



RAYS OF CARMEL

Upcoming Meetings

May 3, 2020 (1st Sun)
Online due to
Pandemic
Jun. 14, 2020
Jul. 12, 2020
Aug. 7-9, 2020 (Retreat at
Maria Stein)
Sept. 13, 2020
Oct. 11, 2020
Nov. 14, 2020 (Saturday,
Promises & Vows, also
Formation)
Dec. 13, 2020

Prayer Intentions for May 2020

This month our Community will be praying for **Saint Louis** Parish in North Star with **Fr. David Zink**.

Pope Francis's intention for the month is for **Deacons**: –
We pray that deacons, faithful in their service to the Word and the poor, may be an invigorating symbol for the entire Church.

Monthly Devotion:

"Our Blessed Mother Mary"



Upcoming Feast Days

- 05/01 St. Joseph, the Worker
(for the Universal Church)
- 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
- 06/07 Bl. Anne of St.
Bartholomew, virgin
- 06/12 Bl. Alphonsus Mary
Mazurek, priest and martyr,
and Companions, martyrs
- 06/14 Bl. Maria Candida of the
Eucharist, 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 For May 3, 2020

2:00 pm General Meeting

2:15 pm Presentation by Teresa Trystad:

"Mary's Role in the Life of a Secular (OCDS)"

2:30 pm Formation Groups

Important Announcements:

- No in-person meetings until further notice, but we will plan for online meetings using Zoom.
- Zoom meeting information:** watch for email for meeting ID and password from our President.
- Set up Zoom (by downloading the app) ahead of time on your computer, laptop, smart phone, or tablet. Those without online access may call into the meeting using any telephone. Lynn or Tim can provide the phone number and instructions. Contact them ahead of our meeting date (at least by May 2, Sat.) with any specific questions.
- SAVE THE DATE: MAY 17**—We will have an extra zoom meeting featuring a talk from our very own Deacon Baldwin with discussion to follow. More information will come via email.
- Registration for **August retreat** will begin when we are sure we will be able to hold the retreat.
- 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.

Council News:

Set up ADDITIONAL ZOOM MEETING: Save the Date of May 17th for an extra community meeting time. Some members have been asking for another opportunity to connect with each other.

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

Next Council meeting has not been established at this time.

Featured Books in Our Library

by our Librarian, Joyce W.

"God is All Joy: The Life of St. Teresa of the Andes"

by Jennifer Moorcroft

Here is the life of our youngest Saint in the Discalced Carmelite Order, dying at the age of 19, having been in the Order less than a year. She was an exuberant youth engaging in swimming, tennis, horseback riding, and music and was very popular with a large circle of friends. She desired to make goodness and virtue attractive to others of her own generation. She was in love with Jesus! Catch her contagion of love in this book.



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

Face to Face Prayer (Head Shot)

By Frances Harry, OCDS

We know that Holy Mother Teresa (of Avila) often carried with her and prayed using an image/statue of Christ. She received many graces by meditating upon the Humanity of Jesus, central to her teaching on prayer. By spending time with Jesus, the Son of God made man, and entering into prayer with Him, we establish a sure path to growth in prayer, which is really growth in our relationship with God. St. Teresa had a mystical experience of "Ecce Homo," in which she was moved to a greater love for Jesus.

One way to pray that may help you develop more intimacy with Jesus is the Face to Face Prayer....or the Head Shot prayer. Try picking a picture of Jesus that warms your heart, preferable one in which you can see His eyes clearly...hence, a Head Shot.

St. Teresa would often think of times in which Jesus was alone and bereft of friends, like the Garden in Gethsemane. Draw close to Him and look at Him Face to Face.

Look deeply into His eyes...in silence. Look into the pupils of the eyes. Just spend 2-3 minutes or so doing this. Receive His love and longing and thirst for you, and return your loving gaze. No words are necessary. Be in His Presence!

Then speak to Him from your heart and listen within your soul to Him.



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

Come, Holy Spirit (excerpt from “The Holy Spirit: In the Experience of the St. Teresa of Avila” by Emmanuel Kaniyamparampil, OCD)

Growth in prayer is a gift of the Holy Spirit. God gives the soul many gifts and favors while the soul takes courage to do things out of love of God. The soul may not realize this; but an experienced spiritual director can discern the soul and its progress to God under the guidance of the Holy Spirit. In fact, St Teresa had such an experience. As she mentioned in *Life* chapter 24, it is the spiritual director who assured St Teresa that her experiences are from the Spirit of God. The spiritual director led St Teresa further to greater perfection. He asked her for more and total detachments, like abandoning friendships that are not harmful, but are not helpful for pleasing God. But St Teresa could not understand it fully. It was at this point that the spiritual director told St Teresa to commend the matter to God for some days and to recite the hymn *Veni Creator* so that God might give her light about the better course of action. Now as a result of this invocation to the Holy Spirit St Teresa was led, for the first time in her life, into a rapture in prayer, a great favor of God. St Teresa wrote about this event as follows: “One day, having spent a long time in prayer and begging the Lord to help me please Him in all things, I began the hymn; while saying it, a rapture came upon me so suddenly that it almost carried me out of myself. It was something I could not doubt, because it was very obvious. It was the first time the Lord granted me this favor of rapture. I heard these words: “*No longer do I want you to converse with men but with angels.*” This experience terrified me because the movement of the soul was powerful and these words were spoken to me deep within the spirit;”

And, St Teresa writes immediately about the effect of this special favor of God as follows: “These words have been fulfilled, for I have never again been able to tie myself to any friendship or to find consolation in or bear particular love for any other person than those I understand love Him and serve Him; nor is it in my power to do so, nor does it matter whether they are friends or relatives. ... *From that day on I was very courageous in abandoning all for God...*”

Here we can very well interpret that this great courage to abandon all for God was thanks to the special intervention of the Holy Spirit as the Saint was

praying in a special way to the Holy Spirit Himself. In fact, she narrated it in the context of her special prayer to the Holy Spirit. To say more, we do not find any further explanation of this as coming from the Holy Spirit by St Teresa.

It is evidently in the light of her own experiences that St Teresa taught her sisters to pray and progress in prayer. Thus we find her explicitly inviting her sisters to consider the Holy Spirit in prayer seriously. While commenting on the prayer “Our Father” in her book of *The Way of Perfection* chapter 27, 7 she wrote: “... the Holy Spirit must be present between such a Son and such a Father, and He will enkindle your will and bind it with a very great love.”

St Teresa wrote these words at the end of her first reflection about who the heavenly Father is and that such a great and loving Father has given us His own Son. Here she introduces immediately a beautiful thought about the Holy Spirit. For St Teresa, loving the Father and the Son must pass through the love of the Holy Spirit. Without the Holy Spirit who enkindles the human will with deep love, there cannot be a true experience of the Father. In fact, whenever St Teresa experienced the Holy Trinity, she noted that it all began with an enkindling of the Holy Spirit who is experienced in the form of a dove or cloud. And, these two symbols of the Holy Spirit are well attested in the Gospels.

St Teresa really understood the role of the Holy Spirit in a person’s spiritual progress to God. She thus considered the Holy Spirit as a mediator between soul and God. Hence we read in her *Meditations on the Song of Songs* 5, 5: “It seems to me the Holy Spirit must be a mediator between the soul and God, the One who moves it with such ardent desires, for He enkindles it in a supreme fire, which is so near.”

In fact, these words of St. Teresa come all of a sudden in the context of her reflections on the love of God. No further explanation is added about the Holy Spirit. However, these few words reveal her profound knowledge of the Holy Spirit and His action in the soul. For St. Teresa, the Holy Spirit is the one who always moves the soul with ardent desires for God. When the soul is under the inspiration of the Holy Spirit, the soul is set on... fire [with] God’s love; the soul is nearer to God.

THE SANCTIFIER

(Excerpts from "God Alone and I: Carmelite Meditations" Compiled and Adapted by the Carmel of Flemington)

"The Holy Spirit is the real guide of souls: He never ceases to take care of them and never neglects any means by which they may profit and draw near unto God as quickly as possible and in the best way."

~ St. John of the Cross

The mission of the Holy Spirit is to make us saints. He is the Sanctifier, the One Who makes us holy. On the day of His first coming in the Upper Room, He transformed the bewildered and frightened apostles into souls inflamed with a courageous and enlightened love of Christ. They no longer huddled behind locked doors but went forth spreading their Master's Gospel and rejoiced when they were made to suffer for His sake. So, too, the holy Spirit will transform us if we will only listen to Him and correspond to His inspirations. He will never force our wills for He is the Spirit of love and wants our loving cooperation. We must yield ourselves freely to His divine action and then He will prepare your souls for the supernatural life by pouring forth His grace upon us. He will permeate our spiritual life from its very beginning on the Way of Perfection by giving us light to overcome our faults and to practice virtue, but we must be very attentive to His voice. Then, little by little, if only we will let him, He will take full possession of our souls. He will inflame our hearts and enlighten our minds until He, at last, brings us to the summit of Mount Carmel, where our union with God in love will be complete.

Colloquy

+ *"O Holy Spirit, I consecrate myself entirely to You; take me, possessive wholly. Be the penetrating light which illumines my intellect, the gentle Inspirer Who attracts and directs my will. Complete in me your work of sanctification and love. Come, Holy Spirit, Come!" Amen.* +
~ Sr. Carmela of the Holy Spirit, OCD

Daily Trials

"I propose to have no other purpose in all my activities, whether interior or exterior, than the motive of love alone." ~ St. Teresa Margaret of the Sacred Heart

If I want my interior life to grow, I must remember that every event of each day is given to me as an opportunity of growing in grace and drawing closer to Jesus. In times of temptation, Jesus is present, asking me to grasp this chance of imitating Him more closely by following His counsels. Am I tempted to impatience fifty times a day? "Learn from Me, for I am meek and humble of heart." To pride? "Blessed are the poor in spirit, for theirs is the Kingdom of Heaven." To unkindness? "As long as you did it for one of these, My least brethren, you did it for Me."

All tiresome interruptions and difficulties and stupidities, far from being obstacles to the deepening of my interior life, are instead golden opportunities to attain a greater union with Our Lord. Always so patient, He is only waiting for my cooperation with grace to draw me closer to His Sacred Heart. If, when faced with these daily trials, I withdraw into the center of my soul where He is waiting for me, and draw strength from Him to resist these temptations, then one day I shall be able to say with St. Paul, "It is now no longer I that live, but Christ lives in me."

Colloquy

+ *"My God, since You are with me and since I must occupy my mind with these external things, I beg You to grant me the grace to remain with You and to keep You company; but that it may be the better done, my Lord, work with me, receive my labors and possess all my affections." Amen.* +
~ Br. Lawrence of the Resurrection, OCD