



***“Prayer is the life of the new heart.***

***It ought to animate us at every moment.” (CCC2697)***

Dear Brothers and Sisters in Carmel,

The year 2010 is another sign of God’s love for all of us, a love that surrounds us more than the air that we breathe. We have just come out of the Christmas Season, and as we live for a short while in the Ordinary Season, we are already at the threshold of the Season of Lent in preparation for the Great Feast of Easter: THE FEAST OF OUR FREEDOM, THE FEAST OF OUR JOY!

Our Mother St Teresa, in Chapter 13 #15 of the Book of Her Life writes: *“This path of self knowledge must never be abandoned, nor is there on this journey a soul so much a giant that it has no need to return often to the stage of an infant and a suckling. And this should never be forgotten. ... Along this path of prayer, self knowledge and the thought of one’s sins is the bread with which all palates must be fed no matter how delicate they may be; they cannot be sustained without this bread.”*

To eat constantly of this bread which St Teresa is speaking about in Chapter 13 of Her Life, is to live in constant gratitude. The Apostle Paul makes this clear to all of us in his First Letter to the Thessalonians:

***“Rejoice always, pray without ceasing, giving thanks in all circumstances; for this is the will of God in Christ Jesus for you.”***

**This kind of gratitude is indeed an attitude that transforms.** As we begin this moment of grace, The Season of Lent, let us allow the Great Surgeon to perform on us an open heart surgery, remembering that He is indeed the Healer of Broken hearts. We are accustomed to hearing the words: *“Go to Pharaoh”*, but the Zohar notes that God did not tell Moses to “go to Pharaoh” but to *“Come to Pharaoh”*, meaning “come with ME to Pharaoh”. This was because

beginning with the eight plagues, God set out to break Pharaoh himself, to destroy his power from its core!

Taking into consideration the definition that St Therese gives of prayer, we are bound to raise our hearts to God: *“For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy.”* Scripture reading, prayer, the Sacrament of Reconciliation, almsgiving, and fasting, are without doubt the weapons that will help us to march towards Easter with the great confidence that our Pharaoh will be destroyed. God willing, we will be having the opportunity to gather together at Our Lady of Fatima Shrine in Scarborough on the 27<sup>th</sup> of February so that with a Day of Reflection we can prepare ourselves not only to open our hearts for the graces of Easter, but also to get ready for the ELECTIONS in the OCDS Communities which will take place in April.

Speaking of the Elections, may we remember what Jesus said at the Last Supper: *“You call me Master and Teacher, and you are right, yet here I am as one who serves.”* Let us with prayer and dedication prepare ourselves for this moment of grace, and while we thank all those who have served for the past three years, we pray and encourage the newly elected to fulfill their commitment towards their Communities and serve their brothers and sisters in the OCDS with love and humility.

May our prayers join the prayers of the Psalmist:

*“Let my prayer be counted as incense before you...”* (Psalm 141)

**May this Easter find us ready  
to enter into  
the Feast  
of Our Freedom and JOY.  
Have a joyous and meaningful EASTER.  
May ALL of us live the Paschal Mystery  
with joy and determination.**

*Fraternally in Carmel,  
Fr Dominic Borg, ocd  
Provincial Delegate*

*P.S. Please keep in your prayers the mother of Fr Victor Mallia, ocd*