

Teresa used to be called Agnes and was born in Albania. Her mother taught her to be committed to charity and always invited the poor to eat in their home. She told Agnes: "My child, never eats a single mouthful unless you are sharing it with others." When Teresa asked who the people eating with them were, her mother responded, "Some of them are our relations, but all of them are our people." When Agnes was older, she became a nun and changed her name to Teresa after St Therese of Lisieux and was known as Mother Teresa. At first she devoted her life to teaching in India, but then began to work in the slums of Calcutta with the poorest and sickest people. She spent her life giving selflessly to others.

St Teresa of Calcutta

Feast: September 5th



Reflection: "Peace begins with a smile".
Who will you share peace with today?

After she died, she was made a Saint. She is now known as St Theresa of Calcutta. Sometimes, wealthy people who visited Mother Teresa would say, 'What can I do to bring hope and peace in the world like you are doing?' Many expected her to say, 'Give generously', 'Come and work here for a year' or 'Start an orphanage where you live'. However, Mother Teresa often gave the very simple answer, 'Peace begins with a smile.' Isn't that amazing? If we just start smiling at people and loving people with a smile, we could begin to change things in our homes, our classrooms, our city and even in our world.