



# RAYS OF CARMEL

Community of Our Mother of Good Counsel Secular Order of Discalced Carmelites

## Meetings and Events

November 8, 2020  
 November 14, 2020 – Holy Mass  
 with Clothing and Promises  
 December 13, 2020  
 January 10, 2021  
 February 14, 2021  
 March 21, 2021 (3rd Sunday)  
 April 11, 2021 (Divine Mercy)  
 May 2, 2021 (1st Sunday)  
 June 13, 2021

## Upcoming Feast Days

11/06 Bl Josepha Naval Girbes,  
 virgin  
 Bl Eurasia of the Child  
 Jesus, priest and martyr  
 Bl Luke of St Joseph and  
 Companions, priests and  
 martyrs  
 Bl Eusebio of the Child  
 Jesus and Companions,  
 martyrs

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11/08 St Elizabeth of the Trinity,  
 virgin

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11/13 Fast day for OCDS

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11/14 All Carmelite Saints

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11/15 All Carmelite Souls

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11/19 St Raphael Kalinowski,  
 priest

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11/29 Bl Denis of the Nativity  
 and Redemptus of the  
 Cross, martyrs

## Prayer Intentions for November

In November our Community will be praying for **St. Mary** (Camden) and Fr. David Doseck.

Pope Francis' intention for the month of November is for **artificial intelligence**: We pray that the progress of robotics and artificial intelligence may always serve humankind.

### St. Elizabeth of the Trinity (November 8)

O my God, Trinity whom I adore, let me entirely forget myself that I may abide in you, still and peaceful as if my soul were already in eternity; let nothing disturb my peace nor separate me from you, O my unchanging God, but that each moment may take me further into the depths of your mystery! Pacify my soul! Make it your heaven, your beloved home and place of your repose; let me never leave you there alone, but may I be ever attentive, ever alert in my faith, ever adoring and all given up to your creative action.

O my beloved Christ, crucified for love, would that I might be for you a spouse of your heart! I would anoint you with glory, I would love you - even unto death! Yet I sense my frailty and ask you to adorn me with yourself; identify my soul with all the movements of your soul, submerge me, overwhelm me, substitute yourself in me that my life may become but a reflection of your life. Come into me as Adorer, Redeemer and Savior.

O Eternal Word, Word of my God, would that I might spend my life listening to you, would that I might be fully receptive to learn all from you; in all darkness, all loneliness, all weakness, may I ever keep my eyes fixed on you and abide under your great light; O my Beloved Star, fascinate me so that I may never be able to leave your radiance.



(continued from page 1)

O Consuming Fire, Spirit of Love, descend into my soul and make all in me as an incarnation of the Word, that I may be to him a super-added humanity wherein he renews his mystery; and you O Father, bestow yourself and bend down to your little creature, seeing in her only your beloved Son in whom you are well pleased.

O my "Three", my All, my Beatitude, infinite Solitude, Immensity in whom I lose myself, I give myself to you as a prey to be consumed; enclose yourself in me that I may be absorbed in you so as to contemplate in your light the abyss of your Splendor!

– *Drink of the Stream: Prayers of Carmelites* compiled by Penny Hickey, OCDS pages 299-300

### **Carmelite Conversations: St. Elizabeth of the Trinity and Prayer to the Trinity**

*Carmelite Conversations* podcasts can be found at [www.carmeliteconversations.com](http://www.carmeliteconversations.com). Click on **St. Elizabeth of the Trinity** under **Topics** on the right hand side to find several programs on this beloved Carmelite saint. The following description is of a program recorded December 18, 2019:

What would it be like to fully experience the Trinity dwelling in you at all times? What might it be like to live with continual spiritual guidance and direction, to experience rest and consolation, to know that you are confirmed in reality of an eternal destiny of unimaginable peace, and, most importantly, what would it be like to live in continual peace?

If any or all of these conditions of existence sound intriguing to you, then this specific podcast on the Prayer to the Trinity of St. Elizabeth of the Trinity is worth a listen. Here in this Carmelite Conversation, Mark and Frances walk you through Elizabeth's prayer to the Trinity, with assistance of a commentary on the prayer written by a Mother Amabel of the Heart of Jesus, a French Carmelite Nun.

If you are looking for a guide to this journey to the interior of your soul, St. Elizabeth of the Trinity and her powerful prayer, along with the commentary, are a very good place to look.

### **In our Community Library**

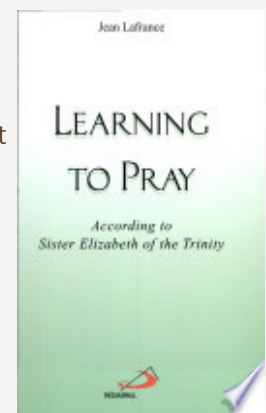
*Learning to Pray According to Sister Elizabeth of the Trinity* by Jean Lafrance

As you read this book notice the grace of prayer is never refused. So we must never cease asking, as prayer requires long and patient perseverance.

St. Elizabeth defined contemplative prayer as "the union of one who is not with the ONE who is."

This book will show you Trinitarian love, and you will no longer ask how to pray, but contemplative prayer will simply overtake you to continual prayer.

Thanks to Mike D. for donating this book to our library!



### **All Souls**

The universal church celebrates Nov 2. The family of Carmel celebrates Nov 15. Our O.C.D. Friars have posted this video: Grief in Loss, Hope in Christ (Elizabeth Partridge) from O.Carm (ancient observance) Carmelite Spirituality Series. The hymn is so beautiful!

Watch at <https://www.youtube.com/watch?v=67dmTYyHWFE> or search YouTube for "Carmelite Spirituality Series: Grief in Loss, Hope in Christ (Elizabeth Partridge)."