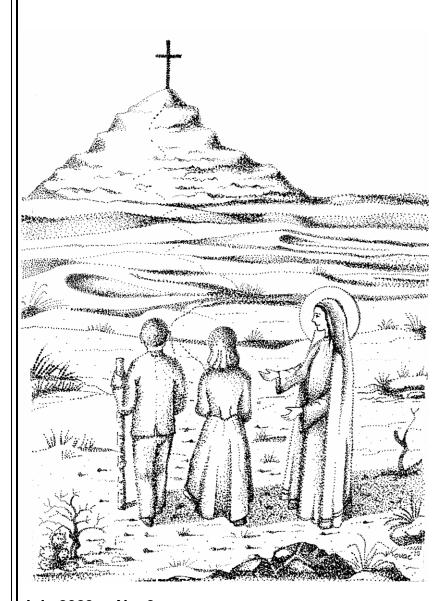


Springs of Carmel

NEWSLETTER PUBLISHED BY THE SECULAR ORDER OF DISCALCED CARMELITES, CANADA

Walking Together in Love

*Triennial theme for the Karnataka-Goa Province



July 2023 No. 3

Lord God,

You willed that the Order of Carmel should be named in the honor of the Blessed Virgin Mary, Mother of your Son.

Through her prayers,
as we walk together in love,
bring us to your holy Mountain,
through Christ our Lord
Who lives and reigns with you
and the Holy Spirit, God
forever and ever.
Amen.



NEWSLETTER PUBLISHED BY THE SECULAR ORDER OF DISCALCED CARMELITES, CANADA

Number 3

OCDS OFFICE 11 Tangle Briarway Toronto, ON M2J 2M5 Tel. 416-491-9354 E-mail: ocds.secretariat.ca@sympatico.ca	Letter from Fr. Ramiro Casale, OCD General Delegate of OCDS
Website Address http:ocds.ca	TRANSLATION of the article "Une sainte charismatique" by Jean-Luc Moens
	News Items, by Gladys McMullin, ocds, President
	"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)

Lisieux, July 23, 2023

Dear OCDS brothers and sisters in Canada,

Greeting to all from Lisieux, in France. I hope you and everyone in your families and communities are doing fine. The Discalced Carmelite Order is celebrating this year the 150th birthday anniversary of Saint Thérèse of Lisieux and the centenary of her beatification. In 2025 the centenary of her canonization will also be celebrated. In order to prepare for this important event, the whole Carmelite Order has been reading together the writing of St. Thérèse with the help of study guides that have been very well received throughout the world.

Saint Thérèse of Lisieux is a saint that has a great influence in our world today; her life and her writings continue to inspire people from all places and backgrounds. On their session of November 11, 2021, the UNESCO, an organization of the United Nations that promotes education, science and culture, agreed to register the birth of Saint Thérèse of Lisieux (January 2, 1873) as one of the importation anniversaries in the years 2022-2023.

The beautiful Basilica of St. Thérèse in Lisieux welcomes thousands of pilgrims from all over the world who come to be close to her and to ask for her intercession. As one enters the basilica, one can see the beautiful mosaics and the many pictures of the Saint Thérèse. On the right, one can see the reliquary with the arm of Saint Thérèse. The atmosphere in the Basilica invites to prayerful reflection.

In one of the many posters written in French inside the Basilica celebrating the jubilee of Saint Thérèse one can read:

"Portrait of a Woman Thérèse of Lisieux. An exceptional woman, honored by UNESCO.

Young French woman known throughout the world, woman of culture, education and science. Thérèse of Lisieux, through her personality, her work scrutinizes the depths of the human heart and opens possible ways of response to men and women of this world in search of meaning, in search of personal and universal peace. On the proposal of France, the recognition by UNESCO of Thérèse de Lisieux for the 2022/2023 biennium opens up new perspectives for the dissemination of her message of life, peace and love."

We are all in search of meaning and direction in our lives. Let us follow the teaching of our Carmelite sister, Saint Thérèse of Lisieux, who teaches us that the value of our actions consists not in the actions themselves but in the love with which we do them. In her manuscript B, she says: "He does not need our works, but only our love" (Ms B $1v^{\circ}$). God wants to be loved by all of us. Let us ask Him to grant us the grace to love him and follow Him until the last day of our lives. May we be united more and more with Him in our ordinary life because when we are united with Him the most ordinary things become extraordinary.

A special prayer from Lisieux for all of you, your families and all those you love. May Saint Thérèse continue to protect and guide you.

Many Blessings!
Fraternally,
Fr. Ramiro Casale, OCD
General Delegate of the OCDS



DISCALCED CARMELITES KARNATAKA-GOA PROVINCE

Announcement of the

NEW DELEGATE PROVINCIAL for CANADA

In fulfillment of the Statutes (A-3), the Provincial Council conducted a consultative vote among our religious serving in Canada and after taking it into consideration, has appointed:

REV. FR. ALEXANDER BRAGANZA OCD

as the new **Delegate Provincial** of the Provincial Delegation of Canada, for the present triennium.

Following the rotation system among the Indian Units which are not full-fledged Provinces, he will be participating in the forthcoming Extraordinary Definitory to be held from 27 August – 3 September 2023 at Lisieux, France, along with the Regional Vicar of West Bengal. By coincidence, it is also the turn of the Regional Vicar of Tanzania, from among the Superiors of Anglophone countries in Africa.

While congratulating Fr Alexander and wishing him all the best in this new responsibility, we implore the intercession of Mary, Queen and Mother of Carmel and St Teresa of Los Andes, patroness of the region.

Fr Silvestre D'Souza OCD

& Souza

Provincial Superior

Date: 28 June 2023

Place: Sadbhavana, Carmelite Provincialate, Bengaluru



"Come let us climb the mountain of the Lord, to the house of the God of Jacob that he may teach us his ways and that we may walk in his paths."

Isaiah 2:3

Dear Sisters and Brothers,

For the Carmelite, whether Secular, Friar, or Nun, the spiritual life has always been likened to climbing a mountain. It is an ascent to a mountain top meeting with our "living God."

Our Holy Father, St. John of the Cross calls it the "Ascent of Mount Carmel". He describes it in his book as a step-by step ascent. As such it requires careful preparation by the mountain climber. It is a great adventure and at the same time it is not an easy adventure for the Carmelite who accepts the invitation to embrace this adventure to the summit of Mount Carmel.

We as Secular Carmelites in Canada know this truth deeply through our experience over the past three years in mountain climbing through a transition that presented many obstacles and challenges such as the loss of community life during the pandemic, deaths in our communities, and deep feelings of being isolated and alone on the side of the mountain.

As sons and daughters of our Holy Mother St. Teresa we doggedly continued on with "determined, determination" searching for the right path on the mountainside and fresh water to continue our ascent to the summit of Mount Carmel.

With most travel restrictions lifted in Canada today, we were blessed this month with a Pastoral Visit from Fr. Pius James D'Souza, ocd, Definitor from Rome for Canada, Fr. Silvestre D'Souza, Provincial of the Karnataka-Goa Province, and Fr. Alexander Braganza, ocd, Delegate Provincial for Canada. All three brought us water from the Springs of Carmel, encouragement and a sense of direction through the sharing of their insights for moving forward up the Mountain of Carmel.

Fr. Silvestre, our Provincial Superior, shared the theme of this triennial period in the life of the Karnataka-Goa Province namely "Walking together in Love." This theme is our guide as we continue our journey over the next three years up the mountain of Carmel. All three branches of Carmel must take this mountain journey together, for it will be by assisting one another, carrying one another's burdens, walking in love, that the journey to the top will be fruitful for the Discalced Carmelite Order today.

While each one's spiritual journey is a personal call by the Spirit, it is also communal. Great emphasis is given in our Constitutions to Community living. This includes a sense of community and family among all three branches of the Discalced Carmelite Order in the Church of today.

Mountain climbing either in our world or in the spiritual life is never a private or solitary exercise. We never climb mountains alone. It is dangerous. As we know mountain climbing is done by expeditions. This is so for spiritual mountain climbing too. So, for the next triennial, we will make this mountain climbing an expedition with our Friars and Nuns. We will "Walk together in Love".

May Mary, Queen of Mount Carmel walk with us as we ascend the Mountain of Carmel together with open and loving hearts.

Gladys McMullin, ocds President Discalced Carmelite Secular Order Karnataka-Goa Province

PASTORAL VISIT - Walking Together in Love





TRANSLATION of the article "Une sainte charismatique" by Jean-Luc Moens (co-editor of 11 est vivant) which appeared in 11 est vivant 94 Cinquieme edition "Special Thérèse": 12-13.

Translations of passages from Thérèse's works are taken from: Thérèse of Lisieux. Story of a Soul: The Autobiography of Thérèse of Lisieux.

Trans. John Clarke, O.C.D. Washington, DC, ICS Publications, 1975.

A Charismatic Saint

Thérèse does not belong to the category of saints whose lives were surrounded by numerous miracles and extraordinary phenomena. She lived a very simple life which she wanted everyone to be able to imitate. This is why the way in which she practised the charisms can especially help and teach us.

The importance of the charisms and of their practice has been stressed by the Second Vatican Council. In the "Decree on the Apostolate of the Laity," we read that believers have the right and the duty to practice these gifts for the good of others and the building up of the Church, in communion with their brothers and sisters in Christ and in submission to their pastors (Chapter 1, Section 3). Each Christian is called, therefore, to be "charismatic" or, more simply put, to be open to the gifts of the Holy Spirit. All the saints have lived this openness.

All have been, in their way, charismatic. All have, therefore, something to teach us about the way of living this obedience to the Holy Spirit.

In Thérèse's case, two things have to be distinguished: the charism of the new mission with which she was invested by the Holy Spirit and the daily practice of the charisms. Thérèse's mission is tied to her particular vocation and is in itself inimitable. We will not question this here. On the other hand, the way in which Thérèse tried in her daily life to be more completely obedient to the Holy Spirit is highly instructive for us because she can help us increase our own obedience.

DOING THE WILL OF THE LORD

What strikes us above all in Thérèse 's life is her constant desire to do the Lord's will. "Now, abandonment alone guides me. I have no other compass! I can no longer ask for anything with fervour except the accomplishment of God's will . . ." (178 MsA). Thérèse could say at the end of her life that from the age of three she never refused God anything. This attitude is the key to the whole of Thérèse 's openness to the action of the Holy Spirit. It was she who made herself completely receptive to God and a faithful instrument in His service. Within this framework, her weakness does not represent an obstacle.

Quite the contrary! This is Thérèse's reasoning: if the Lord who knows my poverty and my littleness better than I do asks me something anyway, He is going to give me everything in order to answer His call; I have, therefore, just to open my hands. This is Thérèse's whole logic. It is also God's.

RECEIVING EVERYTHING FROM GOD

Here is a fine example of it. Faced with the feeling of her incapacity to carry out her task well with the novices, Thérèse decided to receive everything from the Lord. "Lord, I am too little to nourish Your children; if You wish to give through me what is suitable for each, fill my little hand and without leaving Your arms or turning my head, I shall give Your treasures to the soul who will come and ask for nourishment." (238 MsC). Thus, Thérèse transmitted like a child's words which did not come from her. They hit home, however, to the point that her novices ended up believing that she could read their souls. But it was Thérèse herself who was the first one to be astonished! She had made her remarks out of a spirit of service, without any self-seeking and without worrying about how her intervention would be received. "If she (the novice) finds it according to her taste, I shall know it is not to me but to You she owes it; on the contrary, if she complains and finds bitter what I present, my peace will not be disturbed, and I shall try to convince her this nourishment comes from You and be very careful not to seek any other for her" (238 MsC). What confidence in the action of the Holy Spirit!

THE LITTLE PAINT BRUSH

Thérèse remarked that ". . . He (the Lord) is always using His creatures as instruments to carry on His work in souls" (235 MsC).

The paintbrush is just an instrument. We must not give credit to it for the beauty of the painting but rather to the artist who holds it in his hand. Only one thing is asked of the instrument: the greatest obedience possible! This comparison places the exercise of charisms in its proper place: the artist needs his paintbrush, but he is always the foreman!

SIMPLICITY

Furthermore, we do not find in Thérèse any looking for the sensational or the extraordinary. Quite the contrary! She did not trust extraordinary manifestations for fear of falling into illusion. Deeply touched by a word of Mother Genevieve, Thérèse tried to find out what sort of revelation she might have had on the particular subject. Learning that Mother Genevieve had not had any revelation, Thérèse wrote: ". . . my admiration was greater still when I saw the degree to which Jesus was living within her and making her act and speak. Ah! that type of sanctity seems the <u>truest</u> and the <u>most holy</u> to me, and it is the type I desire because in it one meets with no deceptions" (169-170 MsA). As far as Thérèse was concerned, she did not have to be conscious of exercising a charism. Her desire was to let God act through her to the greatest extent possible. That was what was important.

THE PRESENT MOMENT

But she lived this desire without any anxiety, doing as well as she could at every moment what was asked of her.

She remarked that the Lord blessed this way of living. "I have frequently noticed that Jesus doesn't want me to lay up <u>provisions</u>. He nourishes me at each moment with a totally new food; I find it within me without knowing how it is there. I believe it is Jesus Himself hidden in the depths of my poor little heart. He is giving me the grace of acting within me, making me think of all He desires me to do at the present moment" (165 MsA). Thérèse pointed out, though, that these revelations came to her most often not in her prayer, but in the midst of her daily occupations. It was, however, in her prayer that she fine-tuned her spiritual ear to discern God's will better.

LISTENING TO THE WORD

Thérèse's prayer was also quite simple. Jesus taught her without the noise of words. "Never have I heard Him speak, but I feel that He is within me at each moment" (179 MsA). But that did not prevent her prayer from being a tough battle filled with silence and dryness. The Lord, however, enlightened her through His Word which was at the heart of her prayer.

"But it is especially the <u>Gospels</u> which sustain me during my hours of prayer, for in them I find what is necessary for my poor little soul" (179 MsA). In the face of her questions, Thérèse did not hesitate to interpret the texts (the words are her own) to suit herself And what a charism! In this way she received many a time the word of life which she needed.

Remember her retreat of September, 1896. She told the Lord in her prayer about her desire to become a warrior, a priest, an apostle, a doctor, and a martyr. "During my meditation, my desires caused me a veritable martyrdom, and I opened the Epistles of St. Paul to find some kind of answer" (193 MsB). But the answer did not satisfy her at first glance. And so she looked further. Upon reading the hymn to charity in chapter 13 of the first letter to the Corinthians, the light burst forth. "Charity gave me the key to my vocation. . . . I understood that the Church had a Heart and that this Heart was BURNING WITH LOVE. Then, in the excess of my delirious joy, I cried out: 0 Jesus, my Love... my vocation, at last I have found it... MY VOCATION IS LOVE! . . . in the heart of the Church, my Mother, I shall be Love. Thus I shall be everything and thus my dream will be realized" (194 Ms B). What is striking is that Thérèse did not let herself stop on the way. Learning that not everyone could be an apostle, a prophet or a doctor, did not discourage her. She went further: she had not been deceived! And here we are lead to the heart of Thérèse 's message.

"IT IS LOVE ALONE THAT COUNTS"

Following the path of St. Paul, Thérèse shows us that all sanctity and all charisms proceed from love above all else. Love was the inexhaustible source of her confidence, her abandonment, her openness, her simplicity, her humility, and her boldness. Love too was the driving force of each one of her actions, for love alone appealed to her. Her sole desire was to love Jesus madly because she had discovered with what love she was loved. This is, therefore, her fundamental charism: to show the way of Love! This is the road that she invites us to follow: to raise us to the Lord through confidence and love.

"We must abandon the future into the hands of God.

Jesus Christ alone is singularly to be loved,
who alone is found good and faithful above all friends.

Jesus may hide himself,
but we know He is there.

No harm can come to me since,
in whatever happens,
I see only the tender hand of Jesus."

(St. Thérèse, Story of a Soul)

News Items by Gladys McMullin, ocds

20th Anniversary of OCDS Constitutions

Dear sisters and brothers in Carmel,

Congratulations on this twentieth anniversary of the approval of your OCDS Constitutions (June 16, 2023). In them, the church recognizes that the vocation to the Secular Carmel is a path of holiness for its members. The OCDS family continues to grow around the world and has 29,000 members.



May the Lord continue to bless you in your vocation of love and service in the Church and in the world. Let us always remain united in Prayer. Take good care of yourselves!

Fr. Ramiro Casale, ocd Delgato Generale per L'OCDS

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# St. Louis and Zelie Martin Community – Charlottetown, PE

Celebration of Definitive Promises

Monique Perry, President of Sts. Louis and Zelie Martin Community informed us that on March 20<sup>th</sup>, 2023 at St. Thérèse Parish, members Cathy McCann and Joanne Perry made their Definitive Promise. Fr. Brian presided at the Mass as well as friend Fr. Walter Flynn.



A potluck and fellowship among the members followed. It was a joy filled evening for the community.

Our Lady of Mount Carmel Community – Scarborough, Ontario

Celebration of Investitures and Promises

On March 25, 2023 Our Lady of Mount Carmel Community Scarborough celebrated both Investitures and Promises for members of the community. The Flower of Carmel Chinese community joined the community for this very special occasion. Three members made definitive promises, namely Joanne Sheehy, Theresa Lue Shing, and Sonia Da Costa-Spence.



Connie Chu, Katarzyna Kubiszyn, and Thierry Orlowski were invested in the scapular.

The Eucharist was celebrated by Fr. Dominic Borg, ocd for the beautiful Feast of the Annunciation of Our Blessed Mother Mary. Father Dominic also presided over the Investitures and Promises. Everyone joined in afterwards in the parish hall for food, fun, and fellowship.

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St. Teresa Margaret of the Sacred Heart and St. Joseph Community – Moose Jaw, SK

Celebration of First Promise

On September 18th, 2022 St. Teresa Margaret of the Sacred Heart and St. Joseph Community celebrated the First Promise of Lloyd Zyla with the assistance of Father Jake Ibay.

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It was a wonderful day for Lloyd and the community. This tiny community in the garden of Carmel is growing slowly but surely with new vocations. We rejoice with them as they continue happily their journey in Carmel.

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# Our Lady of Mount Carmel and St. Joseph – Windsor, Ontario

Charity of a Community Visiting their Elderly Members



Gary Major, president of Our Lady of Mount Carmel and St. Joseph Community shares with us their apostolate of visiting their elderly members who are no longer able to attend the community meetings.

Mary, a long-time member of the community received a very special visit from community members on her birthday. The Community members brought Mary a cake, coffee, and a birthday gift to her home. Mary was so delighted to see everyone once again. Everyone enjoyed the treats and most of all the conversation together on this very special birthday of Mary.

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Mother of Divine Grace Community – Killaloe, Ontario

Celebration of Investiture

Mother of Divine Grace Community celebrated the Investiture in the scapular of Aimee Rae and her admittance to the Formation Program during the ceremony presided by Fr. Jim Beanish. It was a

joyous and beautiful day for the community and Aimee.



After the formal ceremonies, fellowship, great refreshments, and great conversations took place among the members of the community.

Immaculate Heart of Mary Community – Mississauga, Ontario

Promises and Investitures

The Immaculate of Jesus Community was joined by Fr. Dominic Borg, ocd for the celebration of Promises and for the Investiture of aspirants in the Secular Carmelite Order earlier this year.

Fr. Dominic celebrated the Eucharist for the Community followed by fellowship and refreshments for this joyous occasion.



The Immaculate Heart of Mary Community is a large and thriving community within the Secular Carmelite Order that continues to attract vocations through their witness, fervor, and dedication to the vocation of the Secular Carmelite in the world.

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# Our Lady of the Blessed Trinity Community – Hamilton, Ontario

Our Lady of the Blessed Trinity Community extends its heartfelt thanks to Fr. Sunil, ocd from our Carmelite Friars in Kitchener, Ontario for travelling to our community for Definitive Promises and Investitures.



Two of our community members made their Definitive Promise, and four aspirants received their scapulars and entered the Formation Program.

This was an auspicious occasion for the community and it was a delight to have Fr. Sunil with us. We welcome you back anytime you want to join us.

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Mary, Queen of Peace Community – Kingston, Ontario

Day of Reflection

Margaret Vallieres, a member of Mary Queen of Peace community, wrote this report on their Day of Reflection on June 2, 2023. It was the Feast of John the Baptist

The Day of Reflection was hosted by Mary, Queen of Peace Community and included our Ottawa and Killaloe communities. In addition, it was open to non-members. In all there were 41 in attendance. Even with unforeseen changes to the program we could not have asked for a better day.



We were able to be with our fellow Secular Carmelites, and to present our way of life to our visitors. Fr. Dominic's talks were exceptionally well received, with a mixture of the practical along with teachings on Scripture. As it was the feast of St. John the Baptist, we went away with his message: "He must increase and I must decrease." How? By listening to Our Lord and not to ourselves, especially in prayer.

We thank Fr. Dominic for the great effort he made to come to Kingston to join us, celebrate Mass and teach us. And we thank the Holy Spirit for guiding us all.

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#### DISCALCED CARMELITE SECULAR COMMUNITIES

BRAMPTON COMMUNITY OF OUR LADY OF MOUNT CARMEL

BRAMPTON COMMUNITY OF ST. RAFAEL KALINOWSKI, OCD

[Polish Speaking]

CALGARY, AB COMMUNITY OF ST. JOSEPH

CALGARY, AB COMMUNITY OF OUR LADY OF MOUNT CARMEL

CHARLOTTETOWN COMMUNITY OF STS. LOUIS AND ZELIE MARTIN

PE

EDMONTON, AB COMMUNITY OF ST. THÉRÈSE OF THE CHILD JESUS

AND OF THE HOLY FACE

HAMILTON COMMUNITY OF OUR LADY OF THE BLESSED TRINITY

KELOWNA, BC COMMUNITY OF ST. TERESA OF JESUS OF THE ANDES

KILLALOE COMMUNITY OF OUR MOTHER OF DIVINE GRACE

KINGSTON COMMUNITY OF MARY, QUEEN OF PEACE

KITCHENER COMMUNITY OF OUR LADY OF VICTORY

LONDON COMMUNITY OF THE INFANT JESUS

LONDON COMMUNITY OF OUR LADY OF THE ROSARY

[Portuguese speaking]

MISSISSAUGA COMMUNITY OF ST. ELIZABETH OF THE TRINITY

[Portuguese speaking]

MISSISSAUGA COMMUNITY OF THE IMMACULATE HEART OF MARY

#### DISCALCED CARMELITE SECULAR COMMUNITIES

MONCTON, NB COMMUNITY OF OUR LADY OF THE BROWN SCAPULAR

MOOSE JAW, SK COMMUNITY OF ST. TERESA MARGARET

OF THE SACRED HEART AND ST. JOSEPH

NEWMARKET COMMUNITY OF ST. THÉRÈSE OF THE CHILD JESUS

AND OF THE HOLY FACE

OTTAWA COMMUNITY OF ST. MARY OF JESUS CRUCIFIED

SCARBOROUGH COMMUNITY OF OUR LADY OF MOUNT CARMEL

SCARBOROUGH COMMUNITY OF LUCIA DOS SANTOS

THUNDER BAY COMMUNITY OF OUR LADY OF MOUNT CARMEL

TILLSONBURG COMMUNITY OF ST. MARY

TORONTO COMMUNITY OF ST. TERESA OF JESUS

[Portuguese speaking]

VANCOUVER, BC COMMUNITY OF ST. TERESA OF JESUS

VANCOUVER (N), BC COMMUNITY OF ST. JOHN OF THE CROSS

WINDSOR COMMUNITY OF OUR LADY OF MOUNT CARMEL

& ST. JOSEPH

ZEPHYR COMMUNITY OF FLOWER OF CARMEL

[Chinese speaking]