

Carmelite Institute of Spirituality
PO Box 1386
Stanwood WA 98292



Novena Prayer to St. Teresa of Jesus

October 7 – October 15, 2011

Father, by your Spirit you raised up our Mother St. Teresa of Jesus to show your Church the way of perfection. May her inspired teaching awaken in us a longing for true holiness, and her prayers help to obtain our requests

Through her intercession may we become humble and obedient. May our minds be filled with the Light of your Truth and our hearts with the Fire of your Love, so that in gratitude we may receive the precious pearl of contemplation; for the good of the Church, the salvation of souls, and the glory of the Most Holy Trinity. Amen.



Carmelite Institute of Spirituality

Newsletter Fall 2011

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Dear friends, benefactors, pillars and volunteers,

May the grace and peace of the Lord Jesus be with you. May our Blessed Mother Mary, Queen and Beauty of Mount Carmel, pray for us and may the Holy Spirit lead us in the ways of prayer, wisdom and holiness.

In the last Newsletter, Fr. Ramiro informed you of the changes in our Province, and indirectly of the changes here at the Institute. Change is indeed inevitable and helps us to become adaptable and flexible. The universal call to holiness simultaneously calls us to a constant conversion of heart, humility and docility. Times of transition provide us with opportunities for transformation and spiritual growth.

Our Day of Recollection, September 24, 2011, was presented by Brother Leonel Varela O.C.D. on the theme: The Transforming Power of the Holy Cross. Brother Leonel's theme and presentation were dynamic, inspiring and well received. We will continue with our monthly Days of Recollection and are hoping for an ever greater attendance.

We have a number of ideas and possible ways of keeping the Institute's ministry vital and viable. We would also like to hear any ideas and inspirations you might have to help promote Carmelite prayer and spirituality through the Institute.

All are invited to an Open House, in honor of St. Teresa of Jesus, on **October 16**, after the 11:00 am Mass.



The upcoming Days of Recollection for the next Three months are as follows:

October 29 - "Blessed is she who believed": Marian Prayer and Spirituality in Carmel

November 19 – Prayer, Purgation, Purgatory and Purity of Heart

December 17 - Advent Pilgrimage to the Bethlehem of the Heart

The Days of Recollection are held at 27008 78th Ave. NW, Stanwood, WA

(**Mass** at St. Cecilia's is at 9:00 am)

Registration starts at 9:45 am

The **DOR** starts at 10:00 am to 2:00pm. Bring a sack lunch, coffee and tea will be provided.

Thank you for your continued prayer and support. Be sure of our prayers.

United in prayer,

Fr. Christopher La Rocca, O.C.D.
Pastor, St. Cecilia Catholic Church

P.S. If you received this newsletter by mistake or do not want to continue to receive it, please contact our office and we will be glad to assist you. Also, if you prefer to receive it electronically, please call Kim at the office and provide an e-mail address. Our office hours are Tuesday through Friday 9:30 to 12:30 and 1:30 to 3:30. 360-629-4032

We have a new website, check us out at:

www.carmeliteinstitute.catholicweb.com

We will be placing all of our information on it, so check it out for future events, newsletters and all sorts of interesting information.