



## SPEAKING FROM THE HEART



**Sr. Teresa Vives, CMT**  
European Provincial Animator

The life and message of Jesus have been, from the beginning, a source of inspiration for so many people who hear God's gentle voice as he speaks to the heart, who hear words of eternal life that inspire confidence and are a source of strength and of freedom to speak and act in his name. The gentle voice heard in the heart is proclaimed as Good News when the hearer welcomes her neighbor, faces difficulties and the demands and consequences of a mission with creativity and courage.

The lives of Sister Teresa Mira, Father Palau and the blessed martyr Julio Alameda Camarero tell us an eloquent story of what it means to say "yes" to life, to learn to trust fully in God and to look to the future without losing peace.

Each of them lived their faith hand in hand with Mary, Mother and Teacher of all virtues. Their longings for holiness were fulfilled in the figure of Mary: "Wherever my teacher is, I will be ready to follow her wherever she goes." (LET. 31:2) These words of Fr. Palau are an invitation to enter the pages that follow with the eye and the ear attentive to the gentle voice heard by the heart.

## HOLINESS, A UTOPIA FOR MANY, A REALITY IN THE THIRD MILLENNIUM

Holiness is a utopia insofar as it is a perfection always desired. We can say that it is a gift that we cannot achieve by ourselves.

Etymologically utopia means 'that which is nowhere' and 'an ideal place'. This means that holiness is not exclusive to a state of life (consecrated life, priesthood or laity) but to a style, an ideal of life in which every Christian and I dare say, even a non-Christian, can achieve holiness, because the universal call to holiness is the fruit of grace and the Holy Spirit.

Holiness, according to some theologians, is nothing more than living the theological virtues to the full, and in the words of Blessed Francis Palau: "The perfection of man consists in union with the principle from which he comes. Man proceeds from God through creation, returns to Him and is united with Him through charity and the exercise of all the virtues" (Catechism of the Virtues, Lesson 6,7).

Utopia is essentially linked

to faith, hope and charity, because the theological virtues are precisely a factor that moves and impels the person to seek the ultimate goal as an ideal of life.

For Pope Francis, holiness in today's world consists in seeing it in the patient People of God: "in those parents who raise their children with immense love, in those men and women who work hard to support their families, in the sick, in elderly religious who never lose their smile. In their daily perseverance I see the holiness of the Church militant. Very often it is a holiness found in our next-door neighbours, those who, living in our midst, reflect God's presence. We might call them "the middle class of holiness". (Gaudete et exultate, 7).

Therefore, we can say that the holiness of the third millennium is nothing more than to do good each and every day, hence each and every person can be holy in the historical context in which it is their lot to live.

**Holiness is not exclusive of a state of life**

**Sr. Norma Pérez CMT.**

PRAYER REQUESTING GRACES

**Almighty and Merciful God!**

We thank you and bless you because you instilled in the heart of Blessed Francisco Palau a singular love for the Church, the mystical body of Christ, you discovered him beauty figurated in Mary, and you enlightened him to serve her with prayer and apostolate. Grant us his prompt canonization in the Church and now the special grace that through his intercession we ask you. Through Jesus Christ our Lord.  
Amen

COLLABORATE WITH US

**Share your experience with us**

Share with us your experience You have three alternatives to communicate 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](https://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](#)



# Francisco Palau y Quer: a gift for the Church

*"It is not in our power to order our steps" (LET. 18).*

The letters as a whole, among oWe find ourselves deep in the reading of the letters of Palau. Earlier, we saw a small group of letters about the work of God that accomplishes Love in us.

On this occasion we will deal with two groups of cards, very interesting for their themes. The first is composed of letters 14 to 17 from the years 1853 and 1854, which make known the purpose and methodology of the School of Virtue. They correspond to the years of growth and suppression of this project. In Letter 16 addressed to Mr. Melchor Ordoñez y Viana, governor of Barcelona, he states: *"Your Excellency: His Excellency the Bishop, my most worthy Prelate, has communicated to me an order of this government, according to which the School of Virtue, which is under my direction in the parish church of St. Augustine, has been suppressed."*

The second group consists of letters 18 to 36 corresponding to the years 1854 and 1855. The letters are addressed to friends, disciples and collaborators of the School of Virtue. In them he speaks of his exile in Ibiza and the hope of being able to reopen the School.

In these letters he undertakes a rereading of God's will, manifests his weariness in the face of events and a great concern for his followers. These letters show us a Francis who is human, fragile and abandoned to God's will: *"We speak, project, make and unmake plans as creatures walking in a dark world, and God, who sees our thoughts, perhaps laughs at them, and in his wisdom has other plans arranged."* (Ct. 19:7).

Let us approach these letters where Francis shares with us, once again, an important time in his life.

## PHRASES : Small physiognomies of his mind

in Writings, letters 23;2.

"Dear friend: Even if we are very bad, we all have some good in us, and God uses this goodness to work for good and to make good use of the lot he has given us. For this bit of goodness he finds in us

he takes mercy on us and saves us. Of course, you are a rascal, but you have some good in you (...).  
How pleased I am with you! We

are comrades in arms and we have fought together. I have not seen you tremble, but undaunted you have thrown yourself upon the enemy"

# TERESA MIRA AND SAINT GEORGE

Sr. Teresa Mira was 29 years old when she arrived in San Jorge, municipality of Vinaroz. The village is small, the sisters' school was on Church Street, today named Sister Teresa Mira Street.

Shortly after Sister Teresa began as a preschool teacher, families began to come to her to entrust her with their little ones, winning her affection and friendship! But her mission as a teacher was short-lived as her illness worsened.

The stairs of the convent by which she had to carry up the buckets of water that the community needed were wearing her out little by little. One of the many friends she had in San Jorge spoke to the Mother Superior, offering to help the sister in this work, as she had made a promise. The superior granted it and Teresa thanked her friend with a smile.

Her sister Magdalena, who was stationed in Tarragona, was given permission to go see Teresa. Once there she realized

that her sister was not well, as her cutlery, plates, glasses, everything, was being washed and kept apart. The two sisters took a walk through the village and Sister Magdalena saw how people stopped her sister to ask how she was. And Sister Teresa would answer: Well, I am very well, but fatigue no longer allowed her to raise her voice very much. Magdalena returned to Tarragona.

There was a change of superior in the community of San Jorge. Sister Teresa was treated more harshly. Her illness required a well ventilated and sunny room and she had to be in a small cubbyhole.

Teresa was seen to be and to act as a true soul of God, with faith, fervor, anointing and recollection: an authentic witness of someone who lived only for God, occupied with Him and with his things, dealing with the Beloved. (Summ., Test. 13 PT, p. 208, § 387).

*Sr. Concepción Prieto, CMT.*



## PRAYER REQUESTING GRACES

**O God, who takes pleasure in humble and simple souls!**

*Glorify your Servant Teresa who made her life ideal to love you without ostentation and give herself for your love to those who encountered her, grant that we may know how to serve and love you like her, without reservation, and now the grace we ask you through her intercession. Through Christ our Lord.  
Amen.*

## WITNESS: There is always room

for IDELFONSO DE LA INMACULADA, OCD, La fuerza de un testimonio, 2da. Edition, p. 110.

«When I saw a mother come in for the first time to bring me her little boy, I was scared. I didn't know how to convince her that there was no more room. Everything was useless. I added

that I could not attend to so many, that I did not have time to teach them. They replied that it was the same. They just wanted me to have them in school under my tutelage, even if I didn't

teach them anything. When I, tired of speaking, said that the permission of the Superior was required, in reply they left me the children and went away»



## LET US NOT FORGET THE MARTYRS

for PASTOR MIRALLES, Josefa, Tertiary Carmelite Brothers, Ed. CMT, 1998, 25-26.

On this occasion we will remember Blessed Julio Alameda Camarero beatified on October 13, 2013 as a martyr.

“From Castroceniza (Burgos). Born on May 28, 1911, son of Matthew and Bridget, farmers. Baptized on the 30th of the same month and year with the name of Julio [...]. He received the sacrament of Confirmation on June 30, 1923. [...] He entered the Institute of Carmelite Brothers of Teaching in 1926 at the age of 15 [...]. Brother Julio wrote from Tarragona his last letter to his family in June 1936.

In Tarragona, in July 1936, the events of the Spanish Civil War surprised him. On the 21st of the same month he took refuge in the house of the parents of Br. Buenaventura Toldrá, together with the other members of his community, except the Superior General Cosme de Ocerín. On July 25, 1936, six militiamen appeared in search of them and took them prisoners to the Rio Segre steam-prison. [...]

On November 10, 1936 at 10.30 in the morning, the alleged commander of the ship and member of the FAI, Juan Ballesta, together with the militiaman Recasens, known by the nickname El Sec de la Matinada and famous for his atrocities, visited the prisoners. The indication was this: Here they all are. The next day the prisoners were lined up on deck and carefully examined as to whether or not they had tonsure. When Br. Julio Alameda passed by and was questioned about his condition, he answered courageously: I am religious before God and men. [...] In the early morning of November 11, 1936, Br. Julio Alameda, 25 years old, was shot, together with a total of 23 other people.

## REMEMBER...

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

26 09 23

TERESA MIRA IS BORN IN  
ALGUEÑA, ALICANTE-ESPAÑA  
(1895)

13 10 23

BEATIFICATION OF THE  
CARMELITE BROTHERS OF  
TEACHING (2013)

15 10 23

SOLEMNITY OF SAINT TERESA  
OF AVILA

07 11 23

FEAST OF BLESSED FRANCISCO  
PALAU

08 12 23

SOLEMNITY OF THE  
IMMACULATE CONCEPTION

14 12 23

SOLEMNITY OF ST. JOHN OF  
THE CROSS, OCD

# Hoja Palautiana

TERESIAN CARMELITE MISSIONARIES

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

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

HOJA PALAUTIANA IS ISSUED EVERY FOUR MONTHS.

NEXT ISSUE: JANUARY 2023

CARMELITE TERESIAN MISSIONARY NUNS (C) ALL RIGHTS RESERVED.

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

