

Feast of St. Theresa of Avila 15 October

Carmelite nun, mystical writer and
Doctor of the Church

Prayer to Redeem Lost Time

*O my God!
Source of all mercy!
I acknowledge Your sovereign power.
While recalling the wasted years that are past,
I believe that You, Lord,
can in an instant turn this loss to gain.
Miserable as I am,
yet I firmly believe that You can do all things.
Please restore to me the time lost,
giving me Your grace,
both now and in the future,
that I may appear before You
in "wedding garments."
Amen.*

--St. Theresa of Avila

A gold heart with red IHC and silver rays,
on a black field.

