

During the month of October the Carmelite Family celebrates two great saints and Doctors of the Church: Therese of Lisieux and Teresa of Avila. Both of these saints stress the importance of praying for the world, the apostolic nature of prayer. After writing about the struggles of the world, Saint Teresa, in the *Way of Perfection*, says:

O my Sisters in Christ, help me beg these things of the Lord. This is why he has gathered you together here. This is your vocation. These must be the business matters you're engaged in. These must be the things you desire, the things you weep about; these must be the objects of your petitions... The world is in flames ... (Way 1.5)

In our monastery, we have taken this call very seriously, not only in praying for the needs of the world, but also in teaching others contemplative prayer. We would like to take this opportunity to mention several of our outreach programs that have spread the work of contemplative prayer. Please check the calendar section of our website regularly for any upcoming events: www.Baltimorecarmel.org.



*The Beauty of the Incarnation:
Advent Candlelight Prayer with Saint John of the Cross*

On December 13, the Vigil before the Feast of St. John of the Cross, we have a contemplative evening of song, reading, and quiet prayer. We take our reading from a less well-known work of John of the Cross, *The Romances*. These, as the title implies, are filled and overflowing with passion and deep spiritual meaning. They are told not from the soul's side, but from God's; not the soul's movement to God, but God's movement to us. During the quiet of Advent, this evening provides a time and place to experience the deep love of God.

**Feedback about the Discernment Weekend
from a Participant**

"My experience this weekend was a journey of self awareness. To grow in not just my understanding of discernment, but also my own relationship with God. How prayer has many forms - but I am there to continue to build, grow, and expand with God as "co-workers". I gained an enlightenment of sorts for the betterment of my self to stop and smell the roses. To place myself not above others but always with as we walk the land of God together. And how deep faith runs without even realizing. This day and weekend will hold a special place for all the wonderful people and gifts I was able to find." - DC

Discernment Weekend

During the last year we have held a couple of discernment weekends for young women. These are not necessarily for women discerning Religious Life, but for women who are interested in learning discernment tools to help figure out what God may be calling them to as the next step of their life journey. Our focus is on prayer, in a supportive community environment.

Contemplative Prayer for Young Adults

In 2007, distressed at how many young people were unaware of the Church's own Contemplative tradition, we began a program to teach young adults Carmelite Prayer; this program continued for 4 years with some intensive prayer programs on the weekend. We recently decided to undertake this task again with a revised version of the program. Young adults, ages 18 to 40, gather in a circle in our chapel where topics are presented to them about prayer. Drawing from our rich tradition, we include teachings from the major Carmelite Saints, Teresa of Avila, John of the Cross, Therese of Lisieux, Elizabeth of the Trinity, and more. Each session focuses on a particular topic and includes rich input provided by one of the nuns, time for participants to practice prayer, and time to gather afterwards to share about their prayer experience.



Contemplative Stations of the Cross

During Lent we host a prayer afternoon with Stations of the Cross, a contemplative version. This service includes special musicians and soloists, audiovisuals, and deep and meaningful prayers for the current issues of the world, in the context of the Stations of the Cross. As with all of our prayer services, there is time for silent prayer as well. It is a poignant and hope-filled service.



Christian Meditation Group

In December, 2018 we were blessed to have Fr. Laurence Freeman, OSB, here to give a talk about Christian Meditation. Fr. Laurence is a Benedictine monk and the spiritual guide and Director of *The World Community for Christian Meditation*, an ecumenical, contemplative community. As a result of his talk we began hosting a weekly Christian Meditation group. We begin by inviting participants to share "the state of their heart" or any intention they would like us to keep in our hearts. Then there is input about Christian Meditation with a tape by Fr. Laurence or John Main, followed by 25 minutes of meditation. The group meets on Mondays at 6 p.m. and is open to all.

We pray the Liturgy of the Hours daily, which, along with our Eucharist is open to the public. During special liturgical seasons

and on feast-days, liturgies might have a certain theme for prayer. Over the last several years we have taken on themes such as Prayer for the Earth, Walking with Migrants and Refugees, Voices of Hope, Change Self / Pray / Change World, and many more. We use audio and/or video aids to help with our theme, as well as pertinent songs and prayers. Our liturgies are paced to allow time for prayer and reflection.



We make our space available to small groups and individuals seeking to enlarge their prayer life. We have a loft for day use, a retreatant's room for longer, overnight retreats, and a conference room for groups looking to hold retreats or workshops.

CARMELITE MONASTERY
1318 Dulaney Valley Road
Baltimore, MD 21286

Contemplative Prayer Group for Young Adults

Who:
Anyone age 18 to 40

Where:
Carmelite Monastery
1318 Dulaney Valley Rd.
Baltimore, MD 21286



When:
7 - 8:30 p.m. on
Tuesday, September 17
Thursday, October 17
Tuesday, November 19
Friday, December 13

Come explore
your desire for
God
through
contemplation
in the
Carmelite
tradition

For more information: celia@baltimorecarmel.org

BALTIMORE CARMEL News

Fall 2019



www.Baltimorecarmel.org

Prayer / Transformation / Love

Please Join us for our Eucharistic Celebrations:

Therese of Lisieux, Tuesday, October 1 at 7 p.m.

Teresa of Avila, Tuesday, October 15, at 7 p.m.

We would love to have you with us as we celebrate these important Carmelite Saints and Doctors of the Church.