Teresa of Avila

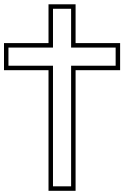
Born: 1515
Died: 1582
Feast Day:
15 October

DERRY DIOCESAN CATECHETICAL CENTRE

Teresa of Avila was born in Avila, Spain.

Less than twenty years before Teresa was born in 1515, Columbus opened up the Western Hemisphere to European colonization. Two years after she was born, Luther started the Protestant Reformation.
Out of all of this change came Teresa pointing the way from outer turmoil to inner peace.

Teresa's parents inspired their daughter to follow Jesus. When Teresa was a little girl her parents could tell she showed signs of being a religious, sweet, and caring person. She was very close to her mother and when she died, Teresa turned to the Virgin Mary and prayer for comfort and someone to talk to. She urged people to bring everything to God in our prayers.



A Carmelite nun, prominent Spanish mystic, religious reformer, author, theologian of the contemplative life and of mental prayer, she earned the rare distinction of being declared a Doctor of the Church, but not until over four centuries after her death. She reformed the Carmelite Orders of both women and men.

She is patroness of Spain, sick people(especially those who suffer headaches), people in religious orders, people ridiculed for their piety, lacemakers