

Good day St Paul's family.

Today is Thursday 14 October, Lockdown day 203. God feeds his people with the bread of life. May you experience love joy and peace on this beautiful day Let us continue to be vigilant and cautious and practice social distancing and wearing our mask to avoid a surge in the Corona Virus infection.

Today we celebrate and commemorate **Teresa of Avilla, Religious 1582**

Theresa was a Spanish nun of the sixteenth century who was responsible for the reformation within the Carmelite Order. Her books on prayer and mysticism have been widely read ever since her day, written as they were out of her deep experience of the many levels of prayer. Of herself she writes "***for some years I was more occupied with the wish to see the end of the time I had appointed for myself to spend in prayer and watching the hour glass than with other thoughts that were good.***" She learnt for herself and taught her Sisters that a deep experience of prayer is open to everyone who will faithfully and with patience wait upon God. It is of great moment she wrote not to raise our spirits ourselves, if the Lord does not raise it for us and if he does there can be no mistaking it. She was a woman of great shrewdness and practical common sense, who combined a life of busy activity in the affairs of her community with the practice of the highest contemplation

Attached is today's reflection

Blessings

Rev Reeva