



RAYS OF CARMEL

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

Meetings and Events

March 8, 2020

April 5, 2020 (1st Sunday)

April 18, 2020 – Day of
Recollection

May 3, 2020 (1st Sunday)

April 8, 2018

June 14, 2020

July 12, 2020

August 7-9, 2020 – Retreat at
Maria Stein

September 13, 2020

October 11, 2020

November 14, 2020 – Promises
and Vows with Formation
(Saturday)

December 13, 2020

Upcoming Feast Days

03/08 Fast Day for Solemnity of
St. Joseph on 03/09

03/09 St. Joseph, Spouse of
the Blessed Virgin Mary,
Protector of Our Order
(solemnity)

04/01 St. Nuno Alvares Pereira,
religious

04/17 Bl. Mary of the
Incarnation, nun

04/23 Bl. Teresa Mary of the
Cross Manetti, virgin

04/26 Our Mother of Good
Counsel

Prayer Intentions for March

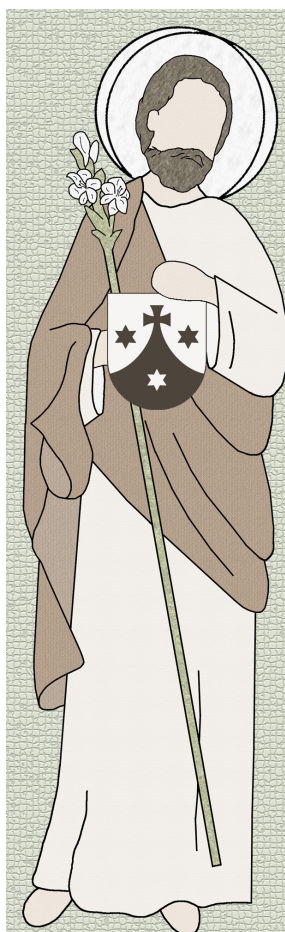
In March our Community will be praying for **St. John the Evangelist Church** (New Paris) and Fr. David Doseck.

Pope Francis' intention for the month of March is for **Catholics in China**. We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

Monthly Devotion: St. Joseph

"I came to Carmel to save souls, and especially to pray for priests." –St. Therese, *Story of a Soul*

Act of Consecration to St. Joseph



O dearest St. Joseph,
I consecrate myself to your
honor and give myself to
you, that you may always
be my father, my protector
and my guide in the way
of salvation.

Obtain for me a greater
purity of heart and fervent
love of the interior life.

After your example may I do
all my actions for the
greater glory of God, in
union with the Divine
Heart of Jesus and the
Immaculate Heart of Mary.

O Blessed St. Joseph, pray for
me, that I may share in the
peace and joy of your holy
death. Amen.

Announcements

We will be celebrating our St. Joseph Table at our March 8 meeting beginning with a blessing of the table at 12:45pm. You may bring canned goods or cash donations to be given to the poor.

Semi-annual donations will be collected at our March and April meetings. A rule of thumb is \$5/meeting or \$30 semi-annually. Please adjust the amount to suit your circumstances.

St. Joseph Table

Since the 15th century, St. Joseph's feast day has been celebrated on March 19, a day that typically falls right in the middle of Lent, but that hasn't stopped the laity from orchestrating a great feast in his honor. In particular, Italians have had a special love of Saint Joseph, and a famous miracle led the people of Sicily to begin a tradition known as the Tavola di San Giuseppe (Table of Saint Joseph).

According to legend, when a great famine struck the land of Sicily the villagers immediately prayed to their beloved Saint Joseph for protection and relief. They prayed fervently and pledged that if the rain returned they would hold a special feast to honor God and Saint Joseph.

Miraculously the rain started to fall and when the fall harvest came, the people of Sicily prepared a wonderful feast in thanksgiving.

The great feast in honor of Saint Joseph then became an annual tradition and was typically celebrated on March 19. Typically the feast would be held in thanksgiving for a particular intention, remembering how God had blessed a family or city during the past year.

Wealthy families would often invite the poor, homeless and sick to take part in the festivities and excess food would be distributed to those in need. Traditions vary by region and city, but generally all activities for the feast center on a table that is covered in different types of food that hold symbolic value.

The table is usually organized to include steps that lead up to a statue of Saint Joseph, symbolizing the ascent to Heaven.

Vigil lights, incense and various plants create an ambiance of heavenly blessing. Since traditionally Catholics were asked to abstain from meat for the entirety of Lent, the foods used to adorn the table are all meatless. Everything is symbolic, reminding the people of different aspects of the faith.

taken from: <https://aleteia.org/2017/03/19/what-is-a-saint-josephs-table/>

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.

Council News

Council accepted Denise T and Joan U to the aspirancy.

Our spring 2020 tithe will support vocations to the Washington Province OCD Friars.

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: Mark O, Tammy J

Website: Lynn B

Day of Recollection on Saturday, April 18

St. Peter Catholic Church Family Life Center

Theme: Pray Without Ceasing

Schedule:

- 8:00 am St. Peter Catholic Church open for silent prayer or private recitation of the Divine Office
- 8:30 am Mass (regular parish Mass)
- 9:15 am Day of Recollection begins in the Family Life Center
- 9:45 am Opening Prayer and Introduction
- 10:00 am Part 1: Praying the Liturgy of the Hours Prayerfully
- 11:00 am Break
- 11:15 am Part 2: Lectio Divina
- Noon Regina Caeli and Lunch (please bring your own)
- 12:45 pm Part 3: Mental Prayer
- 1:30 pm Closing Prayer

Other Details:

Light snacks, water, and coffee will be provided. Please bring your own sack lunch.

Please bring your scapulars and name tags.

Register by signing list at meeting or emailing Lynn B.

March 8 Meeting

- 12:00 - 12:35 Council meeting
- 11:00 - 12:30 Set Up
- 12:45 - 1:15 Blessing of St. Joseph Table and Social Time
- 1:15 - 1:50 Community Meeting and Presentation
"The Angel of the Lord Declared unto Mary: Our Vocation to Carmel through the Lens of the Angelus" by Marika Z
- 2:00 - 3:00 Formation Classes
- 3:00 - 3:30 Social Time and Transition to Church
- 3:30 - 4:30 Holy Hour in Church (Exposition/Adoration/ Evening Prayer/ Benediction)

April Elections

Elections will be held at our April meeting beginning at 1:00pm. Aspirants and those who have not made promises are may arrive at 1:45pm.

Please pray for our candidates and those who will be voting!

President: Mark O and Marika Z

Council: Paul A, Tim B, Herb E, Marguerite S, Collen S, and Joyce W

Three Councilors will be elected. Be prepared to rank your three choices for Council.

Election Prayer

O God, Most Holy Trinity, through your grace the Church gave birth to the Order of Carmel so that we might live with You in prayer and fraternity, after the example of Our Lady and the Prophet Elijah, and be a prophetic presence in our world.

We ask You to send the Holy Spirit upon our Community as we prepare to elect a new President and a new Council.

We pray that this will be a grace-filled event for us.

May our preparations renew in each of us an openness to the workings of the Holy Spirit to follow Jesus Christ with love and fidelity and to live more fully our Carmelite charism.

May each of us be willing to serve the Community in an office if called upon.

Send your blessing upon us all through the intercession of the Blessed Virgin Mary, Mother and Patroness of Carmel.

We ask this through Christ our Lord.

Amen.

OCDS Provincial Statutes on Elections

Election of the President (63)

a) The Spiritual Assistant shall invoke the guidance of the Holy Spirit. In the absence of the Assistant, this shall be the duty of the incumbent President.

c) Election of the President shall be on a separate ballot from Councilors and shall precede election of the Councilors.

d) If a majority is not reached by any nominee on the first ballot, the names of the two nominees receiving the highest number of votes shall be placed on the

second ballot. If there is a tie on the second ballot, there shall be a third and final ballot. In the event of a tie on the third ballot, seniority of profession shall be the determining factor of the election. If there is a tie on the profession date, then seniority by age shall determine the election.

Election of the Council (64)

a) The outgoing president shall preside at the election and conduct it in accordance with item (63) above.

d) The three Councilors shall be elected on a single ballot. Each voter shall enter on the ballot

their first, second, and third choice for Councilor. First choice candidates shall receive three points in the tabulation of the ballots. Second choice two points, and third choice one point. The candidates with the three highest points shall be elected Councilors. The candidate with the fourth highest points shall be elected Councilor only if the Director of Formation is elected by the local council from one of its newly elected members.

e) In case of ties, the same rules outlined in 63(d) above apply.