

1515 – 1582

Saint Teresa of Jesus

The great Carmelite mystic, St. Teresa of Avila, wrote regarding Holy Communion: “If when Jesus walked on this earth, the sick were healed merely by touching His garments, there is no doubt that there will be many miracles when we receive Him within us, if we have faith. Jesus, finding Himself in our home (that is, within us) will grant us what we ask of him...His Majesty in fact does not usually repay badly a sign of good hospitality...” Saint Teresa often repeated that “if people received Communion at least once in their life with great faith and love, that one time would be enough to make them become saints.”

