Carmelite Bulletin

Carmel of Saint Teresa of Jesus
7201 West 32nd St. Little Rock, AR 72204-4716

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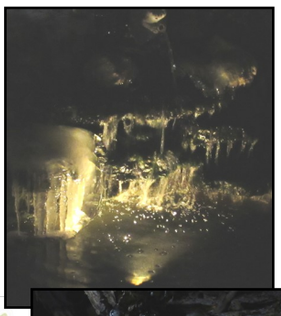
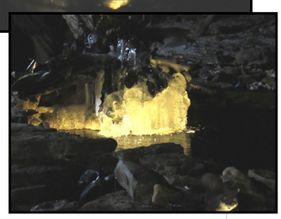
Dear Friends,

We hope and pray that you are all doing well as our weather slowly warms as spring nears. Our hearts and prayers were with those suffering flooding and fires in California and the winter storms in upstate New York. We have had our usual ups and downs in terms of temperature with an extreme of 30 below zero wind-chill in late December which burned some of our evergreen shrubs. The greenhouse which was heated also froze. Our fish pond and a small "waterfall" was frozen solid. Toby "enjoyed" standing on the frozen pond! (Picture below) We are looking forward to new life and more color in our gardens.





We continued our online courses with a break for Christmas taking a class on the Anthropological Insights and Spirituality in Edith Stein and an Introduction to Liturgical Spirituality. We have benefited greatly from them and spent time after the classes talking about what we have learned, often gaining new insights from each other. We are on semester break and will begin our last semester of classes in mid-February.

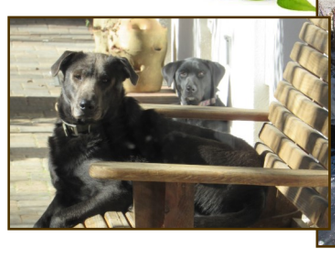
This December we were all excited to begin watching Season 3 of the Chosen. We have watched every episode and find it a wonderful aid to prayer and entering into the stories portrayed in the Gospels. We would highly recommend it to those who have yet to see it.

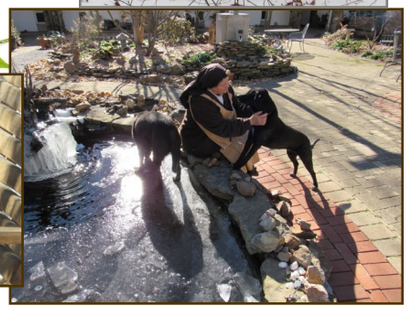
Each Christmas is unique in Carmel with different decorations and little surprises every year. We enjoyed visits with dear friends and our annual traditions. For epiphany this year Sr. Cecilia found the Infant in the King Cake and was crowned King for this first time in her 40 years in Carmel. Sr. Petra was her Queen and our Patron this year is the Infant Jesus. We pray that we will be more like Him who humbled Himself and came as a child. What great fun we had playing pin the tail on the donkey with moderate success and we received a surprise gift from Santa as our prize. She also gave us the gift of a hermit day the next day which we were all grateful for.

Because of our bout with COVID last fall we were sadly unable to have our annual Mass and luncheon with our Secular Carmelites but were grateful to have a dinner with our Friars during Christmas week. We are now looking forward to our postponed 2022 retreat that Fr. Stephen Sanchez O.C.D. graciously will give after Lent begins.

We are also looking forward to the Consecrated Life celebration we will have with over 50 of our fellow religious in our diocese and our beloved Bishop Anthony B. Taylor. It has been some time since we have been together to celebrate Mass and share a meal together. We will celebrate it on the Saturday following February 2nd, the Feast of the Presentation of the Lord, also known as Candlemas Day. Our community always have a procession with a lighted candles for it is a day of prayer for all men and women in consecrated life. Just as Jesus is the light of the world, we religious are called to reflect the light of Jesus to all we meet.

Our animals are all doing well. Toby and Sadie continue to grow into excellent watch dogs. One night they were barking ferociously and Sr. Anu went out to see if something was wrong. They had cornered a possum which was scared stiff and Sister had to grab it with a shovel to remove it from the area. It's good to know that they will keep us safe from possums!





We are grateful for all of you our dear friends and keep you and all your needs close to our hearts. May St. Joseph intercede for you and help you in all your needs. May he who watched over and protected the Infant Jesus watch over and guide us the Church, who are members of His Body.

I wish I could persuade everyone to be devoted to this glorious saint for I have great experience of the blessings which he can obtain from God."

- St. Teresa

Please join us in our Novena to Saint Joseph

March 11th — 19th

St. Joseph, Protector of Holy Church

How often Joseph and others of his family and tribe made their way to Jerusalem to fulfill the prescribed offering of the Jewish covenant. On occasions Mary and Jesus accompanied him. Approaching the holy hill of Mount Zion, the Songs of the Ascents (Psalms 120-134) would be naturally sung by the pilgrims as preparatory for entering God's holy dwelling. Singing and praising God together strengthened their sense of unity as a nation uniquely called and held in benevolence by its Creator and sovereign Lord.

On one of these occasions, the twelve year old Jesus spoke of the temple as his Father's house and later in his public life zealously cleared the temple precincts of unruly trafficking.

Replacing the temple built by human hands, Christ's resurrected body became itself the new temple. According to the Catechism of the Catholic Church, Christ having redeemed us from all iniquity by the free gift of himself has made of us a new people of God. One enters into this People of God by faith and Baptism. All are called to belong so that in Christ there may be one family.

The church founded upon the rock of Peter the apostle is the Body of Christ. Through the Spirit and his action in the sacraments, above all the Eucharist, Christ who once was dead and is now risen, establishes the community of believers as his own body.

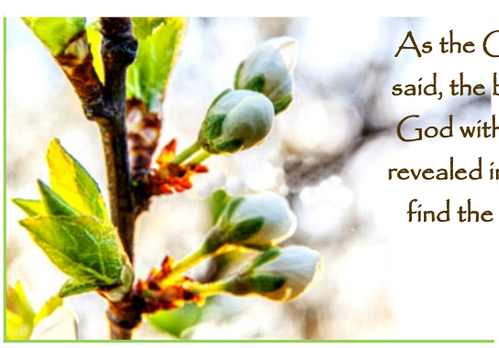
The Church is the Temple of the Holy Spirit. The Spirit is the soul, as it were, of the Mystical Body, the source of its life, of its unity in diversity, and of the riches of its gifts and charisms. (Catechism of the Catholic Church, Nos. 802-809)

How fitting that St. Joseph who made himself completely available to protect, nurture and teach Jesus should be invoked as "Protector of Holy Church," meaning, the mystical body of believers, the Temple of the Holy Spirit.

Echoing the words of Ps 122:1

I rejoiced when they said to me,
"Let us go to the house of the Lord."

Those trusting in the Lord are like Mount Zion,
Unshakable, forever enduring. (Ps 125:1)



As the Constitution on Divine Revelation of the Second Vatican Council has said, the basic attitude of the entire Church must be that of "hearing the word of God with reverence," an absolute readiness to serve faithfully God's salvific will revealed in Jesus. Already at the beginning of human redemption, after Mary, we find the model of obedience made incarnate in St. Joseph, the man known for having faithfully carried out God's commands.

— REDEMPTORIS CUSTOS
Pope St John Paul II