



## The Discalced Carmelite Secular Order (OCDS) Western Canada Province

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### **Father Saverio Cannistrà, New Superior General of Discalced Carmelites**

Father Saverio (Antonio Gennaro) Cannistrà of the Sacred Heart, was born in the Calabrian city of Catanzaro on the 3rd of October, 1958. He studied philology in the Scuola Normale and later worked for the Einaudi Publishing House.

He entered in the novitiate of the Italian Province of Tuscany of the Order of Discalced Carmelites in 1985 and made his simple profession on the 17<sup>th</sup> September, 1986. He made his solemn profession in 1990 and was ordained on 24<sup>th</sup> October, 1992.

Doctor in Dogmatic Theology by the Gregoriana University of Rome, Saverio Cannistrà, is a member of the Italian Theological Conference (northern area) and has participated in numerous congresses of the Order.

Proficient in several languages, he has given classes in the Faculty of Theology of the Teresianum of Rome and until now, professor of Christology and theological Anthropology in the Faculty of Theology of Central Italy near Florence. Father Saverio was chosen for the first time Superior Provincial in the Provincial Chapter of Tuscany this past year. On 20th April, 2009 at the 90th General Chapter celebrated in Fatima, Portugal he was chosen Superior General.

Dear Carmelite Family,



This time is truly a time of grace for all of us, a time to rejoice as we focus our attention on two of the most inspiring commemorations in the history of the Church: This year is the jubilee year for priests which Pope Benedict XVI has designated as The Year of the Priest thereby honoring St. John Mary Vianney, as the Patron of priests. He is the Patron of priests because of his reputation as a confessor and director of souls which made him known throughout the Christian world. St. John Mary Vianney's life was one of extreme mortification, and he was accustomed to the most severe austerities and manifested an exceptional patience. He was the ultimate priest, with a childlike simplicity and, he remains to this day, the living image of the priest

after the heart of Christ. St. John Mary Vianney was also universally known as the Curé d'Ars or the "Cure of Ars." His Feast day falls on August 4, 2009 which is also the 150<sup>th</sup> anniversary.

The other, is our commemoration of The Feast of Our Lady of Mount Carmel, a devotion to Our Lady which the Catholic faithful celebrates worldwide, and which many Catholics capture and savor its blessed significance, by wearing faithfully the Scapular of Our Lady of Mount Carmel, also known as the Brown Scapular. But beyond historical and commemorative significance, the celebrations only attest to the love God has for all his people throughout our long spiritual journey since time began; one might say that they serve as flashes of illumination, messages like shafts of lightning, reminding us of the spiritual gifts that God continues to shower upon us throughout our lives, knitting all these moments together in the building up and nourishment of our faith.

**Let's take up The Year of the Priest.** I am sure that many of us realize that without the priestly ministry, there would be no Eucharist, no mission and even no church. Without the priest, the passion and death of our Lord would be of no avail. For the priest's mandated role, as exemplified by St. John Mary Vianney, is crucial in the transformation of the hearts and the lives of so many people. It is he who enables the faithful to experience the Lord's merciful love, as was shown by St. John Mary Vianney during his lifetime, that he won the reputation as a wonderworker loved by the crowds. He heard confessions of people from all over the world for long hours each day – *imagine that, many hours every day!* And his life was always filled with works of charity and love, a real servant of the Lord worth emulating by priests everywhere. He prayed with great recollection and celebrated Mass with deep devotion. As would be expected of any priest, St. John Vianney led a mortified way of life, showing his love for the poor and the sick, and intent in his mild words to everyone. Very soon he had won the hearts of all. It is recorded that even the staunchest of sinners were converted at his mere word. He died on August 4, 1859, and was canonized on May 31, 1925. I would like to say that, particularly during these times when relativism and utilitarianism is ascendant in our present society, we must try to understand and acknowledge the role of the priest in our lives, as a proclamation and witness to the truth of Love – which is God's Love in our Lord Jesus Christ - and which St. John Vianney lived by, as the only true way by which the priest can prove himself to be worthy of his calling. I would like to propose to you, therefore, that in our own present time - *that is so obviously confused about the truth and the possibility of there being truth* - we need a spirituality that has the Truth of Faith at its heart.

And that is . . . In the words of the Holy Father, "The priest must belong totally to Christ and totally to the Church; to the latter he is called to dedicate himself with an undivided love, like a faithful husband to his bride." And just like St. John Mary Vianney who epitomizes the priest who was completely identified with his ministry, we too are very much identified with this priceless treasure – that is, the message of salvation, but in an "earthen vessel," echoing again the wisdom of Pope Benedict XVI. But this mandate of the priest is not without the pain, the trials, a sense of rejection, fatigue and despair, for these are all part of the challenges of the religious life which the priest has to endure for the rest of his life. But under the mantle of Christ's unshaken protection, "*We drew courage from God to preach his good tidings to you in the face of great opposition . . . acting with patient endurance amid trials, difficulties, distresses; as men familiar with hardwork, sleepless nights, and fastings . . .*" (1Thess.2:2b; 2 Cor.6:4b-5) says St. Paul. Therefore, my dear brothers and sisters, I urge you to please pray for the priestly vocation, the religious life . . . that God may continue to surround our priests with his great love, preserving their mandate to continue the work of redemption on earth.

Another momentous triumph of God's love that we shall be celebrating soon is The Feast of Our Lady of Mount Carmel, this coming July 16. The feast celebrates the devotion that the Blessed Virgin Mary has to those who are devoted to her, and who signify their devotion by wearing the Brown Scapular. It is commonly accepted that we always make it a point to wear appropriate protection whenever we are engaged in some useful activity, for example, when we work in the kitchen, like cooking or washing dishes, we wear an apron; a gardener wears gloves when he does gardening and other similar chores or work. The scapular, like the rosary, is the badge of the devout Catholic and the true servant of Mary. I would thus encourage every one of you, to please wear your scapular:

- As an external sign of love for Mary, of the trust her children have in her, and of commitment to live like her.
- As an expression of belief that we will meet God in eternal life, aided by the intercession and prayers of Mary.
- To symbolize the special dedication of Carmelites to Mary, the Mother of God, and to express trust in her motherly protection as well as the desire to be like her in her commitment to Christ and to others.
- It leads us into the community of Carmel, a community of religious men and women, which has existed in the Church for over eight centuries.
- It reminds us of the example of the saints of Carmel, with whom we establish a close bond as brothers and sisters to one another.

Finally, my brothers and sisters, in conjunction with our celebration of this Feast of Our Lady, and also, as I begin to face new responsibilities in the days ahead at St. Edmund's Parish in North Vancouver, I would like to ask for your prayers that God will continue to provide me with the grace and the strength . . . to strive every day, with renewed diligence, to be His humble steward in serving the parish and community which the Lord has given me in His unending goodness.

Yours in Carmel  
Fr. Jerry D'Souza OCD  
Provincial Delegate

email: [ocds Vancouver@yahoo.com](mailto:ocds Vancouver@yahoo.com)

## St. Thérèse's Prayer for Priests

'O Holy Father, may the torrents of love flowing from the sacred wounds of Thy Divine Son bring forth priests like unto the beloved disciple John who stood at the foot of the Cross; priests: who as a pledge of Thine own most tender love will lovingly give Thy Divine Son to the souls of men.

May Thy priests be faithful guardians of Thy Church, as John was of Mary, whom he received into his house. Taught by this loving Mother who suffered so much on Calvary, may they display a mother's care and thoughtfulness towards Thy children. May they teach souls to enter into close union with Thee through Mary who, as the Gate of Heaven, is specially the guardian of the treasures of Thy Divine Heart.

Give us priests who are on fire, and who are true children of Mary, priests who will give Jesus to souls with the same tenderness and care with which Mary carried the Little Child of Bethlehem.

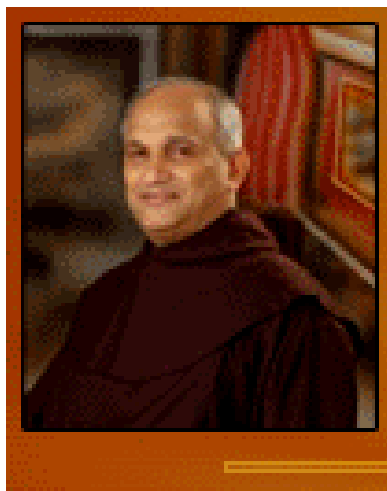
Mother of sorrows and of love, out of compassion for Thy beloved Son, open in our hearts deep wells of love, so that we may console Him and give Him a generation of priests formed in thy school and having all the tender thoughtfulness of thine own spotless love.'

### **Karnataka- Goa Discalced Carmelite Province**

#### **Bangalore, Sabdhavana, India**

For more information on the Karnataka-Goa Province, visit the website at [www.carmelifekgprovince.in](http://www.carmelifekgprovince.in)

### **A WARM WELCOME TO DISCALCED CARMELITE FRIARS**



**Rev. Fr. Rudolf D'Souza OCD**  
Guardian Angels Parish  
Vancouver, BC

**Fr. Rudolf V. D'Souza** was born in Madanthyar (Mangalore) on July 27, 1960. He joined the Carmelites in 1973 and was professed as a Religious in 1980 in Podanur, Tamilnadu. He completed his Philosophical and Theological Studies and achieved his M.A. He was ordained on February 24, 1987.

He was assigned as the Master of Aspirants in Goa, 1987-1989; in charge of the Theology Students (Formator) at the International College at Rome 1991-1994; and assigned to the Carmelite Spirituality Institute Mysore, 1998-2001. He was appointed the Vicar Provincial (Assistant Provincial) 1999-2002, the Assistant Parish Priest in St. Joseph's Church, Mumbai June 2001; and Parish Priest of St. Joseph's Church and Director of the Spirituality Centre, Mumbai June 2002 to July 2009. In July 2009, his Provincial assigned him to the Guardian Angels Parish, Vancouver, BC.

Among Fr. Rudolf's other achievements are: Diploma in Yoga from the Yoga Institute Santa Cruz (Mumbai in 1989); Higher studies in Carmelite Spirituality in Spain (Avila) 1989; Masters Degree from Teresianum in 1992 (Rome) in Theology; and Doctorate in Theology in 1995 (Gregorian University) Rome.

Cont'd .....

Fr. Rudolf is well known for his seminars, workshops and conferences on prayer and spiritual theology in India and abroad. He has lectured in Italy, Singapore, Spain, Australia, Sri Lanka and in the USA in various seminaries, institutes of spirituality and in colleges and convents. He did his specialization in Christian Spirituality in Spain, Rome and India. His books have been appreciated by many people and some have gone into several impressions.

Among the many published so far are: When I cannot pray, A mind less travelled, Awareness and union with God, Meeting in God experience, The Bhagvadgita and St. John of the Cross. All these books are available from Dhyavanava publications.

To learn more about Fr. Rudolf V. D'Souza, visit his website at <http://rudycodhomilies.org/>

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**Fr. Ranjan D'Sa** arrived in Canada on June 20, 2009. With his arrival the Number of Carmelite priests in Western Canada increased to six. He was born in Mangalore – on the western coast of India, to the south of Goa – on March 1, 1973. He is the last child to his parents, bringing the number of siblings to the perfection of biblical numerology, seven. He had a mischievous nature since childhood and this trait is still quite apparent today. “That keeps me active and alive”, he often quips.



**Rev. Fr. Ranjan D'Sa OCD**

After passing his high school, he joined the seminary in India. On December 29, 2001, he was ordained along with Fr. Jerome Mascarenhas. He has in his credit a Masters Degree in Philosophy, which he studied at the much acclaimed Karnataka University of Dharward, India. Soon after his ordination, Fr. Ranjan taught Philosophy to young seminarians for three years. He was the first Director of the Pushpashrama Social Work Institute in Mysore, run by the Carmelites and the Director of candidates who wished to joined Carmelite religious life. Before coming to Canada, he lived in New York for three years studying for his Master's Degree in Pastoral Care and Counseling at Fordham University.

He is the Assistant Pastor at Holy Trinity Parish, North Vancouver, BC.

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**Fr. Jerome Mascarenhas** was born on February 13, 1972 in the small town of Venur, the crown and seat of the ancient religion of Jainism. He is the youngest of 10 children, six boys and four girls. Besides Fr. Jerome, two sisters have dedicated their lives in the service of the Lord, one belongs to the Congregation of Salesians of Don Bosco and the other belongs to the Congregation of Franciscans. His mother is 80 years old and remains with the rest of the family in Venur. His father died five years ago.



**Rev. Fr. Jerome Mascarenhas OCD**

After his primary studies, he joined the religious order in 1989 and made his first profession in 1993. He pursued his philosophical and theological studies in India and was ordained on December 29, 2001. He achieved his Bachelor of Arts and his Masters in Sociology. He served as a conventual in the minor seminary of Goa, for about a year. In 2003 he was sent to Jagalur, one of the new mission stations in the Diocese of Shimoga, India.

He worked among non -Christians as part of evangelization. After completing six fruitful years in the missions, his Provincial commissioned him to take up his ministry in BC, Canada. He arrived on February 2009 and is presently assigned as Assistant Pastor of St. Edmunds Parish and Chaplain to St. Thomas Aquinas Regional High School, North Vancouver, BC.

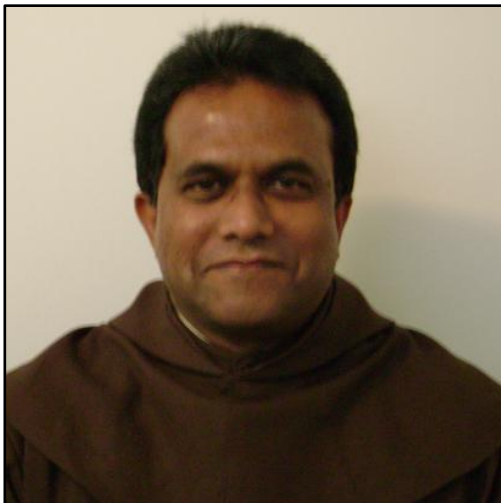
**DISCALCED CARMELITE FRIARS**



**Rev. Fr. John Alex Pinto OCD**  
St. Thomas More Parish  
Calgary AB



**Rev. Fr. Jerald D'Souza OCD**  
St. Edmund's Parish  
North Vancouver, BC



**Rev. Fr. Gabriel Dias OCD**  
St. Thomas More Parish  
Calgary AB



**Rev. Fr. Mario Fernandes OCD**  
Chaplain  
St. Paul's Hospital, Vancouver, BC

## **Prayer and Our Life**

### **Fr. Rudolf V. D' Souza OCD**

The words 'Carmelite' and 'Prayer' are closely related because of their historical and cultural background. The historical association of Mount Carmel with the spirit of prayer is an accepted fact. We cannot find any better example than our forefather Prophet Elia who combined in himself the very characteristics of Mount Carmel that is beautiful, affluent, silent, strong, contemplative and mystical. On these Mountain ranges he lived in the presence of the Almighty and proved the power of the Living God on the day of the great sacrifice. Then we find him yet bearing witness to the essence of prayer on his flight to Mount Horeb. Cultural background is related to the very nature of this mystic who was filled with zeal for the living God.

Prophet Elijah and his followers in mysterious ways and through unknown historical circumstances have handed down the rich heritage of Carmelite charism of prayer to those who desired to continue this holy tradition. The primitive rule of our Order has a very important place for prayer and it recommends each one of us "to stay in his cell or nearby, pondering the Lord's law day and night and keeping watch at his prayers unless attending to some other duty" (*Constitutions* p. 23). The cave of St. Elijah is the archetype of our present cells or rooms.

Under the inspiration of our primitive rule our Constitutions no. 3f reads that we are called "above all to lead a life of unceasing prayer in silence and solitude, in accordance with the Gospel admonition to watch and pray".

Our prayer is a call to embrace our whole life sustained by the Word of God and sacred liturgy, through which we are led to deep intimacy with God (C 15c). This demands that our prayer life and our consecrated life be ardently apostolic (C 15d). This is clearly spelt out in our charism, which is called "contemplative and active" (C 15e).

Moreover, the emphasis given to "Liturgy" enriches the above charism of our Order (C 56). This does not mean prayer is only limited to liturgical hours but it is a deeper call to live our prayer in 'secret' and to pray 'always' (C 63). Consequently we are to pray always making our whole life a prayer (C 63).

Now we have an understanding of our charism of prayer that is essentially rooted in our call.

Often in our reflections and talks we give more emphasis to the formal "two hours" of prayer (C 64), which in fact if we read the text carefully is "a means to fostering this life of prayer".

The Constitutions number 64 reads further thus: "Each community should decide on the two hours best suited for this in its own particular situation. During that time the whole community must ensure that all can give themselves undisturbed to personal prayer. If for some valid reason approved of by the superior a religious should be unable to be present at community prayer, he should make up for this at some other time."

"There should be a concerted effort to devise and use the best ways and means of fostering a spirit of prayer and promoting its practice, so that our communities are seen to be truly praying communities" (C 69).

Our Constitutions n. 101 reads thus: “down the centuries our Order has fulfilled this special mission (prayer and apostolate) in variety of ways, by the spoken and written word. We must continue this and update our methods so that we can more fully and successfully share with others the treasures of our rich spiritual heritage. We should strive to be well grounded in theology and Carmelite spirituality, and to equip ourselves both as individuals and as communities for our mission *of leading people to a deeper knowledge and experience of intimacy with God*”. This is a call to teach and share what we have experienced in our prayer.

In all these texts of the Constitutions I gather four important elements for our further discussion:

- Our life should be permeated by the spirit of prayer.
- Our communities should be witnesses to prayer.
- Our apostolic activity should be the outcome of prayer.
- We should be teachers of prayer.

The daily “two hours” practice should be sustained by the constant spirit of prayer that is lived everywhere, in any situation or circumstance. This in fact makes a Carmelite true to the spirit of our forefathers.

The first point, which I consider a fundamental to our life, has to sustain the other three subsequent points. Our life should be permeated by the spirit of prayer is an invitation by both our holy parents St. Teresa of Avila who says “the Lord walks among the pots and pans” (*Foundations* 5,viii); and St. John of the Cross recommends us to use our whole being “for the sake of going to God” (*Ascent* III,24,vii). This is a fundamental option we have made through our allegiance to our Order and charism.

When this is taken care of, naturally flows the second point, i.e., to make our communities witnesses to prayer. It is normal that when the whole day is lived in intense activity directing all our senses, feelings, emotions, thoughts and imaginations to the Lord, then the “two hour” formal prayer becomes desirable. Often the two hours become tedious because throughout the day our whole person is either “result oriented for personal gain or popularity” or our work is “done out of sheer duty, fear or with a mentality ‘do for the do sake’”. Consequently, either our prayer becomes totally a bundle of distractions or it becomes veritably an agony in the chapel.

The third one flows from the previous two points. When one is living prayer and witnessing prayer, he does not just remain a burden to the community. The one who integrates well the above two dimensions of prayer, wishes to contribute his share, either through work at home or through his ministry. He loves the home and tries to love everyone contributing his share positively for the joy and good of the community members. Apostolic activity and/or work spring from the desire to serve the Church and the community.

Teaching prayer or becoming teachers of prayer is the last point for our consideration. This mission is an offshoot of the previous three elements lived and personalized. When we are living prayer, producing fruits of prayer there is an instinctual tendency to perpetuate the seed of prayer by teaching others the art of prayer. A Carmelite is born to sow the seed of prayer in the minds and hearts of people through his expertise in this field.

All these four dimensions of our charism make us feel at home wherever we are. When we are out we long to come back. When we are at home we long to serve the people of God



and the community through work, apostolic activity and study. This in fact should be the goal of Carmelite prayer. A Carmelite living prayer and experiencing its effects 24 hours a day will be able to say with St. Paul: “I have learnt this secret, so that *anywhere, at any time, I am content, whether I am full or hungry, whether I have too much or too little.* I have the strength to face all conditions by the power that Christ gives me” (Phil 4.12-13).

**Let God bless us all in this holy venture of prayer.**

*Fr. Rudy V. D'Souza OCD M.A. PhD*

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**DISCALCED CARMELITE NUNS**

**Carmel of St. Joseph  
4815 Salmon River Road, R.R. 4  
Armstrong, BC V0E 1B0  
Tel: 250-546-8801  
www.carmelspall.org**

**Prioress: Mother Mary Ann  
of Jesus OCD**

**Carmel of St. Joseph  
12, 5122 Rge Road 270  
Spruce Grove, AB T7Y 1G7  
Tel: 780-963-3380**

**Prioress: Mother Teresa of  
Jesus OCD**

On October 1, 2008 Sr. Marie Therese of the Holy Family, OCD made her solemn vows at Carmel of St. Joseph Monastery, Armstrong, BC. Seen here with Fr. Gregory D'Souza OCD and Fr. John Pinto OCD after the ceremony which was performed by Most Reverend David Monroe, Bishop of Kamloops.

Fr. Gregory D'Souza served as Provincial of the Karnataka Goa Province from 1990 -1993. To learn more about his accomplishments visit <http://www.ocdgregdsouza.org/>



Dear Carmelite Family,

I have searched my heart in vain for wise and wonderful words to speak to all my beloved brothers and sisters in Carmel in this new Western Province and after giving up, I found myself thinking of the best lessons I seem to learn these days and they come from my grandchildren.



After living with my 21/2 yr old grandson Gabriel for several months in California, I left for a week at home in Canada and when I returned to him, his eyes widened in wonder, he ran up to me and looking up into my face with loving awe, he asked again and again: “Are you HERE?...Are you HERE?” then he solemnly leaned his body into my legs as if to verify a great gift.

This example of reverential love has guided my post communion meditation ever since that day.

Tonight as I was thinking about the central verse of the Old Testament, and as many of you will remember Fr. Dominic Borg explained to us that the Jewish people placed the most important text in the centre of the central text and it turned out to be the middle verse of Psalm 118 verse 14. Years ago my non-Catholic friends had taught me to sing this verse as: “The Lord is my strength and my song...HE IS become my salvation.”

Anyway, as I was thinking about the wonderful gift of God in telling us His Name is “I AM” and when I receive Him I find myself exclaiming like Gabriel: “Are you HERE?” And the answer comes: “I AM”.....my thoughts moved to our lesson on apostolate....and the way Our Lord challenges us too as He questions Elijah in first Kings Ch. 19:9.....prompting us to ask ourselves the question “What are you doing here?” and if we are living and loving this call to Carmel the answer comes from a joyful heart: “With zeal have I been zealous for the Lord God of Hosts”. Perhaps our whole journey seen through the eyes of a child would sound so very simple: A still small voice sinks deep into our soul and speaks two words: “I AM”....we respond in awe and wonder: “You ARE!”... and turn to anyone with ears to hear and say:..... “ He IS!”

*On August 23 our Community of St. Joseph’s OCDS in Calgary will celebrate the double blessings of welcoming Fr. John Pinto and Fr. Gabriel Dias as well as rejoicing over the Investiture Ceremonies for Merly Vargas, Phil Lushington and Danielle Hastie.*

*May God be praised for His gracious call and may all of us be united in prayer .*

*Blessings In Carmel*

***Renee Fietz***

Director of Formation, Secretariat

**DISCALCED CARMELITE SECULAR ORDER  
COMMUNITIES  
WESTERN CANADA PROVINCE**

**St. Joseph, Calgary, Alberta**

Meetings: Fourth Sunday of the month  
Place: St. Anthony's Church  
5340 – 4<sup>th</sup> Street SW  
Calgary, Alberta T2V 0Z5  
Time: 12:00 p.m.  
President: Mara Neely  
Tel: 403-686-6502  
Spiritual Assistant: Fr. Gabriel Dias OCD

**St. Teresa of Jesus, Vancouver, B.C.**

Meetings: Third Saturday of the month  
Place: Guardian Angels Church  
1161 Broughton Street  
Vancouver, B.C. V6G 2B3  
Time: 8:15 a.m.  
President: Lourdes Torroba  
Tel: 604-241-4052  
Spiritual Assistant: Fr. Jerald D'Souza OCD

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**St. Teresa of Jesus of the Andes, Vernon, B.C.**

Meetings: Fourth Sunday of the month  
Place: Our Lady of the Valley  
Catholic Church  
10102 Middletown Drive  
Coldstream, B.C.  
Time: 1:30 p.m.  
President: Linda Stuchberry  
Tel: 250-503-2408  
Spiritual Assistant: Fr. Dale Normandeau

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**OCDS Study Group, Langley, B.C.**

Meetings: Second Saturday of the month  
Place: St. Nicholas Church  
20675 87 Ave  
Langley, B.C. V1M 3X4  
Time: 2:00 p.m.  
Leader: Rita Allan  
Tel: 604-882-1810  
Spiritual Assistant: Fr. Jerald D'Souza OCD

**OCDS Study Group, Victoria, B.C.**

Meetings: First Saturday of the month  
Place: St. Andrew's Cathedral  
740 View Street  
Victoria, B.C. V8W 1J8  
Time: 10:30 a.m.  
Leader: Joan Ripley  
Tel: 250-595-3102  
Spiritual Assistant: Fr. Jerald D'Souza OCD

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**"Let nothing disturb you, let nothing frighten you,  
all things pass away: God never changes."**

~ St Teresa of Avila ~

## THE EUCHARIST

To be honest, the aim of this talk is to increase your faith in the Blessed Sacrament and also mine. One of the tragedies of this age is that the ordinary Catholic faith in this Sacrament is so weak. If one's belief that Jesus is really and truly present in the consecrated host our behaviour in front of this host would be entirely different. One gets the impression that a majority of people treat the Blessed Sacrament as just another statue, and sometimes not even with the same respect as a statue. Even with the practicing Catholics who bow before the host, once the tabernacle is closed, it is as though Jesus isn't there at all. John Paul II, some years ago, declared that the Blessed Sacrament is reserved in the tabernacle for the sick but also for the people to adore Him.

Years ago when the church doors were always open, people would pop in at any time of day just for a quick visit with Jesus. Now it is unusual for people to do this, even though with a little effort one can obtain access to the church.

A few years ago a priest in the States was giving a retreat and discovered there were six converts amongst the retreatants. Being very curious about the reason for their conversion, he asked each one what brought them or attracted them to the Catholic Faith and each one said, "The Eucharist". This should be no surprise to us for the Sacrament of the Eucharist is the pinnacle of our faith as it is God Himself who comes to us in our very being. Only a God could conceive of this and only a God could do it.

Do not forget that a miracle takes place every time a Mass is said when the bread and wine are changed into the Body and Blood of Christ. During the time of the Presidency of John Kennedy, the press always wanted to check on his whereabouts, so they would phone the church he would be attending on Sunday and ask if he was going to be there. One time the conversation went like this.

Reporter: Will President Kennedy be at your church this Sunday?

Priest: No, but the Almighty God will be.

Reporter: Oh thanks.

Now we will probe a bit deeper into the mystery of the Eucharist by looking into the letter of Pope John Paul to his bishops on the mystery and worship of the Eucharist. "This worship is directed towards God the Father through Jesus Christ in the Holy Spirit." Therefore it says. "In Eucharistic communion we receive Christ, Christ Himself and our union with Him which is a gift and a grace for each individual brings it about that in Him we are also associated in the unity of His body which is the Church. The Blessed Sacrament is commonly called the sacrament of love. In consequence we know love through the Eucharist and begin to love." Thanks to the Eucharist the love that springs up within us from the Eucharist develops in us, becomes deeper and grows stronger. And the sense of the Eucharistic Mystery leads us to a love for our neighbour, to a love for every human being. So the Eucharist is not only the pinnacle of the Church, it is the centre of our spiritual life.

But we must always take care that this great meeting with Christ in the Eucharist does not become a mere habit. That we do not receive Him unworthily, that is to say in a state of mortal sin. The practice of the virtues of penance and the Sacrament of Penance are essential for sustaining us and continually deepening that spirit of veneration which man owes to God Himself and to His love so marvellously revealed." We must always remember that the priest represents Christ from the time he enters into the sanctuary until he leaves. For it is Jesus who is the consecrator and the consecrated. It is He who proclaims His Gospel. It is He who offers up the Sacred Species to His Father at the offertory and it is He, Jesus who consecrates the Sacred Species. 'The words and actions of every priest answered by the conscious active participation of the whole Eucharistic

assembly, echo the words and actions of Holy Thursday“. Sometimes groups of people will emphasize that the mass is a banquet. That it is, but this not the most important characteristic. "The Eucharist is above all a sacrifice." A sacrifice that brings about restoration to God. "The Church's intention is that the faithful not only offer the spotless victim but also learn to offer themselves". Since Vatican 11 the priest says the consecrating words aloud with the acclamation given by the assembly immediately after the elevation. "All this should fill us with joy, but we should also remember that these changes demand new spiritual awareness and maturity.“

There are two tables of the Lord or altars in the sanctuary. One is the lectern where the Word of God is proclaimed. The other is the altar where the Eucharist is celebrated. The Word of God should be proclaimed with devotion and solemnity. And no other texts except that of the Scripture can replace it.

"Our Catholic communities certainly do not lack people who could participate in Eucharistic Communion and do not, even though they do not have serious sin on their conscience as an obstacle. To tell the truth this attitude, which in some people is linked with an exaggerated severity, has changed in the present century, though it is still to be found here and there. In fact what one finds most often is not so much a feeling of unworthiness as a certain lack of interior willingness, if one may use this expression, a lack of Eucharistic hunger and thirst which is also a sign of lack of adequate sensitivity towards the great sacrament of love and a lack of understanding of its nature.

On the other hand there is often an approach to the Lord's Table in a casual and even careless manner. Also it can indicate another idea, "the idea of the Mass as only a banquet in which one shares by receiving communion in order to manifest fraternal communion. It is not hard to add to these reasons a certain human respect and mere conformity.“

The Church according to several Fathers of the Church was born the moment Christ's side was pierced by a lance on the cross. The whole Paschal Mystery, the Life, Death and Resurrection of Christ also are present in the Church. Christ went through the Paschal Mystery during His time on earth. The Church, which is the Body of Christ, goes through the same Paschal Mystery during all the centuries of its existence on earth.

"The eschatological tension (this means the end times) kindled by the Eucharist expresses and reinforces our communion with the Church in heaven. We are united with the heavenly liturgy and become part of that great multitude which cries out, "Salvation belongs to our God who sits upon the throne and to the Lamb". This increases our responsibility toward the world today, for it obliges us to the building of a more harmonious world according to God's plan. St. Paul says it is unworthy of a Christian community to partake of the Lord's Supper amid division and indifference toward the poor.

To learn to appreciate the Eucharist one must go to Mary for she is the true tabernacle of the Lord and our very own teacher. It is she who says, "Do what he tells you". And it is she to whom Christ entrusted His Church when He said to John who represents the Church, "Behold your mother".

"The mystery of the Eucharist must be experienced and lived in its integrity, both in its celebration and in the intimate converse with Jesus which takes place after receiving Communion or in a prayerful moment of Eucharistic adoration apart from Mass." In the presence of the Eucharist we can hear in the depths of our hearts, as if they were

addressed to us, the same words heard by the Prophet Elijah, "Arise and eat, else the journey will be too great for you".

To put all this in a nutshell, let us summarize it thus. The Eucharist in the context of the Mass is threefold:

1. A sacrifice of Jesus to His Father
2. A banquet in which Christ feeds us
3. A unification of ourselves with the whole Mystical Body.

The purpose of the Eucharist is to bring about the transformation of ourselves into unity with Christ and each other.

**Rita Allan, OCDS**

*Leader & Formator Study Group of Langley*

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### **UPCOMING OCDS EVENTS 2009-2010**

**Day of Recollection:** *Community of St. Teresa of Jesus of the Andes , Vernon  
Seton House, Kelowna  
October 10, 2009  
Conducted by Fr. Mario Fernandes OCD*

**Retreat :** *Community of St. Teresa of Jesus of the Andes , Vernon  
Seaton House, Kelowna  
March 6 & 7 , 2010*

**Retreat:** *Community of St. Teresa of Jesus, Vancouver  
Westminster Abbey, Mission  
August 6 – 8, 2010*

### **ARTICLES**

If you have articles or news of interest to the Communities, please submit them to your respective Presidents for their review and submission to the Secretariat Office. Upon approval, we would be pleased to post them in the newsletters and/or website.

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# Carmel of St. Joseph Monastery Armstrong, BC

Yesterday, July 19th, over 100 worshippers gathered on the grounds of the Discalced Carmelite Monastery of St. Joseph in Armstrong, B.C., to celebrate the Feast of Our Lady of Mount Carmel. Mass was celebrated by Most Reverend David Monroe, Bishop of Kamloops. Many hard-working volunteers had erected tents to provide shelter from the hot summer sun as they paid homage to Our Lady at 2:00 p.m.



Concelebrated by Father Richard of Lumby and Father Dale Normandeau, the recently appointed pastor of Vernon, with assistance from Paul, a Seminarian staying in Vernon for the past few months, it was a beautiful occasion, followed by a reception to meet each other and enjoy some tasty goodies. The weather was mercifully cooler and less windy than the Friday evening and Saturday beforehand, which had seen the eruption of wildfires right in the very City of Kelowna only 40 kilometers away.

The Sisters, recognizing this as a rare opportunity to raise funds for their new monastery under construction, provided envelopes for their building fund, thanking all for their prayers and financial support. If any of you, on reading this article, are in a position to support this venture, pictured above, you can send your contribution to Carmel of St. Joseph, 4815 Salmon River Rd., Armstrong, B.C. V0E 1B4, and may God bless you.

Linda Stuchberry, OCDS  
President and Director of Formation,  
The Community of St. Teresa of Jesus of the Andes

## FEAST DAY OF OUR LADY OF MT. CARMEL GUARDIAN ANGELS PARISH VANCOUVER



In procession before the solemn Mass are Rev. Fr. Joaquim Dias, Msgr., Stephen Jensen (Vicar General Archdiocese of Vancouver) and Most Reverend Gary Gordon, Bishop of Whitehorse



Bishop Gary Gordon playfully donned the hat of the young Winnipeg visitor standing beside him.



**FAREWELL:** Members of St. Teresa of Jesus, Vancouver, organized a pot luck lunch to bid farewell to Fr. John Pinto (Front row: 4<sup>th</sup> from left) and Fr. Gabriel Dias before their departure to St. Thomas Moore Parish, Calgary. Fr. Dias was overseas and was unable to attend.



**OCDS Study Group of Victoria met with Molly Diaz at the closing lunch - St. Teresa of Jesus Community 2009 Retreat, Westminster Abbey, Mission BC**



**Vancouver, Langley, Vernon and Victoria retreatants with Fr. William Ashley - August Retreat, Westminster Abbey, Mission BC**



**Retreat Master, Fr. William Ashley of Holy Rosary Cathedral, Vancouver**



## ANNUAL RETREAT, COCHRANE, ALBERTA

Many of the members of the Community of St. Teresa of Jesus of the Andes enjoyed attending the annual retreat in May at Cochrane, AB, hosted by the Community of St. Joseph, Calgary. Fr. Jerald D'Souza presided, and his talks gave each of us precious spiritual food for our souls. The President of the Community, Mara Neely, was warm and welcoming to everyone, making it a truly joyful occasion to join together with our brothers and sisters in Carmel. May God bless each one of them for their sharing and caring, as well as the Franciscan friars whose generous hospitality was amazing.

One of our Aspirants, Paul Emerson, celebrated his Rite of Investiture at the retreat, and a picture of this time of great grace is shown below. Paul has embraced his Carmelite vocation with a heartfelt joy and eagerness to serve, and it was a real blessing for all of us to share in this momentous occasion. Paul currently sings with the church choir as well as a cantor, offering up his wonderful voice to the glory of God.

It was a real pleasure, as Director of Formation of the Community of St. Teresa of Jesus of the Andes, to see so many of our members make the long trip to Cochrane to savour the spiritual blessings of this retreat. The contingent included two of our new Aspirants, Margaret (Meg) Greenwood and Ruth Frisby as well as professed members Maria Maciaszek, Julia Ziebarth and myself.

It is with great joy and enthusiasm that our Community can now announce that we will be hosting our own very first Retreat this coming Spring, from March 5 - 7, to be held at Seton House, 5819 Chute Lake Road, Kelowna, B.C. Further details will follow, and we look forward to reciprocating the wonderful fellowship we enjoyed with those in Cochrane, as well as anyone else outside the Okanagan who would like to attend.



**Fr. Jerry D'Souza with Paul Emerson  
after the Rite of Investiture**

In addition, we will also be hosting a Day of Recollection conducted by Fr. Mario Fernandes OCD, also at Seton House, on October 10th this year.

For anyone wishing to attend from outside the area, please feel free to email Linda at [sonshine@shaw.ca](mailto:sonshine@shaw.ca) for more information.

"I am so glad God led me to Carmel. I feel I am standing on a rock in the middle of a turbulent sea with my arms flung wide, my face raised to the warmth of the loving Son. I can almost feel the cold spray on my feet and see the splash of salty foam as the waves try relentlessly and with desperate perseverance to dislodge me. Please keep me in your prayers."

Julia Ziebarth, OCDS Community of St. Teresa of Jesus of the Andes

## A MOUSE TRAP STORY... . . .

A mouse looked through the crack in the wall to see the farmer and his wife open a package.

“What food might this contain?” The mouse wondered ...he was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse proclaimed the warning, “There is a mousetrap in the house! There is a mousetrap in the house!” The chicken clucked and scratched, raised her head and said, “Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it.”

The mouse turned to the pig and told him, “There is a mousetrap in the house! There is a mousetrap in the house!” The pig sympathized, but said, I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers.”

The mouse turned to the cow and said, “There is a mousetrap in the house! There is a mousetrap in the house!” The cow said, “Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose.”

So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap . . . alone.

That very night a sound was heard throughout the house ...like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital, and she returned home with a fever.

Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer's wife did not get well. She died. So many people came for her funeral, the farmer had the cow slaughtered to provide enough meat for all of them.

The mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and think it doesn't concern you, remember....when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another.

**REMEMBER. . . . . EACH OF US IS A VITAL THREAD IN ANOTHER PERSON'S TAPESTRY. OUR LIVES ARE WOVEN TOGETHER FOR A REASON.**