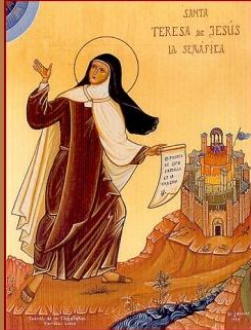




Saint Teresa of Avila



Love makes labor light. Love alone gives value to all things.

How often I failed in my duty to God, because I was not leaning on the strong pillar of prayer. I would never want any prayer that would not make the virtues grow within me.

Our body has this defect that, the more it is provided care and comforts, the more needs and desires it finds.

✧ *Carmel's Siege of Jericho – Lent 2010* ✧
Carmelite Monastery – Bukit Teresa, Singapore



Saint John of the Cross



Whenever anything disagreeable or displeasing happens to you, remember Christ crucified & be silent.

Have great love for suffering, and consider it very little to attain the favor of Our Lord, who hesitated not to die for thee.

Where there is no love, put love and you will find love.

✠ Carmelite Sisters ✠ Carmelite Friars ✠
Society of the Infant Jesus