



LET'S GO DEEPER INTO FRANCISCO AND TERESA



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General Animator.

The Palautian leaflet we have before us first introduces us to the year of grace we are celebrating. A year in which we are invited to journey with hope, even in the midst of trials. It is a journey that begins from deep Gospel joy and proceeds with the commitment of each one of us to transform life, wherever we are, as did our founder, Blessed Francisco Palau, who sought solitude, silence, retreat, as a place of encounter with his Beloved, the Church.

Let us learn from him, from his way of being. Let us delve into the mystical dimension of this Discalced Carmelite and let us learn more of his style of leadership. Each one of us is called both to live in an inhabited solitude and to be a leader, in however small a way. Let us discover his traits, his missionary heart, in the silence and the bustle, in the cave and in the streets.

Together with our sister Teresa Mira, companion on the journey, we wish to see the world from the heart of God. We want to journey with her on the path to holiness, in little things, hidden sacrifices, and steadfast tenderness. Her pure gaze, her discreet smile and her faithfulness are beacons of light for our journey.

A CHRISTIAN WHO IS SAD IS A SAD SORT OF CHRISTIAN

The Jubilee is before us as a time of hope, joy, and liberation, a time full of possibilities to love and be loved, a time to gain the happiness for which we are always looking. Pope Francis, in his document *Spes non confundit*, No. 21, gives us some ideas:

"But what is happiness? What is the happiness that we await and desire? Not some fleeting pleasure, a momentary satisfaction that, once experienced, keeps us longing for more, in a desperate quest that leaves our hearts unsated and increasingly empty. We aspire to a happiness that is definitively found in the one thing that can bring us fulfilment, which is love. Thus, we will be able to say even now: I am loved, therefore I exist; and I will live forever in the love that does not disappoint, the love from which nothing can ever separate me."

What keeps us from being happy? What is keeping you from being happy? Sometimes we go through life as if we aren't allowed to be happy. Victimhood takes hold of us, and we feel haunted

by sadness. *"A Christian who is sad is a sad sort of Christian."* In light of Pope Francis' words, I invite you to reflect on what brings you joy and happiness today... Go ahead! Take some time and make a list. Maybe you will be surprised!

Maybe you will see that being happy doesn't call for extraordinary efforts.

Rather you just need to accept and embrace the Love that God wants to give you each day. As you go through your list, can you see the unconditional love of our merciful God who is always with us?

But go further and ask yourself whom you can help to achieve a life of more dignity, who are the hungry with whom you can share the bread of love, whom you can free of resentment. Dare to seek happiness not only for yourself but also for these companions on your journey through life.

But
what is
happiness?

Sis. Mirtha Rojas, CMT.