



BECOME DAUGHTERS & SONS OF SAINT TERESA OF AVILA

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Seeding the World with the Wisdom of Carmel | A Collaborative Work of the Carmelite Family in North America

FOR IMMEDIATE RELEASE

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(October 8, 2013; Washington, DC) The Carmelite Institute, Washington, DC

(www.carmelstream.org) invites Carmelites and all who love Carmelite spirituality to celebrate Saint Teresa of Avila's feast day in a special way this year, as part of a preparation for the 5th Centenary Celebration of her birth. The Feast Day is Tuesday, October 15.

For those who love Carmel, Teresa is our Holy Mother who continues to grace us today with the treasures of her writing and her active presence in our lives. **What makes you a Daughter or Son of Saint Teresa?** Tell us at carmelstream.org (150 words or less) and share your love for this great woman. Perhaps you are her son or daughter because of her teaching on prayer, or her focus on the humanity of Christ. Perhaps you are most moved by her guidelines for living in community, or her sense of humor. Your connection with her might be her mystical experience, the transformative nature of her teaching, and her wisdom in dealing with the secular world. Carmelite friends and family are asked to celebrate Teresa's Feast Day by telling us: what makes you her son or daughter?

We will post your responses on the website and invite readers to dialogue. At the end of each day, beginning October 9, we will graphically show the number of Teresa's Daughters and Sons who have responded. Additionally, a novena of prayers beginning October 9th and leading up to her Feast Day on October 15th will be available on the site. Each day's prayer will be taken from Teresa's rich spiritual treasury of her writings.

We ask you to pray with Carmelites around the world that more and more people will take on the spirit of our Holy Mother to follow her way, whether in secular or religious life, to spread the rich fruit of contemplation like leaven throughout the world.

"Accustom yourself continually to make many acts of love, for they enkindle and melt the soul,"
Saint Teresa of Avila.