

Day 4: Let us rejoice, Beloved

Taking God for your Friend

Take God for your bridegroom and friend and walk with him continually; and you will not sin and will learn to love, and the things you must do will work out prosperously for you.

Sayings of Light and Love - 68



Day 4 of our pilgrimage was a day of spiritual immersion and profound encounters. Beginning the day with adoration and morning praise, we found solace and inspiration in the quiet moments of prayer and meditation on selected Sayings with the theme: **Rejoice.**

The group gathered in the dining to enjoy our customary breakfast, fueling us for the adventures ahead.

Our pilgrimage took us by foot or cab to the city of Avila, where we gathered to celebrate Mass at the sacred place of the seed ground of St Teresa's reform - St. Joseph's Monastery. Fr. Matt's homily touched our hearts as he invoked the spirit of St. Teresa, reminding us of her visionary zeal and the profound impact of her work at this very monastery. Fr Matt speaks of how important the custom of ringing the bell before a Mass is celebrated. Two reasons seem to be the foundation of this practice: to inform the local people that this place has been consecrated to God and that it has become a place where God is honoured. It's also an invitation to the people to become part of this blessings.

Being Rooted in the Lord, Our God

Well and good if all things change, Lord God, provided we are rooted in you.

Sayings of Light and Love - 34

La Santa et La Fonte

Following this, the group visited La Santa, the house of Teresa's birth and the beautiful basilica raised in her honour. The church where she was baptized was also open to us.

In the afternoon, our journey led us to the Monastery of the Incarnation, where St. Teresa had spent many formative years. Fr. Matt treated us to readings from St. Teresa's own accounts of her mystical experiences in this holy place, including the profound moments of the *transverberation* and mystical marriage. We were also privileged to behold the original drawing of the cross by St. John of the Cross, a tangible symbol of divine love and sacrifice, as well as a profound work of art.



Rejoice in the Lord, again I say rejoice.

Phil 4:4-7

The evening followed a sumptuous dinner shared in fellowship and camaraderie. As the day ended, we carried with us the indelible memories and profound insights gained from our day of spiritual exploration and encounter with God, the saints and each other.

The Star of Avila



As evening descended, we had a captivating tour of the University of Mysticism CITEs. The vision of the institute and the different courses been offered.

The day concluded with an evening of praise, where we offered gratitude for the blessings of the day and preparing to leave Avila for the unfolding of God's blessings as we head towards Toledo.

