

1 OCTOBER

- 1 St Teresa of Lisieux, in northern France, was a young Carmelite Sister who died at the age of 24. She said: *"I will spend my time in heaven doing good on earth."* Today is her feastday.
- 2 Teresa was aware that most of us will never achieve anything great or be well-known. Her *"little way"* (as she called it) was to choose to live in a loving way her ordinary daily life, no matter how monotonous it might be.
- 3 When somebody was annoying her, Teresa set out to think of that person's qualities and good intentions. *"You've always got a smile for me,"* remarked someone who, in fact, always irritated her! *"My vocation, my calling,"* Teresa said *"is to love."* Whatever was frustrating and annoying in daily life she offered to God to be transformed into something good for other people.
- 4 Teresa said: *"Love can do all things. Our Lord does not look so much at the greatness of our actions - or even at their difficulty - as at the love with which we do them."*
- 5 She was often ill - and she would die of tuberculosis when she was only 24. She realised that, as quiet and hidden suffering and sacrifice is offered to God, it is transformed into being of help to other people.
- 6 *"My little way,"* she wrote *"is the way of childhood - the way of trust and absolute self-surrender. In my little way, everything is most ordinary. Jesus will transform us."*
- 7 *Let us pray:*

**Lord Jesus,
you told your friends
not to worry about the future.** Mt 6³⁴

**You showed them
how to have the attitude
of simple trust** Mk 10¹⁵
**that young children have,
so that they could place themselves
into the caring hands of our Father.**
And so
**I ask for the power of your Spirit
that I may remain positive
throughout all that is ordinary
in my daily life.**
**I know that your touch
can change people and situations,
and so I ask you
to join me in offering to our Father
not only the good things of this day
but also the suffering and sacrifices
that I want to offer
cheerfully and lovingly,
and in a quiet and hidden way.**
**And so I pray that everything
- including what is not to my liking -
may be transformed in your presence
for the benefit of other people.**
Amen.

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:

www.prayingeachday.org