

How many Sts. Teresa are there anyway?

~ **St. Theresa of Portugal** (1181-1250)

- Mother to three children
- Founded a Cistercian Convent in Portugal
- Dealt with much family drama, but eventually entered her convent in Portugal
- Feast day: June 17th

~ **St. Teresa of Avila** (1515-1582)

- Doctor of the Church and Mystic
- Lived life deeply in love with internal prayer
- Wrote many books on the Mystical Theology; *The Interior Castle* and *Way of Perfection*
- Worked with St. John of the Cross and established the Reform of the Discalced Carmelites
- Feast day: October 15th

~ **St. Teresa Margaret Redi of the Sacred Heart** (1747-1770)

- Saw God in all things and people
- Had the gift of healing
- Believed firmly that “God is love”
- Dedicated her life to deep prayer and penance
- Feast day: March 7th

~ **St. Therese Couderc** (1805-1885)

- Co-founder of the Sisters of the Cenacle
- Lived her life “responding to the loving call of the good God”
- She believed that the only way to be happy in life was to totally give yourself to the Lord
- Feast day: September 26th

~ **St. Teresa of Jesus Ibars** (1843-1897)

- Lived in Spain
- Founded the Little Sisters of the Poor in Barbastra, Spain
- Known for her hard work, courage in difficulty and great faith
- Feast Day: August 26th

~ **St. Therese of Lisieux** (1873-1897)

- Doctor of the Church
- Known as The Little Flower or Teresa of the Child Jesus
- Gave her life doing small acts with great love- her “little way”
- Died at the age 24

- Was the daughter of Saints Zelig and Louis Martin
- Feast day: October 1st

~ **St. Teresa of Los Andes** (1900-1920)

- Lived a simple and short life
- Knew firmly who she belonged to, “I am God’s”
- Was inspired by St. Therese of Lisieux and became a Carmelite nun
- Feast day: July 13th

~ **St. Teresa Benedicta of the Cross** (1891-1942)

- Also known as Edith Stein
- Virgin and Martyr
- Jewish convert to Catholicism
- Brilliant in Philosophy
- Died as a Carmelite nun in the Nazi concentration camp of Auschwitz
- Feast Day: August 9th

~ **St. Teresa of Calcutta** (1910-1997)

- Also known as Mother Teresa
- Founded the Missionaries of Charity
- Gave her life serving the poor and dying on the streets
- Wrote the letter “I Thirst”
- Feast day: September 5th

Other Resources:

Mother Teresa’s Letter “I Thirst”: <https://catholic-link.org/quotes/i-thirst-letter-written-mother-teresa-quote/>

Mother Teresa’s Life:

https://www.catholic.org/saints/saint.php?saint_id=5611

St. Therese of Lisieux’s story:

<https://saint-therese.org/about-therese/>

St. Teresa of Avila’s story:

<https://www.coraevans.com/blog/article/the-incredible-life-of-st.-teresa-of-avila>

Info on St. Teresa of Avila’s book Interior Castle:

<https://catholicstrength.com/2017/03/23/the-souls-journey-to-god-a-concise-summary-of-saint-teresa-of-avilas-interior-castle/>

St.Teresa Benedicta of the Cross's life:

https://www.catholic.org/saints/saint.php?saint_id=179

<https://www.ewtn.com/catholicism/saints/teresa-benedicta-of-the-cross-edith-stein-779>

St.Teresa of Jesus Ibars's life:

<http://www.newmanconnection.com/faith/saint/saint-teresa-of-jesus-jornet-ibars>

St. Teresa Margaret Redi's life:

<https://catholicsaints.info/saint-teresa-margaret-redi/>

St. Teresa of Los Andes's life:

<https://www.franciscanmedia.org/saint-teresa-of-los-andes/>

St. Therese Couderc's life:

<https://www.cenaclesisters.org/St.-Therese-Couderc/>

St.Teresa of Portugal's life:

<https://catholicsaints.info/saint-theresa-of-portugal/>