CHALLENGE Internacional

STAGE 8 – ALBA DE TORMES
UNIVERSAL TERESIAN BROTHERHOOD



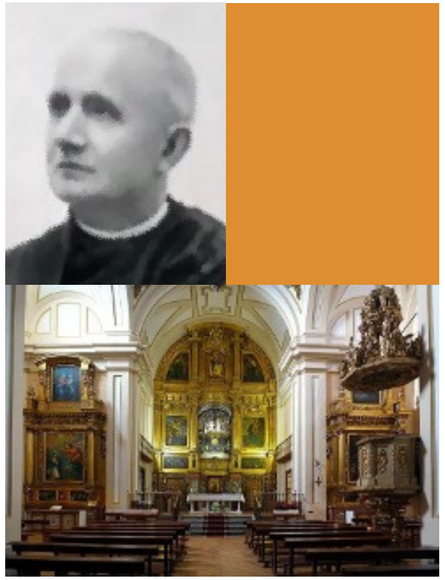
Message from Juan Bautista Altés

Dear pilgrim:

Today we arrive at Alba de Tormes, a place that beats with the heart of Saint Teresa and where Henry de Ossó experienced unforgettable moments. It was here, in October 1877, during the first great Teresian pilgrimage, that Henry, moved by the tomb of the Saint, felt the Universal Teresian Brotherhood being born. His dream was simple and yet immense: to unite people from all over the world under the Teresian charism, sharing prayer, friendship, and apostolic commitment, without borders or distances.
I remember well the sparkle in Henry's eyes during those days. He had gone through many trials—the early death of his mother, the misunderstanding of some, the fatigue of one who gives himself without measure—but in Alba de Tormes his hope was renewed. He felt that the Teresian family should be a living network, capable of sustaining itself in faith and radiating light in difficult times. Henry was approachable, human, capable of listening t , and encouraging everyone, from bishops to the simplest pilgrims. His joy was contagious and his faith unshakeable.
I am moved to remember how, in the midst of the crowd, Henry found time to stop, look into people's eyes, and ask about the sorrows and joys of those around him. He had that rare virtue of making everyone feel important, part of something big and beautiful. Today I invite you to let yourself be embraced by that Universal Brotherhood, to feel part of a family that continues to grow and dream. As in every stage, your name goes with me in the silver heart that we carry together, a symbol of unity and shared prayer. May you experience in Alba de Tormes the strength of fraternity and the impulse to move forward, always "more, more, forward," as Henry used to say.

A warm embrace, in Teresa and in Jesus.

J.B. Altés



TODAY WE ARRIVED AT...

ALBA DE TORMES



In the heart of Saint Henry

Francisco Rodríguez Romero, a layman and former Teresian student from Ciudad Juárez, Mexico, affirms that Henry de Ossó inspires his life as a dreamer and leader. His dreams transform hearts, guiding him to live everything for Jesus and Teresa.

And from this desire, he shares with us today what Alba de Tormes meant to Henry de Ossó, why it was so special, and what initiative he launched from this place that guards the heart of Teresa of Jesus.



Charismatic keys of yesterday... and today

Pilar Alliende Navarro Stj, a Chilean Teresian sister who loves Teresian spirituality because of the importance of the relationship with Jesus and people, and Mauricio Valdés Pino, a Chilean layman, director of the Teresian Henry de Ossó school, teacher, master's degree holder, and doctor of education. Saint Teresa and Saint Enrique have been his inspiration in his desire to study and thus follow in their footsteps. Like Saint Henry, he is a transformative and charismatic leader.

Today, Pilar and Mauricio share with us their reflections through a fruitful dialogue from this place so special to Henry de Ossó, on weaving networks, living synodality, promoting a place for everyone in this charismatic family, and reaching out beyond, interwoven with others, following the example of our Founder.



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.
- Place a ball of wool, cord, or thread in front of you.
- Hold it in both hands, look at its color and texture.
- Take a deep breath and think: "I am a single thread, but I am called to weave life with others."



Prayerful proposal

STEP 2. READING THE FOLLOWING TEXTS

"He was convinced that good organization is vital to achieving good ends, and so, in 1870, he began to organize different groups or associations [...]. In 1873, the Association of 'Daughters of Mary Immaculate and Saint Teresa of Jesus' [...]. The common goal: to promote an intense spiritual life, united with the apostolate in one's own environment."

Adapted from the biography of Saint Henry de Ossó.

"Synodality denotes the particular style that characterizes the life and mission of the Church, expressing its nature as the People of God who walk and gather in assembly [...]. In a synodal Church, the entire community, in the free and rich diversity of its members, is called to pray, listen, analyze, dialogue, discern, and offer advice."

International Theological Commission, Synodality in the Life and Mission of the Church.

*** Let it resonate: Henry created "networks" for the apostolate, for commitment, with others... never alone. Synodality is listening, dialoguing, discerning, and walking together... It is creating spaces for everyone, especially those who feel distant or excluded.**

Prayerful proposal

STEP 3. GUIDED PERSONAL PRAYER

- Be quiet.
- Close your eyes and breathe slowly.
- Imagine that your thread is intertwining with other threads belonging to specific people who are part of your life (family, friends, community, etc.).
- You don't have to say anything: just let the faces appear.
- When a face appears, say silently, "Lord, bless him/her and teach me to weave love with him/her."
- Do this for a few minutes, without rushing.

Prayerful proposal

STEP 4. FINAL GESTURE

Cut a small piece of thread and place it in your notebook, journal, or Bible. It is your visible reminder that your daily gestures can strengthen bonds and create communion.
Write a short phrase for the week:

- "Today I weave unity with..."
- "My gesture to unite will be..."

As you make this gesture, you can listen to the following song in the background: "Somos redes" (We Are Networks) by Luis Guitarra, Migueli, and Álvaro Fraile:





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

Enrique entrusted me with making known the UNIVERSAL TERESIAN BROTHERHOOD - 1878 -, launched in Alba de Tormes, the result of the first Teresian pilgrimage. What is it? Where did it exist? How could one belong to it?



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 are we according to the song of the prayer proposal?

a) We are networks
b) We are broken bread
c) We are a first-aid kit to heal
d) We are continuous crying

2. When was the first Teresian pilgrimage in which Henry, moved by the tomb of the Saint, felt that the Universal Teresian Brotherhood should be created?

a) 1857
b) 1867
c) 1877
d) 1887
e) 1897

3. Pilar tells us that "To new times..."

a) ... new prayers."
b) ... old thoughts."
c) ...new strategies".
d) ... put down roots as always."

4. What is NOT necessary to belong to the Universal Teresian Brotherhood?

a) Pray an Our Father
b) Pray a short prayer
c) Wear the medal
d) Read the book "The Life" of Saint Teresa once a month

5. Research: Which relic of Saint Teresa is not preserved in Alba de Tormes?

a) Heart
b) Right arm
c) Left arm



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We'll accompany you on this journey!

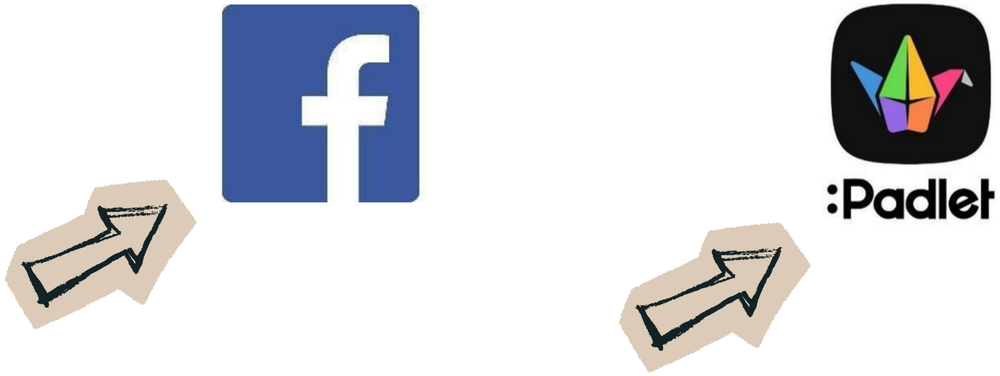
- Would you like a Teresian sister to accompany you on this journey through the places of Saint Enrique de Ossó in writing (email, Whatsó…) or through a conversation (telephone/online) to share what this itinerary is generating in you?

- 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

DOCUMENTARY OF THE STAGE: ALBA DE TORMES



Extra material for the highly motivated

READ AND LEARN MORE



Extra material for the highly motivated

SONG FOR THIS STAGE

"Mis Tesoros" (My Treasures) is inspired by poem no. 26 by Saint Teresa of Jesus, composed by the Saint in 1571 for the profession of Isabel de los Ángeles.



Extra material for the highly motivated

GASTRONOMY OF THE STAGE

Ingredients

» 2 large eggs
» 150 ml sunflower oil
» 150 ml warm water
» 150 ml whole milk at room temperature
» 150 ml sugar
» Zest of half a lemon
» 25 g compressed baker's yeast
» Approximately 750 g strong flour (as much flour as needed until the dough no longer sticks to your hands and is elastic and manageable)
»1 pinch of coarse salt
» Fresh chorizo
» Fresh pork loin marinated (with paprika), raw
» A few thick slices of ham
» Beaten egg for glazing
» Sugar for sprinkling on top



Preparation

- Add the coarse salt and yeast to half of the warm water; the salt will help dissolve it. Once dissolved, add the rest of the water and milk and set aside.
- Lightly beat the eggs with the sugar and lemon zest, add the oil and then the mixture set aside (water, milk, yeast, and salt). Begin adding flour, kneading until you have a manageable, elastic dough. Cover well and let rest until it doubles in size.
- When it has risen, knead again and roll out part of the dough to form the base of the hornazo, which should not be too thin. Fill with alternating layers of chorizo slices, pieces of pork loin, and ham. Roll out another piece of dough and cover, seal well, and let rest again with the hornazo well covered for at least one hour.
- Preheat the oven to 180°C, brush the hornazo with beaten egg and sprinkle the entire surface with sugar, place in the oven and bake for half an hour, until golden brown.

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PARTICIPATE

Ossó Challenge