

By 1580, St. Teresa was sixty-five and quite ill. And in October 1582, even though she was ill, Teresa set out to visit one of her convents. When she finally arrived at the convent she was immediately put to bed because she was totally exhausted. She did not recover from this illness. Teresa longed for Jesus in the Blessed Sacrament. Three days later, as death approached, she received the Last Sacraments. She sat up in bed and exclaimed, ***“O my Lord, now is the time that we may see each other!”***

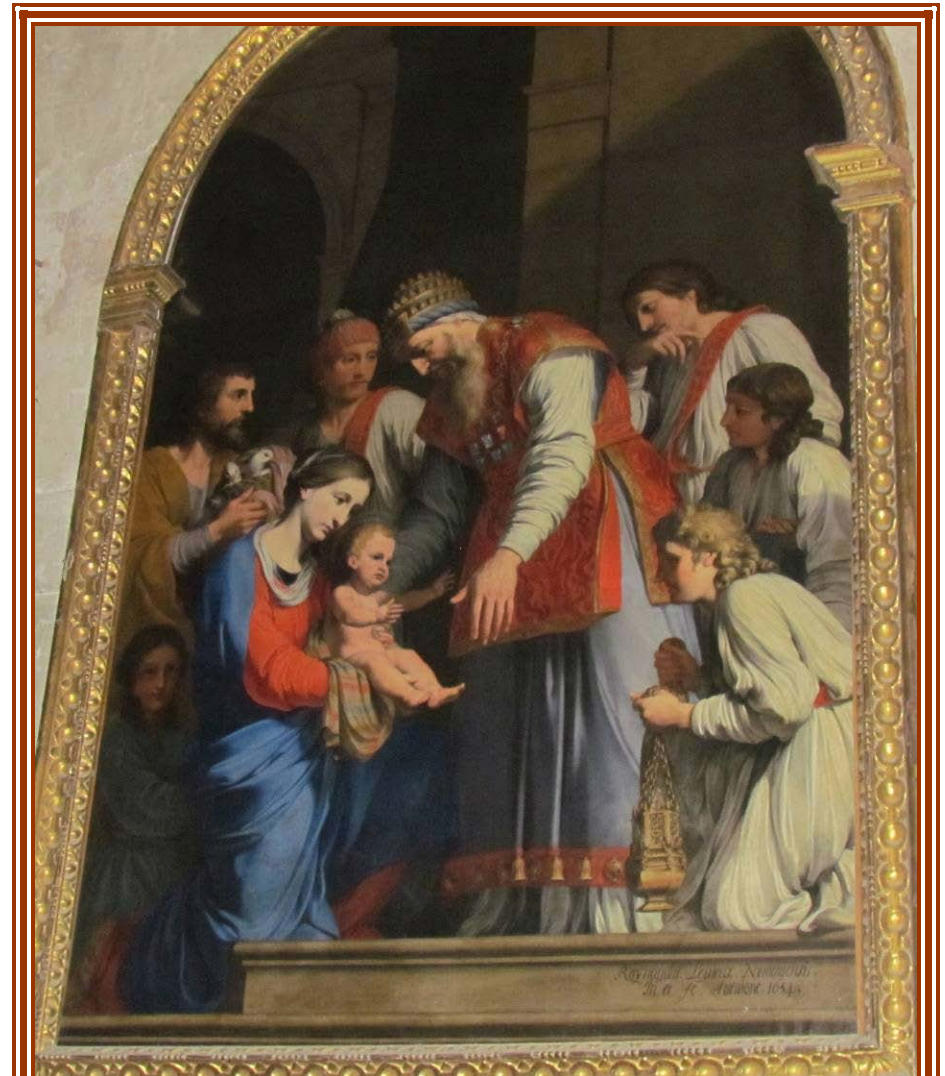
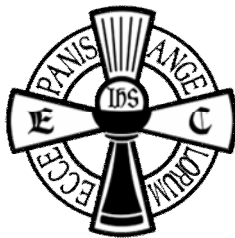
Teresa will always be remembered as the nun in the patched habit who was always gracious and happy and who had no use for long faced saints—she believed that a sad saint is a poor saint. And St Teresa lived in Heaven and on earth at the same time. Her soul was united with God but she kept her feet on the ground and taught her nuns a lot of common sense and many things about the good God.



Remember these words of St. Teresa: ***“Little by little one makes progress in deeds. And God gives value to little things like these that are done for Him, and He gives the help for doing greater things.”***

Because of her great spiritual writings, St. Teresa is now called a ***“Doctor of the Church.”***

St. Teresa of Avila, Pray for Us



The Presentation of the Child Jesus at the Temple

THE GUARDIAN OF CRUSADERS
Bulletin of the Eucharistic Crusade for Canada

February 2012 # 222

Being offered at the temple

Dear Crusaders,

Forty days after the birth of Jesus, Mary and Joseph went to the Temple of Jerusalem on a very special occasion. In obedience to the Law of Moses, Mary had to go through the ritual of Legal Purification. On the same occasion, the Child Jesus was presented in the Temple. This is what we are going to celebrate on February 2nd, the feast of the Presentation of the Child Jesus in the Temple and of the Purification of Mary.

The Presentation of Jesus was not like the one of an ordinary child of the Hebrew people, because the Temple was not the house of a stranger, but His House, the House of God. So, on that day, the Child Jesus took possession of His House.

Now, on the same day, some young men are going to follow the example of the Child Jesus. They are going to be offered to God in the Church, when they take the cassock.

Please pray for these young men, so that they answer with generosity to the call of God, and may our Eucharistic Crusade furnish the ranks of those blessed souls who will follow the example of Our Master to be offered to God. They will answer the call of the Master of the harvest for many vocations.

With my priestly blessing,

Fr. Dominique Boulet

* **On February 5th, a Mass will be said for the intentions of the Eucharistic Crusade in Canada**

* **Our new address: Eucharistic Crusade Canada, 1395 Rue Notre-Dame, St. Césaire, QC, J0L 1T0**

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Many people were against the reformed Order of Carmelites and some of Teresa's friends even went so far as to call her a devil! However, Teresa eventually won over those who were against her, by her Christian love, practical wisdom, charm, humility and sense of humour. She set up many reformed Carmelite Convents in various cities and Jesus blessed these new convents with many holy women.

Teresa always humbled herself for the least fault she committed. She would fold up the cloaks after the sisters had used them in the choir. She served at the table and did the lowest work in the kitchen. And she swept the dirtiest places in the yard. She offered all her actions to God as a continual sacrifice of love, praise and humility. She punished her body by severe fasts, long prayers, hair shirts, and severe disciplines. Teresa did not rely just on her own strength to grow in holiness. She relied on God's help and she often said: ***"One Communion, properly made, is enough to enrich the soul with all the treasures of grace and virtue."***

In 1567, the Prior General came to Avila and was charmed with St. Teresa's reformed Carmelite Convent. He even gave her a licence to found two monasteries of reformed monks. St. Francis Borgia and St. John of the Cross became leaders in reforming the men of the Carmelite Order.

Also during 1567, after some difficulties, Teresa founded her second convent in Medina del Campo. She opened a third convent in the town of Malagon and then went on to Valladolid to found another convent.

When Teresa founded her next convent in Toledo, Spain, she had only four or five ducats, which might be about \$40.00 in today's money. ***"Teresa and this money,"*** she said, ***"are indeed nothing; but God, Teresa, and these ducats are enough to start building this convent."***

In 1568, Teresa founded a monastery for men in Duruelo and a second monastery for men in Pastrana, in 1569. Under obedience to her confessors, Teresa began to write down her experiences and practical advice on the spiritual life, union with God, and the inner workings of grace in her soul. Two of her greatest works are: ***"Interior Castle of the Soul,"*** and ***"The Way of Perfection."*** These two masterpieces can help a Spiritual Director or a Confessor to direct souls.

During the last fifteen years of her life, Teresa travelled mostly within Spain. At the age of sixty-five, only willpower and the grace of God kept her alive. And even at the end of her life, she still found the strength to found three more convents. Before she died Teresa had founded seventeen reformed Carmelite Convents.

rules of the Order. Her first efforts to do so were mixed with suffering and trials as most of the nuns in the convent were against the changes. But while Teresa endured the slander and hardships Jesus consoled her with ecstasies. Teresa was also mystically married to Jesus.

In 1559, an angel appeared to Teresa and pierced her heart with a spear, which left her totally on fire with the love of God. In 1560, because of her great love of God, Teresa made a vow that in everything she would always do that which seemed the most perfect and most pleasing to God.

St. Peter of Alcantara, a holy Franciscan realized that the Holy Ghost was leading Teresa and he told her that she would receive even more crosses from God. No matter what troubles Teresa was faced with she exclaimed: ***“Never***



despair or fail to trust in the greatness of God!”

In 1562, with the help of the Carmelite Provincial and St. Peter of Alcantara’s prayers and encouragement, Teresa founded her first new convent and called it St. Joseph’s. There were only four novices and our saint as Superior. A little while later, four older nuns from Teresa’s first convent came to join them.

The nuns lived in great poverty. They wore habits of coarse cloth, sandals, straw for sleeping on, and never ate any meat. They fasted eight months of the year, recited the Canonical Office, and offered up their prayers and good works for souls, especially for priests.

ST. TERESA of AVILA

St. Teresa was one of the greatest women who ever lived. She was born in Avila, Spain on March 28, 1515. She was the third of nine children born to her parents. Her father, Alphonsus Sanchez, was a highly respected gentleman of great virtue and purity of heart. Her mother, Beatrice Capeda, who was often ill, was full of great goodness and virtue.

At seven years of age, Teresa found great pleasure in reading the lives of the saints and martyrs. She was greatly impressed by the word ***“Eternity”***. ***“For ever, for ever, for ever, for ever they shall see God,”*** she would repeat, thinking about the everlasting glory of the saints in Heaven. Teresa would often retire to a remote spot, and say her Rosary or some other prayers. She gave the money she had to the poor, and loved to do as much good as she could do. One day she and her brother Rodrigo decided the best and quickest way to Heaven was to be a martyr. So they set out secretly from home planning to beg for food all the way to Africa, where they could be martyred for the faith. But an uncle found them and brought them back home.

When Teresa was only twelve years old, her mother died. It was a heavy cross—the poor girl was crushed. She threw herself on her knees, and with bitter tears streaming down her face; she looked up to Heaven and begged the Blessed Virgin Mary to be her mother.

At fourteen Teresa loved to read romance novels, but these novels stopped her from advancing in virtue and holiness. The romance stories that Teresa read were works of fiction in which love stories and the daring deeds of the heroes of chivalry were blown out of proportion. They were deeds that no man could really perform and they started to destroy in her mind the beautiful thirst for truth. In short they inspired a love of trifles,



folly, vanity and nonsense. And today these kinds of books lead many women into **mortal sin!** **Girls! Beware of our modern romance novels!**

Teresa writes: ***“The reading of these novels cooled my good desires, and was the cause of my falling into other faults. I began to imitate the fashions, to take delight in being well dressed, to take great care of my hands and to make use of perfumes. I had no bad intentions in doing these things but after several years I realized how criminal these things were.”***

In later life Teresa said: ***“If I were to counsel parents I would warn them to be well aware of their children’s friends in their adolescent years, because with our nature, we quickly fall into evil rather than virtue.”***

When Teresa’s father found that because of these novels, she had a change of heart, he sent her to the Benedictine Convent School. She remained there for a year and a half and had to be brought back home because of very poor health.

Teresa slowly recovered and went to live with her sister in the country. During this time she started to think about religious life and to love God more. She asked St. Mary Magdalene and St. Augustine to help her and began reading the letters of St. Jerome. At nineteen Teresa decided to enter the Carmelite Convent, but her father wanted her to wait until



he died. She felt that a delay might ruin her vocation so one day she left home and joined the Carmelites. She made her profession there when she was twenty.

For the next three years after her profession, Teresa was terribly sick and had to return home to recover. She recovered only during great suffering and became almost completely paralysed. She was often on the verge of dying. She prayed to St. Joseph and became well again and he became her great helper for the rest of her life.

(Continued on page 9)

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During her illness, Teresa began to practise mental prayer and to progress in the way of perfection. But after her return to the convent, her ideals of sanctity were brought to a halt because of the many distractions in the convent. At that time many of the convents in Spain were more like homes for single women who were not truly interested in living a cloistered religious life. The convent in Avila allowed daily visitors, socializing, gossiping and other things, which were not allowed in the Carmelite Rule.



Teresa fell into these worldly ways and gave up mental prayer for a time. Jesus continued to call her back to Him and in 1553; she was converted while meditating on a crucifix. She realized how much Jesus loved her and how little she loved Him. She vowed at that moment to stop being selfish and nonreligious.

She said that when she had given up mental prayer, it was the worst and greatest temptation she ever had! Mental prayer is the gate through which God reaches our souls. It is the way to gain a great friendship with Jesus, Mary, Joseph, and all the Saints and Angels.

Teresa threw herself body and soul into a deeper love of prayer and contemplation and because of this Jesus blessed her with many visions and heavenly visitations. Teresa climbed the ladder of perfection and found that the key to opening the doors to the grace and the power of God was to have a very close friendship with Him. This continual union with God is based on a solid life of **humility, prayer** and **sacrifice**. St. Teresa said: ***“I do not see how God can come to us, or give us His graces if we shut the door against Him, by not meditating!”***

Teresa who was now twenty-five soon realized that the Carmelite Convent needed a complete reform—they must go back to the original

Little Talks to Little People

S	T	A	U	G	U	S	T	I	N	E	Q	Z	B
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H	E	A	V	E	N	V	O	C	A	T	I	O	N
M	A	G	D	A	L	E	N	E	V	O	W	C	Q

ST AUGUSTINE
BENEDICTINE
MAGDALENE
CLOISTERED
VOCATION
HUMILITY
CONVENT
HOLINESS
ETERNITY
CRUCIFIX

MARTYRS
CONVENT
HEAVEN
ROSARY
PRAYER
NOVELS
VIRTUE
JOSEPH
SAINTS
ANGEL

MARY
JESUS
POOR
RULE
LOVE
NUNS
SOUL
SICK
VOW
GOD

St. Dominic, who received the Rosary from Our Lady, was a saint who had great charity. During a famine (when people don't have any food and they are starving), in Palencia, Spain, when he was a twenty-year-old student, he spent all of his money to help feed the poor people in Palencia.

St. Dominic sold all his furniture and used that money to help buy food for the poor people in Palencia. Finally he had nothing left but his precious and rare books, which he used to study with at school and at home. He looked at his books and decided that he would sell his books for money and give that money to buy food for the starving people as well.

That was very good of him to do these things and you can be sure that God rewarded him for doing this in Heaven and on earth. After he had sold his books someone asked him: ***"Why did you sell your books? You can't go to school without your books!"***

To this Dominic gave the answer of a saint: ***"What shall I study in dead books, if my brothers and sisters are dying of hunger?"***

You see, you must always look upon other people as if they were your brother or sister and love them as much as if they really were. God wants us to do this and we must do what God tells us to do.

In the Bible it says in **1 Corinthians 13 (vs. 2):** ***"If I should have all knowledge and have not charity, I am nothing."***

And in **James 2 (vs. 15-16)** it says: ***"If a brother or sister be naked, and want daily food, and one of you say to them: Go in peace, be you warmed and filled, yet give them not those things that are necessary for the body, what shall it profit?"***

And further on it says in **James 2 (vs. 20):** ***"But wilt thou know, O vain man, that faith without works is dead?"***

So you see **you must prove your faith by doing good works.** Remember if you see a poor man or a poor woman on the street, don't be afraid to go up to them (with your parent if you are really young) and give them some money or an apple or a chocolate bar. By doing so you will be helping Jesus Himself.

And if you have nothing to give the poor person at the time, you could tell them, ***"I'm sorry I am not able to help you today but I will say my Rosary for you and I will ask God to give you many great blessings. And please pray for me, I need your prayers too."***

INTENTION FOR THE MONTH OF February 2012



Men's retreat at Shawinigan

Daily offering

(To be recited every morning when you wake up)

O Jesus, through the Immaculate Heart of Mary, I offer Thee all my prayers, works, joys and sufferings of this day, for all the intentions of Thy Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, and in reparation for my sins. I offer them particularly **for the spiritual retreats.**

November 2011 Treasure Sheets										
	Daily Off.	Mass	Sacr. Com.	Spir. Com.	Sacrif.	Dec. Ros.	Visit Bl. S.	15 Min.	Good Example	Quantity
NB & NS										
QC										
ON	1041	541	398	715	1807	5081	400	308	1180	37
MB	60	10	9	40	55	180	12	18	60	2
SK	511	144	135	670	11727	2975	167	155	2892	20
AB	180	63	62	169	264	1265	93	180	253	6
BC	368	95	82	105	166	1365	52	2	121	15
Total	2160	853	686	1699	14019	10866	724	337	4506	80

TREASURE CHART FOR THE MONTH OF FEBRUARY 2012

Day	Daily Offering	Mass	Sacr. Com.	Spir. Com.	Sacrifices	Decades of Rosary	Visits Bl. Sacr.	15 Minutes Silence	Good Example
1									
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February 2012

Total of the Month										
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To be sent to the secretariat of the Eucharistic Crusade, 1395 Rue Notre-Dame, St-Césaire, QC, J0L 1T0, or e-mail: EucharisticCrusadeCDN@gmail.com