

The Way of Perfection

Chapter 1.

The Reason why I founded this Convent in such austere observance.

- 1, Why the Convent of St Joseph at Avila was founded
 - 2, Reasons for the Corporal Austerities of the Convent (*How much has changed the Church is still being persecuted now*)
 - 3, St Teresa's grief at Sin and the eternal loss of sinners. (*Those who seem to have the most in life forget God*)
 - 4, She begs the Nuns to intercede against these evils. (*By their example others might repent, whilst others only seek earthly rewards as favours to ask God*)
 - 5, This, and not worldly matters should be the subject of our petitions. (*Very much like today, we forget Jesus' message to love one another*)
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Chapter 2.

That the Necessities of the Body should be Disregarded. Of the advantages of poverty.

- 1, Nuns should leave the care of their health to Christ. (*Do not worry about tomorrow, Trust in your faith today, and it will sustain you into tomorrow naturally*)
- 2, Perpetual poverty to be maintained in the Order. (*Not worrying about Worldly things will focus your energy and faith*)
- 3, safeguards against loss of poverty of spirit. (*A gradual erosion of Spirit, Faith & standards*)
- 4, Advantages of Poverty. (*Dickens a Christmas Carol: Scrooge*)
- 5, honours and riches are opposed to poverty. (*Do not do anything for self gratification. If things are offered or done for others naturally,, there is no time for self glory*)
- 6, Poverty always the Badge of the Carmelite Order. (*Life is short, do not let temptation take you away from your Goal*)
- 7, The Convents, though poor, may possess hermitages. (*Christ and the money changers were an example of how Gods house was changed from what it had been built for. This can happen to anything or person*)
- 8, Intercession to be made for benefactors. (*By your example of life and prayer and treating everyone with love you might even influence a change in them*)

Chapter 3.

This Chapter continues the subject spoken of in the first chapter. The writer exhorts the Sisters constantly to beg God to protect those who labour for the Church, and concludes with an ardent appeal to God

- 1, Evils of the times. (*If we have a strong faith we can support those with a lesser faith to become stronger*)
- 2, Difficulties of Religious and Ecclesiastics who live in the World. (*Support of Priests who work for us, that their message is not diluted to appease a modern world.*)
- 3, The two chief objects of Prayer. (*Practice what you preach, pray for the teachers that their message remains true and that our knowledge also grows*)
- 4, An Appeal to God the Father on behalf of his Son. (*Jesus was always sure of the faith of the Women followers, pray that their courage of faith endures in us all and is not tempted by what appears to be a shorter path, but that Jesus' message is always to love one another.*)
- 5, Subjects for intercession with God. (*The future of the Carmelite church rests with us all to be vigilant in prayer, Worship, Humility and love for all.*)