



OUR LADY OF MOUNT CARMEL  
Lay Carmelite Community #578  
Northern California/Nevada Region  
2700 Dover Avenue  
Fairfield, CA 94533  
**NEWSLETTER**  
**OCTOBER 2020**

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*This month, the Church and the Order of Carmelites honor and remember the following Carmelite Saints*

*October 01 – Saint Therese of the Child Jesus (Therese of Lisieux) Virgin and Doctor of the Church, Patroness of the Missions*



*Popularly known today as “the Little Flower,” Therese Martin was born in Alencon in France in 1873. Whilst still young she entered the Discalced Carmel of Lisieux, where she lived in the greatest humility and evangelical simplicity and confidence in God. By word and example she taught the novices these same virtues. Offering her life for the salvation of souls and the spread of the Church, she died after a long and painful illness on September 30<sup>th</sup> 1897. She was canonized in 1925 and successive popes have referred to her as “the greatest saint of modern times.” She was declared a Doctor of the Church by Pope John Paul II in 1997. She is co-patroness of the Missions and secondary patron of France.*

**PRAYER**

*God our Father, you promised your kingdom to those who are willing to become little children. Help us to follow the way of St. Therese with confidence so that by her prayers we may come to know your eternal glory. We ask this in the name of Jesus Christ our Lord and Savior.*

October 15 – Saint Teresa of Jesus (Teresa of Avila) Virgin and Doctor of the Church



*Teresa was born in Avila in Spain in 1515. She entered the Carmelites and made great progress in the way of perfection and was granted mystical revelations. Wishing to share in the spiritual renewal of the Church of her time, she began to live her religious life more ardently and soon attracted many companions to whom she was like a mother. She also helped in the reform of the friars, and in this had to endure great trials. She wrote books which are renowned for their depth of doctrine and which showed her own spiritual experiences. She died at Alba in 1582. After her death the reform she began eventually separated from the Carmelite Order to become the Order of Discalced Carmelites.*

**PRAYER**

*Father, by your spirit you raised up St. Teresa of Jesus to show your Church the way of perfection. May her inspired teaching awaken in us a longing for true holiness. We ask this through Christ our Lord.*

*(Source: Carmelites.ie)*

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**VIRTUAL COMMUNITY MEETING**

**DATE: OCTOBER 17, 2020**

**TIME: 10:00 AM – 12:30 PM**

*Website Link: <https://call.lifesizecloud.com/239157>*

*Call in by phone (audio only) 1 312 584-2401, 239157#*

A message from your Director

Fellow Carmelites, greetings:

One of the Pillars of Carmelite Charism is PRAYER. The Catechism of the Catholic Church defines prayer as the “raising of one’s mind and heart to God or the requesting of good things from God” (CCC 2559). It is a “vital and personal relationship with the living and true God” (CCC 2558).

The Catechism also gave us the expressions of prayer, namely:

- I. **Vocal Prayer**, through his Word, God speaks to man. By words, mental or vocal, our prayer takes flesh. Yet it is most important that the heart should be present to him to whom we are speaking in prayer (CCC 2700).
- II. **Meditation**, it is above all a quest. The mind seeks to understand the why and how of the Christian life in order to adhere and respond to what the Lord is asking (CCC 2705).
- III. **Contemplative Prayer**, it is the simplest expression of the mystery of prayer. It is a gift, a grace; it can be accepted only in humility and poverty. Contemplative prayer is a covenant relationship established by God within our hearts. Contemplative prayer is a communion in which the Holy Trinity conforms man, the image of God, “to his likeness” (CCC 2713).

“By **vocal prayer**, we are ascending the Holy Mountain of God on foot; by **meditative prayer**, we are ascending the Holy Mountain of God on horseback; and by **contemplative prayer**, which is how the saints pray, we are ascending the Holy Mountain of God on a jet”, says Archbishop Fulton Sheen, himself, a professed member of Secular Carmelites (Lay Third Order of Carmel).

Be it vocal prayer, meditational or contemplative prayer, let us “Rejoice always, pray without ceasing and give thanks to God at every moment. This is the will of God for you in Christ Jesus” (1 Thessalonians 5:16-18).

And so we move on.....remembering that “**the life of prayer is the habit of being in the presence of God**”.

And here is a quote from St. John of the Cross.....

“**Never give up prayer, and should you find dryness and difficulty, persevere in it for this very reason. God often desires to see what love your soul has, and love is not tried by ease and satisfaction.**”

Let us all continue to pray for good health and safety of the OLMC community.

“Loving God, we lift up to you all the sick members of our community who are in need of healing, please grant them health of mind and body and complete recovery from

*their illnesses, surround those who are afflicted with Covid-19 with your love and with the great power of your healing presence. Grant our community, the caregivers and all workers at this pandemic time, patience and perseverance, good spiritual and physical health, that they too will be protected from this virus. We also pray for those who lives are continuously affected by the wildfires and other calamities that they continuously keep their faith and hope in your mercy and love. All these we ask, with all the holy angels, saints and martyrs in heaven, through the intercession of our Lady of Mount Carmel, in the name of your son our Lord, Jesus Christ, Amen. ”*

From your Formation Director

***“In this house, all must be friends, all must be loved, all must be held dear, and all must be helped”.***

*-St. Teresa of Avila*

*Dear Lay Carmelites,*

*The Council has just ended the meeting in prayer and let me tell you again how much we love you!*

*We are always finding ways to connect, strengthen and deepen our relationship with one another.*

*Our theme has always been One in Prayer, One in Love and Service. As what St. Teresa of Avila has quoted, “we are all friends to be held, loved and helped”.*

*Community is absolutely necessary for us to thrive. Christ’s prayer in John 17:11 said **“that they may all be one be one as we are one”**. Our unity is a great witness to all and as in one body we have many parts, and all the parts do not have the same function, so we, though many, are one body in Christ and individually parts of one another as the Church is the Mystical Body of Christ.*

*Let us continue to desire earnestly, that all of us may one day be in heaven together with all the Carmelite Saints and Martyrs.*

**ZELO ZELATUS SUM PRO DOMINO DEO EXERCITUUM**

*May our Lady of Mount Carmel wrap her holy mantle around us and keep us close to her Divine Son, Our Lord Jesus Christ, now and forever. AMEN*

From your Secretary

Highlights of the September 19 Community Meeting

*Present (20): Cherie Bauer, Steve Butsko, Desi Byerley, Marietta Castillo, Annie Castro, Celia Guevara, Seantelle Guillory, Celina Hess, Anne Obiacoro, Claire Oribello, Evelyn Pacheco, Jess Pacheco, Cindy Perazzo, Bob Rillo, Teresa Smith, Marilyn Stahlberger, Irma Torres, Jorge Urrutia, Shelia Williams and Mindy Zindel.*

Absent (8): Oralia Anaya (out of state), Dina Cruz (sick), Olivia Makinano, Melody McCloskey (out of town), Tom Quinn (sick), Valentine Ramos, Rose Terri s(at work) and Carmelita Torres.

Guests (4): Laura Hernandez, Dolly Icban, Ellen Jimenez and Lindo Payumo.

- *September ministry – Retired Carmelite Priests*
- *Teresa gave an update of the cash activity and current cash position.*
- *The Council sent bookmarks to the community members with St. Teresa’s words, “Let nothing disturb you... God Alone Suffices.”*
- *The next Community meeting is on October 17 at 10 am. Saturday.*
- *Annie asked each Lay Carmelite to pray for an assigned Lay Carmelite partner. Annie sent the list in a subsequent e-mail.*
- *Annie started the Spiritual Formation with the St. Elizabeth of the Trinity words, “Everything is delightful in Carmel”. Annie encouraged all to place their ingredients into the Spiritual Pot.*

*The Lay Carmelites wonderfully expounded on the following perfect, living quotes from “HOLY THIRST”, Part 3 – PRAISE, SIMPLE and OBEDIENT.*

1. *Teresa highlighted St. Teresa, “Prayer are those ways by which we might begin to repair all that has become broken. Without prayer, making amends is nearly impossible”. p.62*
2. *Claire on Brother Lawrence, “Ecstasy and rapture belong to a soul that amuses itself with the gift instead of rejecting it and going beyond the gift to the giver...God should remain the Master and center of our attention.” p. 69*
3. *Cherie pointed out that God dwells in our soul, and quoted Brother Lawrence, “God seems to choose those who have been the greatest sinners...whatever happened to him would be according to God’s will, so he was at all worried about it.” p.74*
4. *Celina emphasized St. Teresa, “Contemplative prayer is ultimately just an intimate sharing between friends. The purpose of contemplative prayer is to take time, again and again, to be alone with the Holy One who we know loves us.” p.62*
5. *Seantelle highlighted Brother Lawrence, “In his spiritual sufferings, God was present with him, he was content to live and act for Him, come what may. He was willing to lose himself for the love of God, and in so doing, he found satisfaction.” pps.72,73*
6. *Steve quoted St. Teresa, “The soul should try to communicate with Christ...with the words of her heart expressing all her desires and needs....the most excellent way to make rapid progress with him.” p.63*
7. *Jorge goes deep into Brother Lawrence, “It is not necessary a keen intellect or great knowledge to go to God, but simply a heart resolved to apply itself to him and for him, and to love only him.” p.77*
8. *Mindy on Brother Lawrence, “Our trust in God honors him greatly and causes him to shower us with grace.” p.73*
9. *Cindy said that we don’t need to be in a special place to be with God, such a blessing in prayer life, and she cited Brother Lawrence, “God recompenses so promptly and so*

- magnificently all that is done for him that Brother Lawrence sometimes wanted to hide from God what he was doing out of love for him, so that, not receiving any reward at all, he might have the pleasure of doing something solely for God.” p.70*
10. Marilyn quoted St. Teresa’s visualization, “The greater the virtues the more resplendent the jewels. Imagine that in this palace dwells the mighty King who has been gracious enough to become your Father, and that He is seated upon an extremely valuable throne, which is your heart”. p.65
  11. Celia highlighted “Giving of ourselves entirely,” on Brother Lawrence, “Making our faith come alive is the very spirit of the church and is sufficient to bring us to a high degree of perfection”. p.68
  12. Marietta highlighted St. Teresa, “Unless God finds a soul all alone, empty and longing for a love that only he can provide, there is nothing God can do. We put so obstacles in his way. Yet, we want God to do us favors”. pp 62,63
  13. Irma quoted St. Teresa, “In my life, prayer has been the medicine for all my brokenness and all my troubles”. p.62
  14. Desi centered on “Delighting in the ordinary,” by Brother Lawrence, “Since he knew that mortals must love God in all things, he labored to fulfill his duty before God. He felt the need of a confessor, so that he could receive absolution for the faults he committed. Having confessed them, he re-entered into peace through his customary practice of love and of inner adoration.” p.72
  15. Bob on St. Teresa, “Speak to him like a spouse, and He will treat you accordingly”. p.64
  16. Evelyn on St. Elizabeth’s letter to her mother, “...my little mother, how happy I am! Thank you again for having given me to the good God.” p.84
  17. Jess on the joy of St. Teresa, “As you begin the spiritual path, try as best you can to remember to walk with a joyful abandon”. p.66

### COMMUNITY MEETING AGENDA

- *Opening Prayer* (page 139 CARMEL’S CALL)
- *Liturgy of the Hours*
  - Leader: Jess Pacheco
  - Psalms and Canticles: Week I, p. 707
  - Antiphon: p. 1414
    - #1: **Oralia A** (if NA, Marietta)
    - #2: **Melody McC** (if NA, Celia G)
    - #3: **Celina H** (if NA, Claire O)
  - Reading: p. 1414 (2 Corinthians 1:3-5)  
Reader: **Olivia M** (if NA, Irma T)
  - Canticle of Zechariah: p. 1292

- *Intercession: p.1415*
- *Closing prayer: page 1292*

- **Lectio Divina**

*(“Lectio Divina is a traditional way of praying the Scriptures so that the word of God may penetrate in our hearts and that we may grow in an intimate relationship with Lord”, Carmel’s Call, page133.)*

*We will begin with the sign of the cross and close with the Lord’s Prayer.*

*After each reading, please allow 15 to 20 seconds of silence to allow the Word of God to penetrate into our hearts ..... And then share.*

*After the 1<sup>st</sup> reading: Share a word or phrase that most touch your heart.*

*After the 2<sup>nd</sup> reading: Share an insight. What was the message that you received from God.*

*After the 3<sup>rd</sup> reading: And what is your response to that message? Start with “the grace I need to pray for is .....*

**Reader: Anne O.** (if NA, Marilyn S)

**Mt.22:15-21**

*The Pharisees went off and plotted how they might entrap Jesus in speech. They sent their disciples to him, with the Herodian’s, saying, “Teacher, we know that you are a truthful man and that you teach the way of God in accordance with the truth. And you are not concerned with anyone’s opinion, for you do not regard a person’s status. Tell us then, what is your opinion: Is it lawful to pay the census tax to Caesar or not?”*

*Knowing their malice, Jesus said, “**Why are you testing me you hypocrites? Show me the coin that pays the census tax.**” Then they handed him the Roman coin. He said to them, “**Whose image is this and whose inscription?**” They replied, Caesar’s”*

*At that he said to them, “**Then repay to Caesar what belongs to Caesar and to God what belongs to God.**”*

- **Correspondence/News from the Lay Carmelite Office or the Regional Director**

- **Carmel’s Call**

*(Carmel’s Call is a call to seek the face of God in prayer, in community, and in service. Carmel’s Call is one way among many that Christians seek to live a life of allegiance to Jesus Christ; how pure in heart and stout in conscience we seek to serve our master. This manual is an effort to provide some of the structures to help the Lay Carmelite achieve these aims.)*

**Assigned Topics for the month:**

**Part III, Membership and Formation**

**We start on Chapter 4 –Apostolate, page 51(paragraph 88)**

- *Other Business announcements*

*Ministry for the month: Alpha Pregnancy Center*

*Cemetery Visitation, November 14 (after the 9:00 AM mass,*

*meeting place: St. Alphonsus Cemetery, Fairfield)*

*Next month's community meeting: November 21, 10:00 AM to 12:30 PM*

*Birthday Celebrants:*

*Oralia Anaya, October 7*

*Desi Byerley October 16*

*“With a prayer to God for His blessing on your birthday and*

*May He always guide you along your future way”*

*Formation update/on-going formation: Annie Castro,*

***Book – The Holy Thirst -- PART FOUR, LOVE for GOD and OTHERS***

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