

SAINT TERESA OF ÁVILA

Feast Day: October 15

Teresa lived in Ávila, Spain, and enjoyed playing with her friends and little brothers. When Teresa was 12 years old her mother died. Her father then sent her to live in a nearby convent.

When Teresa was 19 years old, she became a Carmelite nun. Sometimes Teresa found it difficult to pray because of the constant visitors and other distractions at the convent.

Teresa started new convents where the nuns lived simple lives of work and prayer and put God first. Teresa died in 1582. Today sisters in her order all over the world continue to pray for the needs of others. We should follow their example.

*On the lines below,
write the names of people you will pray for.*

*Saint Teresa of Ávila, pray for us,
that we may be people who trust in you.*