

A Camino to St Teresa of Avila



Welcome to our Camino to St Teresa of Avila

We journey together inspired by St Teresa's spirit of courage and deep faith.

There are seven stations on the walk, each focusing on an aspect of her life and how we can live out her message of living out God's love.

Stop One begins at the front doors of the school. We will begin each stop with the prayer to St Teresa of Avila.

St. Teresa teaches us the values of prayer, humility and resilience—virtues that guide every step we take.

As we follow the seven stops, let us open our hearts to reflection and be reminded that true strength comes from trust in God and love for one another.

"Christ has no body now on earth but yours..."
St Teresa of Avila

St Teresa's Prayer

**Let nothing disturb you,
Let nothing frighten you,
All things are passing away.**

God never changes.

**Patience obtains all things.
Whoever has God lacks nothing.**

God alone is enough.

Amen



A Kind Girl from Spain



Early Life

St Teresa was born on March 28, 1515, in the vibrant town of Avila, nestled in the heart of Spain. From a young age, Teresa was known for her warm heart, lively spirit, and deep love for God. She grew up in a large and loving family, the daughter of Alonso, a well-read and devout man, and Beatriz, a gentle and caring mother.

Teresa was one of ten children, and her childhood was filled with stories of saints and heroes of faith. Inspired by these tales, she once tried to run away with her brother Rodrigo to become a martyr for Christ when young—an adventure that ended quickly when their uncle found them on the road!

Her father sent her to a convent school, where her love for prayer and reflection began to grow. Even as a young girl, Teresa showed signs of the deep spiritual strength, kindness to others and courage that would later define her life.

Response

St Teresa, teach us to pray each day,
to show kindness in every way.
Help us trust God and never fear,
guide our hearts, stay always near.

This stop reminds us that every journey begins with a heart open to love and learning. Teresa's early life shows us that kindness, curiosity, and courage can grow in anyone, no matter their age or background. She was part of a big family, full of different personalities and experiences — and she learned to care, to listen, and to dream.

A Big Decision

Being Honest

As Teresa grew older, her heart became more and more drawn to a life of prayer, simplicity, and closeness to God. But this desire wasn't easy to follow. Her father, Alonso, had other hopes for her—he wanted Teresa to live a normal life, perhaps marry and settle down like many young women of her time.

Yet Teresa felt a deep calling in her soul. She knew she was meant for something different. With honesty and courage, she told her family that she wanted to join the Church and become a nun. It was a difficult moment—especially because her father didn't agree. But Teresa's faith was strong, and her decision was firm.

At the age of 20, she quietly left home and entered the **Carmelite Convent of the Incarnation in Avila**. It was a bold step, one that would shape the rest of her life. Teresa chose not the easy path, but the one she believed God was asking her to walk.

Response

St Teresa, teach us to pray each day,
to be honest in every way.

Help us trust God and never fear,
guide our hearts, stay always near.

This stop reminds us that sometimes doing the right thing means being honest with yourself and what your heart is telling you and to be honest with those around you. Teresa's decision teaches us to listen to our hearts and trust in God's plan.



A Time of Prayer

Showing Faith

Not long after joining the convent, Teresa became seriously ill. Her body grew weak, and for a time, she was so sick that many feared she would not survive. It was a time of great suffering—but also a time of deep prayer.

Teresa turned to God with all her heart. Even when she could barely move or speak, she prayed silently, trusting that God was with her. Her illness lasted for years, and though she struggled physically, her spirit grew stronger. She began to understand that prayer wasn't just words—it was a way of being close to God.

Through this time, Teresa learned to listen deeply in prayer. She had faith that God was healing her soul, even if her body was still weak. Eventually, she did recover, and her faith was stronger than ever.

Response

St Teresa, teach us to pray each day,
to show our faith in every way.
Help us trust God and never fear,
guide our hearts, stay always near.

This stop reminds us that prayer and faith can carry us through even the hardest times. Teresa's story shows that when we trust in God, we are never alone.



A New Idea

Being Resilient

As Teresa spent more time in the convent, she began to notice that many of the religious communities had become busy and distracted. She longed for a quieter, simpler place—where prayer, reflection, and closeness to God could be at the heart of daily life.

She had a bold idea: to start a new kind of convent. One that was peaceful, humble, and focused on deep prayer. But this was not easy. Many people disagreed with her. Some thought she was too ambitious. Others didn't want things to change.

Still, Teresa didn't give up. She believed that God had placed this idea in her heart, and she worked tirelessly to make it happen. She faced criticism, obstacles, and even moments of doubt—but her resilience kept her going.

Eventually, she founded her first reformed convent: **St. Joseph's in Avila**. It was small, quiet, and full of love. From there, she went on to open many more, always guided by her faith and determination.

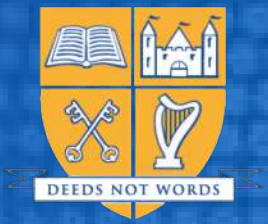
Response

St Teresa, teach us to pray each day,
to show kindness in every way.
Help us trust God and never fear,
guide our hearts, stay always near.

This stop reminds us that new ideas often take courage and that resilience means continuing even when the path is hard. Teresa's strength shows us how powerful faith and vision can be.



A Time for Reflection



Showing Respect

St Teresa believed that every person carries something sacred within—the soul, a beautiful space where we can meet God. She described this in her famous book, “The Interior Castle.”

In it, she imagined the soul as a shining castle with many rooms, and at the very centre is God, waiting for us in love. She taught that reflection and meditation help us journey through the rooms of this castle, starting from the heart. Teresa believed that by making our hearts peaceful, prayerful, and respectful, we could grow closer to God and to others.

Her respect for all people was clear in her actions. She opened convents across Spain that welcomed everyone—places of quiet, prayer, and dignity. These were not just buildings, but homes of faith and kindness, where people could feel safe, valued, and loved.

“This magnificent refuge is inside you. Enter. Shatter the darkness that shrouds the doorway... Believe the incredible truth that the Beloved has chosen for His dwelling place, the core of your own being because that is the single most beautiful place in all of creation.”

— St Teresa of Avila, *The Interior Castle*

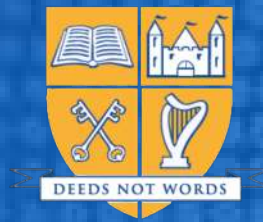
Response

St Teresa, teach us to pray each day,
to show respect in every way.

Help us trust God and never fear,
guide our hearts, stay always near.

This stop reminds us that reflection helps us understand ourselves and others. Teresa’s life teaches us to treat every person with respect and to make space in our hearts for peace and prayer.

A Time for Meditation



Imagine Your Own Castle...

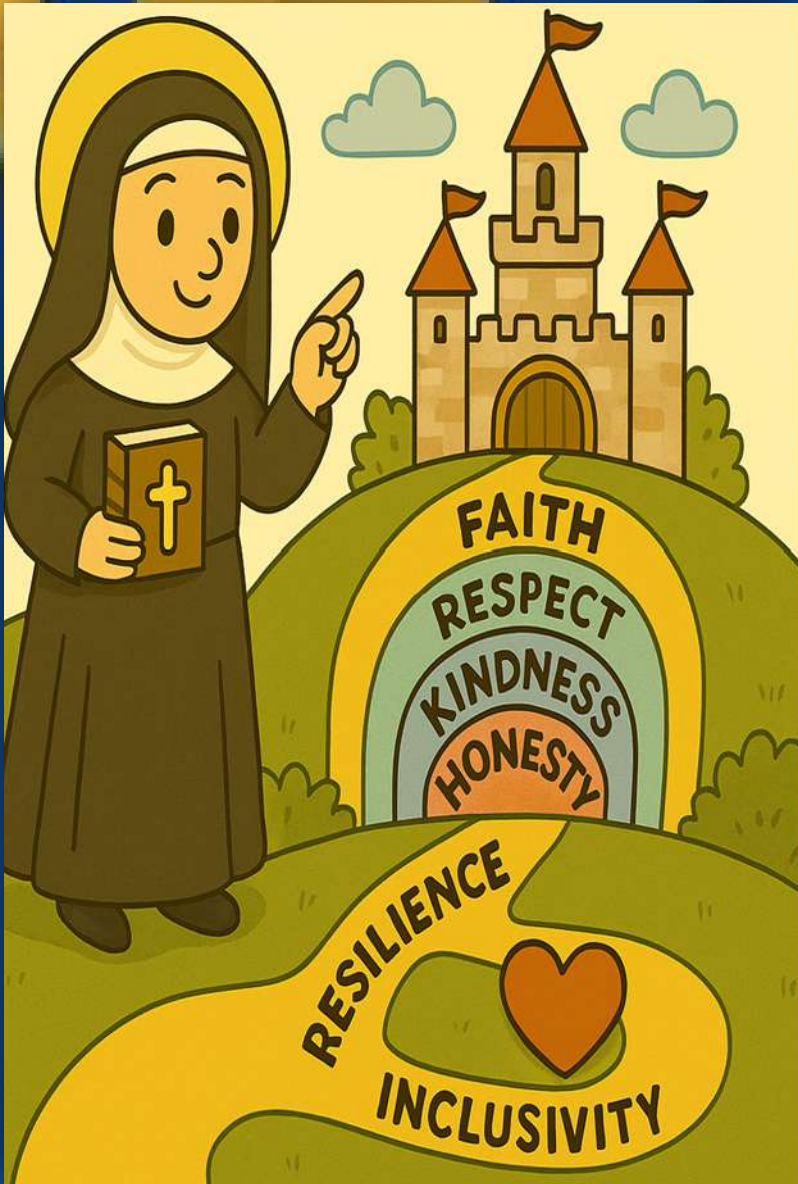
Take a moment to be still. Close your eyes if you feel comfortable. Breathe in slowly... and breathe out gently.

Now, imagine a beautiful castle. This castle is not made of stone or bricks—it is made of light, peace, and love. It lives inside you, in your heart.

Walk slowly toward the castle. Notice its shining walls and open doors. Inside, there are many rooms. Each room is a part of you—your kindness, your courage, your happy memories, your hopes, your dreams.

As you walk through the rooms, feel the quiet. This is a place where you can talk to God, where you can listen, where you can simply be. At the very centre of the castle is a glowing room filled with warmth. This is where God waits for you, always loving, always gentle.

Stay here for a moment. Let your heart be still. Let your thoughts be calm. Know that this castle is always with you—wherever you go. When you're ready, gently open your eyes. Carry the peace of your castle with you.



A Teacher to Many



Being Inclusive

As Teresa grew older, her love for God deepened—and so did her desire to help others grow in faith. She became not only a woman of prayer, but also a teacher, a writer, and a spiritual guide. Teresa believed that everyone, no matter their background, education, or status, could speak to God and find peace in their hearts.

Her books, especially *The Interior Castle* and *The Way of Perfection*, were written with warmth and honesty. She didn't use complicated words or distant ideas—she spoke from the heart, helping ordinary people understand how to pray, reflect, and live with love. Her teachings were full of compassion and understanding, showing that God could be found not just in churches, but in the quiet places of our own hearts. Teresa made sure that her convents were places of welcome and simplicity, where people could feel safe, loved, and close to God. She believed that God's love is for everyone, and she worked to make sure her writings and her communities reflected that truth.

Response

St Teresa, teach us to pray each day,
showing love to others in every way.
Help us trust God and never fear,
guide our hearts, stay always near.

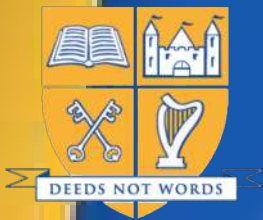
This stop reminds us that faith is for all. St Teresa didn't write for the powerful or the perfect—she wrote for everyone who wanted to feel closer to God. Her life reminds us that no one is left out of God's love. Whether we are confident or unsure, joyful or struggling, we are all invited to grow in faith.

As we walk together, we remember that inclusion means making space for every voice, every heart, and every journey. St Teresa teaches us that being a guide means listening, welcoming, and walking beside others with love.

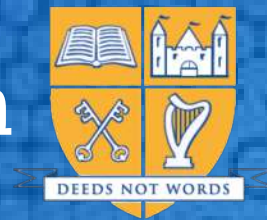
Let us carry her words with us:

"Let nothing disturb you, let nothing frighten you. All things are passing away: God never changes..."





A Lasting Example – Our Final Station



St Teresa & Our Core Values

We have now arrived at St Teresa's Church, a place of peace, reflection, and inspiration. This final station reminds us of the incredible journey of St. Teresa of Avila—a woman who lived with deep faith, unwavering honesty, and courageous resilience. Teresa's life was not always easy. She faced illness, doubt, and opposition. But through it all, she remained true to her calling: to love, to serve, and to guide others toward God. She respected every person she met, believing that each soul was precious and capable of great things.

Her writings, her prayers, and her example continue to shine brightly. Teresa was canonised as a saint in 1622, and later named a Doctor of the Church—one of the first women ever to receive that title. This honour was given not because she was perfect, but because she was real: honest in her struggles, kind in her words, and inclusive in her love.

*She taught that God lives within us, and that we can find strength, peace, and joy by turning inward with faith. Her book *The Interior Castle* is still read today, helping people of all backgrounds discover the beauty of their own hearts.*

This station reminds us...

...that we, too, can be a lasting example. Teresa's life calls us to live with:

- **Faith** in ourselves and in others
- **Respect** for every person's journey
- **Resilience** in the face of challenges
- **Inclusivity** that welcomes all
- **Honesty** that builds trust
- **Kindness** that heals and connects

Response

St Teresa, teach us to pray each day, showing love through our actions in every way. Help us trust God and never fear, guide our hearts, stay always near.

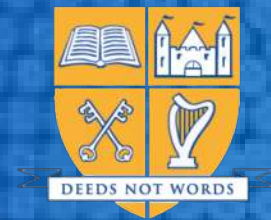
As we stand in this church, we remember that Teresa's story is not just history—it's a living invitation. An invitation to be brave, to be loving, and to be a light for others.

Let us carry her words in our hearts:

"Let nothing disturb you, let nothing frighten you. All things are passing away: God never changes..."



A Note of Thanks



Thank you for joining our prayer walk- Camino.
We sincerely thank you for taking the time to participate in this prayer journey reflecting on the life of St Teresa of Avila and how she lived out our schools six Core Values in her life.

We hope you found the experience insightful, peaceful, and spiritually enriching. Your presence and prayerful engagement mean so much to our school community.

We invite you to return and walk the Camino to St Teresa again whenever you wish and we hope it continues to be a source of inspiration and connection for you and your family.

We would now like to end the prayer walk how we started it, with our school prayer to St Teresa.

With gratitude,
St Teresa's Primary School

St Teresa's Prayer

Let nothing disturb you.
Let nothing frighten you.
All things are passing away.
God never changes.
Patience obtains all things.
whoever has God lacks nothing.
God alone is enough.

Amen