

# LITURGY BYTES

## The 2 Saints—Therese/Teresa



A very popular saint who was canonized in 1925, **Therese of Lisieux**, was a Carmelite nun called the “Little Flower.” She lived a very cloistered life in a convent in France. Her former name was Therese Martin when she entered the convent at the age of 15, and she died in 1897 at the age of 24. She saw in quiet suffering a redemptive suffering which became her apostolate. She said that she entered the convent to save souls and pray for priests. In recent years, 1997, Pope John Paul II proclaimed her to be a Doctor of the Church. She was only the third woman to be so recognized in light of her holiness and the influence of her teaching on spirituality in the Church. She should be an inspiration for us today because, like many saints, she sought to serve others, to do something outside herself, to forget herself in quiet acts of love. She is one of the great examples of the gospel paradox that we gain our life by losing it, and that the seed that falls to the ground must die in order to live. She believed that preoccupation with self separates us from God and from our fellow human beings. How can we re-learn to forget ourselves, to contemplate God and to serve others which is so needed in our world today! Her feast day is celebrated by the Church on October 1<sup>st</sup>.



The other popular saint, celebrated by the Church on October 15<sup>th</sup>, is **Teresa of Avila**. Her time on earth was one of upheaval during the 16<sup>th</sup> century. Her mark on the Church was that she was a woman, she was a contemplative, and she was an active reformer. She was her own woman as she entered the Carmelites despite opposition from her father. She was beautiful, talented, outgoing, adaptable, affectionate, courageous, enthusiastic, and totally human. However, she was mysterious yet wise and intelligent. Some referred to her as a mystic. Even though she was a contemplative, she spent much of her time and energy seeking to reform herself and the Carmelites. She founded many monasteries, traveled, and wrote. Two of her famous books are *Way of Perfection* and *The Interior Castle*. In 1970, she was honored as a Doctor of the Church—a great promoter of reform and prayer.

Have a saintly, blessed, and prayerful week ahead! ~ *Michele Hall*