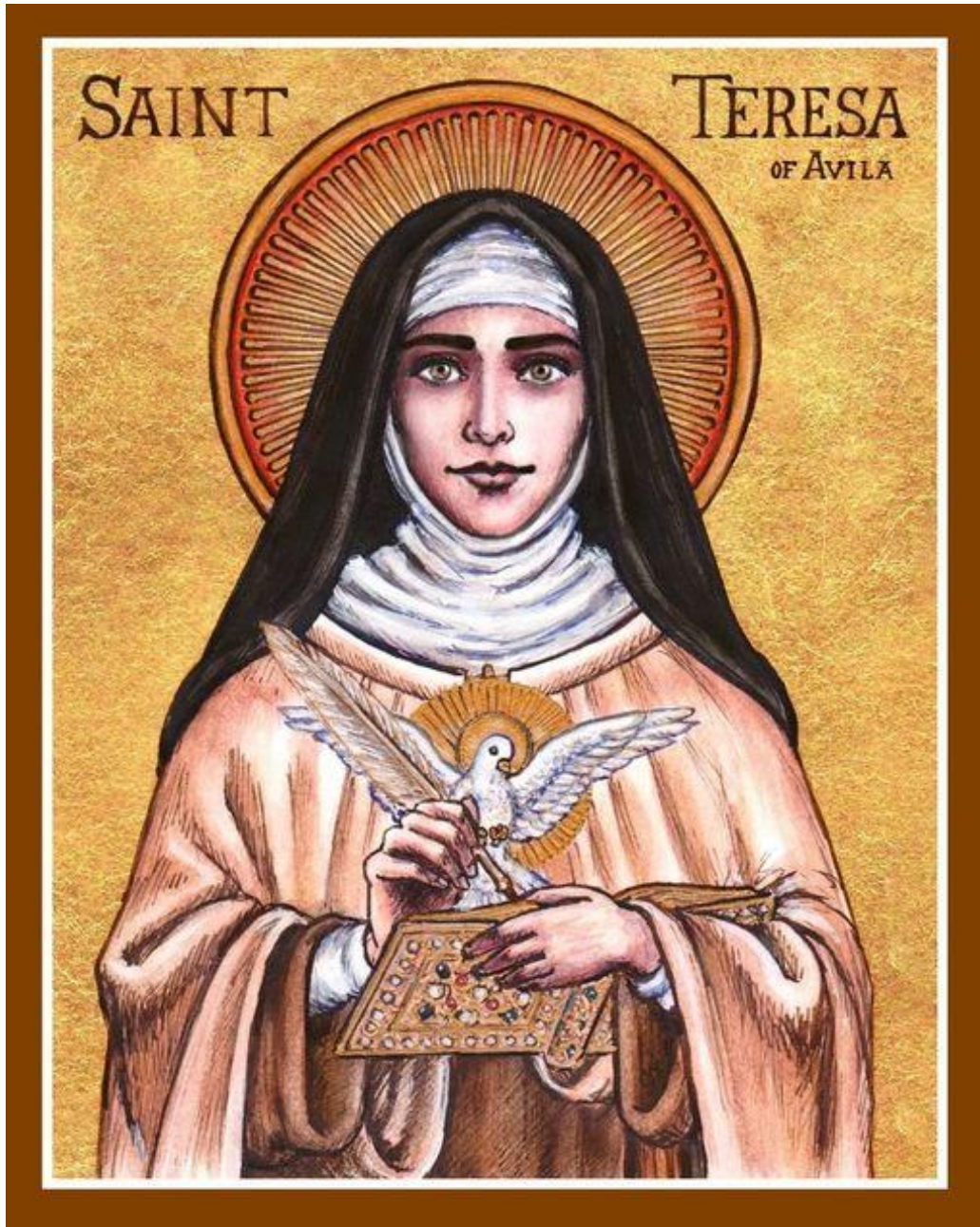


*Robert W. Baral\*\*Saint Teresa of JESUS of Avila\*\*10/15/2021 AD\*\*p 1*

Saint Teresa of JESUS of Avila, Virgin & Doctor of The Church  
(1515 - 1582 AD)



[https://www.catholic.org/saints/saint.php?saint\\_id=208](https://www.catholic.org/saints/saint.php?saint_id=208)

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"As a young girl in Avila, Spain, Teresa, inspired by the stories of the Saints, briefly ran away to "become a Martyr." Years later, she would counsel her Nuns to seek detachment from earthly things, that they might run straight to GOD.

With the aid of Saint John of The Cross, she reformed the Carmelite Order, advocating penance, silence and a simple habit without shoes, hence "discalced." Teresa died in 1582.

Her spiritual treatises earned her the title "Doctor of The Church" in 1970. "Let nothing disturb you, let nothing frighten you," she advised, "all things are passing away: GOD never changes. Patience obtains all things. Whoever has GOD lacks nothing; GOD alone suffices." \*

PSALM 42:1-5

[https://www.youtube.com/watch?v=P8\\_76C00xfI&list=RDd\\_Ahm3jDvdQ&index=36](https://www.youtube.com/watch?v=P8_76C00xfI&list=RDd_Ahm3jDvdQ&index=36)

I know that my Redeemer, JESUS CHRIST, rescues me.

1 As the hart panteth after the water brooks, so panteth my soul after Thee, O GOD.

2 My soul thirsteth for GOD, for The Living GOD: when shall I come and appear before GOD?

3 My tears have been my meat day and night, while they continually say unto me, Where is thy GOD?

4 When I remember these things, I pour out my soul in me: for I had gone with the multitude, I went with them to The House of GOD, with the voice of joy and praise, with a multitude that kept holyday.

5 Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in GOD: for I shall yet praise Him for the help of His Countenance. "O GOD, Who through Your SPIRIT raised up Saint Teresa of JESUS to show The Church The Way to seek perfection, grant that we may always be nourished by the food of her heavenly teaching and fired with the longing for true holiness. Through our Lord JESUS CHRIST, Your Son, Who lives and reigns with You in The Unity of The HOLY SPIRIT, GOD, for ever and ever." \* AMEN.

\*["Saint Teresa of JESUS." The Magnificat, 10/15/2021. Memorial & Collect, p 206-207.]