Carmelite Bulletin

Carmel of Saint Teresa of Jesus
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Dear Friends,

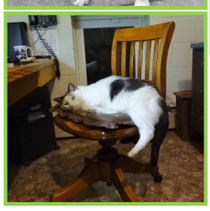
We wish you all a happy Spring! It is the time of going deeper into our Lord's paschal mystery, uniting ourselves with Jesus' very own suffering, death and resurrection. We bring the needs of our world, our Church and all of your intentions to our dear Lord each day, knowing that He is greater than ALL. We can trust Him to bring His light and truth into darkness—whether we can see it now or not yet. May the holy and glorious passion, death and resurrection of our Lord Jesus triumph!

This past Advent and Christmas our sisters, unfortunately, got the severe respiratory virus that so many people had. We had big plans to start early with singing practice for the Christmas liturgies, but that never happened with only a few sisters without laryngitis and coughing spells. Gratefully, our friend Paul Vogler came to our rescue at Midnight Mass. He played the organ beautifully and led the singing. It all turned out very lovely, including the crèche in the front of the chapel. Thank you, Paul.

After Christmas and some recovery time to get well our friends the Missionaries of Charity came for a meal. We prepared Indian cuisine as best we could and they brought more to add, and all were delighted to share each other's company.

Sr. Cecilia's mother has been in poor health for quite a long time, and on December 30th, the Feast of the Holy Family, our newborn King finally called her home to Himself. What a blessing that Sr. Cecilia had just gone home and all the family had been there when her mother died a very peaceful death. It is so appropriate that she died on the Feast of the Holy Family, since she and Mr. Chun exemplified what it means to put the family at the center of their lives.

Our little dog Gracie had to have leg surgery in January. It has been quite an experience for us, especially for Sr. Anu Maria whose task is caring for the dogs. Gracie cannot use the leg except for very short distances, so she's been tied to a short leash for quite some time, and has still a long time before it's all over, and she's not real happy about that. You can see where her leg was shaved.



The Diocesan Women's Vocation Retreat was held at end of January with about 30 young ladies attending. Sr. Mercia Mary participated again this year, and said that it is always a very positive experience for the girls *and* the sisters. Seeds are planted and retreatants get to know that religious sisters and nuns are "normal people, too" (as one young lady commented).

Speaking of religious, this year we held a Mass and luncheon at our Carmel for the religious men and women of our diocese on February 2nd, World Day of Prayer for Consecrated Life. The chapel was almost full of religious as we all renewed our vows and then happily enjoyed a meal together, catching up with each other's lives and meeting new sisters and brothers. We are so grateful to all who attended and helped in any way.

A highlight of this special day was Sr. Andrea's Silver Jubilee—25 years in religious life! We celebrated in community the following day with her choice of meal—Mexican food. Sr. Andrea shares so much of herself and her talents in our community, and we are so grateful for her fidelity to her beloved Bridegroom and His Church!

Built by Sr. Lucia and Sr. Anu Maria

Some sisters are taking online Theology classes as a means of initial and on-going formation. There are so many good, Catholic resources available today even without leaving the cloister.

As a community we are reviewing the Church's New Apostolic Constitution for Contemplative Nuns *Vultum Dei Quaerere ("Seeking the Face of God")*. We hope to grow in knowledge and love of our particular calling in the Church as contemplative nuns. As we follow the path our mother the Church places before us we see how much She truly loves her daughters!

You are always welcome to visit our website and blog page. You can also see our Mass Times page for any schedule changes. Also, in the near future we hope to have new header photos for the main pages of our website, taken by Sr. Lucia's nephew Brian Waitz, so stay tuned!

The nuns wish you many blessings of a fruitful Lent, a happy Easter and wonderful solemnity of St. Joseph!

I prefer to think of Joseph as an "icon" of the Father. An icon is an image that speaks a thousand words and mysteriously makes present what it signifies. St. Joseph in his very person is an icon of God the Father, a living representation of many of the qualities and characteristics of the eternal Father.

Fr. Tim McCauley, priest of the Archdiocese of Ottawa

Please join us in our Novena to Saint Joseph

March 11th—19th

St. Joseph, Shadow of the Eternal Father

Among the varied definitions of the word "shadow" are found the descriptive phrases, shelter from danger or observation; an inseparable companion; and an archaic use as shelter, protect.

In the oft recited Litany of St. Joseph, one finds the invocation addressing St. Joseph as "Shadow of the Eternal Father." How might Joseph qualify for this title? Both Joseph and Mary were acquainted with the then known Hebrew scriptures in which is laid bare the weakness and vulnerability of people and God's sovereign power and inclination to come to the rescue. The psalms are graphic in their description and ultimate trust in God's compassion and mercy for the lowly and afflicted.

St. Joseph Shadow of the Father
by Fr. William Hart McNichols

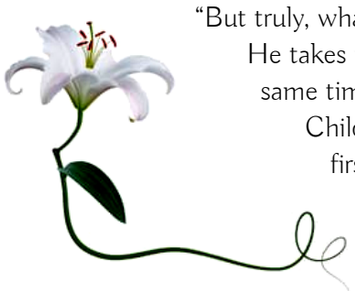
Some examples are as follows:

Psalm 17:8 – … hide me in the shadow of your wings from the wicked who despoil me.
Psalm 57:2 – In you I seek refuge. In the shadow of your wings I seek refuge till harm pass by.
Psalm 31:20- 21 -- How great is your goodness, Lord, stored up for those who fear you. You hide them in the shelter of your presence safe from scheming enemies.
Isaiah 49:2 assures us of the protecting shadow of Yahweh's hand under which the servant of the Lord finds refuge.

In St. Luke's account of the announcement to Mary of the birth of Jesus, he has Gabriel tell Mary the power of the Most High will overshadow her. Therefore, she was to live under this ongoing protection of this overshadowing as events unfolded. With this understanding Mary and Joseph together in marital union each live out their own unique calling in the shadow of his wings.

When summoned by Joseph in the middle of the night, to flee into Egypt for the protection of the child, both without hesitation obey the command of the angel received by Joseph in a dream. As they rise and quickly set out on the arduous journey, Joseph fulfills his mission as protector becoming as it were a visible sign of the Eternal Father's sheltering refuge and faithful protector. Joseph, thereby, proves himself worthy of trust in times of distress and uncertainty; as protector of the vulnerable and helpless.

There are such times in the lives of each of us for one reason or another. For a faithful companion on life's journey, Joseph never fails. Without intruding, he merely waits to be summoned and is both mindful and respectful of the great plan God has for each one of his children. He is content to remain ***Joseph, shadow of the Eternal Father.***



"But truly, what first strikes us about Joseph is a certain way of' 'cutting back,' of taking away. He takes the Incarnation from our view...he keeps in the background and conceals at the same time. He is hidden and he hides...To hide, to cover, to take away, by removing this Child entrusted to him by the Father from a hostile and immature world; that is the first impression the Gospel makes on us when we are searching for Joseph there."

(Excerpt from a book entitled:
St. Joseph Shadow of the Father, by Fr. Andre Doze)