

*“Remember that you have only one soul;
that you have only one death to die;
that you **have only one life, which is short** and has to be lived by you alone;
and there is only one Glory, which is eternal.
If you do this, there will be many things about which you care nothing. ”*

St. Theresa of Avila

*Let nothing disturb you,
Let nothing frighten you,
All things are passing away: God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.*

- St. Teresa of Avila