



STAGE 3 – TORTOSA (I)

Time to lay foundations, time for training



Message from Juan Bautista Altés

Dear pilgrim,

Ready for a new stage? Today our journey takes us to Tortosa, a city of history and encounters. Here, among the ancient stones and the murmur of the Ebro River, Henry de Ossó took a decisive step: he began his formation in the seminary, dreaming of becoming a priest and serving with all his heart.

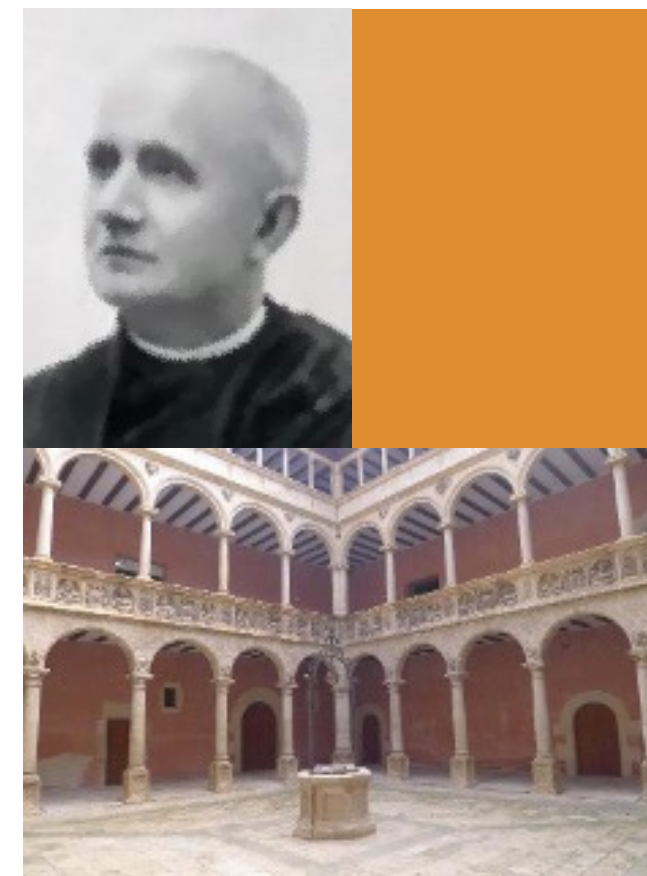
Tortosa is not just a place on the map; it is the setting where our lives first crossed paths. Yes, this is where I met Henry. I remember those days of study, prayer, and confidences, when we shared our concerns and desires in the shade of the cloisters. Enrique already showed that inner fire that drove him to always seek more, to give himself without reserve.

Today, I invite you to walk these streets with attentive eyes and an open heart. Ask yourself, as Henry did: What is God asking of me at this moment? How can I grow and serve better? Do not fear doubts or challenges; in Tortosa, Henry learned that sincere questions open unexpected paths.

Let yourself be accompanied by history, but also by friendship. One of the deepest friendships of my life was born here, and I hope that you too will experience the gift of walking alongside others, of supporting each other and letting yourselves be sustained.

When we arrive in Tortosa, we will once again write our names on the silver heart. May this gesture remind us that, like Henry, we are called to learn, to grow, and to dream big.

A fraternal embrace, in Teresa and Jesus.



J.B. Altés



TODAY WE ARRIVE AT...

TORTOSA



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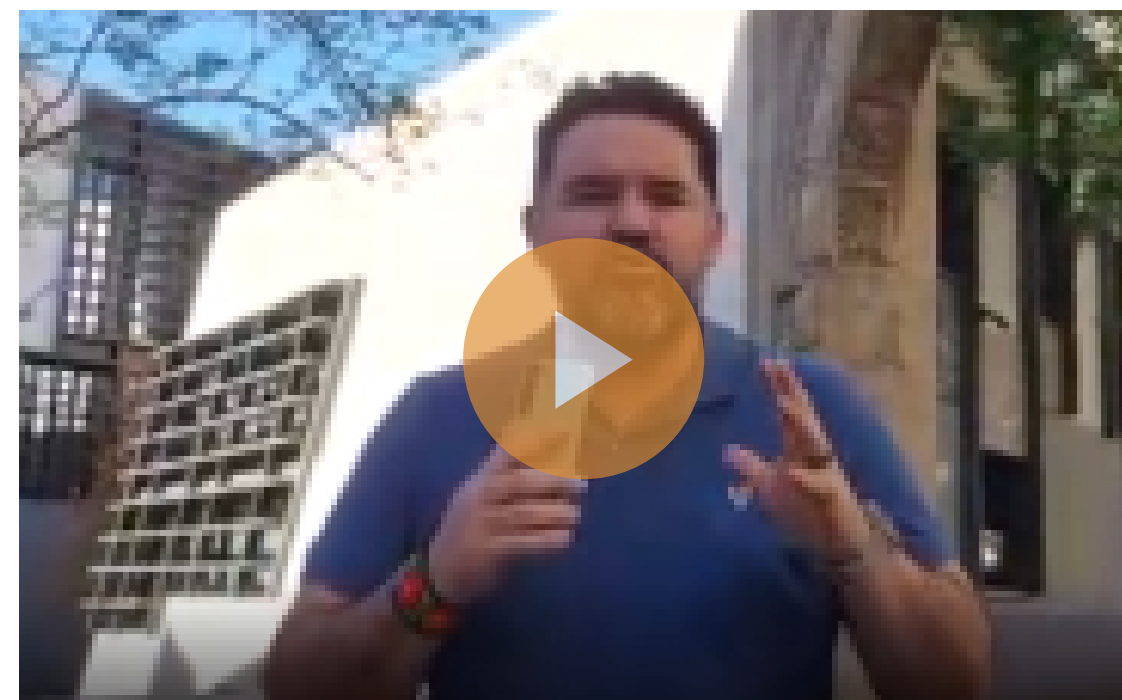
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In the heart of Saint Henry

Fernando Tiscareño Cabello, Jesuit priest and former Mexican Teresian student, digital evangelist, passionate about accompanying young people in their search for vocation and meaning in life. He has collaborated in various apostolates, contributing his vitality and commitment.

Today he will take us to Tortosa, the city that formed Henry de Ossó in his ministry as a priest and which received a vital boost through the catechesis he organized in his youth.



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Charismatic keys from yesterday... and today

Juan Manuel Cruz Pérez OCD, Mexican Discalced Carmelite Friar. He currently lives in the Convent of San Joaquín in Mexico City. He serves as director of CEVHAC (Center for the Study of Human Values AC) and as a professor at various theological training institutes.

Today he invites us to delve deeper into PRAYER as an essential charismatic key, as it was for Henry de Ossó, a man of continuous prayer, and thus we are invited to live so that our actions are rooted there and sustained by God.



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Prayerful proposal

STEP 1. PREPARATION

- Be silent for a few seconds and become aware of God's presence here and now. He does not appear suddenly, but He is always there, always remains, He always precedes us.
- If you have a picture or image of Saint Teresa or Saint Henry, you can place it in front of you.



Prayerful proposal

STEP 2. WE ENTER

"Solo en Dios. Ain Karem"





Prayerful proposal

STEP 3. PRAYERFUL READING

Read the following quotes from St. Teresa of Jesus on prayer. Choose the one that resonates most with you... and then... simply remain consciously in the presence of the good Lord.

- "Without this strong foundation (of prayer), every building is false." (The Way of Perfection, 4, 5).
- "It does not require physical strength, but only love and habit; for the Lord always gives us the opportunity if we want it." (Life, 7, 4).
- "In my opinion, mental prayer is nothing other than trying to be friends, often dealing alone with the one we know loves us." (Life, 8, 2).
- "To think and understand what we speak and with whom we speak and who we are that we dare to speak with such a great Lord; to think this and other similar things about how little we have served him and how much we are obliged to serve him, is mental prayer; do not think that it is just more fuss, nor be frightened by the name." (The Way of Perfection, 25, 3).
- "The whole aim of anyone who begins prayer—and do not forget that this matters greatly—must be to work and determine and prepare themselves, with as much diligence as possible, to do God's will (...). Whoever has this most perfectly will receive more from the Lord and will be further along the path." (The Interior Castle, 11, 8).



Prayerful proposal

STEP 3. PRAYERFUL READING

- "Of those who are beginning to pray, we can say that they are like those who draw water from a well, which is very hard work, as I have said, because they have to tire themselves in gathering their senses, which, being accustomed to wandering, is very hard work." (Life, 11, 3).
- "I say that none of those who have begun to pray should lose heart by saying: if I return to being bad, it is worse to continue with the exercise of prayer. I believe this, if one abandons prayer and does not amend one's evil ways; but if one does not abandon it, believe that it will bring you to the port of light." (Life, 19, 2).
- "And he who does not stop walking and moving forward, even if slowly, will arrive. I do not think it is anything other than losing one's way than to abandon prayer." (Life, 19, 5).
- "If I had not just finished receiving Communion, I never dared to begin praying without a book; for my soul feared being without it in prayer as much as if I were going into battle against many people. With this remedy, which was like a companion or shield to protect me from the blows of my many thoughts, I was comforted." (Life, 4, 7).
- "Because I did not lean on this strong pillar of prayer, I spent almost twenty years in this stormy sea with these falls." (Life, 8, 1, 4).



Prayerful proposal

STEP 4. PRESENCE OF GOD

Remain consciously in **God's presence** for a few minutes.

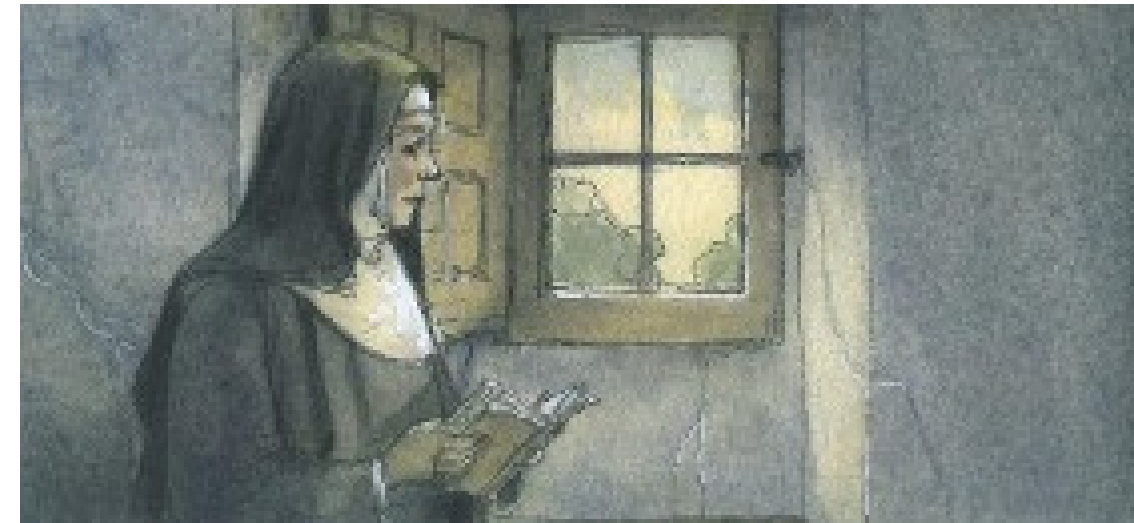
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**STEP 5. FINAL PRAYER**

Merciful God, source of all good, I pray t , through the intercession of Saint Teresa of Jesus and Henry de Ossó, that my heart may remain vigilant, attentive, and open to your Word.

Teach me to seek you in silence and to trust in your presence, even in the midst of dryness. Renew my desire to encounter you and make me grow in a spirit of perseverance, simplicity, and gratitude, so that each day I may reflect the depth of your love and faithfulness.

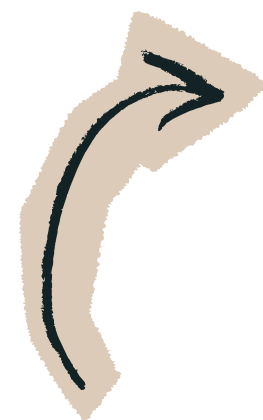


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Enigma Challenge

Throughout this Teresian route, you will receive a series of clues that will lead you to the enigma of this Challenge.



To solve it, you must first find a contemporary of Saint Henry de Ossó.

CLUE OF THE DAY

Shortly after we met—about a year later—Henry launched an "appeal" to the young women of Tortosa, which was the origin of the Archconfraternity of the Daughters of Mary and Teresa of Jesus—now known as MTA—and I was there to witness it.



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Stamp for the next stage

Answer the following assessment questionnaire in order to obtain the stamp for your credential so that you can sleep in the hostel and continue on to the next place.

1. What decisive step did Henry de Ossó take in Tortosa?

- a) He founded a school
- b) He began his training at the seminary
- c) He wrote his first book
- d) He retired to pray in solitude

2. What invitation does the text extend to those who make a pilgrimage to Tortosa?

- a) To meditate in silence only
- b) To walk through the city without stopping, except at historical monuments
- c) To walk with an attentive gaze and an open heart, asking themselves what God is asking of them and how they can grow and serve better
- d) To try the cod, citrus fruits, baldanas, pastissets, and menjabanc

3. Which of these statements reflects the meaning of the sentence, according to Saint Teresa of Jesus?

- a) It is the religious duty par excellence, therefore it must be performed with precision
- b) It consists solely of reciting formulas from memory.
- c) It is about friendship
- d) It is only valid if done in a group and inside a church

4. What symbolic gesture is proposed upon arrival in Tortosa?

- a) Light a candle in the cathedral
- b) Write a letter to Henry de Ossó
- c) Place the names in the "silver heart," remembering the call to learn, grow, and dream big
- d) Take a photo on the Ebro River

5. What words complete this sentence? "Give me every day _____ hour and I will give you the _____."

- a) Half, reward
- b) A quarter of heaven
- c) One, way to reach God
- d) Three quarters of, dream

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We'll accompany you on this journey!

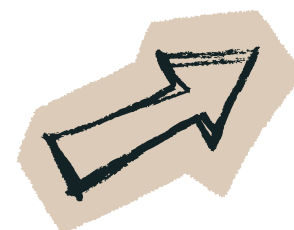
- Would you like a Teresian sister to accompany you on this journey through the places of Saint Enrique de Ossó in writing (email, Whatsó...) or through a conversation (telephone/online) to share what this itinerary is generating in you?
- Sharing life multiplies life and deepens the experience. Simply write here to request it:

osso.challenge@stjteresianas.org





Share with other pilgrims Challenge





Extra material for the highly motivated

- Saint Joseph, teacher of prayer

Teresa of Jesus: "Whoever cannot find a teacher to teach them prayer, let them take Saint Joseph as their teacher and they will not go astray" (V. 6,8).

Brief commentary

If Teresa always had such great devotion to Saint Joseph, Enrique de Ossó was no less devoted. He wrote several works dedicated to spreading his devotion, in which he reflects on his own experience of having Saint Joseph as his teacher and guide in his following of Jesus. He founded the Josephine Brotherhood. He wrote several novenas in honor of St. Joseph, "The Seven Sundays to St. Joseph" and "The Devout Josephite". What does Enrique de Ossó see in the attitudes of St. Joseph that leads him to consider him a teacher of prayer? Silence, life in darkness, willingness to love, closeness to God, absolute trust in Him.

Darkness transformed by lightning into light and life is for Enrique the image of humility and the desire to be for others, which is elevated by God and converted into knowledge, spiritual wisdom, and a flame that burns to make us forget all our cares, remove our anxieties, and take away our afflictions. The ray of a silent love that illuminates the life of those who no longer live for themselves.



Extra material for the highly motivated

- Saint Joseph, teacher of prayer

Saint Henry of Ossó

Brief comment

If prayer is the foundation of all interior goods; if prayer is the light of the spirit, the joy of the heart; what must have been the prayer of St. Joseph, who alone and in the company of Mary enjoyed the presence of the King of glory, and was this his Son, submissive, obedient to his voice for thirty years? For me, there is nothing more enchanting than a beautiful image of St. Joseph with the Child Jesus resting asleep in his arms, and there is nothing more fitting to declare to us the summit of prayer, the loftiness of the Saint's contemplation. There we see the six spiritual ends or excellences that souls attain, according to the holy fathers. A dream that melts the heart, interior silence, transforming darkness, elevated purity, rest in the Beloved, firm attachment or closeness to God.

Saint Joseph slept, but he was more awake and attentive, watching over his heart embraced with his Beloved, broken and transformed into God; his darkness was transformed into the highest knowledge of God, and, struck by the force of a ray from the infinite sun of justice, first enclosed in the womb of Mary, his wife, and then in his hands resting on her chest, Saint Joseph threw himself into the impetus of his will in the love of that sovereign good, and was transformed into the Beloved; his inner silence gave him peace and tranquility of conscience, and stillness of all his powers, born of the secret words that, like darts of hidden fire, God launched into the heart of the Saint. With his heart cleansed, Joseph had no impediment to union, and in secret and hidden ways God raised him up for himself and imprinted his likeness on him most perfectly; and after thus raising his heart through prayer, he did not lower himself to any created thing and became all fire, together with the infinite fire that is God. Saint Joseph rested in the Beloved, throwing himself with confidence into the arms of Christ Jesus, moved by unspeakable compassion and love.

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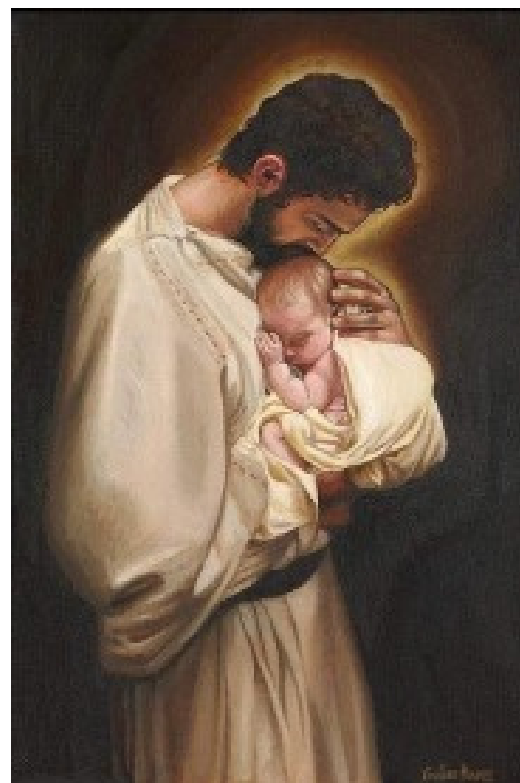


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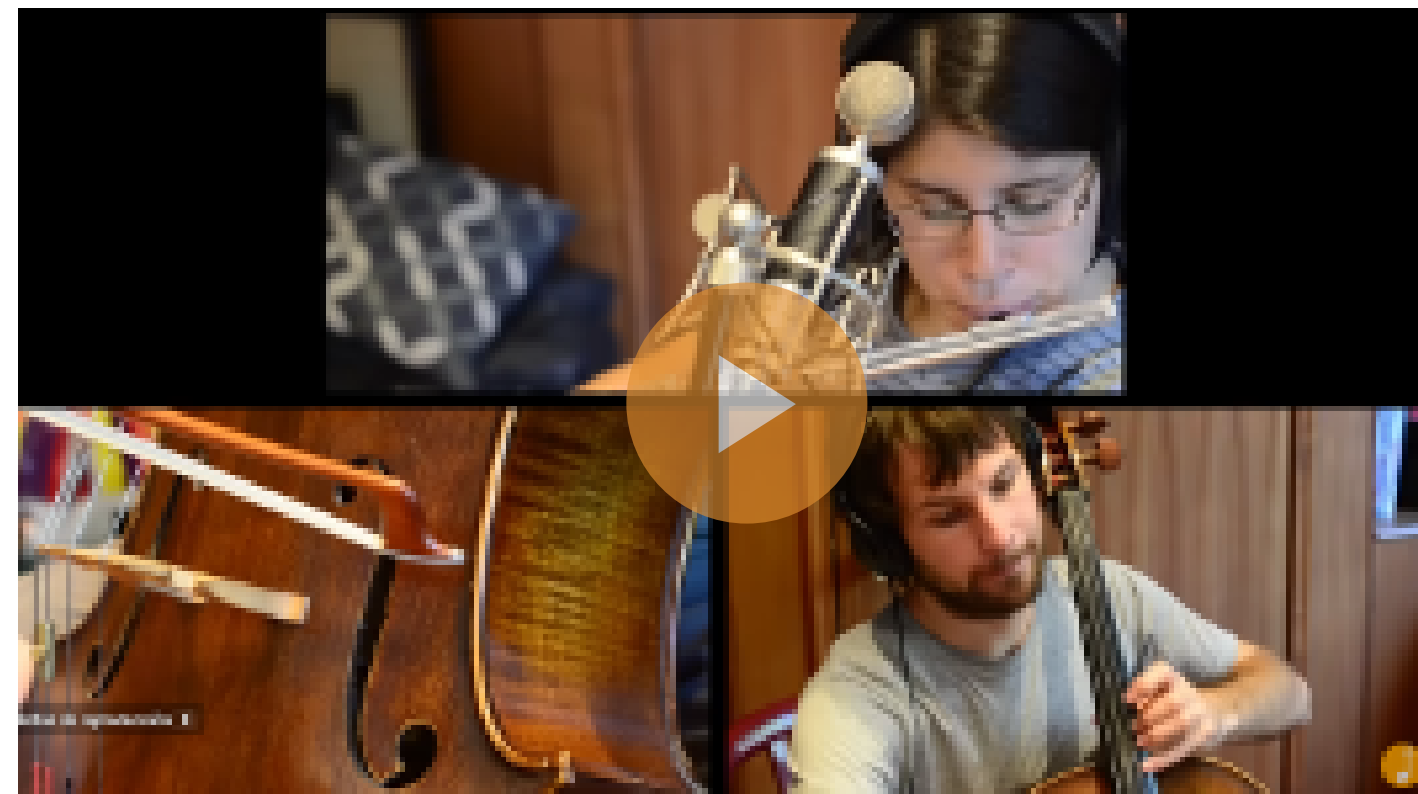
- Saint Joseph, teacher of prayer

Saint Henry of Ossó

It may have been that the Saint returned home tired from his work and took the Child Jesus in his arms, so that the Mother could more freely devote herself to her household duties; and as the Child rested in the arms of Saint Joseph, St. Joseph rested in the arms of God, and all his cares were forgotten, his sorrows removed, and his afflictions taken away, because he cast his thoughts on God, who loved and cared for him as a child, in return for his raising God as a child. (Enrique de Ossó. TriduumNovenaFirstFridayHeartJ1895)



Hymn to Saint Joseph



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Poem of the stage



I live without living in myself,
and I hope for such a high life,
that I die because I do not die.

I live outside of myself,
after I die of love;
because I live in the Lord,
who loved me for himself:
when I gave him my heart
He placed this sign upon it,
that I die because I do not die.

This divine prison,
of love in which I live,
has made God my captive,
and freed my heart;
and causes in me such passion
to see God my prisoner,
that I die because I do not die.

Oh, how long this life is!
How hard these exiles are,
this prison, these chains
in which my soul is imprisoned!

Just waiting for the exit
causes me such fierce pain,
that I die because I do not die.

Oh, what a bitter life
in which the Lord is not enjoyed!
For if love is sweet,
long hope is not:
may God take this burden from me,
heavier than steel,
for I die because I do not die.

Only with the confidence
that I must die,
because dying is living
assures my hope;
death where life is attained,
do not delay, for I await you,
for I die because I do not die.

See how strong love is;
life, do not bother me,
see that all I have left
to win you over, to lose you.

Come now, sweet death,
let death come swiftly
for I am dying because I am not
dying.

That life above,
which is true life,
until this life dies,
cannot be enjoyed while alive:
death, do not elude me;
let me live by dying first,
for I die because I do not die.

Life, what can I give
to my God who lives in me,
if not to lose you,
to deserve to win you?
I want to reach him by dying,
for I love my Beloved so much,
that I die because I do not die.

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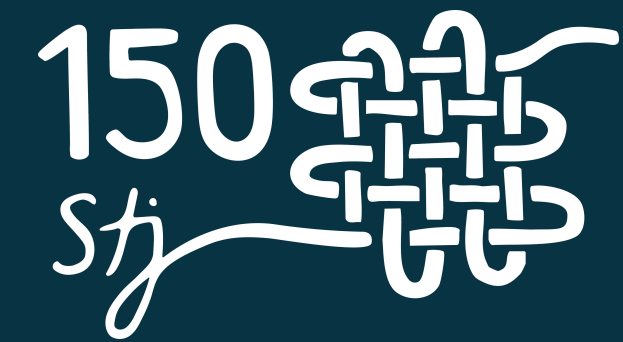
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- **Delving deeper and updating**



54th Theology Conference. Lecture "Masters of Prayer in the 20th Century". Teresa Gil stj



PARTICIPATE

Ossó Challenge