

**THE HOLY HILL
CARMEL CLARION**

OCDS NEWSLETTER

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SEPTEMBER--NOVEMBER 98

DEAR BROTHERS AND SISTERS IN CARMEL
ESPECIALLY THE SECULARS FOR WHOM I
WORK, AND FRIENDS,

PERSONAL GREETINGS

FROM

FR PATRICK J FARRELL, OCD, PROVIN-
CIAL DELEGATE FOR THE MIDWEST
SECTOR OF THE WASHINGTON PROVINCE
AND FR.GENERAL-APPROVED HELPER FOR
THE ENGLISH-SPEAKING OF FLORIDA

Hi! May I share with you some ideas
that are personal, yet may be helpful to
you?

I look forward to the beatification of the
parents of St Therese the Little Flower for
two reasons.

My second reason I will give you first: St.
Therese's father was suffering from some
variety of lack of oxygen to the brain just
before he died. You could say he was men-
tally sick. If you break a leg or arm or
suffer from a heart condition or cancer or
arthritis, you may get sympathy. BUT, if
you suffer from a sick brain, are mentally
sick, notice how few there are who have
any pity. You are a bother.

Even at one of our OCDS congresses the
theme was wholeness = holiness. Which
sounds good but is very unchristian. The
Nazis back in the late 30s and early 40s
considered wholeness very important, too.
Hence they gassed the mentally ill, before
they got started on Catholic priest dissent-
ers and Jews.

When the parents of St. Therese are beati-
fied. . . it will be a condemnation of many
people's views of capacity for holiness.

**MY SECOND YET HOPEFULLY HELPFUL
OBSERVATION IS:**

At my father's funeral, many years ago,
people came up to me and mentioned that
he had wanted to be a priest when younger.
And I knew my mother had tried to be a
Sister of St. Joseph, but her health was not
good enough for her to survive the novi-
tiate. But God had different plans! I would
not be around to be writing to you! My
mother would not have put in 62 years as a
Discalced Carmelite Secular Order member.

Conclusion: IF YOU HAD WISHED TO BE A
RELIGIOUS, BUT GOD PLANNED OTHERWISE,
THINK ABOUT ST THERESE: If the parents of
St. Therese of Lisieux had followed their
holy desires successfully, Therese would
never have existed. But God had different
plans. And we have Therese to show us her
little way. And. . . the universal Church
has a great saint and Doctor of the Church!
All because God had other plans for her
parents!

I have a great esteem for the priestly and
religious vocations. But, if my parents and
those of St. Therese had gotten their wish-
es, I would not be around, nor would have
Therese of Lisieux. And you?

Pray for vocations to priestly and religious
life, but ALSO thank God for His plans for
you! And thank God for the Secular branch.

And DON'T refer to yourselves as "Third
Order" any more than you have to, to ex-
plain yourselves to ignorant people. The
Nuns never call themselves the "Second"
Order. The Friars never refer to themselves
as the "First Order"--though that may be
historically correct. Appreciate the vocation
God has given/planned for you, my Brothers
and Sisters of the Secular Carmel.
God thinks bigger than we do, right?

Normally, I would want to end my semi-personal letter now, BUT. . . I have this tremendous desire to share with you ideas that will be of help to you.

The first idea is to use your common sense. St Teresa of Avila was never upset with those who used their common sense. Do NOT expect yourself to be perfect yesterday.

The common term among the Friars (and I suspect among the Nuns, too,) is "BALANCE".

If you know anyone who has put in 40 or more years as a Nun or Friar, I am sure that such a person will be quick to tell you both to keep trying, but also to be patient with yourself.

As a Friar with 44 years as professed (in the Marian Year 1954), I was SURE I would be a living saint in no time at all. Well, I'm still alive--that part is true. But, I think I stepped outside the door on the fire escape and it shut/locked behind me...: you might say it was time to work my way down the fire escape to the first mansion and start climbing again!

We always seem to be beginning anew in Carmel. That reality is being reported more than it used to be, I think. One of our most illustrious friars was asked, "What mansion are you in?" He answered, "Oh, I got lost outside in the outhouse of Carmel."

In short, practice balance and common sense. Some days will be better and some will be worse than others!

I will put the remaining ideas on paper here and formally sign off. May God, Father, Son, and Holy Spirit bless all your efforts--especially in the weeks and months ahead!

--Fr. Pat Farrell, OCD, would-be saint, like yourselves!

HOW DO YOU FULFIL THE CENTRAL RULE OF CARMEL ABOUT MEDITATING DAY AND NIGHT ON THE LAW OF THE LORD?

Answer: with difficulty. If you are honest! But, may I offer a very simple short-cut?

DID YOU EVER READ ABOUT THE "UNWRITTEN" QUESTIONS OF THE GOSPELS?

Well, maybe you have noticed that Jesus does not always the questions that He is asked. No matter. Think of the Evangelist... who has been asked a question of practical import. Instead of saying, "I Matthew (or Luke, etc.) say this. They remember a situation where Jesus gave the answer! For example, the unwritten question some had is "Why did Jesus come?" Answer, "I have come that you may have life and that more abundantly." Or, another of the MANY unwritten questions: "Why, when we Christians try to tell people how to live more happily, etc., they dump on us?" Then the gospel writer says, well, remember what Jesus himself said, "The pupil is not greater than the teacher; the servant is not better than his master. If they hated me. . . they will hate you, too. ETC....."

ASK YOURSELF WHAT ARE THE UNWRITTEN QUESTIONS! It will open not only your minds but your hearts to the Message of the Gospels. And maybe of some epistles, too.

I admit this little key that opens the New Testament doors is one I rarely see/ hear mentioned. All I ask, for those who can, is to TRY IT!

In short, the Gospel writers were real people, with real questions and yet they did not write down the questions. What were the questions they were asked? Look at the Gospels with this key in your hand or head, and you will see much more than you ever saw before. But don't tell anybody where you heard it! It is now your idea. Enjoy!

On page six I will continue with another insight that may be of help. But the next three pages are the calendar specially prepared by the wonderful and generous Pittsburgh OCDS. I thank them on your behalf and mine!

On Oct 11, 1998, Blessed Teresa Benedicta of the Cross, often referred to by her pre-Carmelite name of Edith Stein, will be canonized.

SEPTEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|---|
| | | <p>1 St Teresa Margaret Redi</p> <p>I feel that He is within me ...inspiring me with what I must say and do. -- St. Therese</p> | <p>2</p> <p>I will fix my eyes in my heart, and raise my heart to God. St. Teresa Margaret</p> | <p>3</p> <p>We must not set value on anything that comes to an end... St. Teresa of Avila</p> | <p>4 St. Gregory the Great</p> <p>... True humility consists in being satisfied with what is given us. St. Teresa of Avila</p> | <p>5 BVM</p> <p>You (Mary) know us all... Bl Teresa Benedict</p> |
| <p>6</p> <p>One of the fruits of the solitary life is a sense of the absolute importance of obeying God. Thomas Merton</p> | <p>7</p> <p>May the goodness of the Lord be upon us. PS 90, 17</p> | <p>8 Birth of Mary</p> <p>Behold the Handmaid of the Lord. Be it done to me according to Thy Word. Lk 1:38</p> | <p>9 St Peter Claver</p> <p>No longer as for the Master among those on earth, for He is your soul. Pere Lacordair</p> | <p>10</p> <p>Suffering for God is better than working miracles. St John of the Cross</p> | <p>11</p> <p>But strive like strong men until you die in the attempt... you are here for nothing else. St Teresa of Avila</p> | <p>12 Bl. Mary of Jesus</p> <p>Love is strengthened by self-denial. Bl Josemaria Escriva</p> |
| <p>13</p> <p>Nothing is obtained from God except by love. St John of the Cross</p> | <p>14 Triumph of the Cross</p> <p>We should glory in the Cross of our Lord Jesus Christ. GAL 6:1</p> | <p>15 Our Lady of Sorrows</p> <p>At the Cross her station keeping, stood the mournful Mother weeping... Stabat Mater</p> | <p>16 Sts. Cornelius and Cyprian</p> <p>The more intense one's faith, the closer is their union with God. St John of the Cross</p> | <p>17 St. Albert of Jerusalem</p> <p>It matters little to the soul whether it feels God or not. Bl Elizabeth of the Trinity</p> | <p>18</p> <p>The Lord helps us ... He is a true friend. St. Teresa of Avila</p> | <p>19</p> <p>Prayer cannot be accompanied by self-indulgence. St. Teresa of Avila</p> |
| <p>20</p> <p>Learn to suffer a little for the love of God, without telling everyone about it. St Teresa of Avila</p> | <p>21</p> <p>I did not come to call the virtuous but sinners, says he Lord. Mt. 9:13</p> | <p>22</p> <p>Simplicity of intention gathers into unity all the scattered forces of the soul. Bl Elizabeth of the Trinity</p> | <p>23</p> <p>My soul magnifies the Lord. Luke 1:46</p> | <p>24</p> <p>Let Jesus use you without consulting you. Mother Teresa</p> | <p>25</p> <p>Oh my God, Trinity whom I adore, help me to forget myself entirely. Bl Elizabeth of the Trinity</p> | <p>26 Sts. Cosmas & Damian</p> <p>Prayer is a time of holy intimacies and firm resolutions. Bl JoseMaria Escriva</p> |
| <p>27</p> <p>Get accustomed to referring everything to God. Bl Josemaria Escriva</p> | <p>28</p> <p>Prayer is genuine when it comes from a soul that loves. St Teresa of Avila</p> | <p>29 Sts. Michael, Gabriel and Raphael</p> <p>Bless the Lord all you His angels. PS 103:20</p> | <p>30 St. Jerome</p> <p>In the sight of the angels I will sing your praise. PS 138:1</p> | | | |

OCTOBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|--|
| | | | | 1 St. Therese of the Child Jesus May the things of earth never trouble my soul. St. Therese | Guardian Angels I only know that God looks after me. Brother Lawrence | 3 Lord wherever you go, I will go. St. Teresa of Avila |
| 4 St. Francis of Assisi The greatest gift one receives from God is overcoming one's self. St Francis | 5 God knows what we need and everything He does is for our own good. Brother Lawrence | 6 Obedience is a penance of the intellect. St John of the Cross | 7 Our Lady of the Rosary Always pray and do not lose heart. Luke 18:1 | 8 The trouble with us is that we want to serve God in our own way. St Francis de Sales | 9 Contemplating the divine perfections, the soul sees its imperfections. St. Teresa of Avila | 10 He who does not take up his cross and follow Me is not worthy of Me. Matt 10:38 |
| 11 Within the cross is life and consolation. St Teresa of Avila | 12 Truly I have set my soul in silence and peace as a child rests in its mothers arms. Psalm 131 | 13 What do you want Me to do for you? Matthew 20:32 | 14 Comfort, give comfort to my people, says our God. Isaiah 40:1 | 15 St. Teresa of Avila How helpful it is for me to remember that I have God's company within me. St Teresa of Avila | 16 St. Margaret Mary Alacoque God does not measure our perfection by the number of things we do for Him, but by the way we do them. St. John of the Cross | 17 St. Ignatius of Antioch Our True Friend, Whom alone we can trust, is Jesus Christ. St. Teresa of Avila |
| 18 St. Luke Do not live in fear, little flock. It has pleased your Father to give you the kingdom. Luke 12:32 | 19 Faithfully do what God expects of you each moment. St. Jane Frances de Chantal | 20 True love of God inspires us to share one another's burden. Galatians 6 | 21 In praying the Divine Office we celebrate the divine praises. St. Mary Magdalene de Pazzi | 22 Think of Him often, adore Him continually, live and die with Him. Brother Lawrence | 23 May the God of Peace make you perfect in holiness. 1 Thes 5:23 | 24 The reign of God is already in your midst. Luke 17:21 |
| 25 Our security lies in obedience and refusal to deviate from God's law. Teresa of Avila | 26 Say only good things men need to hear, things that will really help them. Ephesians 4:29 | 27 O God You are my God, for You I long, for You my soul is thirsting. Psalm 63-2 | 27 Sts. Simon & Jude May the Lord answer in time of trial. Psalm 20:1 | 29 He who lets himself be carried in the arms of God ... hardly feels the weight of his cross. St. Bernard | 30 One of the chief effects of abandonment in God is an unchanging spirit. St. Francis | 31 Lack of self-knowledge causes afflictions of many people who engage in prayer. St. Teresa of Jesus |

NOVEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|---|
| 1 All Saints Blessed are the pure of heart, for they shall see God. | 2 All Souls All that the Father gives me will come to me, and whoever comes to me I shall not turn away. | 3 The Lord looks at the love with which we do our works... St. Teresa of Jesus | 4 St Charles Borromeo May nothing trouble my peace or make me leave you. Bl. Elizabeth of the Trinity | 5 Bl Frances d'Amboise The soul lives where it loves. St John of the Cross | 6 Bl Josepha Naval Girbes I beg of you to take away my freedom to displease you. St Therese | 7 Bl Frances Palau y Quer This is the reason for prayer... the birth always of good works. St Teresa of Jesus |
| 8 Bl Elizabeth of the Trinity Carmel is a corner of heaven. Bl Elizabeth of the Trinity | 9 Dedication of St John Lateran Church Conquering the tongue is better than fasting on bread and water. St John of the Cross | 10 St Leo the Great If the angels on high are so exultant what joy should it not bring to the lowly hearts of man? St Leo the Great | 11 St Martin of Tours In falling I had many friends to help me; in rising I found myself so alone. St Teresa of Jesus | 12 St Josaphat The purest suffering produces the purest understanding. St John of the Cross | 13 St Frances X. Cabrini ^{FAST} We have a God of infinite goodness who knows what we need. Brother Lawrence | 14 All Carmelite Saints I shall desire in Heaven the same thing as on earth - to love Jesus and to make Him loved. St. Therese |
| 15 All Carmelite Souls To live in the present without the burden of the future. Edith Stein | 16 Whoever desires peace, let her watch, suffer, and be silent. St. Teresa Margaret | 17 St Elizabeth of Hungary Our model is Jesus, I have resolved to resemble Him in all things. St Teresa Margaret Redi | 18 It seems to me that resignation is needed to live. I feel nothing but joy when I think of dying. St. Therese | 19 St Raphael Kalinowski Alas, He finds so few hearts ho surrender to Him without reservation. St Therese | 20 I think that all missionaries are martyrs by desire and will. St. Therese | 21 Presentation of Mary We owe her honor, for she is the mother of our Lord. St Aelred, abbot |
| 22 St Cecelia I experience great joy, not only when I am imperfect, but above all, when I feel that I am. St. Therese | 23 How can God purify in the flames of Purgatory souls who are consumed by the fires of Divine Love? St. Therese | 24 St Andrew Dung-Lac and companions Jesus, may I die a martyr for You. Give me martyrdom of the sould or of the body. Ah, rather give me both. St. Therese | 25 Be satisfied with the state God has designated for you. Brother Lawrence | 26 I abandon myself entirely to You, so that You alone may act in me according to your designs. St. Teresa Margaret | 27 Christ wishes that I love Him because He has forgiven me, not much, but all. St. Therese | 28 Your ways, O Lord, make known to me, teach me Your paths. Ps 25:4 |
| 29 Bl Denis and Redemptus Whenever you begin any good work you should first of all make a most pressing appeal to Christ... St Benedict | 30 St Andrew Steady your hearts because the coming of the Lord is at hand. James 5:8 | | | | | |

UPCOMING CARMELITE FEASTS AND MEMORIALS:

September 1st: the forgotten Discalced Carmelite Saint: St Teresa Margaret Redi. (1747-1770)

If you have a copy of the Carmelite supplement, read from the decree of her canonization--especially the 4th paragraph.

"since no love of ours can match God's infinite loveliness, such a soul suffers exquisite torments from its insatiable thirst for greater love, and seems to itself to be wrapped in impenetrable darkness and to be totally lacking in love for God."

I have heard the above experience described by several Secular Carmelites. If you seem to be wrapped in impenetrable darkness and to be totally lacking in love for God, despite your desires to the contrary, cheer up! Remember St Teresa Margaret of the Sacred Heart, OCD.

Blessed Maria of Jesus, born in 1560 and died in 1640. She was highly thought of by St Teresa. She was a contemplative--which we theoretically aspire to--a great devotee of Jesus Himself, AND... found the liturgy a source of great benefit.

In her honor, I would like to share with you one little-noticed element of the Mass. I hope that, like she benefitted from the Liturgy, you will find this idea of some help, or maybe someone else will.

In ancient times the item of sacrifice was lifted aloft. It was a symbol of dedication. Hence Jesus Himself said, "Unless I be LIFTED UP...."

At the Mass, even if you are singing your heart out, I invite you to notice that BEFORE the preface to the Eucharistic prayer occurs, the Celebrant says, "LIFT UP YOUR HEARTS".

How many times have you answered, without realizing the significance, We lift them up to the Lord. ?

So, if you want to honor Blessed Mary of Jesus, OCD, on September 12th, allow the liturgy to help you!

ST ALBERT OF JERUSALEM whom we honor on Sept 17th formulated our Rule. I don't know of anyone who follows it all scrupulously. It has been added to a few times. The hermits who became monks (with a community emphasis sort of like the emphasis today on community) who became friars or missionary monks, were allowed--according to one of the additions to St. Albert's Rule-- to have asses in their community. I know that the addition referred to some kind of a cross between mules and horses. But I've observed that we seem to keep that part of the Rule very religiously! We seem to have our share of those critters among us, the Friars, Nuns, and Seculars. But, don't become judgmental: you might be one of these critters in Carmel!

Seriously, St Albert was a hero, martyred because he was truly good, and a threat to others who wanted some other way of looking at life than that which is most Christian!

But the Rule of St Albert is NOT the Rule of Life of the Secular Order. Sometimes, helpers to the Secular Discalced Carmelites don't know that!

On Oct 1st, you will, hopefully be celebrating the feast of St. Therese of Lisieux. You can and should ask favors. But, although you have heard, read much about her, I invite you to copy her in her joining with God in His love for others. The greatest gift, favor, she can obtain for you is that! So, that you can someday be at her side in heaven joining her! And, of course, GOD!

BY NOW YOU SHOULD KNOW MUCH ABOUT ST TERESA OF AVILA.

She is the teacher of prayer. But, these days, it seems as if people have to make a big to-do about the techniques of prayer. She would have us know that it is simply to allow ourselves to be in the presence of "One (Jesus) Who we know loves us". What you say, or don't say, when you make yourself realize His presence in your life, can take many forms.

BLESSED FRANCIS PALAU, 1811-1872 is an inspiration for those with problems. In spite of his many difficulties with the political turmoil of his period of life, he still managed to organize and encourage others in many ways. Do you feel you are banging up against big problems? Observe how he related to and imitated Jesus and did not let the various problems he had dissuade him from that effort!

He recognized that the works of the apostles bore fruit, not because of their words, but because of their prayers. In short, they asked God's help. Do we do so often enough? In his memory on November 7th, we just might ask God to help us in our situations. Why not? "Ask and you shall receive", Someone once said.

BLESSED ELIZABETH OF THE TRINITY,
HONORED ON NOV. 8TH. 1880-1906

There is much to be said about her life and writings. But, to simplify it greatly: she put a great deal of importance on the presence within/with her of the Holy Trinity. To honor her. . . give at least a little special attention today to the Trinity in your life.

I do not need to say anything about the Feast of all Carmelite Saints or Souls. These may be your feasts someday.

My guess is that all the paperwork, etc. costs about a million dollars to process the beatification and canonization details. Most of us will hopefully be enjoying God in heaven long before any paperwork will get done.

In fact, I look forward, probably way beyond my lifetime, to the day when some Pope will decide to leave the "sanctity" of individuals up to the various local churches. After all, St. Benedict, St. Dominic, St. Francis of Assisi, etc., too many to mention, were never canonized. And I have personally known some very holy Secular Order Carmelites-- as well as some very holy Friars and Nuns.

But, I suspect that they will most likely never be the subject of any beatification or canonization. But they can be good examples for us of responding to God's will!

I know I have skipped Blessed Joseph Naval, and St. Raphael Kalinowski. The first a most dedicated individual. The second a drop out who changed his ways. It is not how you begin, but how you end that seems to matter to God. May you all end well!

I have to say a few words about Blessed Denis and Redemptus, however. One was 38; the other 40 when they were martyred because of their faith.

Suppose they had lived a normal and long life, instead of being killed because of their Christian faith...would they ever have been known a few hundred years later? Can you name a single one of their fellow Carmelites? The ones that lived a normal life-span? So, when "disasters" happen, what do their lives--and deaths--tell us?

From October 28-31 there will be a symposium Carmel and Mary--Living the tradition today sponsored by the Carmelite Institute at the Nugget Hotel in Reno, Nevada.

For more information contact the Carmelite Institute at 202-635-3534 or e-mail at info@carmeliteinstitute.org.

For accommodations you have to register with the Hotel directly 1-800-648-1177 and tell them you will be attending the Carmelite Symposium. Rooms are \$89/night whether single or double occupancy + 8% tax currently.

One of the OCDS wrote a little booklet of about 32 pages including illustrations: Role Models for Young People: Saints and Blessed of the Carmelites. Cf. Salvator Mundi Communications, PO Box 385 NAVAN ON, K4B 1JF Canada.

The booklet is about 4 1/4" x 5 1/2" and costs US \$3.40 including postage and handling. (for one copy) Write to the above address for further information OR (tel): 613-835-3554.

MUCH AS I WOULD LIKE TO OFFER MORE QUESTIONS ON TERESA OF AVILA'S WAY OF PERFECTIION I do not have enough room this time.

TWO MORE ITEMS: THE FIRST MAY BE HELPFUL TO YOU; THE SECOND HELPFUL TO ME:

First, in the stained-glass Rosary windows here at Holy Hill, there is an inscription in each of the windows (unfortunately in Latin) that is a clause to be added to each Hail Mary after the word Jesus. For example, "And blessed is the fruit of thy womb, Jesus Who rose from the dead." Or, Who was scourged at the pillar. So, each Hail Mary of every decade has for its center: JESUS! This can be helpful to relate each Hail Mary to the mystery involved.

On the personal side, I envision Mary of Nazareth actually hearing my Hail Marys. But, do not get carried away with the practise! Prayers need to be communications not productions!

Secondly, helpful to me would be for various OCDS Communities and Isolates to let me know IF your phone area code has changed. What is the new area code?



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