



SECULAR ORDER OF DISCALCED CARMELITES

Peace of Christ Community, Christchurch

Newsletter

Number 273, September 2021

Carmel OCDS Community Meeting Sunday 5 September 2021

12:00pm Formation Groups

12:45pm Community Meeting

Welcome & opening prayers
Roll call & apologies
Minutes of previous meeting
Treasurer's report, Correspondence
General business, General discussion
Closing prayers

1:45pm Community Formation

St Thérèse of Lisieux
"Story of a Soul: Study Edition"
(Community Study: Chapter 4, from p.120)

2:30pm Mass in Chapel

Afternoon Tea
(Please bring a plate.)



Prep. & Serving: Pat C. & Eddie
Dishes: Claire & Megan



For Goma and
Musoshi in DR Congo

Bethany Day

Tuesday 21 September 2021

(10:30am – 1:00pm)

10:30am Morning Tea

11:00am DVD

12:00pm Chapel – Quiet Prayer

12:30pm BYO Lunch and Study

Birthdays

Rosaline Closel Thursday 30 Sep.



NZ OCDS Website: www.carmel.org.nz

September: Dedicated to Our Lady of Sorrows

Dear brothers and sisters in Carmel,

August 15th this year was an extra special day for the Sisters of Christchurch's Christ The King Carmel for that was the day of the Solemn Profession of Religious Vows for **Sr Anne Mary of the Assumption**. It was a beautiful sunny day filled with great music, lots of laughter and plenty of yummy food as friends and family gathered together.



A special joy at our next meeting as we celebrate **Odette** taking her First Promise during Holy Mass at 2.30pm. Congratulations, dear Odette, and may God continue to bless you and your family as you take this special step in your spiritual journey.

Preparations for and the response to our annual **retreat** in November is on track and very positive. Thank you, dear Megan, for your hard work. Please continue to pray for the success of our retreat and for our Retreat Director, Fr Sean Mary. Thank you.



May Mother Mary protect us, especially those who are unwell and living alone, during these uncertain times. **Our Lady of Sorrows**, pray for us, Amen.

Blessings in Carmel,
Maureen William,
OCDS
(President, Peace of Christ Community, Christchurch)

Please bring a plate for afternoon tea to celebrate Odette's special day.

St Thérèse of the Child Jesus and the Holy Face "wished 'to follow every day' in the footsteps of her Mother [Mary], especially in learning from her 'how to remain little.' Mary taught her that 'suffering out of love is a joy.' But more than anything else, she instructed her in simplicity, in the practice of that characteristic virtue of 'the little way.' "

EXCERPTS FROM “THE LITTLE WAY OF ST THÉRÈSE OF LISIEUX”

By Paul Cassidy (“Mount Carmel” Magazine, April – June 2021)

The ‘little way’ is a method of spirituality given to us by St Thérèse of Lisieux, the great Carmelite saint. ...it is a practice that enriches us spiritually and it can give us new insights every time we turn our attention to it. As with all prayer, we must practise it regularly in order to reap its benefits.

Thérèse died at the age of 24 but left us her ‘little way’ which she said would grow and flourish after her death. Thérèse describes it saying, “It is the way of spiritual childhood, the way of trust and total abandon”. What does this mean? One way of understanding it is to look at the life of a disciple of Thérèse who practised the ‘little way’. This disciple was her sister **Léonie**, known in religion as Sr Françoise-Thérèse. Thérèse gave us the principles of the ‘little way’, but Léonie was one of the first to put it into practice... We can surmise that Léonie’s sisters practised the ‘little way’ also, but it seems that God in his wisdom has given us the best example by showing us how little Léonie practised it in her life.

The ‘Little Way’ of Offering

Essentially, the ‘little way’ is offering up the little things in our lives for the glory and love of God. Thérèse tells us that it is an elevator that takes us straight to Jesus. So, we can say then that it is an easy and short route to God...

The ‘little way’ asks us to offer up our small actions to God. These actions are then made holy and in return grace is conferred on us. We then ourselves become holy by our offering up of small activities or actions to God. Our actions can be trivial like doing the washing up, cutting the grass, or our daily work. These actions can also take the form of a quick expression of love for God, a short prayer, or a word or salutation that is said regularly, like ‘My God, I love you’ or ‘My God, my all’. In the end both the words and the actions are prayers if they are offered to God with heartfelt love for him.

The ‘Little Way’ of Trust

The ‘little way’ is also about trust. Thérèse asks us to become like children in our relationship with God. So, in all the events of our lives, both small and big, we ask God to watch over us and help us. We entrust all the little details of our lives to God. This is what Thérèse means by surrender. As a child relies on its mother for everything so too, we must rely on God for everything. This may not be easy for some, but think of a little child and how it needs its mother or father all the time and you will be able to imitate the child in your own way. Thérèse is essentially asking us to have faith in God and to make this trusting faith a constant throughout our lives.

The ‘Little Way’ of Sacrificial Surrender

Lastly, one other aspect of the ‘little way’ is sacrifice. This can be a bit different from offering up the washing of your dishes

to God. If you encounter hardship or pain offer it up to God, for the love of God. It is meritorious because it is pleasing to God. He sees it as an act of love for Him. Also, if you can make simple sacrifices such as helping someone you do not normally help, or by saying a kind word to a stranger that you would not normally do, or by listening to someone you do not have time for, then by doing so you are making small sacrifices to God. These small acts of charity or kindness to others can also be offered up to God. And, in general, practise sacrifice in your life and offer it to God. It can be the denial of something you like, or it can be restricting your pleasure time and instead doing something for God, which may be prayer or something charitable for others. Sacrifice purifies our self-centred tendencies and enables us to be more open to God, thereby allowing God to act in us.

In summary, I have said the ‘little way’ is prayer (by word and action), trust and sacrifice. Each of these three aspects – prayer, trust, and sacrifice – can be done on a very small scale; some – like ‘trust’ – just require an act of will from us. Basically, all that is required is a little effort from us. So, by practising the ‘little way’ we can see that this is the shortcut to God, this is the elevator that brings us quickly to God. And we can see that the ‘little way’ is no more than the living out of the Gospel message. It is no more than what Jesus told us during his lifetime, when He told us to love God and to love our neighbour.

Thérèse’s ‘little way’ presents itself as an easy path to take. Indeed, as Vernon Johnson puts it, ‘is there anybody who cannot do this, with a good will and with the help of grace?’ To me, the ‘little way’ is for everyone, from those who are starting out in seeking God to those who have made progress in their relationship with God because it quickly draws people to God, it raises our minds to God and God responds. And we do this with minimal effort or trouble.

It immediately encourages us to love God and to entrust our lives to God, and God responds to these actions by pouring his love and his grace into

our lives. The beauty

of the ‘little way’ is

that it is very

simple to do,

it is easy and

quick to do,

and it only

requires a

little effort.

The benefit

is that it draws

us directly to

God and it brings

us to a good

relationship with God

without much effort

on our part.



St Thérèse and Léonie

Prayers for September

Thank-you, Lord, for all the blessings you give us each day.

We pray for:

- Our Holy Father, Pope Francis, Archbishop Paul, SM, the appointment of a new bishop for our diocese and all our priests, religious and seminarians
- Our Provincial, Fr John Grennan, OCD, Fr General Saverio Cannistrà, OCD and all our Carmel family, especially our Carmelite Sisters. Also, vocations to Carmel and to our own Peace of Christ Community **(Please offer a decade of the rosary daily for this, as requested by Bishop Greg Homeming, OCD.)**

Special Intentions:

- Fr Jérôme, OCD and our Goma school mission
- Fr Arsène, MAFR and his Musoshi project (DR Congo)
- Silver Jubilee of Fr Arsène: 17th August 2021
- Success of the General Chapter of Discalced Carmelites: Rome, 30th August – 14th September 2021
- Fr Michael-Thérèse, Fr Antoine and CSJ
- Fr Philip, CSJ and the University Chaplaincy Team
- Sr Mary Teresa and our Carmelite Sisters
- Our upcoming retreat and director, Fr Sean-Mary, CSJ
- Our Special Members, especially Dorothea, Stephanie, Rosaline, Margaret and Peb
- John Paul II Centre for Life and prayers for life
- Those who have died recently, especially James Saunders and the consolation of his family
- Those who have asked for, or need our prayers, especially all those affected by the coronavirus. Also, prayers for Fr Benito (cancer), Annette and her daughter, Stephanie, Marian's son, Stephen, Noeline and Hec, Gary Miers (cancer) and his wife, Carol, Kelvin (recovering from surgery), baby Carter, Kathleen Kilkelly (cancer), Gay (broken wrist), Bernadette Forbes (in ICU), Mary's husband, Pat (RSV), Fr Frank Kelly, Shaun Hickland (NET Ministries), Pat S. (cancer), Wendy Harte (knee replacement), Lauren Butler (joining the Carmelite Sisters), Anne Sheard, Linda, and Megan as Burwood Chaplain

Our Holy Father's Intentions for September:

- We pray that we all will make courageous choices for a simple and **environmentally sustainable lifestyle**, rejoicing in our young people who are resolutely committed to this.

CARMEL RETREAT

"A Retreat with Jesus, Mary and Joseph"

Retreat Director: Fr Sean-Mary Britto, CSJ

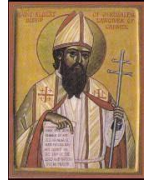
November 26th – 28th 2021

Rochester Hall, Canterbury University, Ilam

Live in cost \$230 Day only \$110

Our September Carmelite Saints

- 1 Wed. St Teresa Margaret (Redi) of the Sacred Heart (virgin)
- 11 Sat. Bl. Mary of Jesus (virgin)
- 17 Fri. **St Albert of Jerusalem (bishop and lawgiver of Carmel)**



NATIONAL STATUTES PART VI – FORMATION IN THE SCHOOL OF CARMEL

Section Ten – Formation of Members

23. The Community Council prayerfully discerns the vocation of candidates at each stage of the formation process from Reception to Final Promise and, before each stage, formally ascertains the candidates' intentions. Some essential qualities of a Secular Carmelite vocation are:

- a Marian meditative attitude
- a practical love for the writings of our founders and saints
- a genuine commitment to the Order and to the Church
- prayer as the focus and centre of life.

From Fr Jérôme

...After the volcano eruption there were powerful earthquakes... Fortunately, our school building remained intact, without any crack. We thank God for the miracle. Surely, Saint Teresa is watching over the work of her children. She is interceding for it.

Right now, the school has 804 children. Some of these children are orphans taken care of by the Franciscan Missionaries Sisters. In collaboration with the Diocese of Stockholm, we cover school fees for about 60 children of them. This helps the school administration to cover the salaries of the school personnel.

The experience of the school has been so successful, and the quality of education given so good that many families are asking for places for their children. But since the school cannot admit all those who would like to be in the school, the Fathers have told me that they would like to create space in the compound of the community. This means to build another school. Yes, this is a social need but we cannot rush in the project though it is a social need. We leave this to Santa Teresa and all the Saints of Carmel. ...with the money you sent last year... a new toilet [has been made] in the building for visitors to avoid visitors access the toilets of the children. This is to try to limit contact of the children with outsiders to avoid COVID-19 contagions...

My greetings to all of you.

The Seal of Carmel: "Zelo zelatus sum pro Domino Deo exercituum"

"With zeal have I been zealous for the Lord God of hosts"