

St. Teresa of Avila (1515-1582)

F E A S T
October 15

An Eventful Life

St. Teresa of Avila was born in Spain. She was a fun-loving teenager until, at 18, she became very ill. When she recovered, she began to study books about mystics—people whose beliefs were so strong that they had visions and heard voices. Teresa, too, became a mystic and wrote books about her experiences. With some of her many followers, she started a convent dedicated to a simple lifestyle. In time, Teresa founded 17 convents and a friary.

She was named the first woman Doctor of the Church and inspired many important people. Some even named themselves in her honor. One was Mother Teresa of Calcutta, the founder of the Missionaries of Charity.

St. Teresa never lost her sense of fun. She enjoyed stories and conversation. She even played the castanets and danced for her sisters.

St. Teresa of Avila had an eventful life. Number the events below in the order they happened.

- ___ Enjoyed being a teenager
- ___ Inspired others to spread God's love
- ___ Became ill
- ___ Wrote books
- ___ Was born in Spain
- ___ Studied the writings of others
- ___ Founded convents

A Letter to St. Teresa of Avila

Was there an event in your life that inspired you to do something different?
On the back of this paper, write a short letter to St. Teresa telling her what happened.

Dear St. Teresa,

