**Saint Teresa of Avila – October 15**

“Prayer is an act of love. Words are not needed.” ~ Teresa of Avila

“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. The important thing is not to think much but to love much and so do that which best stirs you to love. Love is not great delight but desire to please God in everything.” ~ Teresa of Avila

Let nothing disturb you.

Let nothing upset you.

Everything changes.

God alone is unchanging.

With patience all things are possible.

Whoever has God lacks nothing.

God alone is enough. ~ Teresa of Avila

**Saint John of the Cross – December 14**

# It was the perfect realmof holiness and peace.In deepest solitudeI found the narrow way:a secret giving such releasethat I was stunned and stammering,rising beyond all science. Saint John of the Cross

“If a man wishes to be sure of the road he’s traveling on, then he must close his eyes and travel in the dark.” ― **St. John of the Cross**

 “God has to work in the soul in secret and in darkness because if we fully knew what was happening, and what Mystery, transformation, God and Grace will eventually ask of us, we would either try to take charge or stop the whole process.” ― **St. John of the Cross**

Fruits of the Night of Sense

1. Brings to an end the emotional programs for happiness
2. Trust in God’s mercy, an experience of God’s mercy leading to genuine compassion
3. Increasing awareness of our own selfish motives, even in good deeds
4. Humility grows as the self-centered motivation is revealed
5. Growth in simplicity; waiting on God in loving attentiveness
6. One’s relationship with God is nourished and sustained by pure faith

**The Deepening Experience of Divine Union**

Stages of according to St. Teresa of Avila

1. Prayer of Recollection: awakening to the presence of God.
2. (Centering Prayer) will is absorbed in God; sense faculties are free to wander
3. Prayer of Union: memory and imagination are virtually suspended during prayer
4. Prayer of Full Union: no self-reflection Prayer of Quiet

## 10 Important Quotations from St. Teresa of Avila

1. “The important thing in mental prayer is not to think much but to love much.”

2. “Love is not great delight but desire to please God in everything.”

3. “You know, I no longer govern in the way I used to. Love does everything… I have discovered that things go better in that way.”

4. “We need no wings to go in search of Him but have only to find a place where we can be alone and look upon Him present within us.”

5. “The order of our life must be what He ordains; let us not ask that *our*will be done, but *His*.”

6. St. Teresa wrote several volumes of poetry. Among her most famous poems:

God alone is enough.

Let nothing upset you,

let nothing startle you.

All things pass; God

does not change.

Patience wins all it seeks.

Whoever has God lacks nothing:

God alone is enough.

7. “May He, Who has helped me in other more difficult matters, aid me with His grace in this, for I trust in his mercy.”

8. “Nothing can be compared to the great beauty and capabilities of a soul; however keen our intellects may be, they are as unable to comprehend them as to comprehend God, for, as He has told us, He created us in His own image and likeness.”

9. “Believe me, by God’s help we shall advance more in virtue by fixing our mind on the Divinity than by keeping our eyes bent on ourselves, poor creatures of earth that we are.”

10. “For the love of God, keep free from partialities however holy they may be, for even among the brethren they are like poison.”