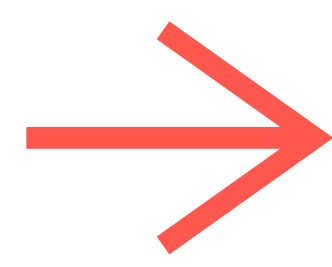


# HOLIDAY HELLOS

Learning about our neighbors one tradition at a time!

Spiritual Life  
at DU



**HELLO**  
my name is

## Feast of St Teresa of Avila

[Tradition: Catholicism]

### Mood?

Reflection,  
prayer, action,  
friendship, community

### A quote from the Saint

**"Patient endurance attains all things..."**

### Some foods (may differ by denomination or region)

Traditional Spanish **Yemas de Santa Teresa** are a sweet egg yolk dessert related to the region of Avila where the Saint is from

### A bit about me!

Teresa Sanchez Cepeda Davila y Ahumada was born in the Castilian city of Ávila in 1515, the third child in a family descended from Jewish merchants. She experienced many profound hardships, including the loss of her mother at age 14. She also suffered through many debilitating illnesses and physical pain, nurturing a life of deep contemplative prayer.

She was the first female "Doctor of the Catholic Church", the first woman in the History of the Catholic Church to receive such an honor and received the honor in 1970 by Pope Paul VI.

A quote from her: "Courage, courage, my daughters. Remember that God does not give anyone more trials than can be suffered and that his majesty is with the afflicted. For this is certain, there is no reason to fear but to hope in his mercy" -- St. Teresa of Avila

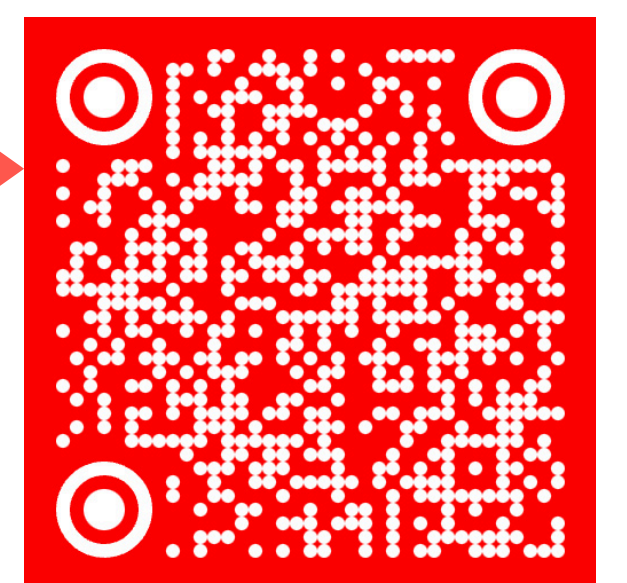
[Shared by Fr. Paul Kostka,  
DU Catholic Student Fellowship]

### Possible accommodations

- Community members may have busier than average schedules with pre-feast preparations
- Community members may be traveling to spend time with friends and family

### SPIRITUAL STORYTELLING

Share YOUR  
favorite holiday  
memories/insights!



See what others  
shared!

