

Dear Mission Partners,

This coming Saturday, October 15, is the Feast Day of our IHM patron, St. Teresa of Avila! St. Teresa had an amazing life! No wonder she was the first woman to be named Doctor of the Church in 1970, along with the Dominican, St. Catherine of Siena!



Teresa de Humada y Cepeda was born in Spain in 1515 – one of ten children. She convinced her brother to join her to convert the Moors – when she was only 7! She decided to become a Carmelite at age 20 and entered the Incarnation Monastery right outside the walled city of Avila. She struggled with her desire to pray for 20 years but in mid-life she became more secure in her relationship with God. She founded the reformed Carmel of St. Joseph; then went on to found 16 more monasteries!

Teresa has written five books. The *Interior Castle* – is primarily about prayer. In her day, during the Spanish Inquisition, she was an artful dodger in the way she got her books into the hands of people without landing in prison! The Inquisition allowed the *Interior Castle* to be published only after her death! Liam Lawton, Chris DeSilva, and Tony Alonso have written a beautifully reflective album, *Interior Castle*. You can find

Interior Castle on Apple iTunes! 🎵 They make her available to our time and context!

Teresa had a great sense of humor. Once she was thrown from a horse and landed in the mud! She remarked to God: “*If this is how you treat your friends, no wonder you have so few of them.*” Once she told her sisters, “*God walks among the pots and pans!*”

She gave us this definition: “*Prayer is simply a conversation with a friend.*” Her words, “*Love is the genuine fruit of prayer*” relate well to the IHM charism and can help all of us at IU to connect our prayer, with our kindness and compassion.

Teresa also reminded us to embrace the most abandoned poor. She wrote: “*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. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world.*”

Invite her to help you live your life to the fullest and take up her simple way of prayer! Pray along with the Taize community as they sing her “Bookmark, Nada Te Turbe:”

<https://www.youtube.com/watch?v=go1-BoDD7CI>

Let nothing disturb you, nothing frighten you. All things are passing. God never changes. Patience obtains all things. Whoever has God lacks nothing. God is enough.

Happy Feast of La Madre! We hope to see you at IU’s Family Weekend and Camilla’s October Fair on Saturday!



Communion of Saints, by Marcia Whitney-Schenck from an Art Exhibit
at Catholic Theological Union in Chicago

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