

ST. TERESA OF AVILA BOOKMARK

Is today driving you crazy? This prayer below, known as St. Teresa's Bookmark, can help you calm down. Is your stomach all tied up in knots with worries? Is your mind racing like a hamster in a cage going around and around on a wheel? Give yourself a break! Take a deep breath. St. Teresa's Bookmark can give you some much needed perspective on things!

**Let nothing disturb you,
Let nothing frighten you,
All things are passing;
God only is changeless.
Patience gains all things.
Who has God wants nothing.
God alone suffices.**