

**THE HOLY HILL  
CARMEL CLARION**

OCDS NEWSLETTER  
Eastern Provincial Office  
**HOLY HILL**  
1525 Carmel Road  
Hubertus, WI 53033-9770  
#414-628-1838

VOL 2, NO. 1

DECEMBER LETTER FROM FR PATRICK  
FARRELL, PROVINCIAL DELEGATE FOR  
THE MIDWEST PART OF THE WASHINGTON  
PROVINCE:

Dear Members of The Secular Order and  
supportive friends,

This will reach you either during Advent or  
during the Christmas season. So, I want to  
wish all of you a most Blessed Christmas!

Before my time, I heard, but did not see,  
that people put and lit candles on their  
Christmas trees. One person told me that  
her job was to watch the tree, so it did not  
catch on fire.

My father's family really celebrated Christ-  
mas--with a Crib scene under the tree and  
shepherds in the background. A seven inch  
picket fence around the whole under-tree  
project kept it from being walked on or  
bumped. So, with new lights and new  
technology, things are different from the  
past.

That is the story of the Church, too.  
And of Carmel.

One of the big changes--over the years--is  
that the TOCD old-timers or today's OCDS  
Secular Order members may see the Rule of  
Life differently.

**DO YOU KNOW WHY ARTICLE 7 OF THE RULE  
OF LIFE WAS ADJUSTED BY SECTION 6 #2  
OF THE STATUTES?**

In the "old days" tertiarles wore the large  
brown Scapular all the time and under their  
shirt or blouse. Hence today's rule and  
statutes mention that, instead, a small  
Scapular can be worn.

For a good reason, even the little Scapular  
can be replaced by a Scapular medal.

DEC 97-FEB 98

**ANOTHER FACT OF HISTORY THAT SHEDS  
LIGHT ON THE CURRENT RULE OF LIFE:**

Up until recently the Brothers who were not  
clerics, or planning to be, used to recite a  
certain number of OUR FATHERS instead of  
the psalms of the Office.

Article 5, paragraph 3, may very well have  
its origin in that centuries-old realistic ad-  
justment for those who can't--for one good  
reason or another--recite the church's  
morning or evening prayer: "Other prayers  
may be substituted for the Office"(Rule Art.  
5)

My own suggestion is: if you have a problem  
joining in the Church's morning or evening  
prayer completely, pray (not rapidly say)  
part of it and listen to what the rule of  
life tells you to do about the rest.

Is the Rosary better than Morning or Even-  
ing prayer? No. But, it may happen to be  
the way you have to go on certain days.  
And, the great value of the Rosary is not  
getting it said. But it brings you, if you are  
attuned properly, to the Humanity of Christ,  
so important to Teresian Carmelite Spiritual-  
ity.

When I was an 8th grader, they had this  
devotion during Advent of the 4000 Hail  
Marys to prepare for Christmas. I remember  
reciting a great many rosaries to get my  
4000 Hail Marys done in time for Christmas!  
Well, were they prayed or were they just  
recited?

Praying the Rosary--or any other formulat-  
ed prayer--is more important than "saying"  
or "reciting" it. Vocal prayer must be yours  
or it isn't even prayer.

--Blessed Christmas!-- Fr. Pat, OCD.

.....continued

## Evaluation Of Prayer By Its Effects

Do I accept my trials more willingly, even joyfully? Have I reached the point of desiring them?

Am I more at peace, even when things are difficult?

Am I worrying much less, and losing all apprehension about the future? Am I less fearful now of failure, ridicule, loss of possessions, loss of honor or esteem, of suffering and death?

Am I losing all sense of envy, feeling that I am the most fortunate?

Am I finding it easier to practice the virtues and to overcome old faults and bad habits?

Am I finding that things which used to upset me no longer do so?

Do I have a growing sense of God's love for me personally? And of his providential care ?

Do I find myself understanding the truths of the faith which were a mystery to me in the past?

Do I think less about the past and future than I do about the present moment?

Am I understanding the scriptures more clearly, even without study?

Am I more productive, careful, responsible and reliable? More self-disciplined?

Can I resist temptation better?

Am I less worried about what others think of me? Do I welcome humiliations?

Are my old, stubborn attachments giving way? Do I feel less in need of material comforts, of busyness, and of both human and divine consolations?

Have I lost all desire to speak well of myself and to hear others do so? Even to speak of myself at all? Do I prefer, instead, to listen to others?

Do I feel a growing compassion for those in pain and need?

Do I find that I really can love my enemies? (if I even feel that I have any!)

Do I prefer to act in obedience rather than according to my own private judgements?

Am I more patient in adversity and in ordinary events also? Am I more patient and gentle with the faults of others?

Do I feel a great urge to share my Treasure with others - to make God loved as I love him?

Am I entirely happy when alone? (or growing toward this)

continued on the next page.....

Am I less concerned about my health (while still caring for it to a reasonable degree)?  
Have I lost concern about aging?

Do I feel real grief that God is loved so little and offended so often? Do I feel a great desire to do penance to compensate for this?

Is God (and his will) the center of all my thoughts, hopes and desires in life?

Do I have spiritual insights which were not gained through study, but which are verified by the Church's teachings?

Do I find myself reluctant to relate to others the favors I have received from God (or honors from people), and the sacrifices I have made, or the good works that I have done?

Do I feel at peace when others ignore me, or my suggestions and opinions? When they taunt me or talk about me? (whether true or false)

Is my faith growing stronger, my doubts dissolving? (note that this may be preceded by some very strong temptations against faith, while at the same time I remain faithful to God and to prayer)

Do I do what is right even under very difficult circumstances? (persecution, ridicule, loss of goods, etc.)

Do I feel a great, even painful, longing for God? (note that one can pass beyond this stage, but never skip over it!)

Do I feel a great and urgent desire to help save souls through prayer, sacrifices and suffering?

Do I prefer solitude to company when there is a choice and charity does not dictate otherwise?

Do I find that I am less wasteful, and that I am more careful to use my goods unselfishly?

Do I find that I am no longer speaking needlessly, and that my speech is directed toward the good of others? (and the praise of God)

Do I have a great love and respect for the Church, for her ministers and for Holy Scripture?

NOTE: Some of these signs should be present in earlier stages of the prayer life, but many are indicative of the more advanced stages. Some are progressive in nature, growing more pronounced as the prayer life progresses.

# DECEMBER

# 1997

Sun

Mon

Tue

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	<p><b>1</b></p> <p>...God chose for the mother of His Son a daughter of Israel...</p> <p>Cath. Cat.</p>	<p><b>2</b></p> <p>Amen! Come Lord Jesus!</p> <p>Rev 22:20</p>	<p><b>3</b></p> <p>Remember God's honor and glory</p> <p>Inferior Castle</p>	<p><b>4</b></p> <p>... and a little child shall lead them</p> <p>Is 11:6</p>	<p><b>5</b></p> <p>Contemplation is something given by God</p> <p>Way of Perfection</p>	<p><b>6</b></p> <p>God leads us by different roads</p> <p>Way of Perfection</p>
<p><b>7</b></p> <p>"Without love, deeds count as nothing"</p> <p>Story of a Soul</p>	<p><b>8</b></p> <p>Oh Mary, conceived without sin, ... pray for us ...</p>	<p><b>9</b></p> <p>We are called to prayer and contemplation</p> <p>Inferior Castle</p>	<p><b>10</b></p> <p>Leave your soul in the hands of God</p> <p>Inferior Castle</p>	<p><b>11</b></p> <p>Love alone have I ever given ... with love</p> <p>He will repay me</p> <p>Story of a Soul</p>	<p><b>12</b></p> <p>Mary of Guadalupe, protect The Americas</p>	<p><b>13</b></p> <p>"Open our eyes to see the truth"</p> <p>St. Lucy</p>
<p><b>14</b></p> <p>Come let us worship the Lord</p>	<p><b>15</b></p> <p>God makes acts of love in the soul</p> <p>Living Flame of Love</p>	<p><b>16</b></p> <p>Blessed is the fruit of thy womb, Jesus</p>	<p><b>17</b></p> <p>O Wisdom, O Holy Word of God ...</p> <p>Office p. 118</p>	<p><b>18</b></p> <p>O sacred Lord of ancient Israel ...</p> <p>Office p. 121</p>	<p><b>19</b></p> <p>O Flower of Jesse's stem ...</p> <p>Office p. 121</p>	<p><b>20</b></p> <p>O Key of David ...</p> <p>Office p. 124</p>
<p><b>21</b></p> <p>O Radiant Dawn ...</p> <p>Office p. 130</p>	<p><b>22</b></p> <p>O King of all the nations ...</p> <p>Office p. 133</p>	<p><b>23</b></p> <p>O Esmenual, King &amp; Lawgiver ...</p> <p>Office p. 136</p>	<p><b>24</b></p> <p>Today you will know the Lord is coming.</p> <p>office p. 137</p>	<p><b>25</b></p> <p>She gave birth to her first born son</p> <p>Luke 2:7</p>	<p><b>26</b></p> <p>ST. STEPHEN</p> <p>"I see ... teh Sun of Man standing at God's right hand"</p> <p>Acts 7:5</p>	<p><b>27</b></p> <p>ST. JOHN</p> <p>God is light; in Him there is no darkness</p> <p>First Epistle 2:5</p>
<p><b>28</b></p> <p>HOLY FAMILY</p> <p>He went down with them and was obedient to them</p> <p>Luke 3:51</p>	<p><b>29</b></p> <p>HOLY INNOCENTS</p> <p>A cry was heard at Ramol</p> <p>Mat 2:18</p>	<p><b>30</b></p> <p>... Simply wait for the mercy of God ...</p> <p>Inferior Castle</p>	<p><b>31</b></p> <p>We have to meditate on the life &amp; death of Christ ...</p> <p>Inferior Castle</p>			

# JANUARY

# 1998

Sun

Mon

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					<p><b>1</b></p> <p>My soul proclaims the greatness of The Lord. My Spirit rejoices in God my Savior</p> <p>Luke 1:16</p>	<p><b>2</b></p> <p>I will sing to you, O Lord I will learn from you the way of perfection</p> <p>Lit of the Hours p. 947</p>	<p><b>3</b></p> <p>The Lord is my love, my fortress; He is my stronghold, my savior.</p> <p>PS. 144:2-3</p>
<p><b>4</b></p> <p>You are my God. I thank you - My God I praise you</p> <p>Psalms 118</p>	<p><b>5</b></p> <p>We can make of our hearts an Oratory where we can withdraw from time to time, to converse with Him there"</p> <p>Bro. Laurence (letter 9)</p>	<p><b>6</b></p> <p>Let us often recall that our only concern in this life is to please God.</p> <p>Bro. Laurence (letter 8)</p>	<p><b>7</b></p> <p>In the morning, fill us with Your love</p> <p>PS 100</p>	<p><b>8</b></p> <p>Let the Word of Christ, rich as it is, dwell in you.</p> <p>2 Cor 12:1</p>	<p><b>9</b></p> <p>The Spirit Himself gives witness with our spirit that we are children of God.</p> <p>Romans 8</p>	<p><b>10</b></p> <p>Think of God often, adore Him continually, live and die with Him.</p> <p>Bro. Laurence (letter 10)</p>	
<p><b>11</b></p> <p>What consoles me in this life is that I see God by faith.</p> <p>Bro. Laurence (letter 10)</p>	<p><b>12</b></p> <p>A pure heart create for me, O God.</p> <p>Psalms 51</p>	<p><b>13</b></p> <p>Lord Jesus Christ, Son of God, have mercy on me a sinner</p>	<p><b>14</b></p> <p>From all your idols I will cleanse you</p> <p>Ezekiel 36:26</p>	<p><b>15</b></p> <p>"My Lord and my God"</p> <p>John 20:28</p>	<p><b>16</b></p> <p>Were not our hearts burning within us ... while he opened the scriptures to us?</p> <p>Luke 24:32</p>	<p><b>17</b></p> <p>Now this is eternal life, that we should know the only true God, Jesus Christ</p> <p>John 17:3</p>	
<p><b>18</b></p> <p>My grace is enough for you, for in weakness power reaches perfection</p> <p>2 Cor 12:1</p>	<p><b>19</b></p> <p>Exalt the Lord our God for the Lord our God is holy</p> <p>Psalms 89</p>	<p><b>20</b></p> <p>Like a shepherd He feeds His flock; in His arms He gathers the lambs</p> <p>Isaiah 40 10:12</p>	<p><b>21</b></p> <p>True joy, happiness and inner peace come from the giving of ourselves to others.</p> <p>Henri Nouwen</p>	<p><b>22</b></p> <p>"God made me always desire what He wanted to give me"</p> <p>Therese - Last Conversations</p>	<p><b>23</b></p> <p>We experience such great peace when we're totally poor, when we depend upon no one except God</p> <p>Therese</p>	<p><b>24</b></p> <p>Ceaseless interior prayer is a continual yearning of the human spirit towards God</p> <p>The Way of the Pilgrim</p>	
<p><b>25</b></p> <p>"You are a chosen instrument, preacher of the truth Conversion of St. Paul</p>	<p><b>26</b></p> <p>Try to enter the treasure chamber ... that is within you and there you will discover the treasure chamber of heaven Isaac the Syrian</p>	<p><b>27</b></p> <p>To pray is to descend with the mind into the heart, and there to stand before the face of the Lord</p> <p>Theophan</p>	<p><b>28</b></p> <p>We have to fashion our own desert where we can withdraw every day, shove off our compulsions, and dwell in the gentle healing presence of our Lord</p> <p>Way of the Heart E. Nouwen</p>	<p><b>29</b></p>	<p><b>30</b></p> <p>Spend one hour a day in adoration of your Lord and never do anything you know is wrong</p> <p>Mother Teresa of Calcutta</p>	<p><b>31</b></p> <p>May our hearts be purified and our faith strengthened by seeking the Lord's forgiveness</p> <p>Liturgy of the Day</p>	

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# FEBRUARY

# 1998

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Mon

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<p><b>1</b></p> <p><b>FOURTH SUNDAY</b> Love is always patient &amp; kind; it is never jealous; love is never boastful or conceited</p> <p>St. Paul Cor 12</p>	<p><b>2</b></p> <p><b>PRESENTATION</b> Christ is the light of the nations and the glory of Israel His people</p> <p>Liturgy of the Day</p>	<p><b>3</b></p> <p><b>ST. BLASE</b></p> <p>Lord give us the joy of your peace in this life</p> <p>Liturgy of the Day</p>	<p><b>4</b></p> <p>The door of entry to this castle is prayer</p> <p>Interior Castle p. 297</p>	<p><b>5</b></p> <p>... You cannot begin to recollect yourselves by force but only by gentleness ...</p> <p>Interior Castle p. 302</p>	<p><b>6</b></p> <p>The higher he ascends the less he understands, because the cloud is dark which lit up the night</p> <p>John of the Cross</p>	<p><b>7</b></p> <p>Give your servant a heart to understand how to discern between good and evil ...</p> <p>I Kings 3</p>
<p><b>8</b></p> <p><b>FIFTH SUNDAY</b></p> <p>Put out into deep water and pay out your nets for a catch</p> <p>Luke 5</p>	<p><b>9</b></p> <p>... and all those who touched Him were cured</p> <p>Liturgy of the Day</p>	<p><b>10</b></p> <p>As long as we live, we will never have complete security; that would be a great danger</p> <p>Way of Perfection - Ch 41</p>	<p><b>11</b></p> <p><b>OUR LADY OF LOURDES</b></p> <p>May her prayers help us to rise above our human weakness</p> <p>Liturgy of the Day</p>	<p><b>12</b>                      <b>13</b></p> <p>Even though the things be very small, do not fail to do what you can for love of Him. His Majesty will repay for them; He looks only at the love with which you do them</p> <p>St Teresa on Song of Songs</p>		<p><b>14</b></p> <p>His heart - an open wound with love</p> <p>St John of the Cross - Poetry #7</p>
<p><b>15</b></p> <p><b>SIXTH SUNDAY</b></p> <p>A blessing on the man who puts his trust in the Lord, with the Lord for his hope</p> <p>Jeremiah 17</p>	<p><b>16</b></p> <p>This eternal spring is hidden in this living bread for our life's sake</p> <p>St. John of the Cross - Poetry #8</p>	<p><b>17</b></p> <p>Happy the man who stands firm when trials come, he has proved himself, and will win the prize of life ...</p> <p>James 1</p>	<p><b>18</b></p> <p>Remember this, be quick to listen but slow to speak and slow to rouse your temper</p> <p>Liturgy of the Day</p>	<p><b>19</b></p> <p>Show no favoritism. Disregard not the poor whom the Lord saves. Thus do we truly proclaim that Jesus is the Messiah</p> <p>Liturgy of the Day</p>	<p><b>20</b></p> <p>We follow in Jesus' footsteps if we do what the Lord commands - if good works accompany our faith</p> <p>Liturgy of the Day</p>	<p><b>21</b></p> <p>The heavens were opened and the Father's voice was heard; this is my beloved Son, hear Him</p> <p>Mark 6:9</p>
<p><b>22</b></p> <p><b>SEVENTH SUNDAY</b> Be compassionate as your Father is compassionate. Do not judge and you will not be judged</p> <p>Luke 8:37</p>	<p><b>23</b></p> <p>The generous heart never delays with easy things but eagerly goes on to things more difficult</p> <p>St John of the Cross - Poetry #11</p>	<p><b>24</b></p> <p>May the Lord be blessed &amp; praised; from Him comes every good we speak of, think about, and do. Amen</p> <p>Way of Perfection</p>	<p><b>25</b></p> <p><b>ASH WEDNESDAY</b></p> <p>As we begin the discipline of Lent, make this day holy by our self denial</p> <p>Liturgy of the Day</p>	<p><b>26</b></p> <p>For anyone who wants to save his life will lose it ...</p> <p>Luke 9</p>	<p><b>27</b></p> <p>Lord, through this Lenten Eucharist may we grow in your love and service</p> <p>Liturgy of the Day</p>	<p><b>28</b></p> <p>Father, look upon our weakness and reach out to help us</p> <p>Liturgy of the Day</p>

MANY ASK "WHEN ARE THE DUES/CLARION FEES TO BE SENT IN?"

THIS QUESTION IS ASKED BECAUSE, more likely than not, I have been much more concerned about how to be of help to the Secular Order members than about raising funds to enable my efforts to happen. But, here is the reality:

1.) I ask \$20 per member or Candidate in Formation for "Dues/Clarion" each year. For anyone in the East Coast section of the Washington province or elsewhere--like Texas or California, I ask \$10. For those in Canada, since I have to send their Clarions first class in a separate envelop, I ask US\$15.

2.) Most communities and individuals send this in during the first part of the year. But I am happy to receive your support anytime! When a community has one person, the treasurer, collect the dues and send them to me with one check, I definitely pray especially for the person who went to all that trouble!

3) If someone cannot come up with the \$20., you will not be cut off! Do what you can.

4.) If you can do more or much more, I do certainly appreciate your support! It means I can worry less about OCDS car payments, insurance fees, printing, supplies, postage, etc.. And I can concentrate on what might be helpful to all the OCDS members and candidates.

5.) A practical matter: If you are going to be "temporarily away" your *Clarion* comes back at the cost of \$.32 and I don't know what to do with it to get it to you. So, if you let me know when you are where, that would be a help. And, if you change address permanently, please, please let me know. The postal service sometimes lets me know. But, sometimes, it says, "Forwarding Order Expired"--in so many words, "Tough luck!"

Thanks for any and all help in this area!

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Some more Teresa *Way of Perfection* questions will follow. If you started getting the *Clarion* sort of late in history, I can send you the Teresa Questions from earlier issues separately. Just ask. And you shall receive.

MORE QUESTIONS TO APPLY TERESA'S WAY OF PERFECTION TO YOUR LIFE...:

(cont.)

CH 18, n. 8:

W.) What does obedience mean in your circumstances? Does it mean, "How do I cooperate with others for everyone's good?" Or what? Have you thought about the position you take as providing or depriving you of an opportunity to be a peace-filled, loving Contemplative, or the opposite?

CH 18, n.9:

X.) In this paragraph Teresa asks her own questions! Decide for yourself. Is Teresa, the Doctor of Prayer and mysticism, saying that visions/apparitions/locutions/etc. of her time were questionable and unsure? And, even if true, (no doubt, many times the case), where is the security--in personal or "public" visions/locutions or in the basic doctrine of the Church and the Gospels? Teresa does not condemn these "devotions". She simply says they are not safe. Why?

CH 19, n.1:

A.) If you were to list the mysteries of the Lord's life and passion, divided according to the days of the week. . . . which events would you post on which days?

B.) What would be your observations, if not full meditations on the topics of: judgment, hell, our nothingness, and the many things we owe God?

C.) What do you --at this time--follow as an excellent doctrine on the beginning and end of prayer?

D.) In your case, when was an experience, and what was it that helped your intellect or understanding to be absorbed in a good way? Or, to put this another way, what event or mystery of Christ catches your attention the best?

CH 19, n.2:

E.) Do you feel you might be one those minds so scattered they are like wild horses? And, if not, do you thank God for saving you from this problem? If so, what do you think God might be trying to do in your case by allowing you to be one of the wild horses? Is He trying to tell you something for your long term humility, or grasp of humility? Or what?

# GUIDES

FOR



## CARMELITE STUDIES

### NEED FORMATION HELPS?

The GUIDES FOR CARMELITE STUDIES is a mastercopy of workbook-like assignments for the writings of the Carmelite saints, plus additional materials for beginners, and CAN BE DUPLICATED plus additional formational materials for beginners, and can be duplicated for individual members as needed.

If you want a sample, send a business sized, stamped and self-addressed envelope to: Florence Suarez, OCDS, 10000Park Blvd #628, Seminole, FL 33777-3809

If you want to order without the above info, just send your name, address, and personal check for \$25 to her at the above address.

You only need one to a group. I strongly recommend your Community investing in one copy. Use only what you want. And re-use it or other materials. It isn't perfect; but what is? everything can be improved!

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Eastern Province

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