



Teresa of Ávila

(also known as Teresa of Jesus)

1515–1582

Born in Ávila, Spain

Feast Day: October 15

**Patron saint of people with headaches,
and Spanish Catholic writers**

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Dedication

To my family:
my parents Jim and Peg,
my husband Bill,
our son Sam and daughter-in-law Erin,
and our precious grandchildren
Ben, Lucas, and Andrew

To all the children I have had the privilege
of teaching throughout the years.

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Dear Parents and Teachers:

Saints and Me! is a series of children's books about saints, with six books apiece in the first four sets. The first set, *Saints of North America*, honors holy men and women who blessed and served the land we call home. The second, *Saints of Christmas*, includes heavenly heroes who inspire us through Advent and Christmas and teach us to love the Infant Jesus. The third, *Saints for Families*, introduces saints who modeled God's love within and for the domestic Church. The fourth, *Saints for Communities*, explores individuals from different times and places who served Jesus through their various roles and professions.

The seven books in the *Saints for Sacraments* series explore eight saints who had great love for the sacraments. John the Baptist baptized Jesus in the Jordan River. Padre Pio helped people make a good confession. Teresa of Ávila was known for her great love of the Eucharist. Philip Neri received the Holy Spirit after praying to God. Louis and Zélie Martin, a married couple, taught their children to serve God and the poor. At an early age, John Vianney wanted to dedicate his life to God as a priest; today he is the patron saint of parish priests. Maximilian Kolbe battled poor health to become a priest and brought God's healing to sick people.

Name the saint who lived in the desert and ate locusts and honey. In this set of books, who was the saint with stigmata? Who began a Carmelite convent dedicated to prayer? Who grew up during the French Revolution? Which saints were the parents of Thérèse of Lisieux? Who volunteered to die in place of a stranger in a prison camp? Find out in the *Saints for Sacraments* set—part of the *Saints and Me!* series—and help children connect to the lives of the saints.

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- CELEBRATE** the saints and relate them to their lives.

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saints FOR sacraments



**John the
Baptist**
Baptism



Teresa of Ávila
Eucharist



Philip neri
Confirmation



padre pio
Reconciliation



maximilian kolbe
Anointing of the Sick



louis and zélie martin
Matrimony



john vianney
Holy Orders



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Teresa was born centuries ago, in 1515, in Ávila, Spain. She was raised in a large family by loving and holy parents. Young Teresa was cheerful, pretty, and had lots of friends to play with. When she was alone, she liked to pray and read stories about the saints. She thought about their lives and how much they loved God.



GLOSSARY (New Words)

Carmelite: A religious order founded in the twelfth century whose nuns dedicate themselves to prayer and sacrifice

Convent: A house where a group of women religious live

Doctor of the Church: A wise teacher whose writings and holiness help the Church

Eucharist: The sacrament in which bread and wine become the Body and Blood of Jesus

Grace: The gift of God's life in us

Holy Communion: The sacrament that makes us one with Jesus, also known as the Eucharist

Mass: Another name for the celebration of the Eucharist

Spiritual life: Growing in love and friendship with God

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Saint Teresa of Ávila was declared a doctor of the Church by Pope Paul VI in 1970, the first woman so honored.

*Saint Teresa's books are spiritual classics
and have inspired millions of people.*