CHALLENGE Internacional

STAGE 4 - DESERT OF THE PALMS

The Teresian Grace



Message from Juan Bautista Altés

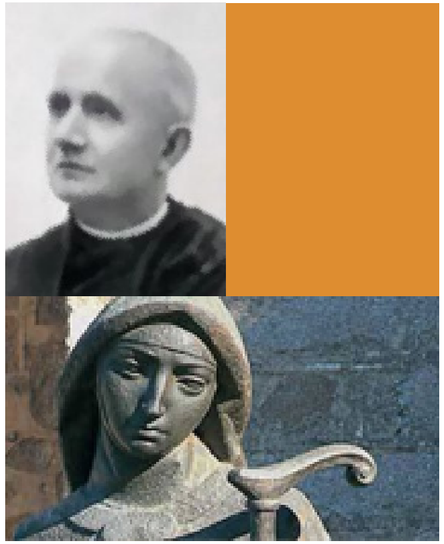
Dear pilgrim,
Do you feel that different air? Today we enter the fourth stage of our journey, heading for the Desert of Las Palmas. This place, with its evocative name, is not just a simple landscape: it is a true oasis of silence and encounter, where nature invites us to listen to what the noise of everyday life sometimes prevents us from perceiving.

Here, in this secluded corner, Saint Henry experienced one of the most decisive moments of his life: he received what he himself called "the Teresian grace." Imagine Henry, young, restless, and thirsty for meaning, finding in solitude and prayer a new light, a profound call to follow the path of Teresa of Jesus. It was not only a mystical experience, but the beginning of a mission that would mark his life and the lives of so many others.

As we journey together through this desert, I invite you to open yourself to that possibility of grace. What does God want to give you on this part of the journey? What seeds does he want to plant in your heart? The desert is not an absence, but a fertile space where dreams germinate and roots are strengthened.
Do not be afraid of silence or solitude; in them, like Henry, we can discover the soft and firm voice that calls us to more. Take with you on this stage the confidence that, even in the quietest places, the voices that sometimes remain muffled within us can resonate... or precisely because of that.

When we arrive at the Las Palmas Desert, I will place your name, as always, on that silver heart that we carry together. May this gesture remind us that, like Henry, we are called to allow ourselves to be surprised by grace and to respond with generosity.

A hopeful embrace, in Teresa and in Jesus.



J.B. Altés

TODAY WE ARRIVED AT...

DESERT OF LAS PALMAS



In the heart of St. Henry

Sandra Inés Hurtado Stj, an Afro-Colombian Teresian sister, passionate about discovering God's presence in reality and its manifestation in history and art, will be our guide today to tell us about a very special moment that God gave Henry in this charismatic place that helped him to rest, reorient himself, envision the path, and focus his energies around a center and for the greater common good.



Charismatic keys of yesterday... and today

Teresa Gil, a Teresian sister, is dedicated to Teresian spirituality as a teacher at CITES and in various other settings, as well as accompanying individuals. She unites her vocation, mission, and passion in Teresa of Jesus.
She brings us closer to the importance of the figure of Teresa of Jesus and her relationship with Henry de Ossó: the keys to the deep and fruitful relationship between Teresianism and Enrique.



Prayer proposal

STEP 1. **PREPARATION**

- Prepare your mind, heart, and body for this time of prayer.
- If you have a picture or image of Saint Teresa, you can place it in front of you.
- Instrumental music can help you to be silent and calm yourself.

Prayer proposal

STEP 2. **READ THE FOLLOWING QUOTES FROM HENRY DE OSSÓ AND TERESA OF JESUS AND LET THEM RESONATE WITHIN YOU:**

a) Henry de Ossó: "To love Teresa is to love Jesus, because she wanted nothing more than to lead us to Him."

- Teresa centers her life on God. Notice how her words and attitudes can teach you to orient your own life toward what is essential: Jesus.

b) Teresa of Jesus: "Let nothing disturb you, let nothing frighten you; God alone suffices."

- Teresa invites you to place your complete trust in God, freeing us from fear, anxiety, or haste.



Receive and reflect:

- What "light" from God do I feel is missing in my life right now?
- What internal obstacles (fears, doubts, haste) do I need to let go of in order to live more confidently in God?
- How can I reflect Teresa's trust and surrender in my daily decisions?

Prayer proposal

STEP 3. **STEP-BY-STEP GUIDED MINI MEDITATION**

- Sit comfortably and close your eyes. Take three deep breaths, inhaling peace and exhaling tension.
- Visualize the light of the candle illuminating your heart. Feel how it penetrates every corner of your inner being.
- Repeat Teresa's phrase mentally: "Let nothing disturb you, let nothing frighten you; God alone suffices." Let it resonate in your heart.
- Ask yourself: How can I trust God more fully today?
- Visualize that trust expanding into your daily life: decisions, relationships, difficult moments.
- Slowly open your eyes and write down on a piece of paper the word, phrase, or image from Teresa that you want to accompany you today. Place it next to the candle as a gesture of surrender and reminder.



Prayer proposal

STEP 4. **FINISH YOUR PERSONAL PRAYER**

- Pray the Our Father with open hands, surrendering your concerns and desires to the Father.
- You can add a personal intention: "Lord, may this light accompany me throughout this day and make me more trusting in You."

*** If you wish...**

- Write in your notebook how Teresa's trust in God can inspire you in specific situations in your daily life.
- Choose a small gesture to live that light during the week: patience, generosity, prayer.

*** Suggested song: Nada te turbe - Taizé o Maite López**

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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 guess it, you must first look for a contemporary of Saint Henry de Ossó.

CLUE OF THE DAY

One thing Henry and I had in common was PRAYER, and we sought to help others practice it and have that personal encounter with God.



Stamp for the next stage

Answer the following comprehension 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 does the Desert of Palms represent in the text?

A) A tourist rest stop along the way
B) An oasis of silence and encounter with God
C) A place of theological training for religious people
D) A sanctuary dedicated to Saint Teresa

2. What experience did Saint Henry have in the Desert of the Palms?

A) He founded the Society of Saint Teresa of Jesus
B) He preached his first spiritual retreat
C) He received the "Teresian grace"
D) He wrote his first book on Teresa of Jesus

3. According to a sign found there, what three verbs describe what Saint Henry did in the Desert of Las Palmas?

a) Pray, eat, and sleep
b) Work, pray, and read
c) Loving, serving, and remaining
d) Praying, writing, and contemplating

4. Which word completes this sentence: "To love Teresa is to love Jesus, because she wanted nothing more than to lead us to Him."?

a) Bring us
b) Climb
c) Pray to Him
d) Whisper to Him

5. What does Teresa Gil emphasize first?

a) Human dignity
b) Being a mediator between Jesus and God the Father
c) The importance of praying the rosary, especially in October, the month of the rosary
d) The ability to fast and not eat meat for long periods of time. This had an impact in her time.



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We'll accompany you on this journey!

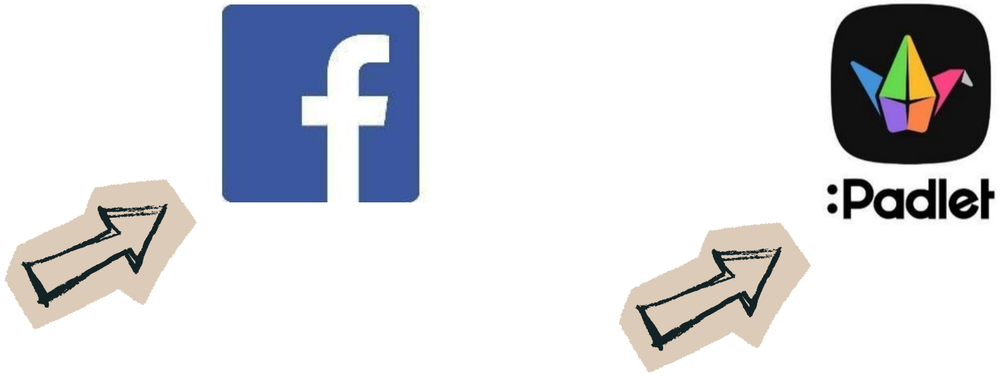
- Would you like a Teresian sister to accompany you on this journey through the places of Saint Enrique de Ossó in writing (email, Whatsó...) or through a conversation (telephone/online) to share what this itinerary is generating in you?

- Sharing life multiplies life and deepens the experience. Simply write here to request it:

osso.challenge@stjteresianas.org



Share with other pilgrims Challenge



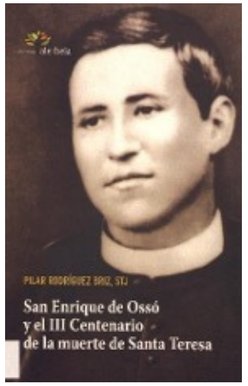
Extra material for the highly motivated

- **Fifteen minutes with Teresa of Jesus in Toledo**



Extra material for the highly motivated

- Recommended reading





Enrique de Osso.
Teresian spirituality as an explicit educational proposal.

Extra material for the highly motivated

Song of the stage

- **Song of the Desert (Hillsong United)**



150

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PARTICIPATE

Ossó Challenge