

St. Thérèse of Lisieux



1873-1897

Feast Day:
October 1

Thérèse Martin was born in Alençon, France. Her mother died when she was only 4. She was a sensitive little girl. She would cry if people spoke to her harshly. Then she would feel even worse because she had cried.

After two of her sisters became nuns, Thérèse also received a call to religious life. She was too young to join the convent, but she did not give up. She even asked the Pope for special permission to enter the convent when she was in Rome. Thérèse spent her days in prayer, away from other people and the world.

Even as she grew older, Thérèse knew that Jesus wanted the little ones to come to Him. Jesus Himself had become a child! So Thérèse wanted to stay little. Thérèse also wanted to be holy. She wrote: “In spite of my littleness, I can aim at being a saint.” St. Thérèse is known for her idea of the “Little Way.” The Little Way means seeking to show God’s love in ordinary, everyday things.

In 1896 Thérèse became sick. She died less than a year later. She was only 24. St. Thérèse was little, but her writings and ideas about God’s love were big. Pope John Paul II named her a Doctor of the Church.

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