Carmelite Bulletin

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

We greet you once again with grateful hearts for your friendship. So many things have happened since our last bulletin. Two of our biggest blessings came to us in early June! Postulant Renee Kendall entered our community on the Solemnity of Corpus Christi Sunday and Angelica Dizon followed a few days later on June 8th, the Feast of the Immaculate Heart of Mary. Thank you all for your prayers for good vocations, and thanks to St. Joseph, as well! We were happy to spend a little time getting to know their families when they brought them. Renee's family came from Wichita, KS and Angelica's from Apex, NC. Renee and Angelica have been settling in wonderfully so far, truly embracing our life of prayer, work and community. We are so grateful to God for these precious gifts to the Church and our Carmel.

The Novena to Our Lady of Mount Carmel was a special time of prayer as we continually offered her all the intentions we received. Many people joined us each evening. Msgr. Lawrence Frederick and Fr. Patrick Friend shared the nine days of Masses and inspired us with ponderings on aspects of Mary's life. For the solemnity of Our Lady of Mount Carmel Bishop Anthony B. Taylor celebrated the Mass. Many attendees that evening were enrolled in the Brown Scapular. They received the handmade scapular done by many hands over the last year or so, which we spoke about in the previous Bulletin. Much of the work was done by our postulant Renee and her mother Marsha, as well as Manuela, our gifted seamstress-helper for the monastery.

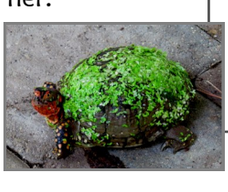
The last part of July Sr. Lucia and Sr. Cecilia drove all the way to Washington, DC to attend the Carmelite Symposium and Our Lady Queen of Carmel Association meeting. Thankfully, they stopped halfway through and they were graciously hosted by our good friend, Fr. Michael Woods, who is pastor of a parish in Fairfield Glade, TN. But on the trip back home they drove it all in one day. To say the least, we were happy to have them back home safely. After the Symposium the Father General of the Discalced Carmelite Order, Fr. Miguel Márquez Calle OCD, gave a couple days of presentations and spent time getting to know the nuns of our Association, which was a rare blessing. Our sisters also got to visit some sites and took lots of pictures.

In August our community had its triennial elections with Sr. Cecilia as our new Prioress and her Council as follows: Sr. Mercia Mary, Sr. Lucia and Sr. Stephanie. We are grateful to Sr. Lucia for "being at the helm" the last two terms (six years total) as our Prioress. She served our community tirelessly and generously. We ask your special prayers for our new "Shepherdess" and all her sheep!

Also in August we enjoyed having our annual Mass and luncheon with our seminarians. It is a joy to see first hand our local Church growing and thriving with new vocations to the priesthood, and to know these young men personally is truly a gift. On occasion we see some of them from the House of Formation here in Little Rock at our daily Mass. They know we pray for them daily.

We were happy again this year to taste the fruits of many bees' labor when Renee and Angelica harvested a huge bucket of honey, about 65 pounds from the hives. They have been learning the skill of bee keeping and enjoy it. We're so grateful they have taken interest in the task. A friend of ours, Pat Cullivan, who donated his own equipment has been their mentor. He also helped them get started.

On a sad note, our Sr. Bernadette (almost 101 years old) had a little fall and broke her leg in early July. She now is unable to get out of bed and needs full care. Before this happened she attended most of our community activities. Now our Lord has asked her to share more intimately in His sacrificial suffering on the cross. We find her now radiating peace and self-surrender in this final chapter of her life. Although she is weak and doesn't talk much she is still "all there" and gives her loving smile to everyone who visits her. Please pray that she continues to accept all our Lord desires for her.



Our "unique" animals!

Several of our friends have died in the last few months, and we are praying for them and their loved ones. We remember them especially each month when we pray for our deceased family, friends and benefactors at Mass and in the Divine Office.

Blessings, love and prayers for you all as we thank God for you always, our beloved friends.

PLEASE JOIN US

Solemnity of Saint Therese and Blessing of Roses
Tuesday October 1 7:30 A.M.
and
Solemnity of Saint Teresa of Jesus
Tuesday October 15 7:30 A.M.

The Eucharist, Our Daily Bread

As we pray together the words of the "Our Father" in the Eucharistic liturgy, how often do we reflect on the petition, "Give us this day our daily bread"? St. Teresa saw this petition as a request for the bread of the Holy Eucharist. She offers us her reflections on the same in chapter thirty-four of her book, The Way of Perfection. "In saying, 'this day,' it seems to me, He is referring to one day: that which lasts as long as the world and no longer." Receiving the Eucharist with great faith, keeping one's attention focused on the Person of Christ can have a transformative effect in the life of the communicant. "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 compensating poorly for His lodging if the hospitality is good." So writes St. Teresa of Avila to her nuns!

Awakening, nourishing and strengthening the faith of the believer necessitates some preparatory work and persevering effort for each of us. The mind is easily diverted by tumultuous cares and distractions of all kinds. Finding a place of solitude and quiet is a good beginning. Then nourishing the mind with some spiritual reading prepares the setting for welcoming Christ, Who comes in His Eucharistic Presence. To open the door of one's mind and heart is to welcome the Risen Christ Who once passed through closed doors and appeared to His apostles on the night of the Resurrection. So even now does He pass into the heart of the believer bringing His peace which is not of this world. He longs to be recognized and to be treated as a real Guest.

Each human person is special and unique; perfectly understood and loved unconditionally. If humbly sought, the Spirit takes our inner "groanings" of whatever kind and makes of them fruitful worship. Christ in His Eucharistic Presence remains as long as the sacred species of bread and wine are intact, usually about ten minutes. St. Teresa further says that He always comes with gifts and these are freely given. What better can we do than make room for so wonderful a Guest Who has created us in His own image. He has gone to prepare a place for us that we may be welcomed at His Eternal Banquet where He will be host and we in turn be chosen guests.

Union with Christ in the Eucharist

One day after having received Communion,
I truly thought my soul was made one with the most sacred Body of the Lord.
He appeared to me. His Presence caused me to make much progress.

St. Teresa of Jesus – Spiritual Testimonies #44

We invite all to celebrate
Sister Mary Petra of the Cross, OCD
60th Anniversary of Vows, Diamond Jubilee
On Saturday, October 5th
Thanksgiving Eucharist at 10 am in our Chapel