

# Bookmark of St. Teresa of Avila

*St. Teresa was a Spanish Carmelite nun and mystic who lived from 1515-1582. She is well known for her work to bring about needed reforms in the Carmelite Order. Her feast day is October 15, and she is the patroness of those whose suffer from headaches.*

*Let nothing disturb you.  
Let nothing frighten you.  
All things are passing.  
God never changes.  
Patience obtains all things.  
Nothing is wanting to him who possesses God.  
God alone suffices.*

*Nada te turbe;  
nada te espente;  
todo se pasa;  
Dios no se muda.  
La paciencia Todo lo alcanxa.  
Quien a Dios tiene,  
nada le falta.  
Solo dios basta.*

*"You pay God a compliment by asking great things of Him."*

