

She was called Therese Martin and she lived in France over a hundred years ago with her parents and four older sisters. Therese led a very ordinary life. She went to the local school and she loved reading and dressing up. Even as a little girl, Therese believed that Jesus listened to her prayers and was very close to her. Through prayer and reading about what Jesus said and did, Therese came to know Jesus like a friend. As she got older, Therese decided to spend her life staying close to Jesus and following his ways. Therese told her family that she wanted to become a nun. A nun is a woman who dedicates her life to loving God and helping others.

# St Therese of Lisieux

Feast: October 1<sup>st</sup>



**Reflection:** How can I follow a Little Way to love God and serve others?

Therese longed to be a missionary nun who delivers God's love in places far away where people are suffering. Therese did not have good health and wasn't strong enough to make long journeys. Instead, she realised that it is just as important to do small acts of kindness wherever we are and that these can change the world. In the convent she was given lots of ordinary tasks to do such as scrubbing the floor and washing up. Therese decided that everything she did each day – especially the small boring tasks – she would do with great love. She called this her 'Little Way'. Just because you are young or small, it doesn't mean your actions aren't important.