

## **A Lenten Interior Pilgrimage**

**Inspired by Teresa of Avila's *Interior Castle***

April 8, 2020

### **Gathering and Introduction to *Interior Castle***

#### **Moments for Preparation**

(8-10 minutes for written reflection and preparation)

An invocation by St. Teresa – “Feeling Desperate”

- A writing practice / reflection questions to prepare ourselves for the journey
  - Write a few words about your current prayer practice
    - What are practices you observe?
    - How are the practices serving you? What are the qualities of the prayer practice?
    - Are there practices that do not feel fruitful or nourishing to you?
    - Any practices that are calling to you?
    - Other ways you might want to change your prayer practice?
    - What do you hope to learn or what self-knowledge comes from your prayer practice?

### **Reading the Psalms**

#### **Centering Prayer**

Introduction and Instruction, Reassurance from St. Teresa – “Nada Te Turbe”

Centering Prayer Practice  
(15-20 minutes for silent prayer)

#### **Time for Writing and Quiet Contemplation**

(8-10 minutes for written reflections from the journey)

#### **Silence and Closing Prayer**

*Feeling Desperate*  
by Teresa of Avila

The  
earth  
and sky will open their purse for you  
and your life will  
change

if with all your heart you say these words each day.

“Teach me, dear God, all that you  
know.”

One night I walked through the streets feeling  
desperate, in need of  
alchemy.

A hooded priest passed by where there were no lamps.  
I could not see his face, I only heard these words that he  
kept repeating,

“Teach me, dear Lord, all the you know.”

I knew a treasure had  
entered my  
soul.

## Psalms 42

- 1 As the deer longs for the water-brooks, \*  
so longs my soul for you, O God.
- 2 My soul is athirst for God, athirst for the living God; \*  
when shall I come to appear before the presence of God?
- 3 My tears have been my food day and night, \*  
while all day long they say to me,  
“Where now is your God?”
- 4 I pour out my soul when I think on these things: \*  
how I went with the multitude and led them into the  
house of God,
- 5 With the voice of praise and thanksgiving, \*  
among those who keep holy-day.
- 6 Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?
- 7 Put your trust in God; \*  
for I will yet give thanks to him,  
who is the help of my countenance, and my God.

## Psalms 131

- 1 O Lord, I am not proud; \*  
I have no haughty looks.
- 2 I do not occupy myself with great matters, \*  
or with things that are too hard for me.
- 3 But I still my soul and make it quiet,  
like a child upon its mother's breast; \*  
my soul is quieted within me.
- 4 O Israel, wait upon the Lord, \*  
from this time forth for evermore.

## Psalms 139

- 1 Lord, you have searched me out and known me; \*  
you know my sitting down and my rising up;  
you discern my thoughts from afar.
- 2 You trace my journeys and my resting-places \*  
and are acquainted with all my ways.
- 3 Indeed, there is not a word on my lips, \*  
but you, O Lord, know it altogether.
- 4 You press upon me behind and before \*  
and lay your hand upon me.

5 Such knowledge is too wonderful for me; \*  
it is so high that I cannot attain to it.

6 Where can I go then from your Spirit? \*  
where can I flee from your presence?

7 If I climb up to heaven, you are there; \*  
if I make the grave my bed, you are there also.

8 If I take the wings of the morning \*  
and dwell in the uttermost parts of the sea,

9 Even there your hand will lead me \*  
and your right hand hold me fast.

10 If I say, "Surely the darkness will cover me, \*  
and the light around me turn to night,"

11 Darkness is not dark to you;  
the night is as bright as the day; \*  
darkness and light to you are both alike.

12 For you yourself created my inmost parts; \*  
you knit me together in my mother's womb.

13 I will thank you because I am marvelously made; \*  
your works are wonderful, and I know it well.

14 My body was not hidden from you, \*  
while I was being made in secret  
and woven in the depths of the earth.

- 15 Your eyes beheld my limbs, yet unfinished in the womb;  
all of them were written in your book; \*  
they were fashioned day by day,  
when as yet there was none of them.
- 16 How deep I find your thoughts, O God! \*  
how great is the sum of them!
- 17 If I were to count them, they would be more in number  
than the sand; \*  
to count them all, my life span would need to  
be like yours.

*Nada te turbe*  
Santa Teresa de Avila

Nada te turbe,  
Nada te espante,  
Todo se pasa,  
Dios no se muda,

*Let nothing trouble you,  
Let nothing frighten you,  
Everything passes,  
God does not change.*

La paciencia  
Todo lo alcanza;  
Quien a Dios tiene  
Nada le falta:  
Sólo Dios basta.

*Patience  
Attains all things;  
Whoever has God  
Lacks for nothing:  
God alone is enough.*

Eleva el pensamiento,  
al cielo sube,  
por nada te acongojes,  
Nada te turbe.

*Lift your thought,  
to heaven it rises,  
for nothing worries you,  
Let nothing trouble you.*

A Jesucristo sigue  
con pecho grande,  
y, venga lo que venga,  
Nada te espante.

*Remain in Jesus Christ  
with great heart,  
and, come what may,  
Let nothing frighten you.*

¿Ves la gloria del mundo?  
Es gloria vana;  
nada tiene de estable,  
Todo se pasa.

*See the glory of the world?  
The glory is vain;  
nothing is stable,  
Everything passes.*

Aspira a lo celeste,  
que siempre dura;  
fiel y rico en promesas,  
Dios no se muda.

*Aspire to the heavenly  
Which always endures;  
faithful and abundant in promises,  
God does not change.*

Ámala cual merece  
Bondad inmensa;  
pero no hay amor fino  
Sin la paciencia.

*Love that which is worthy  
Immense goodness;  
but no love is skilled  
Without patience.*

Confianza y fe viva  
mantenga el alma,  
que quien cree y espera  
Todo lo alcanza.

*Let trust and living faith  
maintain the soul,  
that whoever believes and hopes  
Attains all things.*

Del infierno acosado  
aunque se viere,  
burlará sus furores  
Quien a Dios tiene.

*Harassed from hell,  
even if she sees it,  
whoever has God  
will evade its fury.*

Vénganle desamparos,  
cruces, desgracias;  
siendo Dios su tesoro,  
Nada le falta.

*Helplessness may befall her,  
burdens, misfortunes;  
God being her treasure,  
She lacks for nothing.*

Id, pues, bienes del mundo;  
id, dichas vanas,  
aunque todo lo pierda,  
Sólo Dios basta.

*Go, then, worldly good;  
go, vain words,  
even if everything is lost,  
God alone is enough.*

*Angie Cecil  
December 3, 2019*

