



RAYS OF CARMEL

Upcoming Meetings

- Jan. 12, 2020
- Feb. 9, 2020
- Mar. 8, 2020
- Apr. 5, 2020 (1st Sun)
- May 3, 2020 (1st Sun)
- Jun. 14, 2020
- Jul. 12, 2020
- Aug. 7-9, 2020 (Retreat at Maria Stein)
- Sept. 13, 2020
- Oct. 11, 2020
- Nov. 15, 2020 (Promises and Vows)
- Dec. 13, 2020

Prayer Intentions for January 2020

This month our Community will be pray for **Saints Peter and Paul Parish** in Newport with **Fr. Steven L. Shoup**.

Pope Francis's intention for the month is for **Promotion of World Peace**. We pray that Christians, followers of other religions, and all people of goodwill may promote peace and justice in the world.

Monthly Devotion:

the Holy Name & Childhood of Jesus



The Golden Arrow Prayer

MAY the most holy, most sacred, most adorable, most incomprehensible and unutterable Name of God be always praised, blessed, loved, adored and glorified, in Heaven, on earth, and under the earth, by all the creatures of God, and by the Sacred Heart of Our Lord Jesus Christ in the Most Holy Sacrament of the Altar. Amen.

SOURCE: THE GOLDEN ARROW, THE REVELATIONS OF SR. MARY OF ST. PETER, TAN BOOKS AND PUBLISHERS, ED., DOROTHY SCALLON WITH IMPRIMATUR AND NIHIL OBSTAT 1954.

Upcoming Feast Days

- 1/3 Bl. Kuriakos Elias Chavara, priest
- 1/8 St. Peter Thomas, bishop
- 1/9 St. Andrew Corsini, bishop
- 1/27 St. Henry de Osso y Cervello, priest
- 2/4 Bl. Marie-Eugene of the Child Jesus, OCD
- 2/11 Our Lady of Lourdes
- 3/18 **Fast day** for Solemnity of St. Joseph
- 3/19 St. Joseph, Spouse of the Blessed Virgin Mary, Protector of Our Order (Solemnity)

Teresian Prayer Groups

Ascension Catholic Church,
Kettering, Ohio:

- First Tuesday of the month at 6:30 pm

Ascension Catholic Church,
Kettering, Ohio:

- Third Wednesday of the month at 6:30 pm

St. Paul Catholic Church, Yellow Springs, Ohio:

- Every Wednesday
- Mass 6:00 pm
- Teresian Prayer Group at 6:40 pm

Our Meeting Schedule for January:

- 12:00 – 1:00 pm Council Meeting
- 12:30 – 1:00 pm Set Up and Social Time/Help with the Breviary
- 1:00 – 2:00 pm Formation Classes
- 2:00 – 2:20 pm Social Time
- 2:20 – 3:15 pm Community Meeting & Presentation
“The Blessed Virgin Mary & St. Therese”
presented by Frances Harry, OCDS
- 3:15 – 3:30 Clean up and Transition to Church
- 3:30 – 4:30 Holy Hour in Church (Exposition/Adoration/Evening Prayer/Benediction/Salve Regina)

Announcements:

– **Community Elections will be held in April 2020 at the General Meeting.** Be thinking now of how **you** might **serve** and who you would like to nominate for President and for 3 positions on the Council. The nominating committee will be appointed by the council and announced at our January meeting. This committee will select qualified nominees for each office who have consented to serve if elected. Only promised members may serve on Council. Nominations from the floor may be made at the February meeting. Floor nominations will not be accepted after the February meeting. Voting will be by secret ballot at our April meeting. See our Statutes in our Book of Documents on pg. 206-209 for more information.

– Visit our websites: www.daytoncarmelites.org and www.carmeliteconversations.com as well as our Provincial Website at www.ocdswashprov.org

Council News:

The Nominating Committee was selected and will be meeting in January. Jackie R will head up the committee.

Discussion was had on options for the next Day of Recollection. Council is considering doing the Clothing Ceremonies during a meeting.

Some visitors will be finishing their visitor sessions before our regular January meeting in hopes of attending the Aspirancy.

Council decided to tithe to the Kenyan Missions again.

New name tags and scapulars will be coming out soon.

Next Council meeting is Jan. 12 at 12:00 PM.

**Featured Books in Our Library
by our Librarian, Joyce W.**

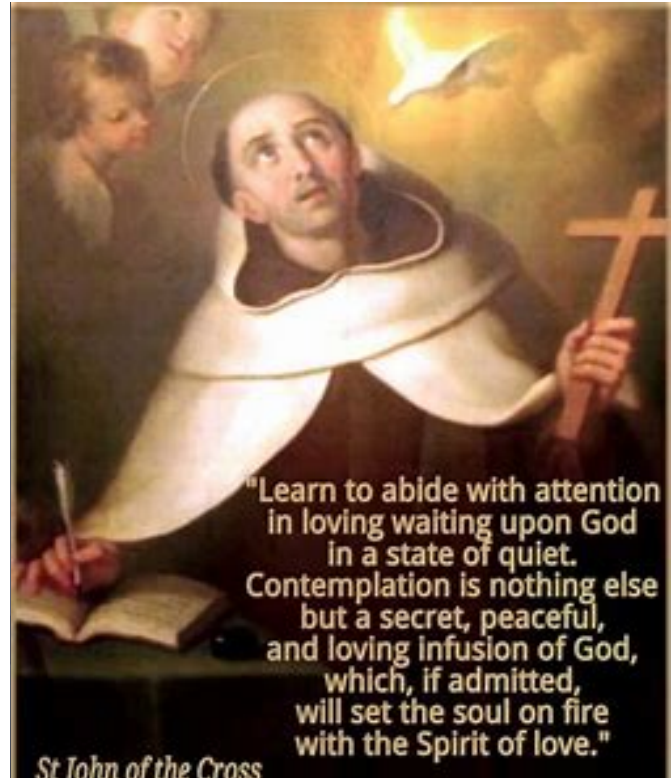
**“Sounding Solitude”
by Sr. Mary Paul Cutri, OCD**

When one is seeking more intimacy with God we tend to turn to solitude. Sr Mary Paul has been living a Carmelite call to solitude for many years. She knows its many pitfalls and yet its many gifts of grace. She will lead you to a deeper solitude with God. This book is directed to all who seek God and who long to “see” God and to know God’s ways more truly. Persons who enter into solitude and taste its fruits will no longer see as they saw before. Solitude offers another way of seeing.

See Joyce if you’d like to check this book out to read and learn!

Council/Coordinators

Spiritual Assistant: Fr. John MacQuarrie
Assistant to Fr. MacQuarrie: Deacon Rusty B
President: Lynn B
Director of Formation: Frances H
Councilors: Herb E, Jackie R, and Marika Z
Secretary: Colleen S
Treasurer: Teresa G
Operations Committee: Susie G, Marguerite S, De Z, Marika Z
Attendance: Lynn B
Book Coordinator: Susie G
Hospitality: De Z
Infirmarian: Theresa R
Librarian: Joyce W and Joan L
Liturgist: Marika Z
Liturgy of the Hours Help: Angela W
Newsletter: Frances H
OLMC Statue: Angela W
Prayer Warriors: Ed F, Francesca F, Dorothy G, Rose Ann L, Jeanne P, and Sheila W
Setup/Cleanup: Marguerite S
Visitors: Maureen E, Tammy J, Mark O
Website: Lynn B



Attendance Policy

Participation in community life is an essential part of the Secular Carmelite's vocation. Everyone is expected to attend all meetings, retreats, and days of recollection.

Aspirants and members are responsible for contacting the President or their Formation Facilitator, as soon as possible, when s/he is unable to attend a monthly meeting, retreat, or day of recollection.

Excused absences will be granted for illness, transportation, unavoidable family obligations, or an extraordinary circumstance.

Those in formation should expect to make up missed sessions and/or have their formation extended.

If there are more than three absences in a calendar year, the Council will review the situation on a case-by-case basis.

Thoughts on Prayer



Determined Determination Excerpt from “Prayer Empowering Pills” by Rudolf V. D’Souza, OCD.

Prayer in fact presupposes the action of God and co-operation on our part. When both happily meet, there is growth. What is concretely required on our part is generosity and virtue. Teresa firmly suggests the virtue of courage and perseverance through “determined determination.” [Way 21, ii].

But those who do give themselves with determined determination, “*the Lord shares with them His food even to the point of taking a portion from His own mouth, to give them*” [cfr.W 16,ix]. Here we understand clearly that ‘prayer’ is only the beginning of the whole mystery of our salvation. As Teresa writes in the definition “*mental prayer*” is nothing but “*friendly intercourse {conversation},*” which signifies, when it really reaches its highest point, it is going to be, not only friendly, but reach the depth of friendship and love far beyond expression. It ought to be a liberating experience. God in this state cannot resist a soul that desires Him ardently. Not to desire God is equal to not finding Him. Prayer is the power that provokes encounter. But we need to understand that ‘encounter’ with God may not be always be a pleasant, soothing experience. ‘Mental prayer’ is the way by which we loose ourselves in order to find Christ. (Phil. 3:7-22). It is an exposing of oneself to God’s company and presence, because we cannot in any way force God to be our companion. If He offers His companionship, it is not out of our merit but a sheer gift from Him. Dealing with God in all humility and determination is the only way to love and have Him. Hence, prayer is nothing but our exposure to God and to His riches. As the sun, God’s company is never failing, but His rays could be prevented if one closed the door or window of one’s soul. The need for spiritual exposure to God is an absolute precondition for prayer. It is in prayer that we come to know God and His mysterious works. Our eyes of faith are wide open and hope becomes stronger through prayer. Through prayer, the spiritual faculties are energized and vitalized to receive God. The initial effort at prayer is normally rewarded with gifts and graces from God, which saturate us to the point of thirsting for Him more and more with determination and courage.

Meetings in Carmel

Constitutions (24c):

St. Teresa appreciates the assistance of another in the spiritual life: love grows where there is respectful dialogue, the purpose of which is to know oneself better so as to be pleasing to God. Community meetings take place in a congenial atmosphere of dialogue and sharing. Prayer, formation, and a joyful atmosphere are essential for deepening friendly relationships and ensuring for everyone mutual support in the daily living-out of the Teresian Carmelite lay vocation in the family, at work, and in other social situations. This requires regular and active participation in the life and meetings of the Community. Absences are only allowed for serious and just reasons, evaluated and agreed to with those in charge. The Provincial Statutes are to establish a limit on unjustifiable absences, beyond which, an individual will be considered inactive and liable for dismissal from the Community.

OCDS Provincial Statutes (7):

Our Carmelite vocation is lived out in community. Communities shall meet at least monthly allowing sufficient time for:

- prayer: Morning or Evening Prayer from the Liturgy of the Hours/Divine Office and if feasible, mental prayer as a community
- formation
- socializing/fellowship
- business meeting

OCDS Provincial Statutes (3):

The foundation and essence of our vocation is prayer. Therefore in imitation of our Blessed Mother Mary and heeding the call of Jesus, her Son, to “pray always without becoming weary” (Lk. 18:1). Secular Carmelites will seek union with God and strive to live in the constant awareness of his presence.

Fr. Aloysius Deeney, OCD:

“Meetings are indispensable for keeping ourselves on the right track in regards to what it means to be a Carmelite. They’re indispensable for checking ourselves, for not going off on our own tangent.”

OCDS Provincial Statutes (6):

The early hermits on Mount Carmel, following in the footsteps of our Lord and of our Holy Father Elijah, sought the solitude of the desert to pray and to listen for the “still small voice” (1 Kings 19:12) of the Holy Spirit. Echoing this practice and tradition, Secular Carmelites are encouraged to:

- a) Attend at least one retreat per year—preferably a Carmelite and/or community retreat when possible
- b) Participate in days of recollection.

The Infant Jesus in the Devotions of St. Teresa of Jesus and St. Thérèse of Lisieux

<https://meditationsfromcarmel.com/content/teresa-jesus-and-the-child-jesus>

St. Teresa of Jesus, always traveled with her statue of the Infant Jesus when she was establishing new convents. Her devotion to the Infant Jesus was established after an very interesting incident. One day Teresa of Avila was coming down the steps of her convent when she saw a beautiful young boy. The Child spoke to her and said: "Who are you?" Teresa answered: "I am Teresa of Jesus, who are you?" The Child answered: "I am Jesus of Teresa!"

St. Thérèse of the Child Jesus (to which she later added the title "and the Holy Face") was throughout her life particularly devoted to the Infant Jesus just as her great spiritual mother, Teresa of Avila, had been. Thérèse placed an Infant statue in the novitiate at Lisieux when she had charge of the novices, because she knew how many blessings the Divine Child brought to the Carmelite novices in Prague when it was placed in their midst. The same statue still stands in the cloister at Lisieux.

The spiritual teaching of St. Thérèse of Lisieux is often called the "Way of Spiritual Childhood". Her most simplistic approach to attaining holiness is deceptively simple but it has the power to make each one of us a Saint! The infancy of Jesus was for her a source of inspiration.

In teaching about her "little way" Thérèse writes in her autobiography:

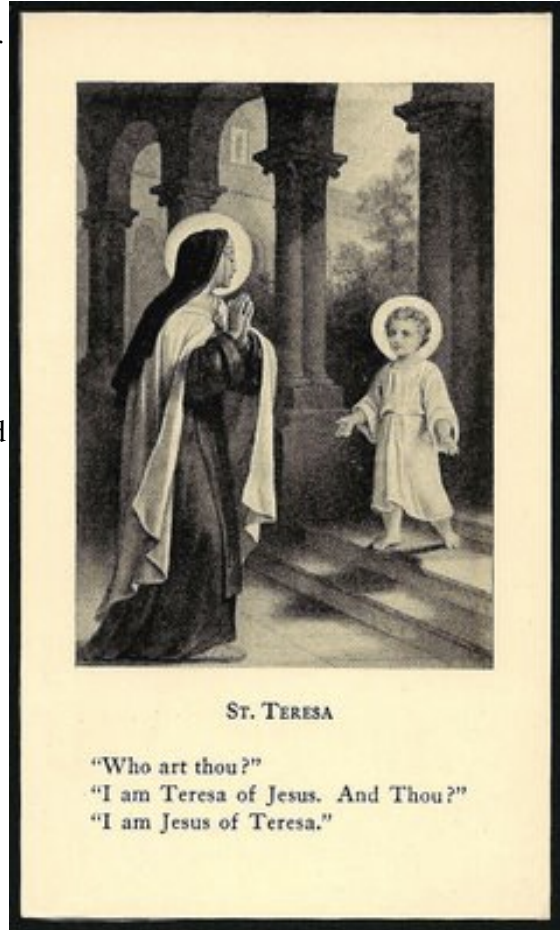
"My mortifications consisted in breaking my will, always so ready to impose itself on others, in holding back a reply, in rendering little services without recognition, in not leaning my back against a support when seated, etc., etc."

In mortifying her own self-will she was offering herself to God through ordinary everyday living. She says:

"It was through the practice of these nothings that I prepared myself to become the fiancée of Jesus, and I cannot express how much this waiting left me with sweet memories."

She also wrote, *"I went to war against myself in the spiritual domain of self-denial and little hidden sacrifices. I found humility and peace in this hidden combat in which selfish nature can get no hold."*

With her teaching us the path to sanctity found in the midst of ordinary life Pope Pius X claimed Thérèse the "greatest saint of modern times" and on October 19th, 1997 Pope John Paul II declared Thérèse of Lisieux a Doctor of the Universal Church.



Litany of the Miraculous Infant of Prague

<https://meditationsfromcarmel.com/content/litany-miraculous-infant-prague>

(For private devotion only)

+Lord have mercy. Christ have mercy.

Lord have mercy. Christ hear us. Christ graciously hear us.

Have mercy on us.)

Deliver us, O Jesus. *

We beseech Thee hear us.

God the Father of heaven. (Have mercy on us.)*

God the Son, Redeemer of the world, *

God the Holy Ghost. *

O miraculous Infant Jesus, *

Infant Jesus, true God and Lord, *

Infant Jesus, whose omnipotence is manifested in a wonderful manner, *

Infant Jesus, whose wisdom searches our hearts and reins, *

Infant Jesus, whose goodness continually inclines to aid us, *

Infant Jesus, whose providence leads us to our last end and destiny, *

Infant Jesus, whose truth enlightens the darkness of our hearts, *

Infant Jesus, whose generosity enriches our poverty *

Infant Jesus, whose friendship consoles the afflicted,*

Infant Jesus, whose mercy forgives our sins, *

Infant Jesus, whose strength invigorates us, *

Infant Jesus, whose power turns away all evils, *

Infant Jesus, whose justice deters us from sin, *

Infant Jesus, whose power conquers hell, *

Infant Jesus, whose lovely countenance attracts our hearts, *

Infant Jesus, whose greatness holds the universe in its hand, *

Infant Jesus, whose love-inflamed Heart kindles our cold hearts, *

Infant Jesus, whose miraculous hand raised in benediction fills us with all blessings, *

Infant Jesus, whose sweet and holy Name rejoices the hearts of the faithful, *

Infant Jesus, whose glory fills the whole world,*

Be merciful, spare us, O Jesus.

Be merciful, Graciously hear us, O Jesus.

From all evil, (Deliver us, O Jesus)

From all sin,

From all distrust of Thy infinite goodness,

From all distrust of Thy infinite goodness, miracles,

From all lukewarmness in Thy veneration,
From trials and misfortunes,
Through the mysteries of Thy holy childhood,
We sinners, (Beseech Thee hear us.)

Through the intercession of Mary, Thy virgin Mother, and Joseph, Thy foster father,

That Thou wouldst pardon us,

That Thou wouldst bring us to true repentance,

That Thou wouldst preserve and increase in us love and devotion to Thy sacred infancy,

That Thou wouldst never withdraw Thy miraculous hand from us,

That Thou wouldst keep us mindful of Thy numberless benefits,

That Thou wouldst inflame us more and more with love for Thy Sacred Heart,

That Thou wouldst graciously deign to hear all who call upon Thee with confidence,

That Thou wouldst preserve our country in peace,

That Thou wouldst free us from all impending evils,

That Thou wouldst give eternal life to all who act generously toward Thee, That Thou wouldst pronounce a merciful sentence on us at the judgement,

That Thou wouldst in Thy miraculous image remain our consoling refuge,

Jesus, Son of God and of Mary,

Lamb of God, who takest away the sins of the world, Spare us, O Jesus.

Lamb of God, who takest away the sins of the world, Graciously hear us, O Jesus.

Lamb of God, who takest away the sins of the world, Have mercy on us, O Jesus.

Jesus hear us.

Jesus graciously hear us.

Our Father, etc.

LET US PRAY O miraculous Infant Jesus!

prostrate before Thy sacred image, we beseech

Thee to cast a merciful look on our troubled

hearts. Let Thy tender Heart, so inclined to pity,

be softened at our prayers, and grant us that

grace for which we ardently implore Thee. Take

from us all affliction and despair, all trials and

misfortunes with which we are laden. For Thy

sacred infancy's sake hear our prayers and send

us consolation and aid, that we may praise

Thee, with the Father and the Holy Ghost,

forever and ever. Amen. +

Nihil Obstat: BERNARD O'CONNOR, Diocesan

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