

# SISTER TERESA, TEACHER IN SUFFERING

The meaning of life, suffering, loss of health or a loved one, painful situations... these things touch all of us, they are part of our existence, and sooner or later we have to face them, which it is not always done in a healthy way. How can facing suffering be done well?

Our sister Teresa Mira teaches us. She took on her suffering from her earliest childhood to the painful illness of tuberculosis that led to her death. From the firm foundation of her relationship with God she accepted everything with peace, she embraced suffering with love, she even smiled ...

In her last letter written to her sister Magdalena she told her: «Let us remain together at the feet of Jesus and not be afraid. He will take care of us. Don't suffer for me, because the good Jesus does much to sweeten my illness, as he sees me as a very little child. My sister, be a little one and do not fear [...] As regards my health, I can tell you that I do not feel better: every day the

good Jesus gives another little blow. Blessed be God! I don't know when the end will come, then forever, forever. Even if I did not hope for what I hope for, I would still love Him just as I love Him...Your sister who does not forget you in the most sweet hearts of Jesus and Mary. (Teresa Mira Positio, page 321).

She knew well that our little sufferings are nothing more than a very small part of the cross of Christ and that we are free to choose whether to help Jesus like the Simon of Cyrene or not to help Him. If we collaborate we will be fully happy and even co-redeemers, otherwise we will be mere spectators.

Let us live the the words that she so often repeated: "Suffering, the more the better" (The Strength of a Testimony page 137).

*Sr. Sabina González Forner,  
CMT.*



PRAYER REQUESTING GRACES

**O God, you take  
delight in the simple  
and the pure of  
heart!**

**Glorify your servant  
Teresa**

**whose ideal in life  
was to love you  
with unassuming  
dedication,**

**and to give herself  
for love of you to all  
whom she met.**

**Give us the grace to  
love you as she did,  
without reserve,  
and the favor we  
now ask through her  
intercession.**

**Through Christ Our  
Lord.  
Amen.**

**WITNESS:** She is always right with what she advises

for Ildelfonso of the Immaculate Virgin, The Strength of a Testimony page 265.

*Dear sister: Here I always remember you... On All Saints' Day I had a little gift in which Jesus gave the warning that my end is approaching. When it will be I don't know, but I have a feeling that this is my last illness. Yes, don't worry, be calm, and don't suffer for me, for nothing will happen that God has not intended for me. Let us both remain together before the Tabernacle and be completely surrendered to the Lord, and may He do as He wishes of us.*