

Foundation for the
CARMELITE SISTERS
of the Diocese of Bridgeport
~ NEWSLETTER ~



**FLOWER OF CARMEL,
BLOSSOM LADEN VINE,
SPLENDOR OF HEAVEN,
THE VIRGIN WITH CHILD..."**

~ Prayer to our Lady of Mount Carmel

May 30, 2024 - Edition I

UPCOMING EVENTS

Sunday, June 2nd at 4pm

Our Annual Vespers & Reception
To support our

**Carmelite Sisters
of Mary Ever Virgin**

...A WAY OF LIFE IN WHICH THE
WORD OF GOD IS CHERISHED
IN SILENCE...

SUNDAY, 4pm services at:

**Saint Emery Church
838 Kings Hwy, Fairfield, CT 06825**

This Month's Words of Wisdom...

Making one person smile
can change the world.
Maybe not the whole world,
but their world.
Start small. Start now.

THIS MONTH WE PRAY FOR...

All the sick and struggling in all the world
who need a prayer but have no one to pray
for them. Lord, hear our prayer.

Did You Know...?

The three main values of the Carmelites are
community, service, and contemplation
(silent communication with God).

DISCOVERING THE CARMELITES....

The Origins of Carmel The Carmelite Order began in the 12th century on Carmel's Western Slope, the Wadi 'ain es-Siah, in the Holy Land. Mount Carmel is where the prophet Elijah defended the true faith in the God of Israel, prevailing against the priests of Baal.

The hermits who formed a community there were solitaries, likely laymen, Crusaders and pilgrims from Europe. The hermits followed the life of Elijah and embraced three main values, community, service and contemplation, the silent communication with God. Between 1206 and 1214, the hermits asked Albert of Avogadro, the Latin Patriarch of Jerusalem, to write for them a "Way of Life", a rule by which the Ancient Order Carmelites still order their lives today.

The "Rule of Albert," as it came to be known, specified that the hermits were to live in separate cells, with the prior's cell closest to the entrance, so that he might first meet those who came to the place. The hermits were to remain in or near their cells, "meditating day and night on the law of the Lord and being vigilant in prayers," unless lawfully occupied. The brothers claimed nothing individually. All was owned in common and distributed by the prior according to need. Meals were taken in a community refectory, accompanied by sacred readings.

The rules provided for the building of an oratory, where Mass was said daily. The first Carmelites were forced to leave Mount Carmel in approximately 1238. They went West, carrying with them the spirit of Carmel that had been forged on the Mount. The image of the mountain reaching to heaven remains important in Carmelite spirituality. A mountain appears inside the shield, representing Mount Carmel

MY STORY...by Nadine Merancy

I am a professed secular Carmelite that understands the importance of prayer. But more importantly, the weight that God gives to prayer when it is accompanied with fasting and sacrifice. It is the difference between a whisper and a loud boom. When a family crisis hit, I knew where to go.

My sister called me crying. This alarmed me because she is strong and is not one to cry. My nephew was on his way to the emergency room. He had passed out and was having trouble breathing. They did chest x-rays and an EKG, but he was transferred to a larger hospital for more testing. It was discovered that he had bacterial pneumonia in his left lung, covid, and blood clots on his lungs. The doctor said it would take two weeks to a month for the blood clots to dissolve.

I reached out to the Sisters for a boom. When I had visited them months earlier, before the Blessed Sacrament was enthroned in the cloister's tabernacle, I felt our Lord's presence. I knew immediately that these Sisters were not in name only. They were truly holy, and I was in a sacred space. I knew in the depths of my heart that God always gave special heed to their prayers. For me it was not a question of God listening to their prayers, but when He would act. Two hours. In just two hours the blood clots were gone. My nephew was released from the hospital that same day. I told my sister this was incredible, and she said the doctor said those same words, "Incredible".

Share your story with us at: CarmeliteFoundation@DioBpt.org

Visit our Website: carmelitefoundation.bridgeportdiocese.org