

# Sister's Spin

October 15, 2020

Today is the feast of St. Teresa of Avila, sometimes referred to as the Great St. Teresa versus St. Therese of Lisieux known as the Little Flower. Both of these women reached sanctity, but in very different ways. Teresa of Avila was a great reformer and urged many religious of her time to turn back to God. She found that prayer is the key to getting closer to God and her one simple prayer is very fitting for our times. So, when things seem overwhelming, use her words to calm yourself and leave all things to God:



*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.*

- Sister Marcianne