



# RAYS OF CARMEL

## Upcoming Meetings

Jun. 14, 2020. Online due to Pandemic  
 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 June 2020

This month our Community will be praying for **St. Mary of the Assumption Parish (Springboro)** with **Fr. James Manning**.

Pope Francis's intention for the month is for **The Way of the Heart**: – We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

### Monthly Devotion:

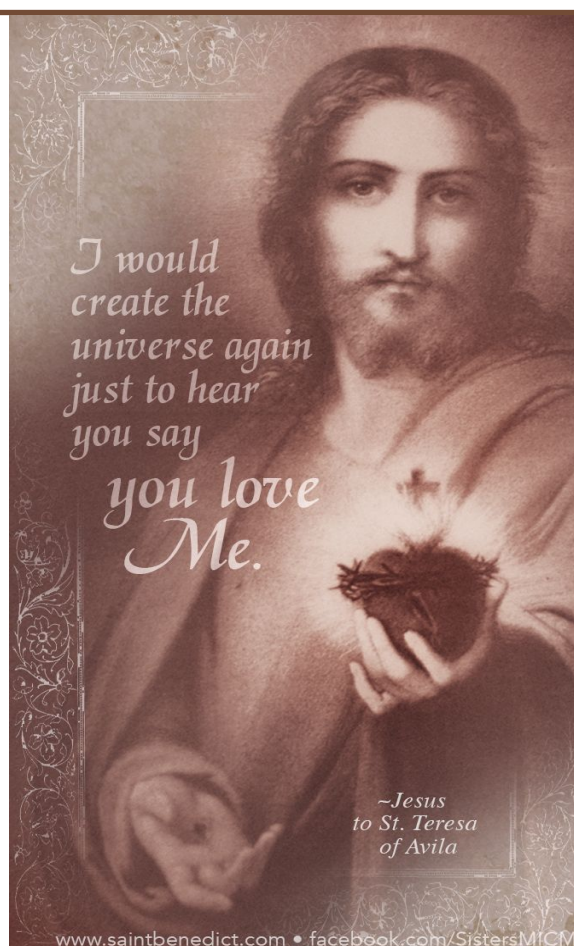
### "The Sacred Heart of Jesus"

## A Morning Offering

By St. Therese of the Child Jesus and the Holy Face

+ O my God! I offer You all my actions this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to His infinite merits; and I wish to make reparation for my sins by casting them into the furnace of His merciful love. O my God! I ask You for myself and for those whom I hold dear, the grace to fulfill perfectly Your Holy Will, to accept for love of you the joys and sorrows of this passing life, so that we may one day be united together in Heaven for all eternity.

Amen. +



## Upcoming Discalced Carmelite Celebrations

- 06/07 Bl. Anne of St. Bartholomew, virgin
- 06/12 Bl. Alphonsus Mary of the Holy Spirit Mazurek, priest and martyr, and Companions, martyrs
- 06/14 Bl. Maria Candida of the Eucharist, virgin
- 07/12 Sts. Louis Martin and Marie Azelie Guerin, Spouses
- 07/13 St. Teresa of Jesus de Los Andes, virgin
- 07/15 **Fast day** for Solemnity of Our Lady of Mount Carmel
- 07/16 Solemnity of Our Lady of Mount Carmel, Patroness and Head of Our Order**
- 07/17. B. Teresa of St. Augustine and Companions, virgins and martyrs
- 07/19. Fast day for Feast of St. Elijah
- 07/20 Feast of St. Elijah, Prophet and Our Father

## 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

## "NEW" Meeting Schedule: ONLINE/Zoom For June 14, 2020 (Corpus Christi Sun)

- 2:00 pm General Meeting
- 2:15 pm Presentation by Frances Harry:  
*"Mystical Union with Mary"*
- 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 with any specific questions.
- SAVE THE DATE: Jun 28**—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:

Council discerned we would continue to meet online through Zoom for our June meeting. Meanwhile, we are exploring options for meeting in person in July if safe.

Permission was granted for OCDS communities to hold elections by mail. The election ballot was sent by snail mail to all those eligible to vote. Ballots should be returned by Jun 12 to Lynn B.

Next Council meeting has not been established at this time.

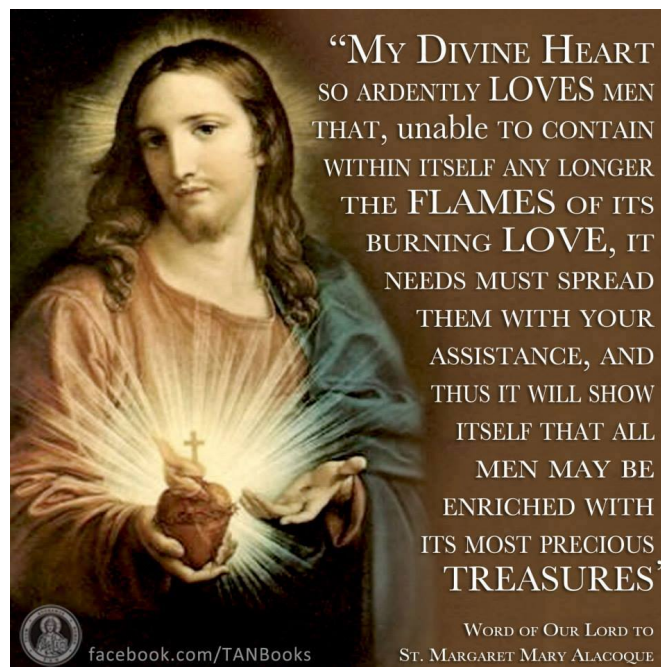
## Featured Books in Our Library

by our Librarian, Joyce W.

### "The Selected Poetry of Jessica Powers"

Edited by Regina Siegfried, ASC and  
Robert F. Morneau

Sister Miriam of the Holy Spirit (Jessica Powers) was a Discalced Carmelite nun and a member of the Carmel of the Mother of God, Pewaukee, Wisconsin. While reading her poems you will see an artist, painting in words the movements of the heart, the homelessness of a pilgrim people, the joys and sufferings of the mystic, the song and dance of those in love, the beauties of creation, and most of all, a deep look into the solitude of GOD's presence. You may see the mark of St. John of the Cross or reflections of St. Teresa of Jesus. This is a good book to stimulate prayer.



## 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

### Prayers to Blind Satan

Given to Third Order Carmelite Elizabeth Kindelmann; Imprimatur from the Archbishop of Esztergom-Budapest (Hungary), Cardinal Peter Erdö; from "The Spiritual Diary of Elizabeth Kindelmann."

### FLAME OF LOVE of the Immaculate Heart of Mary **BLINDS SATAN**

Our Lady requested the following addition to each 'Hail Mary':

"Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, **spread the effect of grace of thy Flame of Love over all of humanity, now and at the hour of our death. Amen.**"



*Archbishop of Esztergom-Budapest Cardinal Peter Erdö, Imprimatur number 494-4/2009, given on June 6, 2009.*

[www.theflameoflove.org](http://www.theflameoflove.org)

### THE UNITY PRAYER

My Adorable Jesus,  
May our feet journey together.  
May our hands gather in unity.  
May our hearts beat in unison.  
May our souls be in harmony.  
May our thoughts be as one.  
May our ears listen to  
the silence together.  
May our glances  
profoundly  
penetrate each other.  
May our lips pray together to  
gain mercy from the Eternal Father.

Jesus said, "Through this prayer, Satan will be blind and souls will not be led into sin."

For more info see <http://www.elmontbiblestudy.org/flame-of-love/2019/09/16/elements-of-the-flame-of-love-devotion-blinding-satan/>. Or visit [www.theflameoflove.org](http://www.theflameoflove.org)

## 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

## Practices For the Month of the Sacred Heart of Jesus

(Excerpt from "The Imitation of the Sacred heart of Jesus" by Rev. Peter J. Arnoudt, S.J.)

Here are some suggestions you may want to consider to put into practice.

### Interior Practices

1. At the beginning of this month examine yourself, and see what is your predominant passion, or the fault which you most frequently commit, and the best means of overcoming it. Having discovered this fault, make a firm purpose to use the means to overcome it, commending your resolution with a childlike confidence to the Sacred Heart. Choose some short ejaculatory prayer which you will repeat often each day during the month, in order to remind you of your resolution, and to implore the grace of God to help you to fulfill it.
2. Each morning, offer all the actions of the day to the Sacred Heart of Jesus, and renew the resolution you took at the beginning of the month, humbly praying for grace to keep it during the day.
3. Take for your subject of meditation, the Sacred heart of Jesus, for which end the consideration of its many virtues and attributes is recommended.
4. Make the resolution made at the beginning of the month the subject of your particular examination of conscience morning and evening, thanking the Sacred Heart for the good you may have done, and begging pardon for the faults you have committed.

### Exterior Practices

1. In a convenient situation, place a picture or statue, suitably adorned, of the Sacred Heart; for Our Lord has promised to bless the houses in which a representation of His Heart is set up for honor.
2. Recite every day a special prayer in honor of the Sacred Heart. Be particular to repeat often during the day some ejaculation.
3. Endeavor to assist at holy Mass every day, and if you possibly can, make a visit every evening to your divine Savior in the sacrament of His love.
4. Endeavor with prudence and discretion to lead and encourage others to honor the Sacred Heart of Jesus. This may often be done by the distribution of books, pictures, prayers, medals, etc.

### Ejaculations

1. O Sacred Heart of Jesus, I implore that I may ever love Thee more and more.
2. Jesus, meek and humble of heart, make my heart like unto Thine.
3. Sweet Heart of Jesus, be my love!
4. Heart of Jesus, create in me a clean heart, and renew a right spirit within me.
5. O how good and pleasant it is to dwell in this Heart! Who is there who does not love a heart so wounded? Who can refuse a return of love to a heart so loving?
6. Heart of Jesus, burning with love for me, inflame my heart with love of Thee.
7. Heart of Jesus, have compassion on me.



## Dispelling the Spirit of Fear & and the Spirit of Division in Times of Crisis

By Candida Kirkpatrick, OCDS (personal views); member of the St. Joseph's OCDS in Phoenix, AZ  
Re-printed with the author's approval.

<http://carmelphoenix.blogspot.com> /Posted: 08 Jun 2020 02:37 PM PDT

JMJT! Praise be Jesus Christ! Now and Forever!

We can all agree that we are living in unusual times, perhaps even unprecedented ones. In the midst of a global pandemic, economic free fall, and racial and social injustices it is natural to experience angst. Uncertainty rules the day and it is evident that we are in a change of epoch of sorts. Only God knows where this will lead each of us to or what that will look like for the world. Such an era requires deepening radical faith in the midst of so many unknowns, and it requires vigilance to safeguard our hearts from falling into the snares of the Enemy who wishes to sow seeds of terror, confusion, hatred, darkness and division. I would like to share two step-by-step interior exercises that I believe were inspired by the Holy Spirit and which have helped me to keep calm and carry on [most of the time!:-) in seeking to do the Will of the Father, with Jesus and the Holy Spirit at my side.

### Dispelling the Spirit of Fear

Regarding the spirit of fear which is rampantly tearing apart individual hearts, homes, families, workplaces, churches, communities, and entire nations - this is not of God. St. Paul tells us in his second Letter to Timothy that "*God has not given us a spirit of fear, but of power, and of love, and of sound mind.*" [2 Tim 1:7] Almost a year ago, Our Lord gave me the following 4-step offering which I render to him every morning usually while still in bed upon awakening. I call it CEEC.

**1. Consent:** to all that God has for me this day, all that has happened in my past, and all that He desires to do with me and in my life in the future. It is a full surrender with no wrestling matches allowed!

**2. Embrace:** Don't just resign yourself to God's plans or permissive will, but embrace and kiss all of it, even the crosses, recognizing everything as a grace and a gift.

**3. Entrust:** I entrust myself to Our Lady who is completely docile to the Holy Spirit, the Holy Trinity. If I am having difficulties I tell her, "Bl. Mother, the little girl in me is having a meltdown of sorts..a tantrum actually. It is quite ugly, but I am leaving her in your hands and I know that you will calm her, help to form and shape her, and teach her your virtues. Good luck!"

**4. Consecration:** I consecrate myself to the Most Holy Trinity through the Immaculate Heart and Womb of Our Lady. I ask that my life belongs to them and I pray that I may complete His mission for me before I die. This brings me a lot of peace and it grounds me. I keep asking what He desires for me to do during this time and how I can best serve Him and others this very moment, this very day. I revisit this 4 step process throughout the day, especially when things get particularly tough and I find myself resisting His grace or overthinking and analyzing the situation.

### Dispelling the Spirit of Anger & Division

The second spirit terrorizing our homes and nation is division. People are angry, upset, and tired of the brokenness. Much of this is justified and justifiable, but must be handled with delicate care and mindfulness as to how best carry out our mission as Christians while speaking the truth with love and for the opportunity for change to take root.

Jesus recently brought me to John's Gospel chapter 20 regarding how we should interact with one another in any given situation. In this Gospel passage which is always read on Divine Mercy Sunday, we see that the apostles are all hunkered down in a spirit of fear in the upper room. They are filled with remorse for their own cowardice, uncertainty for the future, and the utmost grief that their Master and Lord, who was the long-awaited Messiah, is dead. First, we see how Jesus goes right through the walls and bunkers that their hearts have constructed within. They cannot lock Him out, no matter how hard they try. He is there and He is present in the midst of their struggles, anxieties, fears and divisions. (continued next page)

The first thing He does upon appearing to them - Jesus offers them the oldest of Jewish greetings, "Shalom!" "Peace be with you!" He doesn't shout, he doesn't guilt and shame them for their complete failure to stand by Him in His hour of need. Nope. He simply offers peace. Then he breathes on them, the breath of life, the Spirit who gives life and washes away sin. He speaks of forgiveness. After a period of time, he returns to the same upper room and shows them His wounds, specifically to Thomas who was not there the first time and missed the whole thing.

The Holy Spirit showed me how this whole encounter between the Apostles and Jesus teaches us how to live and interact with others. It is most especially appropriate when we are hurting and need to get some clarity, growth, healing and truth in a relationship with another. Note to self - bursting into a room screaming and shouting does not qualify as Christ-like! No. First, we encounter the other in a spirit of peace and shalom with our shoes shod in the gospel of a spirit of peace. [See Eph 6:15] Next, we seek to forgive and loosen the chains and bonds that enslave us. We let go. We breathe. Even if we are not feeling it, we seek with the will to forgive the other. Then, we show our wounds. We can say to one another: "See, I love you which is why I am here. I am hurting. Let me show you my wounds. Maybe you would like to show me your wounds."

Let's come together in a spirit of peace and life-giving breath, seeking forgiveness, and then we can show each other our wounds. We can dialogue and talk about how badly this hurts and see what we can do to assuage the pain that we have caused one another. By following these steps as lived out by Jesus in Divine Mercy: **1. Offer Peace/Shalom; 2. Breath of calm and forgiveness; and then 3. Show one another our wounds.** I pray we can dispel the spirits of fear and strife and live out Jesus' call that we may all be one, as He and the Father are one.

Even just little moments of taking these two interior inventories and trying to live this out in imitation of Our Beloved can sow seeds of love and peace amongst one another, and build profound confidence and trust in the Father that dissipates a spirit of fear. Then we shall see the beginning of the triumph of God's Kingdom in which,

*"Righteousness and truth shall meet, justice and peace shall kiss.  
Truth shall spring out of the earth; and righteousness shall look  
down from heaven." [Psalm 85:10-11]*

### ***AD PETRI CATHEDRAM*** (To the Chair of Peter)

Excerpt from the ENCYCLICAL OF POPE JOHN XXIII  
ON TRUTH, UNITY AND PEACE, IN A SPIRIT OF CHARITY

JUNE 29, 1959

#### *Religious Controversy*

71. The Catholic Church, of course, leaves many questions open to the discussion of theologians. She does this to the extent that matters are not absolutely certain. Far from jeopardizing the Church's unity, controversies, as a noted English author, John Henry Cardinal Newman, has remarked, can actually pave the way for its attainment. For discussion can lead to fuller and deeper understanding of religious truths; when one idea strikes against another, there may be a spark.(25)

72. But the common saying, expressed in various ways and attributed to various authors, must be recalled with approval: in essentials, unity; in doubtful matters, liberty; in all things, charity.

## Thoughts of St. Teresa of Avila and the Eucharist

(excerpts from the book "Hidden Riches: The Eucharist in the Carmelite Tradition" Edited by Elton Griffin OCarm; Ch. 4; Philip McParland OCD in conversation with Eltin Griffin OCarm)

Among many things, we can see that for St. Teresa of Avila, the presence of Jesus in Holy Communion is the source of healing, strength, and intimacy.

From Fr. Philip McParland, OCD: Teresa was in no doubt that the presence of Christ in the Blessed Sacrament was a powerful source of healing; spiritual healing, emotional healing, healing of relationships and physical healing. This is what she has to say about it. She is writing about herself in the following passage:

*"Do you think this heavenly food fails to provide sustenance, even for these bodies, that it is not a great medicine even for bodily ills? I know it is. I know a person with serious illness, who often experiences great pain, who through this bread had them taken away as though by a gesture of the hand and was made completely well. This is a common experience, and the illnesses are very recognizable, for I don't think they could be feigned. And because she wonders this most sacred bread effects in those who worthily receive it are well known, I will not mention many that could be mentioned regarding this person I've spoken of. I was able to know of them, and I know that this is no lie. But the Lord had given her such living faith that when she heard some persons saying they would have liked to have lived at the time Christ our God walked in the world, she used to laugh to herself. She wondered what more they wanted since in the most blessed sacrament they had him just as truly present as he was then. Now then, if when he went about in the world the mere touch of his robes cured the sick, why doubt, if we have faith, that miracles will be worked while he is within us and that he will give what we ask of him since he is in our house? His Majesty is not accustomed to paying poorly for his lodging if the hospitality is good." (Way 34:3)* It's up to us to provide the hospitality. He will do the rest.

To look at the second aspect, a source of strength: In Chapter 34 of "The Way of Perfection," Teresa tells us *"that by the gift of the blessed sacrament Jesus remains with us to help, encourage and sustain us in doing God's will, that what we had prayed in the previous petition might be done in us."* And later in the same chapter she says that Jesus has given us the manna and nourishment of his humanity that we might find him and that he is teaching us to set our wills on heavenly ways. A very important thing for Teresa was the will of God. The goal of her spiritual life was divine union. A

union of wills reminds us of what St. Augustine said: *"Love God and do what you will."* If your will and God's will become one you will love God. In practical terms to do the will of God seems to me is to put on the heart and the mind of Christ. It is to live as Christ lived. Teresa was aware of her own weakness. Left to herself, relying on her own strength she knew that it was impossible for her to do the will of God, to live like Christ. It was in the bread of the Eucharist, the great source of spiritual nourishment, that she received the strength to be able to do the Lord's will in her life, to live the way of Christ and so to be conformed to Christ.

Receiving Christ in holy communion was an experience of communion with Christ, a union with Christ. For Teresa the time after communion was a time of intimacy, a time to be with her Lord, her beloved. On one occasion Jesus showed her that the soul is filled with the Godhead and she heard the words *"Don't try to hold me within yourself but try to hold yourself within me."* She heard also revealed *"that the soul, after receiving holy communion, detaches itself from everything so as to abide more in me. It is no longer the soul that lives but I."*

After communion her focus was on her relationship with Christ, rather than using the time to intercede for the needs of others. Why? For her it's the time to be with her Lord, to experience his presence, to abide in his love. She writes as follows: *"On another occasion after receiving communion, it seemed most clear to me, she says, that our Lord sat beside me and he began to console me with great favors and he told me among other things 'See me here, daughter, for it is I; give me your hands.' And it seemed he took them and placed them on his side and said, 'Behold my wounds. You are not without me.'"* (Spiritual Testimonies 12:6).

