



HOJA PALAUTIANA

TERESIAN CARMELITE MISSIONARIES

Nº. 7 | March 2025

DO EVERYTHING WITH LOVE



Sister Jeanne d'Arc Kalisa Uwera, CMT.
Provincial Vicar of Africa.

"God wrote this law with His own finger on the tablets of my heart: You shall love with all your strength..." (MR I,2)

Loving with all his might God and neighbour - the Church - is the hallmark of Father Francisco Palau's life. A love that means giving one's life for others, seeking the best for all, beginning with those nearest us.

His life invites us *"to become a neighbour"*, *"to reach out to others"*, to care for our brothers and sisters, to really get involved. It is about noticing who is passing by us and approaching them with simple gestures of listening, of service, of openness. What matters is not whether we can give just a little or great deal, but rather the way we give, how much love we put into it.

As for me, to whom am I a neighbor? How could we welcome each another if we do not first recognize that we are loved by God, even in our weaknesses? This renewed awareness is what allows us to open ourselves to others in order to become brothers and sisters and walk together in fraternity. This is what Francisco and Teresa Mira did, as we will see in the articles in this issue.

HOPE DOES NOT DISAPPOINT

We have just begun a new jubilee year and we do so with the desire for something better for each one of us, for our families, for our countries, for our world wounded by so many injustices: wars that make the news and others that few care about except for their victims

- women, children - who struggle to survive every day. Faced with this panorama, it is easy to lose hope.

Nonetheless, Pope Francis in the papal bull *Spes non confundit* announcing the 2025 Jubilee year, invites us to *rekindle hope*.

Hope is the central message of the Jubilee. *Where will we turn to nourish our hope and not lose heart in the attempt?*

In the bull, the Pope, quoting St. Paul (Rom 8:35, 37-39), refers to the source: *By his perennial presence in the life of the pilgrim Church, the Holy Spirit illumines all believers with the light of hope. He keeps that light burning, like an ever-burning lamp, to sustain and invigorate our*

lives. Christian hope does not deceive or disappoint because it is grounded in the certainty that nothing and no one may ever separate us from God's love: [...] Here we see the reason why this hope perseveres in the midst of trials: founded on faith and nurtured by charity,

it enables us to press forward in life. As Saint Augustine observes:

"Whatever our state of life, we cannot live without these three dispositions of the soul, namely, to believe, to hope and to love".

(*Spes non confundit*, 3). Let us accept this invitation with the conviction that we are inhabited by the Holy Spirit, the source of Christian hope. May He fill the heart of the Church with hope so that we may continue to build the world we desire.

Spes
non
confundit

Sis. Mirtha Rojas, CMT.

PRAYER REQUESTING GRACES

Almighty and merciful
God and Father,
we thank and bless you
for instilling in the heart
of Blessed Francisco
Palau
a singular love for the
Church, the mystical
Body of Christ,
by revealing to him her
beauty as illustrated in
Mary,
and inspiring him to serve
her through prayer and
apostolic activity. Grant
us his prompt canoniza-
tion in the Church
and the special grace we
are asking through his in-
tercession. Through Jesus
Christ our Lord.
Amen

COLLABORATE WITH US

Share your experience with us

Share with us your experience
You have three alternatives to commu-
nicate with us:

1. - You can write to us at E-Mail:

[causadelossantos
@cmtpalau.org](mailto:causadelossantos@cmtpalau.org)

2.- Also by clicking on the following on-
line form:

bit.ly/cmtgracias

3.- Or you can download the form to
send it by post to "Causa de los Santos
CMT", Via Vincenzo Monti 31 B, 00152,
Rome (Italy):

[Postal Form](#)

CONTEMPLATION AND ACTION

Contemplative life must be joined with active life, and active life with works of charity, and among these the most notable are teaching and care for the sick. (Letter 96,2)



The meaning of the word "*contemplation*", according to the Bible, is to become aware of supernatural realities, focusing mind and heart in God. The first stages of attaining contemplation are based on asceticism, in which the body is mastered to illuminate the soul, making it more sensitive to the divine presence. This is the process gradually undertaken by Blessed Francisco Palau.

There can be no doubt that the life of *Father Francisco was one of constant contemplation in which his communication with the Church gave him the certainties to move forward*. When he asked questions, he found answers and with the answers, he took prompt and appropriate actions. Whenever

someone encounters God, God cannot be hidden or kept to oneself, for He is triune: *God is community*.

His response can be seen in the missions, in the month of Mary, in the School of Virtue, in the personalized attention to his followers and to anyone who came to him with any spiritual need.

I cannot imagine how difficult his life was: *persecution, slander, betrayal..., but there is no complaint in his witness*. He found strength in the ascetic life and in the depth of his prayer. In prayer and in the encounter with reality where he discovered his mission, he never doubted his vocation: *To live in Carmel I needed only one thing, that is, vocation* (VS.10).

May this way of integration of contemplation and action invite us to continue in dialogue with God, to recognize his desire in our lives and above all to offer this love to our brothers and sisters.

*Mrs. Maria Antonia Saccomanno,
Palautian Layperson*

PHRASES : Small physiognomies of his mind

in Writings, Letter 6,7.

In prayer, take a general interest in the welfare of all persons [...] Imitate Jesus Christ in this and you will find a true teacher and a model of prayer. Follow him in all his ways; see him in the desert praying for all mankind, in the Garden of Olives agonizing for them, in preaching assisting them in their needs, on the Cross offering himself to the Father as a victim of atonement. [...] This, my daughter, is the true way.

SISTER TERESA MIRA: TEACHER OF LIFE AND HOPE

Teachers teach us through what they say and do. We learn from their teachings, but above all, from the way they live.

The challenges of her life made her understand that it is not the circumstances that really matter, but rather how we decide to face them.

Holiness, like happiness, is an interior work that is seen on the outside. Sister Teresa made her life a continuous act of love, a love constantly received from God permanently and given to every person she met. "She would do anything to please others... Her charity knew no bounds... In her giving she made no distinctions." (Positio Sumarium, 42)

Throughout her whole life she knew how to accept with love whatever God gave her. She always managed to make those who came to her happy; everyone who encountered her came away edified, happy, hopeful: "to see her was to draw closer to God and to forget all that was outdated [...]. All the setbacks of war she endured with joy and holy resignation." (Positio Sumarium, 16)

Thus Teresa teaches us to Live with a capital L, giving importance to what is essential, living in fullness, simply being what we are called to be, gradually becoming that which we truly are: Church. From her we can learn that true strength is not measured by what we can do, but by what we can give. Our greatness lies in having an open and welcoming heart, always ready to help those in need.

*Sis. 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 showed an unlimited hope in the Lord

for Fuensanta Belló Moya, Super Virtutibus, Sumarium, p. 116.

She showed an unlimited hope in the Lord. I was able to see this especially during the war. In any adverse circumstance she made us turn to the Lord. I remember one occasion when we were very worried about what might happen, Teresa said to us: "We are poor creatures and our Lord has all the graces. And He has them to give away; He is only waiting for us to ask Him for them with humility.

THE FOOTPRINTS OF SISTER TERESA MIRA

by Sister Maria Teresa Maté CMT.

Sister Teresa Mira of the Child Jesus of Prague arrived in Novelda on June 23, 1939, as a member of the community of Saint Mary Magdalene where she lived until her death on February 26, 1941.

It is not necessary to live in a place for a long time to leave traces. Teresa has left us a wonderful and unforgettable memory. She is remembered as having lived "doing always good to everyone." However difficult the times she was living, she was always kind and attentive, simple and cordial. Many, many testimonies speak of her serenity and equilibrium, of the peace and joy that was always with her.

Her remains lie in that same community, in the school chapel, which is always open to those who wish to enter. And many do so, persons of all ages: religious sisters, students, teachers, families... On the twenty-sixth of every month, a Eucharist is celebrated in her honour in the school chapel.

All through the year her flowers, daisies, are never lacking.

Near the altar in the parish of Saint Peter the Apostle, a panel dedicated to the veneration of Sister Teresa can be seen.



Photograph of the Sepulchre of the Servant of God Teresa Mira García, in Novelda.

REMEMBER...

Celebrations, memorials and events of our Palautian family to keep in mind.

20 03 25

ANNIVERSARY OF FRANCISCO
PALAU'S DEATH
(1872)

20 04 25

ANNIVERSARY OF THE
PRIESTLY ORDINATION OF
FRANCISCO PALAU (1836)

16 04 25

MEMORIAL OF THE APPROVAL
OF THE VIRTUES OF TERESA
MIRA (1996)

24 04 25

ANNIVERSARY OF THE
BEATIFICATION OF FRANCISCO
PALAU (1988)

16 07 25

SOLEMNITY OF OUR
LADY OF MOUNT CARMEL

13 10 25

BEATIFICATION OF BROTHERS
BROTHERS OF TEACHING,
MARTYRS (2002)

Hoja Palautiana

TERESIAN CARMELITE MISSIONARIES

www.cmtpalau.org

[cmtpalau](#) | [cmtpalau](#)

HOJA PALAUTIANA IS ISSUED EVERY FOUR MONTHS.

NEXT ISSUE: NOVEMBER 2025

CARMELITE TERESIAN MISSIONARY NUNS (C) ALL RIGHTS RESERVED.

*The reproduction and commercialisation of this bulletin for any use whatsoever is forbidden.

