



## LET'S GO DEEPER INTO FRANCISCO AND TERESA



**Sis. María Teresa García, CMT.**  
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.**

## 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

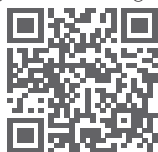
### Share your experience with us

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

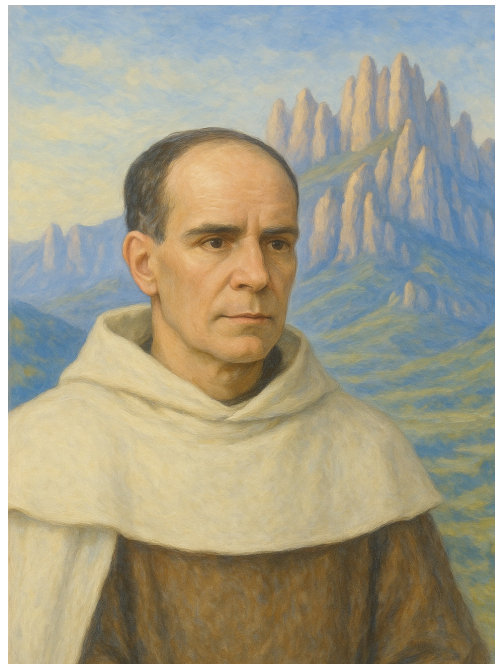
1. - You can write to us at E-Mail:

**causadelossantos**  
**@cmtpalau.org**

2.- Through the following QR code:



3.- Or you can write to us at the fol-  
lowing postal address to: "Causa de los  
Santos CMT", Via Vincenzo Monti 31 B,  
00152, Rome (Italy):



Studies conducted in the first half  
of the 20th century have revealed  
certain traits characteristic of effective  
leaders. This research highlights the  
importance of two dimensions in the  
behaviour of leaders: first, a concern  
for achieving the organization's  
objectives, and second, caring for  
the relationships among those  
within the organization. Father Palau  
demonstrated both dimensions in all  
his actions.

The traits of an effective leader  
include:

- *Sense of responsibility*
- *Concern for the completion of tasks*
- *Energy*
- *Persistence*
- *Risk-taking ability*
- *Originality*
- *Self-confidence*
- *Stress tolerance*
- *Ability to influence others*
- *Ability to coordinate the efforts of*

# FATHER PALAU AS LEADER

*You must do for others what is within your means...*  
(MM 5,4)

### *others to achieve goals.*

Many examples show these  
characteristics, all of which came into  
play in the School of Virtue, proving  
Palau to be a leader with all the above  
mentioned traits and dimensions.

The School of Virtue was Francis's  
response to the circumstances of  
his time, to the challenge posed by  
the infiltration of atheism amongst  
a traditionally Catholic people.  
Organized into cycles of systematic  
studies, it covered a whole year, the  
52 Sundays of the liturgical calendar.  
Each study session delivered basic  
Christian doctrine, within a concrete  
and well-structured program that left  
no room for digressions or unforeseen  
events.

In his leadership style Francisco was  
able to connect values and proposals,  
passion and imagination, all needed  
to mobilize and to encourage those  
who participated in his projects. May  
we imitate Father Palau in at least  
some of his characteristics, in order to  
continue to bring life to his work for  
the Church, God and our neighbours.

*Mrs. Maria Antonia Saccomanno,*  
*Palautian Layperson*

## PHRASES : Small physiognomies of his mind

in Writings, MR 20,6.

"I am a reality, [the Church says] I am a perfectly organized moral body: my head is God made man; my bones, my flesh, my nerves, my members, are all the angels and saints and righteous destined for glory; my soul, the spirit that vivifies me, is the Holy Spirit who gives life and movement to the whole body..." (MR 20,6)

# SISTER TERESA, COMPANION ON THE JOURNEY

A good companion on the journey is someone who never abandons us, who makes things easier for us, who helps us see the positive side of things. She is someone who brings us joy, who understands and supports us and who helps us to discover and to savour the presence of God in our heart and in all that happens to us. She helps us to overcome all our inner battles, and to live fraternity and communion with joy and gratitude, to live all our experiences with holiness.

Sister Teresa was and continues to be a wonderful gift from God, a magnificent companion on our journey through life. Her constant saying was: «Make others happy, smile at everyone, make sacrifices for them, have a word of comfort for the downcast, without distinctions.» (The Power of a Witness, p. 150). «The wonderful thing about Sister Teresa was her immense simplicity, her unassuming humility and her boundless charity. Her great heart knew no resentment or envy or jealousy, or other human passions, but

only love and kindness given to all who approached her» (The Power of Witness, p. 13).

Salvation, like health, holiness and life, is not a state but a journey. It is a journey accompanied by the unconditional love that inspires us to see an opportunity for healing in every wound, to experience a shared joy in every happy experience, and to hear a call to action and trust in every injustice.

«We must trust in the Lord, for not a leaf moves on a tree unless it is His will» (Summ PO, p. 23-19). From her I learned to say, «Lord, in all things, your holy will» (Positio, p. 76).

And God's will is none other than that we know and love Him with our whole being. It is only in our attentive and total gift of self to Him, and in Him to our brothers and sisters, that we can be fully happy.

What kind of companions on the journey are we?

*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 TRIED TO GO UNNOTICED.

for Fuensanta Belló Moya, Super Virtutibus, Summarium, p. 118.

*"She tried to go unnoticed. It's true that everyone loved and appreciated her, that everyone sought her out, but it was precisely because of her humility, because she gave herself without reservation, because whoever sought her found her, but all of this without ostentation of any kind."*



# PLACES TO ENCOUNTER FRANCISCO PALAU: THE CAVE AND HIS BIRTHPLACE

by Community Francisco Palau of Aitona.

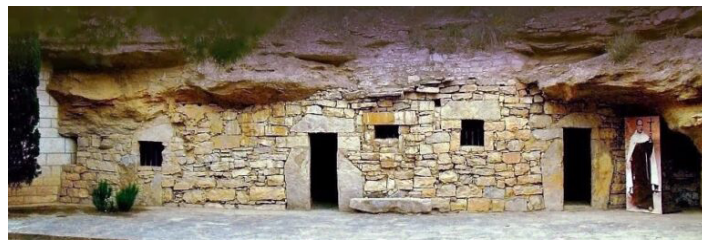
As we enter these places of encounter with Francisco Palau, we recall one of his sayings: "Enter into the depths of the temple of your soul; remain there in silence and listen to the voice of God, who always speaks to you from deep down in your heart" (Letter 1).

We have received in these Palautian sites religious congregations and sisters from our congregation, families and groups of children from our schools and from the parish community. Various groups were also able to participate in retreats, meetings, prayers, fellowship, silence, contemplation, confession, spiritual exercises, and eucharistic celebrations.

During their stay, they were able to enjoy both the silence which leads into prayer and personal encounter with the Lord, and the beauty of nature that leads us to contemplate the beauty created by God and to contemplate Him through that beauty: "O forests and thickets, planted by the hand of the beloved!" (Spiritual Canticle of St. John of the Cross) Through reflection, dialogue, and fellowship, they have also had opportunities to perceive the presence of God that creates communion and fraternity.

On the Feast of Our Lady of Mount Carmel, a special encounter takes place during a procession where the statue of the Virgin Mary is carried to a cave. There, in front of her image, the Eucharist is celebrated, with a blessing and imposition of scapulars for the families who request it.

On November 7th, the solemnity of our founding father is celebrated in the cave. This refers to the liturgical feast of Blessed Francisco Palau y Quer,



a Discalced Carmelite priest., with the participation of faithful from the town and the Little Sisters of the Abandoned Elderly. This usually ends with refreshments offered by the community.

These encounters are not limited exclusively to the cave. On the 29th of every month, the community opens the doors of the house where Father Palau was born for an experience of Palautian prayer, attended by young people and families from the village.

Thus, the birthplace and the cave continue to be a places of attraction where the Church awaits everyone.

## REMEMBER...

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

07 11 25

LITURGICAL FEAST  
OF BLESSED  
FRANCISCO PALAU

15 11 25

REMINDER OF THE SOLEMN  
VOWS OF FCO. PALAU IN THE  
CARMEL (1833)

17 12 25

REMINDER OF THE  
DECLARATION OF T. MIRA AS  
VENERABLE (1996)

29 12 25

BIRTHDAY OF BLESSED  
FRANCISCO PALAU  
(1811)

26 02 26

REMEMBRANCE OF  
THE DEATH OF SIS.  
TERESA MIRA (1941)

20 03 26

ANNIVERSARY OF THE DEATH  
OF BLESSED FRANCISCO  
PALAU (1872)

## Hoja Palautiana

TERESIAN CARMELITE MISSIONARIES

[www.cmtpalau.org](http://www.cmtpalau.org)

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

HOJA PALAUTIANA IS ISSUED EVERY FOUR MONTHS.

NEXT ISSUE: MARCH 2026

CARMELITE TERESIAN MISSIONARY NUNS (C) ALL RIGHTS RESERVED.

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

