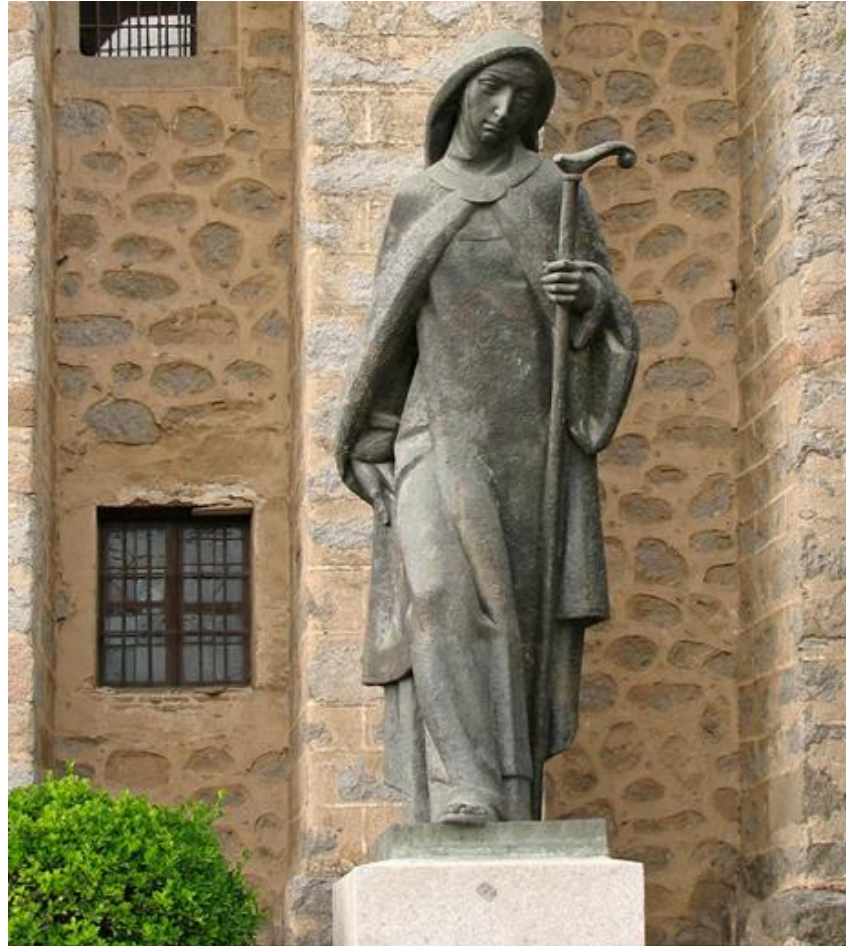


# Episodes from the Life of St. Teresa of Avila



## **Format of these Sessions**

**The origin of the Discalced Carmel is to be found in St. Teresa of Jesus. Her writings, The Way of Perfection and The Interior Castle, are a vital part of our formation.**

**These sessions will present some episodes in her life: not as a complete narrative but in sequence. About the images I use: some are authentic representations, others are indicative of the period in which Teresa lived, included for illustration.**

**My sources include among others:**

**The Collected Works of Teresa of Avila; ICS,  
particularly: The Book of Her Life from Volume 1 and  
The Book of Her Foundations from Volume 3**

**A Life of Prayer: From the Work of St. Teresa of Avila,  
edited by Dr. James Houston**

**Teresa of Avila by Maria-Milagros Rivera Garretas**

**The Life of Saint Teresa by Father Crisogono de Jesus**

**Our purpose in these sessions is to know Teresa better as a person, to walk with her on her spiritual journey through her growing awareness of her Catholic faith, her vocation to Carmel, and her way of perfection.**

**Our journey with her will enrich our own spiritual growth; in her life experiences we will see echoes of our own. As we know her better, we will better understand our own journey and be strengthened on our path to unity with God.**

# Session One

## Through the teenage years



# The 28th of March 1515 in Avila, Spain



**The baby could have looked like this**



**Teresa was baptized on 4th of April  
at St. John's in Avila**

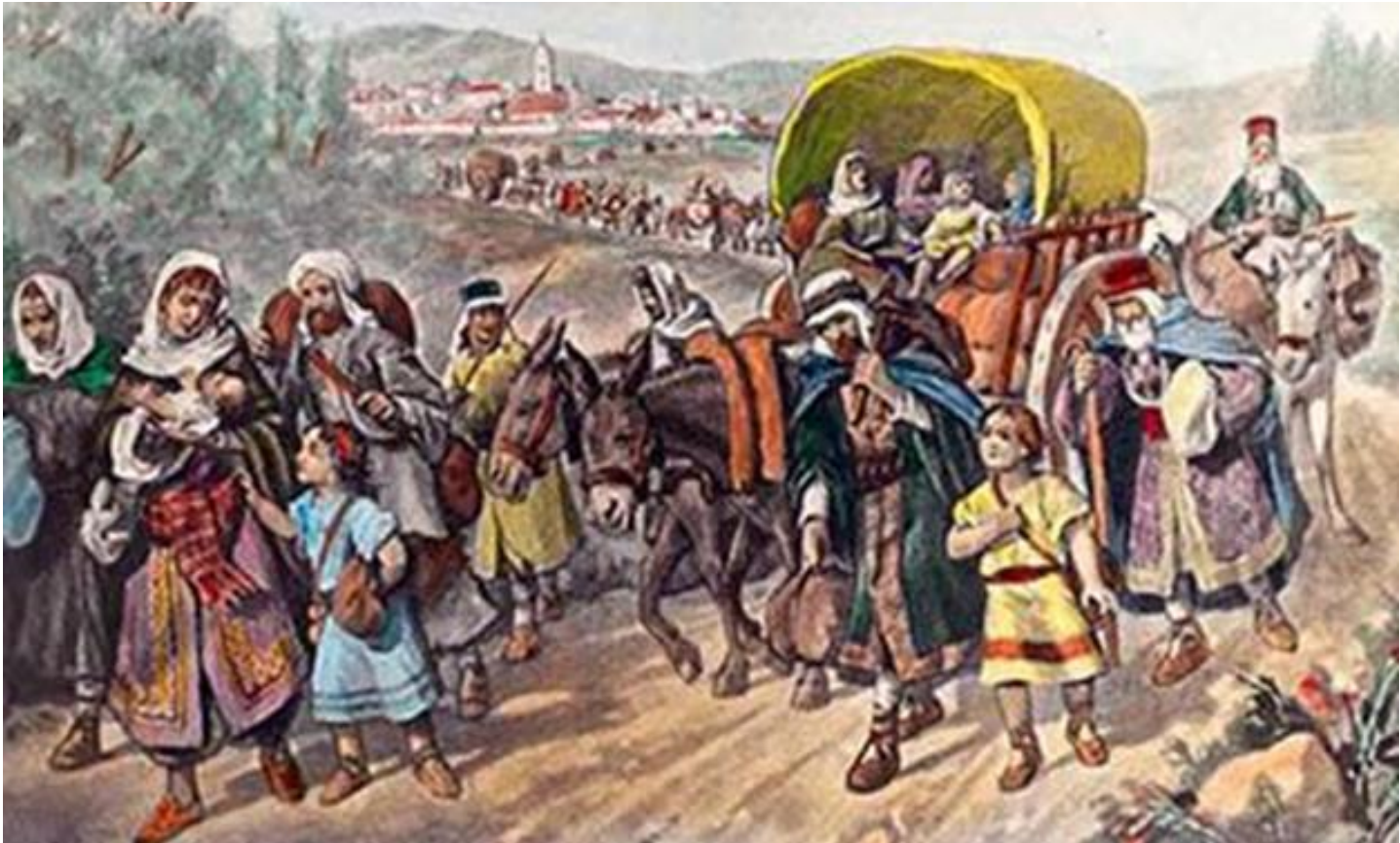




**Mr. Alonso Sanchez de Cepeda  
and Mrs. Beatriz de Ahumada  
would have dressed like this**



# All Jews are expelled from Spain in 1492



# The Sanbenitillo was a penitential garment worn by penitent heretics



# Prosperous, Established Pillars of Society



# Book of Saints and Martyrs



# Teresa and Rodrigo were missing



**Found far from the city walls  
close to a monument of four columns  
going to be decapitated as martyrs  
and go straight to heaven**



# Teresa and Rodrigo Make a Game of being Hermits





# Pictures of Knights and of Ladies Finely Dressed and Perfumed



**Teresa might have looked like this**



**And her suitor like this**



# Beatriz de Ahumada passed away in the December of 1528



**Teresa asks Our Lady  
to help and comfort her**



# Provoking Admiration and Affection



# And the Persistent Suitor



# Convent of Nuns, the "Augustinians of Grace"





# Sister Maria Briceno



**Teresa realized that  
nuns do not choose to be nuns  
but are chosen by Christ  
She has not yet found her vocation**



# **For Reflection and Discussion**

**Why do you think Teresa wanted to be a Christian martyr as a child?**

**Did her beauty make her self-conscious? In what way?**

**How did her family assist Teresa's spiritual development? How did Sister Maria assist her spiritually? What insight did Teresa receive about vocations?**

**Did Teresa's father do the right thing by making her become a boarder at a convent? If you had a teenage daughter who behaved as Teresa did, would you send her to a convent?**