



## Upcoming Feast Days

- 04/01 Bl. Nuno Alvares Pereira, religious
- 04/17 Bl. Baptist Spagnoli, priest
- 04/18 Bl. Mary of the Incarnation, religious
- 04/23 Bl. Teresa Mary of the Cross (Manetti), virgin
- 05/16 St. Simon Stock, religious
- 05/22 St. Joachina de Vedruna de Mas, religious
- 05/25 St. Mary Magdalene de Pazzi, virgin
- 05/29 Bl. Elia of St. Clement, virgin



## Teresian Prayer Groups

*Ascension Catholic Church,*  
Kettering, Ohio:

- First Tuesday of the month at 6:30 pm (postponed)

*Ascension Catholic Church,*  
Kettering, Ohio:

- Third Wednesday of the month at 6:30 pm (postponed)

*St. Paul Catholic Church,* Yellow Springs, Ohio:

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

## "NEW" Meeting Schedule: ONLINE/Zoom

**2:00 pm General Meeting**

**2:20 pm Formation Groups**

### Important Announcements:

1. No in-person meetings until further notice, but we will plan for online meetings using Zoom.
2. Zoom meeting information: Saturday, April 4, 2:00pm meeting for those new to Zoom who would like to try it. Meeting ID is 565 156 365 . If you can't do it then, please contact Lynn for a different time.
3. **Sunday, April 4, 2:00 pm meeting for opening prayer, a few announcements, and formation. Meeting ID is 908 572 447. (note: it is a different ID number than on Saturday)**
4. Set up Zoom (by downloading the app) ahead of time on your computer, laptop, smart phone, or tablet. Directions will be in an email. Those without online access may call into the meeting using any telephone. Lynn or Tim can provide the phone number and instructions.
5. Our **Day of Recollection April 18 is postponed.** Registration for August retreat will begin when we are sure we will be able to hold the retreat.
6. The Washington Province OCDS Main Office has asked us to postpone elections until further notice.
7. For our May meeting, we will have our community presentation before formation.
8. Remember to keep each other in prayer, especially the person you were paired with during this time of the pandemic. While we are not able to meet in person, we can strengthen our community bond through prayer partners: each community member prays especially for another. List is posted on another page.
9. New podcasts posted at [www.carmeliteconversations.com](http://www.carmeliteconversations.com)

### Council News:

**Lynn B was nominated for the Provincial Council and forms were submitted with Council's approval and support.**

**Our Provincial Delegate, Fr. Otanga, has been given a new position in Kenya and his substitute has yet been named.**

**The Spring Tithe is set for supporting new Carmelite vocations. Please remember to give your offering to our Treasurer.**

**Next Council meeting is May 3rd at Noon (we hope!)**

## Featured Books in Our Library

by our Librarian, Joyce W.

### "The Spiritual Doctrine of Elizabeth of the Trinity"

translated by Benedictine of Stanbrook Abbey

This book helps the reader understand how to let our souls be a paradise where God can take His delight. One will seek the mystery of the indwelling of the Trinity in one's life by a great silence within which one will allow God to transform them into Himself.

"What did not lie in my plan lay in God's plan. And the more often such things happen to me the more lively becomes in me the conviction of my faith that - from God's point of view - nothing is accidental, that my entire life, even in the most minute details, was pre-designed in the plans of divine providence and is thus for the all-seeing eye of God a perfect coherence of meaning. Once I begin to realize this, my heart rejoices in anticipation of the light of glory in whose sheen this coherence of meaning will be fully unveiled to me."

Saint Teresa Benedicta of the Cross  
12 October 1891 - 9 August 1942

ocdvocations

## 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

Big Brothers & Big Sisters: Paul & Caroline A

## 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: Excerpt from "If It Be Your Will" in the book, "Awakening to Prayer" by Augustine Ichiro Okumura, OCD; ICS Publications

Why did Christ, whose nature was both human and divine, say, "*If it be your will, let this cup pass from me*" and on the cross, "*My God, my God, why have you forsaken me*"? Mt. 27:46. These words should not be explained away but be accepted as they are, with Mary standing in silence at the foot of the cross. Jn. 19:25.

To accept the mysterious meaning of the death of Christ, to contemplate the mystery of salvation, which leads to the acceptance of our entire life and our death, is less a matter of reasoning than of keeping still. Christ's prayer in Gethsemane is really wrapped in the unfathomable mystery of the incarnation and redemption. And it is good to see in it a model to be imitated, but we must not stop short at a facile interpretation! We are certainly not forbidden to say, "God willing," since to pray is to want what God wants, and what has to change is ourselves, not God. "*Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows.*" Mt. 10:29-30.

Why, then, is it not enough simply to think "God knows best"? In a practical sense, since we do not know God's will, it is good to ask, without forgetting that if we are not heard, all the better, since God knows what we need better than we do.

Let us think of a mother praying beside her sick child. Even if the doctor says the little one has only a few hours to live, the mother does not give up. She keeps praying for a miracle right to the end.

There is no doubt that this application is a real prayer. Will God blame the mother for going against the divine will? Oh, no! What God wants her to do is to go on praying with confidence; that is God's will at that moment.

There is mystery in this divine will that arouses desires it does not satisfy. It is the mystery of the cross. The fact is that the unfulfilled prayer of the mother and the death of the child were present in Christ's prayer in Gethsemane. Prayer is the cry of the poor to God, like the grass that, trodden underfoot a hundred times, still lifts up its head. As the lotus blooms on a stalk that is rooted in mud, so the prayer of Christ is rooted in the suffering of the persecuted, the helpless, the poor.

*Out of the depths I cry to you, O Lord.  
Lord, hear my voice!  
Let your ears be attentive  
to the voice of my supplications!* Ps. 130:1-2

The uninterrupted prayer of the poor person crying out from the depths of his or her misery is worth more in God's eyes than any meditation or sublime contemplation, because it is united to the crucified Christ.

*As a deer longs for flowing streams,  
so my soul longs for you, O God.  
My soul thirsts for God,  
for the living God.* Ps. 42:1-2

*O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you,  
as in a dry and wary land  
where there is no water.* Ps. 63:1

Those who cry out to God like this do not spontaneously add, "if it be your will, hear my prayer."

We must knock till the door is opened, knock till our hands are bleeding. "*So I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.*" Mk. 11:24

*"If you say to this mountain, 'Be lifted up and thrown into the sea,' it will be done."* Mt. 21:21.

These words of Christ are full of living faith; they leave no room for doubt: "*Only speak the word and my servant will be healed.*" Mt. 8:8. When such conviction is lacking, no prayer pierces the clouds, and God is left an "escape hatch."

It is less important for us to strive to discern the ways of Providence than to maintain an unalterable trust in God's love. In the many trials of life, it is often hard to believe that God loves us. And yet it is especially at such moments that faith is strengthened in proportion to the darkness of the shadows.

*"Blessed are those who have not seen and yet have come to believe."* Jn. 20:29. God is the only one who really knows what is best for us, and it is enough for us that God does know. Indeed, our very act of faith is "the shield of salvation, the rock that saves us."



In 1934, the newly-clothed Carmelite, Saint Teresa Benedicta of the Cross (Edith Stein, 1891-1942) wrote to an old friend: *"Whoever enters Carmel is not lost to his own, but is theirs fully for the first time; it is our vocation to stand before God for all"* (Letter 174).

### Practice of Patience in Trials: Counsel from St. Mary of Jesus Crucified, OCD

(excerpt from the book "Thoughts: Blessed Mary of Jesus Crucified" by Rev. D. Busy, SCJ)



Saint Teresa gave me four ways of practicing patience:

1. When you are suffering, think of your weakness, your miseries; think that a little nothing like you can deserve nothing other than to suffer. Look at Jesus in His Passion and then you will accept everything with love and give thanks.
2. To be consistently patient under trials, consider Jesus on the cross. Everybody abused Him, everybody mocked Him and His Sorrows; He endured everything in silence. A daughter of Teresa ought to suffer in patience and in silence. All things are passing.
3. In your sufferings, remember that you are glorifying God. On earth, the Lord is doing everything for you; you just suffer everything for Him. Remember also that Our Lady will be your Mother.
4. Reflect that after the trials and humiliations, heaven will be yours. Oh! Then what glory, what joy shall be yours!

### PRAYER PARTNERS



Caroline A will pray for Herb E  
 Paul A will pray for Maureen E  
 Mark A will pray for Edward F  
 Deacon Rusty will pray for Francesca F  
 Lynn B will pray for Teresa G  
 Tim B will pray for Dottie G  
 Chris C will pray for Susie G  
 Jean C will pray for Frances H  
 Mark D will pray for Tammy J  
 Michael D will pray for Fr. Joe K  
 Herb E will pray for Rose Ann L  
 Maureen E will pray for Joan L  
 Edward F will pray for Fr. John  
 Francesca F will pray for Ron M  
 Teresa G will pray for Mark O  
 Dottie G will pray for Jeanne P  
 Susie G will pray for Paula P  
 Frances H will pray for Julie P  
 Tammy J will pray for Theresa R  
 Fr. Joe K will pray for Jacqueline R  
 Rose Ann L will pray for Marguerite S  
 Joan L will pray for Colleen S  
 Fr. John will pray for Denise T  
 Ron M will pray for Teresa T  
 Mark O will pray for Joan U  
 Jeanne P will pray for Sheila W  
 Paula P will pray for Angela W  
 Julie P will pray for Joyce W  
 Theresa R will pray for Deloris Z  
 Jacqueline R will pray for John Z  
 Marguerite S will pray for Marika Z  
 Colleen S will pray for Caroline A  
 Denise T will pray for Paul A  
 Teresa T will pray for Mark A  
 Joan U will pray for Deacon Rusty  
 Sheila W will pray for Lynn B  
 Angela W will pray for Tim B  
 Joyce W will pray for Chris C  
 Deloris Z will pray for Jean C  
 John Z will pray for Mark D  
 Marika Z will pray for Michael D

## Carmel is Eucharistic

### Eucharist – Our Spiritual Food

(excerpt from “*In the Spirit and Strength of Elijah*,” extract from the lecture of Blessed Titus Brandsma, O.Carm; <http://www.carmelites.ie/spiritelijah.html>)

Very characteristic of Carmelite spirituality is its concept of spiritual life as a growing thing; and here the life of the Prophet gives another remarkable lesson. Like the natural, our spiritual life demands food. Holy Scripture tells us how Elijah, on the strength of the mystical food administered to him by the Angel, walked forty days and forty nights to Mount Horeb. Here he was allowed to see God. Our spiritual life, and our mystical life desire the holy Food given to us by God in the Holy Sacrament of the Altar. In the school of Carmel the mystical contemplative life is the fruit of Eucharistic life. For the Blessed Sacrament of the Altar, the fountain of our life of prayer, the life of Elijah provides us with a most striking type. The miraculous bread ministered to him is a perfect image of that Eucharistic food, in the strength of which we walk in life's journey here below.

The special cult of the Holy Sacrament has not been confined to Carmel, but we can say that it has always been a constant and important part of our Carmelite tradition. Our Carmelite Convents have in many instances been centres of Eucharistic worship. St Mary Magdalene de Pazzi was attracted to the Carmel of Florence by the fact that the Sisters received Holy Communion every day, a custom not usual in those days. To St Teresa there was no greater joy than the opening of a new church or chapel as a dwelling for the Lord. It is prescribed by the Rule that all members of a Carmelite Community attend the Holy Sacrifice daily and that the chapel be in the centre of the cloister, easy of access at all times, and that the Canonical Hours be recited in the presence of the Blessed Sacrament. Being a mendicant Order, its churches and cloisters are plain and simple in their architecture, but in the adornment of their churches and altars poverty is not prescribed. This is a notable departure from the custom of other mendicant Orders – from that of the Capuchins, for instance, whose rule of poverty extends even to the sanctuary.

Such in brief outline is the Eucharistic tradition of Carmel; with Elijah we walk in the strength of that divine bread and since we would draw near to the life of God in prayer, we must be ever mindful of the saviour's command, “unless you eat the Flesh of the Son of Man and drink His Blood, you cannot have life in you.” Just as the communion of Elijah in the miraculous bread of the desert led him in his journey to the contemplation of God on Horeb, so too, the Holy Eucharist must lead us to the contemplation of His Holy Face. In the caves of Horeb, God spoke to the Prophet by the voice of the gentle, whispering wind. The Lord was not in the storm nor in the earthquake, but in the gentle wind. So after Communion we must contemplate under the Eucharistic species and in the depths of our spirit, for now God passes.

*“When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it, the love of God will be greatly impressed on you”. St. Teresa of Jesus (The Way of Perfection, Ch. 35)*



ST MARY OF JESUS CRUCIFIED  
(1846-1878)

EVERYTHING PASSES HERE ON EARTH.  
WHAT ARE WE?  
NOTHING BUT DUST, NOTHINGNESS  
AND GOD IS SO GREAT,  
SO BEAUTIFUL,  
SO LOVABLE  
AND HE IS NOT LOVED.

Anastasia 19



O Mary,  
 you always shine on our path  
 as a sign of salvation and of hope.  
 We entrust ourselves to you,  
 Health of the Sick,  
 who at the cross took part in Jesus' pain,  
 keeping your faith firm.  
 You, Salvation of the Roman People,  
 know what we need,  
 and we are sure you will provide  
 so that, as in Cana of Galilee,  
 we may return to joy and to feasting  
 after this time of trial.  
 Help us, Mother of Divine Love,  
 to conform to the will of the Father  
 and to do as we are told by Jesus,  
 who has taken upon himself our sufferings  
 and carried our sorrows  
 to lead us, through the cross,  
 to the joy of the resurrection. Amen.

Under your protection, we seek refuge,  
 Holy Mother of God.  
 Do not disdain the entreaties of we who are in trial,  
 but deliver us from every danger,  
 O glorious and blessed Virgin.

### Join in praying Pope Francis's Prayer: "Prayer of Protection During Coronavirus Pandemic"

#### Carmelite Quotes on Suffering

*"Love does not consist in feeling great things but in having great detachment and in suffering for the Beloved (God)." ~ St. John of the Cross*

*"You will be consoled according to the greatness of your sorrow and affliction; the greater the suffering, the greater will be the reward." ~ St. Mary Magdalen de Pazzi*

*"I know quite well all you are suffering. I know your anguish, and I share it. Oh! If I could but impart to you the peace which Jesus has put into my soul amid my most bitter tears. Be comforted—all passes away." ~ St. Therese of Lisieux*

*"Let Christ Crucified be enough for you, and with him suffer and take your rest." ~ St. John of the Cross*

*"Always receive with equal contentment from God's hand either consolations or sufferings, peace or distress, health or illness. Ask nothing, refuse nothing, but always be ready to do and to suffer anything that comes from His Providence." ~ St. Teresa Margaret of the Sacred Heart*

*"One must not think that a person who is suffering is not praying. He is offering up his sufferings to God, and many a time he is praying much more truly than one who goes away by himself and meditates his head off, and, if he has squeezed out a few tears, thinks that is prayer." ~ St. Teresa of Avila*

*"For one pain endured with joy, we shall love the good God more forever." ~ St. Therese of Lisieux*

+JMJT+