

PRAISE + JESUS!



The Hermits of Our Lady of Mount Carmel  
Carmel of the Immaculate Heart of Mary  
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Newsletter

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Our Dear Friend in Jesus,

What a joy it is to write to you again! You have been in our hearts and unceasing prayer hourly, daily and yearly! Here we are back again, bearing the joy of Jesus and thanking you for all the times you have been His messenger of joy to us. If you are receiving our Newsletter for the first time, we hope and pray Our Lord speaks to your heart through it.

Jesus cries out to each of us:

*“Let anyone who thirsts come to Me and drink. Whoever believes in Me, as Scripture says: ‘Rivers of living water will flow from within him.’” (Jn 7:37-38)*

You ask: What are these rivers of living water? The Father’s Love, the Holy Spirit. Believe with all your heart in Jesus Christ, your Redeemer, your Healer, your God. Then, you will drink deeply of His living water, His Spirit.

But you must believe before you drink! When Jesus Christ, the Son of Man and the Son of God, walked the dusty roads of Palestine, He was the most unwanted Man on earth. Broken-hearted, Christ called out:

*“Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how many times I yearned to gather your children together as a hen gathers her brood under her wings, but you were unwilling!” (Lk 13:34)*

It is not too late to let Jesus gather you under His wings! In the shadow of His wings you will rejoice! As Christ draws you closer to Himself, He fills you with His Love, His wisdom and His strength to turn to Him with all your heart.

In darkness, confusion, sorrow, discouragement, disappointment and loneliness, remember Jesus yearns for you to find refuge under the shadow of His wings. Listen to Our Lord, saying to you, personally:

*“As the Father loves Me, so I also love you. Live on in my love.” (Jn 15:9)*

Thank you for all your generous sacrifices, offerings and love!

Gratefully in Jesus, Mary and Joseph,

*Sister Mary of Jesus and St. Joseph, H.C. Carmel  
and the Hermits of Carmel*

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## WALKING IN HIS FOOTSTEPS

*“Each one of you is to stay in his own cell or nearby, pondering the Lord’s law day and night and keeping watch at his prayers unless attending to some other duty.”* (Rule of St. Albert)


“Each Hermit, in an atmosphere of profound silence and solitude, lives in a separate hermitage to enable her to live in deeper prayer and intimacy with Christ in the desert in all of His Mysteries. The hermitage is the sacred place of prayer, purification, struggle, inner healing and apostolic fruitfulness. *“Whoever eats My flesh and drinks My blood, remains in Me and I in him”* (Jn 6:56) (Constitutions of The Hermits of Our Lady of Mount Carmel)

The Rule of Saint Albert is steeped in the Word of God. Originally written for the Hermits who lived on Mount Carmel, the daily celebration of the Eucharist is the energizing source of each hermit’s life of unceasing prayer in the sacred silence and solitude of her hermitage. There she ponders the Word of God day and night and keeps watch in prayer in praise and thanksgiving to God and in ardent supplication for all priests and everyone everywhere in every need.

The Hermit enters into the mystery of Jesus praying to the Father. St. Luke tells us: *“He went out to the mountain to pray, spending the night in communion with God.”* (Lk 6:12)

The Hermits strive to live in Jesus in His unceasing prayer to the Father. They seek to heed the Father’s words: *“This is My beloved Son. Listen to Him.”* (Mk 9:7) To prepare for prayer, to live constantly in God’s Presence, the hermit learns to practice the virtues of charity, detachment and humility through learning how to listen and reveal herself in faith and love in prayer and in all her relationships.

The Hermits believe that in this hidden, interior way of being pure of heart and steadfast in conscience, Jesus heals the broken-hearted, binds up the wounds of broken relationships and breaks down the barriers of division, fulfilling His Prayer to the Father: *“That all may be one as You, Father, are in Me and I in You.”* (Jn 17:21)




Our Dear Friend in Jesus,  
do you know, you have a divine vocation?  
God calls you, His child,  
to a unique and wonder-filled mission in this world.

Christ yearns for you to hear Him calling you, personally:

*“Follow Me.”* (Jn 1:43)

*“Come to Me, all you who labor and are burdened  
and I will give you rest.”* (Mt 11:28)



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## ETERNAL LIFE

November is a glorious month. As the trees are shorn of their graceful leaves, they stand with branches uplifted to God in prayer. Deep within each tree new life is hidden, preparing to blossom forth with beautiful leaves in spring. We, like the trees in November, are shorn of many things on our journey through life.

To encourage and strengthen us, Jesus tells us:

*“I am the resurrection and the life.”* (Jn 11:25)

Christ became one of us to teach us by His life, death and resurrection that each of us is eternal. You can say: “I am eternal; I will live forever.”

So, Our Lord urges you, saying:

*“Enter through the narrow gate; for the gate is wide... that leads to destruction... How narrow the gate... that leads to life. And those who find it are few.”* (Mt 7:13-14)

Do you think Jesus told us about the narrow gate to frighten us? Not at all. Christ loves you, personally. Because He loves you forever, He tells you the truth. You are eternal. However, living with God in heaven is not automatic. You have to walk in the footsteps of Jesus Christ here on earth to prepare by your wholehearted entry through the narrow gate into His heavenly kingdom.

Picture Jesus taking you up in His arms and carrying you through the narrow gate! He is your good Shepherd; He knows you need Him. That is why Christ tells you:

*“Without Me you can do nothing.”* (Jn 15:5)

Think of the narrow gate as the joyful gate because Our Lord carries you in His strong arms all along your journey to heaven. Jesus is your way, your truth and your life. He enlightens and enkindles you to live the Beatitudes. Then your heart will sing as you experience His words:

*“Rejoice and be glad, for your reward will be great in heaven.”* (Mt 5:12)

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**In the Shadow of Your Wings I Shout for Joy!**

How can you shout for joy in the Shadow of His Wings? By praying the Angelus morning noon and night. Our Angelus Bell rings and shouts for joy in the Shadow of His Wings at 7:00 A.M., 12:00 Noon and 6:00 P.M.

Pray the Angelus with Mary, Christ's Mother and your Mother:

The Angel of the Lord declared to Mary  
and she conceived of the Holy Spirit.

Hail Mary full of grace...  
Behold the Servant of the Lord,  
let it be done unto me according to your Word.

Hail Mary full of grace...  
And the Word became flesh  
and dwelt among us.

Hail Mary full of grace...  
Pray for us, O holy Mother of God,  
That we may be made worthy of the promises of Christ.

LET US PRAY.

Pour forth, we beseech you, O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may by his passion and cross be brought to the glory of His resurrection, through the same Christ, our Lord. Amen.

In the shadow of His Wings I Shout for Joy!  
Jesus Christ, true God and true man, I humbly beg  
you to listen to my plea for your help:

Jesus, fulfill Your prayer to the Father in all of us:  
*"Holy Father, protect them in Your Name that You  
Have given Me, so that they may be one as we  
are one."* (Jn 17:11)

\_\_\_\_\_ To be Your true friend, disciple, and witness  
\_\_\_\_\_ To be Your peacemaker  
\_\_\_\_\_ My special intention

Name: \_\_\_\_\_

A Sanctuary Light will burn for you before Jesus in  
the Blessed Sacrament.

*"A great crowd of His disciples...  
came to hear Him  
and be healed..."* (Lk 6:17-18)

You are graciously invited to join us for our Desert  
Day, if not in person, then in spirit, held on the third  
Wednesday of each month from 10:00 A.M. to 2:00  
P.M. Please bring a bag lunch; coffee served. The  
day includes Holy Mass, two talks, adoration of the  
Blessed Sacrament, time for communication in the  
Holy Spirit and the rosary.

The dates for our 2005-2006 Desert Days are:

Nov 16	Apr 15	Sep 20
Dec 21	May 17	Oct 18
Jan 18	Jun 21	Nov 15
Feb 15	Jul 19	Dec 20
Mar 15	Aug 16	Praise + Jesus!