



*Thanks to St Teresa of Avila, there are probably over 70 Carmelite Women Communities in the United States alone. She started the renewal process many years ago and it keeps flourishing. This is because the hunger and thirst for God in prayer is insatiable and for those who get a taste of it, life is never the same. It becomes infinite and consuming even on earth. Reflect on this profoundly, moving prayer of St Teresa entitled:*

### A Prayer after Individual Confession

(This beautiful prayer by St Teresa was found in a pamphlet in the Cathedral of Saint Matthew the Apostle, Washington, District of Columbia for a Communal Prayer Service. The service was lead by former Theodore Cardinal McCarrick, Archbishop of Washington.)

Although I have often abandoned you, O Lord, you have never abandoned me. Your hand of love is always outstretched towards me, even when I stubbornly look the other way. And your gentle voice constantly calls me, even when I obstinately refuse to listen. When the sins in my soul are increasing, I lose the taste for virtuous things. Yet, even at such moments, Lord, I know I am failing you and failing myself. You alone can restore my taste for virtue. There are so many false friends willing to encourage sin. But your friendship alone can give the strength of mind to resist and defeat sin.

What a good friend you are, Lord! You are so patient, willing to wait as long as necessary for me to turn to you. You rejoice at the times when I love you, but you do not hold against me the times when I ignore you. Your patience is beyond my understanding. Even when I pray, my mind fills with worldly concerns and vain daydreams. Yet you are happy if I give only a single second of honest prayer, turning that second into a seed of love.

Oh Lord, I enjoy your friendship so much, why is it not possible for me to think of you constantly?