Carmelite Bulletin

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

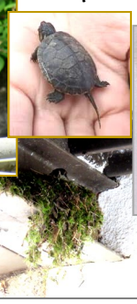
Here in Arkansas summer is upon us. We were very blessed to have a long Spring this year and used every bit of it to plant seeds and enjoy cool mornings and many cool, beautiful spring days. Much has occurred since our last bulletin. The world situation continues to bring us to prayer for God's divine intervention. And, since we know He is Lord of all, and we know He is Love, there is hope for all who suffer and for those in darkness. We pray for peace and healing in our world, and for every heart to know His gift of peace. Alleluia, He is risen!

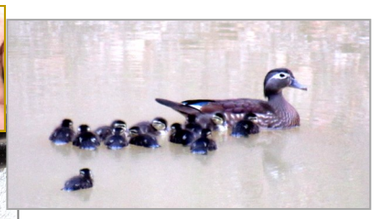
Sunrise from our Carmel

We hope you had a beautiful Easter season, which only ended at Pentecost Sunday, this past May 24th! Many people attended Mass in our chapel during Lent this year, and even for the Holy Triduum the chapel was full. It was special to celebrate these most holy liturgies with our local Church.

As you recall from past bulletins, each year the local Catholic senior classes from both high schools in Little Rock (there are only two Catholic high schools) came for their last Mass together and a short visit with us. They asked us good questions and we had the opportunity to share about our life as cloistered Carmelites.

Besides visitors to our chapel there were also many and varied visitors from the animal kingdom recently. To name a few: a duck and her ducklings, a baby raccoon stuck in a tree for fear of our dogs, lots of baby birds and their "parents" with their nests, more than usual baby turtles (the size of a quarter) in our courtyard, a couple of vultures hanging out in a tree close to the kitchen and snakes. Our dogs have been quite the threat to these unexpected travelers, but really enjoyed the excitement. The bees are busy ("busy bees"!) in the four hives we currently have, and hopefully will share the fruits of their labor with us later this summer.





We have begun some repair and renovation projects in and around the monastery recently, which has been exciting for us. Some of these include new air conditioning and ceiling ducts for the nuns' choir and Novitiate wing, along with roofing/wall work, new choir windows and flooring. We are also getting some rock work done to beautify certain areas inside and out: around and behind Our Lady of Mt. Carmel statue in the chapel narthex, the same in the nuns' choir, and the completion of the front entrance monastery sign with the statue of St. Teresa (also new). A smaller rockwork foundation was just completed in the yard behind the nuns' cells for our new stone statue of the Holy Family. Soon we hope to post pictures on our website and in our next bulletin.

Due to the construction we took up residence for prayer in our speak room, transforming it into a temporary choir. It has been a little interesting trying to adjust but overall it has been quite "cozy" praying together in a small space. We even get to hear the trickle of the pond fountain right outside the windows from the speak room, as well as the sister-cook in the kitchen a couple doors down!

Another big excitement we've been working on is the planning for our Carmels' Federation Assembly Meeting this Fall which will be held at St. John's Diocesan Center here in Little Rock. We hosted the triennial meeting last time and the nuns liked it very much. There are lots of details to work out, including a day visit to our monastery and short outing to the River Market downtown. We expect around 40 sisters from the Carmels in our Federation to attend. Our bishop Anthony Taylor was generous, once again, to offer the use of the diocesan Center. Of course, it will be a delight to show them our new choir!

All the sisters are doing well, thanks be to God! Sr. Camilla (at 95!) continues to be a part of all our community activities, and always wants to go to the choir and pray while we are working at our daily tasks. She is an example of a true Carmelite, going towards the goal with all her might, up to the very end. Please pray for the young women discerning our life and will be making visits in the near future. Sr. Karith Michael needs companions in the novitiate!

We hope you have a peaceful and restful summer. We pray for you and your intentions always in gratitude and love!

Please join us

for our Novena to Our Lady of Mount Carmel

Wednesday, July 8th - Thursday, July 16th

Celebration of the Eucharist in our Chapel

each evening at 7:15 pm

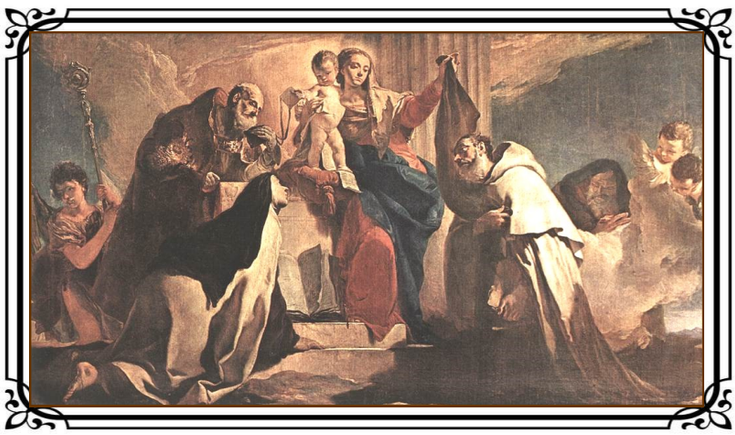
Homilist: Fr. Daniel Klimek, M.I.C.

Accompaniment with Mary, the Carmelite Way

Just as in Old Testament times the Ark of the Covenant was the center of Israel's worship, so a tiny chapel on Mt. Carmel in Palestine dedicated to Mary became the center and source of inspiration for a few hermits living together in hermitages carved out of the rugged hillside. Here in the simplicity of their dedicated life of prayer they experienced the sheltering presence of the Mother of God and soon became known as "Brothers of the Blessed Virgin Mary of Mount Carmel." Under her maternal influence they were nurtured in faith, hope and love amidst the trials of life, fears and disappointments.

From the cross Jesus had bequeathed the care and companionship of his Mother to St. John the Evangelist, and through him to all of us. Ready to receive her children fresh from the baptismal font, she willingly accepts each son and daughter in her role as Mother of the Church.

One of the signs in the tradition of the Church from many centuries ago is the Brown Scapular of Our Lady of Mount Carmel. The Scapular is a sign approved by the Church and accepted by the Carmelite Order as an external sign of love for Mary, of the trust her children have in her and of commitment to love like her. The scapular indicates a form of clothing which monks wore when they were working. With the passage of time, people began to give symbolic meaning to it: the cross to be borne every day as disciples and followers of Christ. In some religious orders, such as the Carmelites, the Scapular turned into a sign of their way of life. The Scapular came to symbolize the special dedication of Carmelites to Mary, the Mother of God, and to express trust in her motherly protection as well as the desire to be like her in her commitment to Christ and to others. Thus, it became a sign of Mary.



The Blessed Virgin Teaches us, to be open to God, and to his will, shown to us in the events of our lives; To listen to the Word of God in the Bible and in life, to believe in it and to put into practice its demands. To pray at all times, as a way of discovering the presence of God in all that is happening around us: To be involved with people, being attentive to their needs. It leads us into the community of Carmel, a community of religious men and women, which has existed in the Church for over eight centuries. It calls on us to live out the ideal of this religious family; intimate friendship with God in prayer. It reminds us of the example of the saints of Carmel, with whom we establish a close bond as brothers and sisters to one another. It is an expression of our belief that we will meet God in eternal life, aided by the intercession and prayer of Mary.

People are enrolled in the Scapular only once, by a priest or authorized person. Enrollment in the brown scapular will take place in our chapel at the close of the Solemnity of Our Lady of Mount Carmel on July 16th.

"Imitate Our Lady and consider how great she must be and what a good thing it is that we have her for our Patroness"

- St. Teresa (Interior Castle, III, 1, 3)