



# *Springs of Carmel*

NEWSLETTER PUBLISHED BY THE SECULAR ORDER OF DISCALCED CARMELITES, CANADA



*“Jesus answered her  
If you knew the gift of God, and  
who it is that is saying to you,  
‘Give me a drink,’ you would  
have asked him, and he would  
have given you living water.”*

*“Everyone who drinks of this water will be thirsty again, but those who  
drink of the water that I will give them will never be thirsty. The water that  
I will give will become in them a spring of water gushing up to eternal life.”*

(John 4.10.13-14)



*“Let us bear this in mind: God is hidden in our life,  
He is always there —  
He is concealed in the commonest  
and most ordinary situations in our life.”*

(Pope Francis)



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CARMELITES, CANADA**

**Number 2**

<p><b>OCDS OFFICE</b>          11 Tangle Briarway          Toronto, ON          M2J 2M5          Tel. 416-491-9354          E-mail: ocds.secretariat.ca@sympatico.ca</p>	<p>Letter from Fr. Jerald D’Souza, OCD          Provincial Delegate ..... 1</p> <p>Letter from Gladys McMullin, ocds President..... 2</p>
<p>Website Address <a href="http://ocds.ca">http://ocds.ca</a></p>	<p>Pope Francis: God is present “in everyday things” ..... 3</p> <p>Reflection on Advent - December 4, 2022,          by Deacon Guy Alden, ocds..... 4</p> <p>News Items, by Gladys McMullin, ocds, President ..... 5</p> <div data-bbox="974 1087 1205 1390" data-label="Image"> </div> <p><i>“Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.” (Mt 5.16)</i></p>



ADVENT, 2022

Dear OCDS Members

As we began the season of Advent with the lighting of the Candle of Hope, St. Paul encouraged us to pray to the God of Hope that He may fill us with joy and peace as we place our trust in Him so we that may overflow with hope by the power of the Holy Spirit.

A candle was lit from the Paschal candle, and that light is entrusted to us to be “kept burning brightly” so that we might “walk always as a child of the light” – it is the light of Christ whose life we, the baptized, now share. Advent is a time of reflection and anticipation of the weeks leading up to Christmas. It symbolizes both the waiting for the birth of Christ and his return.

So each of us, like that one Advent candle, is inflamed by the Spirit to proclaim: “it will be daylight soon”. Each of us, through the lives we live and the moral choices we make, is to prepare the world for the coming of the Lord; how we act contributes to the fulfillment of Isaiah’s vision of peace and fidelity to the Lord. And as the fire consumes the candle, so charity has been ignited in our hearts to consume each of us, making of our lives an oblation; we are each given the grace to become, in Christ’s likeness, a sacrifice of love offered to God.

We are reminded to be always awake and alert. In our prayer for peace and joy, we may keep the words of the hymn “Let us build the City of God” in mind as we strive to better the world and look forward to the new dawning day of the coming of the Saviour Child. Advent, a time of hope and expectation!

Christmas is the beginning of our salvation, of our healing, of our understanding of who we really are. But most of all, because Jesus says, “I am with you all days,” and that should give us hope, especially during these troubled times when we are never really sure what the next week or what the next month will bring us.

Hope is the most important of all virtues. You can live without faith and many people do. You can live without love and many people do. But to look into the future and see no hope is to live in despair. But hope is our future. Hope carries us over those thresholds and makes us aware at the same time of the difficulties of the present, but the opportunity of the present to become what we were meant to become in the final realization of the end of the world.

And so Advent is a way of looking at life. We look at life face on, realistically, knowing its difficulties, knowing its joys. And that is good but it is more than that. It is out of this that eternity is created. And we live with faith and we try our best to love and Jesus is our guide who walks with us.

Advent is a time to prepare ourselves now for the end of this world as we know it, and to reach out to the new world about to be born. And that is one reason why we celebrate the coming of the Christ Child who is the beginning of a new understanding of God’s will. *Advent is intended to be a time of penitential reflection when we stand with the people of the Old Testament days, waiting for the revealing of God’s great salvation in his Son. Unfortunately in these modern times it is swallowed up in a commercial spending frenzy.*

*Over the coming weeks, the Candles of Peace, Joy and Love will be lit as we continue into our Advent journey of reflection and anticipation bringing us into the newness of Christmas. “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” Romans 15:13*

Yours in Carmel,  
Fr. Jerald D’Souza, OCD, Provincial Delegate



## Advent 2022

*Come Let us walk in the light of the Lord!*

Isaiah 2:5



Dear Members,

Another year has passed, and we are called once again to contemplate and deepen our understanding of the meaning of this beautiful Advent Season in the liturgical year of the church.

In the light of our vocation as Secular Carmelites, we are particularly encouraged to discover or rediscover the Advent Season as a season of inward preparation to walk in the Light of the Lord. As we move through Advent from the time of the lighting of the first candle on the wreath, we progress each week a candle is lit to see how the light grows brighter. It is so awesome!

As you make your inward preparation there are many ways that you as a Secular Carmelite can let that light in the Advent wreath grow stronger in your own heart as you approach the fullness of the light at Christmas.

We can bring ourselves to the light every day through our meditation period. Spending time with the Lord opens us inwardly even more to the light, warmth, and fire of His love for us.

We strengthen this awareness throughout the Advent Season through our Spiritual readings, letting the Lord teach us His ways.

Coming together in community allows us to share the light we have with our brothers and sisters in Carmel. Together, our light is brighter and shines forth to the world we live in for all to see and give glory to the Lord!

The above spiritual life activities are very important but there is more. If you only try to be spiritually minded, you may not grasp the everyday work God has for you. You may not recognize His light as it comes through everything that is.

In our lives right now we face the everyday challenges of our transition within Carmel. It is not easy. We ask why do we need to do things differently, why do we have to change things here and here, and so on. We have the guidance of Our Holy Mother St. Teresa to draw upon to aid us. Who can we say was more practical in everyday living than Our Holy Mother! We must move with “determined, determination” to grasp the light that the Lord offers in practical life that enables us to fulfill our full vocation as Seculars in the world of today.

Watch for the Light!

Gladys McMullin, ocds  
President  
Karnataka-Goa Province



## **Pope Francis:**

### **God is present ‘in everyday things’**

Vatican City, Sunday, November 27, 2022 / 07:20 am

It is good to remember that God is present to us even in the small, everyday events of our lives, Pope Francis said on the first Sunday of Advent.

In his Angelus address Nov. 27, the pope said, “Let us bear this in mind: God is hidden in our life, he is always there — he is concealed in the commonest and most ordinary situations in our life.”

God, he continued, “does not come in extraordinary events, but in everyday things.”

“He is there, in our daily work, in a chance encounter, in the face of someone in need, even when we face days that seem grey and monotonous, it is right there that we find the Lord, who calls to us, speaks to us and inspires our actions,” he said.

Francis spoke about the season of Advent, the period of preparation for the Lord’s coming on Christmas, from a window overlooking St. Peter’s Square. And he presented a question for reflection: “How can we recognize and welcome the Lord?”

It is important, he said, that we are “awake, alert, vigilant.”

The pope also quoted from a sermon of St. Augustine, who said, “I fear the Lord who passes by.”

“That is, I fear that he will pass by and I will not recognize him,” Francis explained.

He pointed out the warning Jesus gave his disciples in the day’s Gospel reading from St. Matthew: Jesus said people in the time of Noah “ate and drank ‘and they did not know until the flood came and swept them all away.’”

The people, Pope Francis said, “were absorbed in their own things and did not realize that the flood was about to come.”

“In this time of Advent, let us be shaken out of our torpor and let us awaken from our slumber,” he said. “Let’s try to ask ourselves: am I aware of what I am living, am I alert, am I awake? Do I try to recognize God is present in daily situations, or am I distracted and a little overwhelmed by things?”

“If we are unaware of his coming today, we will also be unprepared when he arrives at the end of times. Therefore, brothers and sisters, let us remain vigilant.”

*(by Hannah Brockhaus: Catholic News Agency's senior Rome correspondent.)*

Reflection on Advent - December 4, 2022  
[Isaiah 11.1-10; Ps 72; Romans 15.4-9; Matt 3.1-12]  
Deacon G. Alden, ocds

Today we are celebrating the 2nd Sunday of Advent, Year A. Last week was the first Sunday of Advent and therefore the first day of the liturgical year. Last week we heard from the prophet Isaiah this exhortation, **“O house of Jacob, come, let us walk in the light of the Lord!”** (Is. 2.5). And so there was a sense of joy, wherein the Word of the Lord was offering them something new: **“nation shall not lift up sword against nation, neither shall they learn war any more.”** (Is 2.4) And also, **“Put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.”** (Rom 13.14) So, we are going to continue with this theme for today’s readings.

In today’s reading from Isaiah, the future Messiah shall have six of the seven gifts of the Holy Spirit that someone receives when they partake of the sacrament of Confirmation (Is 11.2). Then the rest of the reading goes onto enumerate the qualities by which the Messiah will live. Is 11.4 starts off by saying that the Messiah will **not judge by what he sees or decide by what his ears hear. Rather with righteousness he shall judge the poor, and decide with equity for the meek of the earth. He shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked.** He shall do all of this with **righteousness and faithfulness.** (Is 11.5) And then for verses 6-9, there is the poetic prophecy that the whole earth **“will be full of the knowledge of the Lord as the waters cover the sea.”** (Is 11.9). In other words the whole earth will be worshipping the one Lord God. So this part of the prophecy has yet to occur.

Isaiah’s prophecies about the Messiah are really interesting because they give us centuries before Christ actually came, some of the qualities he will live by. And, we can see now that part of the prophecy has yet to take place. Therefore, Matthew’s words come to mind, **“you also must be ready; for the Son of Man is coming at an hour you do not expect.”** (Matt 24.44)

The reading from Romans points out that what was written down in the Scriptures was for our encouragement, that we live with each other with the virtue of hope. Therefore, the author prays that God grant us the grace to live in harmony with one another, in accordance with Jesus Christ, so that we would glorify God and Jesus Christ with one united voice. (Rom 15.4-5) Then St Paul tells us that Christ, circumcised, became a servant of the circumcised so that he would confirm the promises given to the patriarchs, and so that the Gentiles would glorify God for his mercy towards them. Then he backed up what he wrote by quoting from Ps.18.49 and 2 Sam 22.50, **“Therefore I will confess you among the Gentiles, and sing praises to your name.”**

Finally, we have the witness of John the Baptist about this new Messiah, Jesus Christ. John was going around proclaiming that each person should repent because the Kingdom of Heaven has come near. Now John baptized those who confessed their sins. John acknowledged that He was not able to give what the people really needed, the gift of the Holy Spirit. That is why he deferred to Jesus Christ on the efficacy of Christ’s baptism over that of John’s. But John’s work did help the people to prepare to receive Jesus into their hearts. John also pointed out the hypocrisy of the Pharisees and Sadducees, and warned them and the people that, unless they repent, they are doomed to die and go to hell, the “Unquenchable fire.” Therefore, we must make the most of our time before Christmas Day and go to confession for “the kingdom of heaven has come near” to us. It has been good to go over the readings for this Sunday. We have learned that Christ comes near to his people whenever we celebrate an event from Jesus’ life on earth. Therefore, we should prepare well with prayers, confession, and sacrifices. That part of Isaiah’s prophecy about the whole earth worshipping one Lord God has yet to take place, and therefore we should continue to be ready for the unexpected time He will come.

Amen



**Advent On-Line Retreat**



The 2022 Advent On-Line Retreat by the Paris OCD friars is now available.

This year it is based on “the school of the Carmelite Saints” If you have signed up in past years, you will receive the first installment on your email and each week another installment.

Enjoy the richness and insights of our Carmelite Saints on your Advent journey leading to the joy of Christmas this year.

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**Convocation of the XV Provincial Chapter 2023 Of the Karnataka-Goa Province**

Our Provincial Superior, Fr. George Santhumayor, OCD, has announced the Convocation of the XV Provincial Chapter on the 18<sup>th</sup> of April 2023 at Pushpashrama, Mysore, India

Let each of us support the Provincial Chapter through our prayers, as preparations for this important event are undertaken over the next four months by our Friars

The Provincial Chapter is an opportunity for renewal and discernment on the Carmelite way of life and its Mission in today’s world.

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**Disalced Carmelite Secular Order Elections 2023**

Community Elections will take place during the Easter Season in 2023 for the election of community councils for the next three years. Preparations begin in January of 2023 with the establishment of each community’s Nominating Committee.

Our elections are not like worldly elections. There is no campaigning or politics, or speeches to convince others you would be best. No putting oneself forward. It is the work of the Holy Spirit. It requires the prayer of each member listening in their heart to the whispers of the Spirit, and then and then only, to offer names to the Nominating Committee of those who they believe would be best suited to render these important services to the community.

It is then the work of the Nominating Committee to determine the eligibility of the person according to the established criteria for the Nominating Committee. The final list of names is given to the members a month before the elections so that there is time for each member to pray over the choices they will make at the elections. (Further details will be provided in the New Year.)

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**St. Rafael Kalinowski, OCD Community – Brampton, Ontario**

On November 19, 2022, a new Community in Formation was established within our Province. It was a day of great celebration and joy. The celebration of the Liturgy at the Polish parish of St. Eugene De Mazenod Parish was led by Fr. Dominic Borg, ocd and Fr. Marcin Mironiuk, OMI (spiritual assistant). Within the Liturgy, seven members made First Promise, one member made Definitive Promise, two members made Vows, and one candidate was invested in the scapular.

Fr. Dominic announced the name of this new community accepting the recommendation of the community. The name was chosen thoughtfully and prayerfully by this Polish community. St. Rafael Kalinowski, ocd Community.



The celebration took place on St. Rafael's Feast Day November 19, 2022. St. Rafael is a Polish Carmelite who worked tirelessly for the restoration of the Discalced Carmelites in Poland.

The community expressed its gratitude to Fr. Dominic and Fr. Marcin for celebrating this very special day with them, and Gladys for all her support, time, and efforts to establish this community.

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### **St. Teresa of Jesus Community - Vancouver, BC**

The St. Teresa of Jesus Community held their Annual Retreat this year at the Little Flower Monastery, Carmel Hill, Deroche, BC with Fr. Alexander Braganza, ocd as their retreat master.



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### **St. Therese of the Child Jesus and Holy Face, OCD - Newmarket, Ontario**

Fr. Jerald D'Souza, ocd presided at the Liturgy for the community and received the First and Definitive Promises, and Vows of community members and candidates. Fellowship followed with a generous lunch provided by the Secretariat, and Fr. Jerald took the opportunity to tell us his story of religious life and explain the history of the Karnataka-Goa Province in Canada.



Everyone helped to make this celebration a blessed event in one way or another, either through their attendance or their prayerful support of the community.

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### **St. Louis and Zelig Martin Community – Prince Edward Island**

The Community celebrated four members making their Definitive Promise in October at St. Therese Parish in Morell, PEI.



It was a blessed celebration with the Liturgy and the presence of the whole community at the time of the members making their Definitive Promises followed by fellowship together.

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### **St. John of the Cross Community - North Vancouver, BC**

During the Annual Retreat of St. John of the Cross Community in North Vancouver, Fr. Cannio Cardero, OCD, officiated at the ceremony of investiture for Sue Farrell, and received the First Promise of Eileen Esic.



It was truly a wonderful weekend retreat for one and all.



**Our Lady of Mount Carmel and St. Joseph Community - Windsor, Ontario**

In September, Our Lady of Mount Carmel and St. Joseph Community celebrated the First Promise of Laura Reaume. Although a small Secular Carmelite community, celebrations are important events for this community.



It would not be complete until they shared this special occasion in their community life with the rest of us. It is always wonderful to see growth in our communities, especially when new vocations are added to the smaller communities. We rejoice and celebrate with all of you.

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**St. Teresa of Jesus - Vancouver, BC**

Norma Lo, President of the community, writes: On July 9, 2022, St. Teresa of Jesus Community celebrated the vows of Bernadette O'Connor during Mass at Guardian Angels Parish.



It was also an occasion to bid farewell and express our gratitude to Fr. Rajesh Madtha, our Spiritual Assistant, who is taking his new post as the Pastor of Our Lady of Perpetual Help Parish, Kamloops, British Columbia.

**Mother of Divine Grace Community – Killaloe, Ontario**

Mila Pereira, President of the Community writes: On June 2<sup>nd</sup>, 2022, Fr. Chris Shalla, Spiritual Assistant to the Community of Our Mother of Divine Grace in Killaloe, received the Definitive Promise of two members, Mila Pereira and Sheila O'Brien. Fr. John O'Brien (Sheila's son and a Jesuit) concelebrated as well, at this joyous event. In his homily, Fr. Shalla eloquently promoted and encouraged us in what he called our "wonderful community".



Many friends, family and parishioners attended and shared this beautiful occasion for fellowship and the ensuing lunch.

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**St. Joseph's Community - Calgary, AB  
Our Lady of Mount Carmel - North Calgary, AB**

On October 7, 2022, St. Joseph's Community and Our Lady of Mount Carmel Community joined together for their annual ceremonies of Promises and Investitures. Fr. Jerald D'Souza was the celebrant of the Eucharist on this special occasion for these two communities.



Fellowship was enjoyed by all after the ceremonies. "Where one or two are gathered in my name, there am I in the midst of them."

## **DISCALCED CARMELITE SECULAR COMMUNITIES**

|                             |                                                                                  |
|-----------------------------|----------------------------------------------------------------------------------|
| <b>BRAMPTON</b>             | <b>COMMUNITY OF OUR LADY OF MOUNT CARMEL</b>                                     |
| <b>BRAMPTON</b>             | <b>COMMUNITY OF ST. RAFAEL KALINOWSKI, OCD</b><br><i>[Polish Speaking]</i>       |
| <b>CALGARY, AB</b>          | <b>COMMUNITY OF ST. JOSEPH</b>                                                   |
| <b>CHARLOTTETOWN<br/>PE</b> | <b>COMMUNITY OF STS. LOUIS AND ZELIE MARTIN</b>                                  |
| <b>EDMONTON, AB</b>         | <b>COMMUNITY OF ST. THÉRÈSE OF THE CHILD JESUS<br/>AND OF THE HOLY FACE</b>      |
| <b>HAMILTON</b>             | <b>COMMUNITY OF OUR LADY OF THE BLESSED TRINITY</b>                              |
| <b>KELOWNA, BC</b>          | <b>COMMUNITY OF ST. TERESA OF JESUS OF THE ANDES</b>                             |
| <b>KILLALOE</b>             | <b>COMMUNITY OF OUR MOTHER OF DIVINE GRACE</b>                                   |
| <b>KINGSTON</b>             | <b>COMMUNITY OF MARY, QUEEN OF PEACE</b>                                         |
| <b>KITCHENER</b>            | <b>COMMUNITY OF OUR LADY OF VICTORY</b>                                          |
| <b>LONDON</b>               | <b>COMMUNITY OF THE INFANT JESUS</b>                                             |
| <b>LONDON</b>               | <b>COMMUNITY OF OUR LADY OF THE ROSARY</b><br><i>[Portuguese speaking]</i>       |
| <b>MISSISSAUGA</b>          | <b>COMMUNITY OF ST. ELIZABETH OF THE TRINITY</b><br><i>[Portuguese speaking]</i> |
| <b>MISSISSAUGA</b>          | <b>COMMUNITY OF THE IMMACULATE HEART OF MARY</b>                                 |
| <b>MONCTON, NB</b>          | <b>COMMUNITY OF OUR LADY OF THE BROWN SCAPULAR</b>                               |

## **DISCALCED CARMELITE SECULAR COMMUNITIES**

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|--------------------------|--------------------------------------------------------------------------------|
| <b>MOOSE JAW, SK</b>     | <b>COMMUNITY OF ST. TERESA MARGARET<br/>OF THE SACRED HEART AND ST. JOSEPH</b> |
| <b>NEWMARKET</b>         | <b>COMMUNITY OF ST. THÉRÈSE OF THE CHILD JESUS<br/>AND OF THE HOLY FACE</b>    |
| <b>OTTAWA</b>            | <b>COMMUNITY OF ST. MARY OF JESUS CRUCIFIED</b>                                |
| <b>SCARBOROUGH</b>       | <b>COMMUNITY OF OUR LADY OF MOUNT CARMEL</b>                                   |
| <b>SCARBOROUGH</b>       | <b>COMMUNITY OF LUCIA DOS SANTOS</b>                                           |
| <b>THUNDER BAY</b>       | <b>COMMUNITY OF OUR LADY OF MOUNT CARMEL</b>                                   |
| <b>TILLSONBURG</b>       | <b>COMMUNITY OF ST. MARY</b>                                                   |
| <b>TORONTO</b>           | <b>COMMUNITY OF ST. JOSEPH</b>                                                 |
| <b>TORONTO</b>           | <b>COMMUNITY OF ST. TERESA OF JESUS</b><br><i>[Portuguese speaking]</i>        |
| <b>VANCOUVER, BC</b>     | <b>COMMUNITY OF ST. TERESA OF JESUS</b>                                        |
| <b>VANCOUVER (N), BC</b> | <b>COMMUNITY OF ST. JOHN OF THE CROSS</b>                                      |
| <b>WINDSOR</b>           | <b>COMMUNITY OF OUR LADY OF MOUNT CARMEL<br/>&amp; ST. JOSEPH</b>              |
| <b>ZEPHYR</b>            | <b>COMMUNITY OF FLOWER OF CARMEL</b><br><i>[Chinese speaking]</i>              |