



RAYS OF CARMEL

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

Meetings and Events

August 7-9, 2020 – Retreat
 August 9, 2020 - Formation
 September 13, 2020
 October 11, 2020
 November 8, 2020
 November 14, 2020 – Holy Mass
 with Promises and Vows
 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

8/7 St. Albert of Trapani, priest
 8/9 St. Teresa Benedicta of the Cross, martyr
 8/15 The Assumption of the Blessed Virgin Mary
 8/16 Bl. Maria Sagraio of St. Aloysius Gonzaga, virgin and martyr
 8/18 OCD Martyrs of the French Revolution—Bl. John-Baptist Duverneuil, Bl. Michael Brulard, and Bl. James Gagnot, priests
 8/25 St. Mary of Jesus Crucified, virgin
 8/26 St. Teresa of Jesus' Transverberation

Prayer Intentions for August

In August our Community will be praying for **Visitation Church** (Eaton) and Fr. David Doseck.

Pope Francis' intention for the month of August is for **the Maritime World**: We pray for all those who work and live from the sea, among them sailors, fishermen and their families.

Monthly Devotion: St. Teresa Benedicta of the Cross



On August 9 the Catholic Church remembers Saint Teresa Benedicta of the Cross, also known as Edith Stein. Saint Teresa converted from Judaism to Catholicism in the course of her work as a philosopher and later entered the Carmelite Order. She died in the Nazi concentration

Essays on Woman: Volume Two by Edith Stein, translated by Freda Mary Oben Ph.D.

In seven essays, Edith presents the challenges and opportunities of being female in the political, religious, and cultural thoughts of her time. Today, as one pursues the role of a woman in any of the walks of life as a Catholic laywoman, this book could be what one is looking for.

Contact Joyce W to borrow this or any book in our library!

Recommended You Tube video – **Episode 12: Demystifying St. Teresa Benedicta of the Cross (Edith Stein)** from ICS Publications <https://www.youtube.com/watch?v=xy8EEOQ818M>

*** From our Formation Director Colleen ***

This is the season in which some members of the community are deep in preparation for advancing in formation, Council prepares for interviews, and everyone supports the process with prayer. We are all involved in one way or another.

This is a good time to recall that your formation as a Carmelite continues beyond the day you make your Definitive Promise. Wherever you are in your journey, you are still being formed in the school of Carmel.

With that in mind, I would like to share the following "Goals in the Formation of the Secular Carmelite." This list was compiled by the San Jose OCDS Community in 2010. While it was written for their Aspirant class, these goals apply across all levels of formation. Ponder each point as you read it, considering how these goals are a part of your life, whether you are new to Carmel or you have been here for a while.

Goals in the Formation of the Secular Carmelite

1. To divest ourselves of attachments to worldly and spiritual goods, in order to arrive at union with God through contemplative prayers. This implies a desire to be perfected in the evangelical counsels of poverty, chastity and obedience, and in the spirit of the Beatitudes.
2. To grow in the theological virtues which unite us with God: faith, hope and charity. In the purification (active and passive) of the intellect we grow in faith. In the purification of the memory we grow in hope, and in the purification of the will we grow in charity.
3. To open ourselves more fully to God's grace by a consistent daily life of prayer, worship and sacrifice, having frequent recourse to the sacraments of the Eucharist and Penance.
4. To imitate the virtues and hidden life of our beloved Mother, Mary, and to deepen our relationship with her as we respond to her maternal guidance in our daily lives.
5. To help each other (and others in general) by our good example of selflessness and unconditional love. As we grow in a true spirit of community among ourselves and realize that we are a vital part of the Church as a whole, we should realize our great responsibility to witness to the world in a way which will cause them to exclaim, "See how these Christians love one another!"
6. To grow in our appreciation and knowledge of Holy Scripture and the doctrines of our Holy Mother Church, so that we may be better able to define and defend our faith and resist the snares of the enemy.
7. To grow in understanding of how it is both possible and beneficial for us to live contemplatively while remaining "in the world" and how this witness is a most pressing one in today's society.
8. To familiarize ourselves with the writings of our Carmelite saints, who have been designated by the Church as our trustworthy guides in the spiritual journey, and to broaden our knowledge of the history of our Order, which formed them.
9. To grow in service of the Church by our prayers and sacrifices, and to offer to help in our local parishes wherever we are needed. In particular, we should respond to the ever-present need to pray for our priests, and for new vocations.

Announcements

- **August 9 formation** will be via Zoom at 3:00pm to give folks attending the retreat a chance to get back home, have lunch and rest up.
- **September 13 formation** will be via Zoom. It was hoped that we could resume meetings in person at St Peter's for September. With the new school year beginning at St Peter's in person in the same building we use, it is a big unknown regarding the spread of the virus. Keeping things sanitized and having enough staff to do this is of key concern; the door knobs, tables, bathrooms and ventilation systems... For the safety of our community members, Council has decided to continue with Zoom for September.
- September we have **interviews for those advancing**. Council will meet at 11:15 a.m. via Zoom in a break off meeting room. Those having interviews can sign in to the main room and wait and socialize with anyone else waiting. You will be called in for your interview when Council is ready. After your interview, sign off. General Meeting and formation for everyone will be at 2 p.m. Tim will schedule the meetings; e-mails will be sent out with the Zoom link as we get closer to that date.
- **Those interviewing in September:** letters are due to Council by September 1.
- **Semi-annual donations** will be collected in September and can be mailed to Teresa G. A rule of thumb is \$10/meeting or \$60 semi-annually, but this is only a guideline. Please adjust the amount to suit your circumstances.

The Transverberation of St. Teresa

[On August 26] the Discalced Carmelite Order celebrates that mystical grace granted to St. Teresa which we call the Transverberation, also referred to within the Carmels of Ávila as "la gracia del dardo" or the "grace of the dart." St. Teresa herself recounts the experience in chapter 29 of her Life:

"I saw close to me toward my left side an angel in bodily form. ... the angel was not large but small; he was very beautiful, and his face was so aflame that he seemed to be one of those very sublime angels that appear to be all afire. They must belong to those they call the cherubim, for they didn't tell me their names. ... I saw in his hands a large golden dart and at the end of the iron tip there appeared to be a little fire. It seemed to me this angel plunged the dart several times into my heart and that it reached deep within me. When he drew it out, I thought he was carrying off with him the deepest part of me; and he left me all on fire with great love of God. The pain was so great that it made me moan, and the sweetness this greatest pain caused me was so superabundant that there is no desire capable of taking it away; nor is the soul content with less than God. The pain is not bodily but spiritual, although the body doesn't fail to share in some of it, and even a great deal. The loving exchange that takes place between the soul and God is so sweet that I beg Him in goodness to give a taste of this love to anyone who thinks I am lying." (Life, 29.13)

— from Fr. Michael Berry, OCD

(<https://ocdfriarsvocation.org/the-transverberation-of-st-teresa-of-jesus/>)

Council/Coordinators

Spiritual Assistant: Fr. John MacQuarrie

Assistant to Fr. MacQuarrie: Deacon Rusty B

President: Marika Z

Director of Formation: Colleen S

Councilors: Paul A, Tim B, Herb E

Treasurer: Teresa G

Secretary: Marguerite S

Operations Committee: Susie G, Marguerite S, De Z, Marika Z

Attendance: Marika Z

Big Brother/Sister: Paul A and Caroline A

Book Coordinator: Susie G

Deceased Desires: Marika Z

Hospitality: De Z

Infirmarian: Theresa R

Librarian: Joyce W and Joan L

Liturgist: Marika Z

Liturgy of the Hours Help: Angela

Newsletter: Lynn B

OLMC Statue: Angela W

Prayer Warriors: Ed F, Francesca F, Dorothy G, Rose Ann L, Jeanne P, and Sheila W

Setup/Cleanup: Marguerite S

Website: Lynn B

Visitors: Maureen E, Tammy J, Mark O

Aspirants: Teresa T

Temporary Formation: Lynn B

Definitive Promise: Theresa R

Ongoing: Tim B, Mark D, Chris C

Meeting Schedule for September - Zoom

11:15 - 11:30 Council preps for interviews

11:30 - 11:45 Herb E (vows)

11:45 - 12:00 Maureen E (vows)

12:00 - 12:15 Tammy J (vows)

12:15 - 12:30 Shelia W (vows)

12:30 - 12:45 Teresa G (definitive promise)

2:00 - 3:30 General Meeting and Formation

Meeting Schedule when in-person resumes

11:30 - 12:30 Council Meeting

12:30 - 1:00 Set Up / Social Time / Help with Breviary

1:00 - 1:40 Community Meeting and Presentation

1:40 - 2:00 Social Time / Transition to Formation

2:00 - 3:00 Formation

3:00 - 3:30 Social Time / Transition to Church

3:30 - 4:30 Holy Hour in Church (Exposition/Adoration/ Evening Prayer/ Benediction)

4:30 - 4:45 Clean up

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.