



Flos Carmeli

Flower of Carmel

Summer 2010

Carmelite Sisters of the Divine Heart of Jesus
10341 Manchester Rd. • St. Louis, MO 63122
(314) 965.7616 vocations@carmelitedcj.org

To Be His Alone

Therese of Lisieux once said, “To be truly a victim of Love requires absolute self-surrender. The soul is consumed by Love only insofar as she surrenders herself to Love.” Sr. M. Carmen Fidelis, who began this road of self-surrender at her baptism and continued it as she took her first steps into the enclosure of our Carmel three years ago, will solidify it as she consecrates herself completely to Him at the profession of her first vows on July 2nd, 2010.

If asked how she has come to this point in her life, Sister M. Carmen Fidelis would recount that it wasn't until she was 20 years old that she gave God much more than a passing glance. While attending school at Louisiana State University she began working at *La Madeleine*, a French restaurant. Her first day on the job she found herself seated next to her co-worker for lunch. As they were about to begin their meal, her colleague did something she'd never seen anyone do before... she made the sign of the cross.

Sister's inquiry as to what her funny gesture was opened the door to ongoing conversations of catechesis, hours of adoration, the first of which she spent wondering what that white circle in the gold thing on the wooden table was, and much pondering and questioning within herself. The co-worker with whom she shared that first lunch break at work was to become her future



by: Sr. Mary Michael

godmother and friend in faith. She would eventually lead her to Regnum Christi by whose influence Sister was eventually baptized and nourished in her spiritual life.

It wasn't long before Sister's spiritual director suggested that she consider the religious life. Having even in this short time developed a great love and devotion to the scapular, Sister felt drawn to the Carmelite way of life which highlights silence, contemplation, and penance. She soon found that God's call rested within our community, which blends the Carmelite life with the active apostolate.

Sister M. Carmen Fidelis entered our community on September 8, 2007. The last three years have been a time of continuous formation and preparation for the act of absolute self-surrender soon to take place through her profession of the evangelical counsels of chastity, poverty, and obedience.

God be praised for His tender guidance of this soul, that He has called another to bear witness to the union we are all destined to share with Him for eternity! Join us in praying for our fellow Sister as she comes before our Lord with empty hands, laying her life at His feet that it might be used in His service and that of His Church.

“...With my whole heart I join this religious Congregation in order to attain to the perfection of love with the grace of the Holy Spirit and the assistance of the Virgin Mother of God in the service of God and the Church.”

~ from the profession formula of the Carmelites, DCJ

“This Is All Your Idea!”

by: Sr. Mary Peter

“The toast is burnt again! What is wrong with our toaster? I am sure that the machine is to blame. Not the innocent novice trying to make breakfast.”

As any cook, dietary aide or housewife knows, kitchen life is anything but dull. As a Carmelite cook, it just throws a whole new twist on things. One thing I have learned is that with a little prayer and seasoning, miracles do happen.

Our Carmelite way of life calls for each of us to take a turn in the kitchen (some we hope less than others). The first day of my new assignment I showed up ready for work. I excitedly rolled up my apron sleeves and got ready for business. What’s first on the agenda? Could I handle chopping vegetables? No Problem. Although my hand had more cuts than the mushrooms did, the job was finished. Not so bad, what’s next? Time for scrambled eggs. This dish may sound like a no brainer, yet egg shells can be unmerciful. The day was almost over. One more meal. I looked at the menu. Maybe this would be an easier one, peanut butter anyone? No, we

were having pizza. From past experience with frozen pizza I realized I was going to need some intervention.

I knelt down to pray (there’s not much else to do in these situations). Then, halfway through prayer I realized I forgot to turn on the oven. As I bolted out of the pew and made a dash for the kitchen, one thought popped into my head. “Why me? Why am I the one taking care of food when the only thing I know how to do is eat it?!”

Then I remembered...God’s will for me right now is to prepare food for sixteen Carmelites. He is not asking me to go preaching in China or build a Catholic T.V. network. He’s asking me to make toast with a smile. He wants me to give food to the hungry and drink to the thirsty. And even though someone else may not burn the cookies, He wants me to do it.

So each morning as I prepare myself for another day of pots, pans, and prayers, I remind Him...“This is all Your idea!”

St. Joseph Did It Again...continued

bright sun rays peaked through our windows. We were soon to find out that the job in Chicago had been cancelled (an extremely rare occurrence) and a truck was scheduled to be at our courtyard at 11 a.m. Despite all odds, the cement was to be poured just as scheduled!

Fervent thanks to St. Joseph for his intercession arose from our lips. Not only were we reminded of the providential care of this great Saint, but even more importantly, a witness of the power of prayer was given to our construction men who knew of our pleas to heaven. May God be praised for His immeasurable wisdom, impeccable timing, and infinite power!

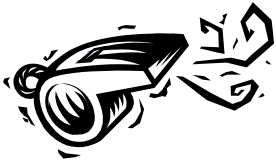
After the current renovations are completed the fourth and final phase will begin—the renovation of our main and center wing, St. Agnes. Please join us in prayer as we beseech God’s blessings upon the remainder of our, but ultimately



His, project and for His grace and help in obtaining the remaining necessary funds... \$2, 000,000.



O glorious St. Joseph, steadfast follower of Jesus Christ, we are confident that your prayers for us will be graciously heard at the throne of God. To you we lift up our heart and hands asking your powerful intercession to obtain from the compassionate heart of Jesus the material and spiritual resources we need to continue the mission entrusted to the Carmelite Sisters, DCJ to provide a home away from home. St. Joseph, by the love you bear for Jesus Christ, and for the glory of His name, hear our prayers so that the sisters may continue to provide the residents at St. Agnes Home a place where they can spend a quiet evening of life lighted up by peace and warmed by God’s Love. Amen.



Calling All 7th-11th Graders!

Are you or someone you know looking for one last day of summer fun before getting back into the swing of the school year? Are you curious to know what it's like to meet Sisters, pray with them, and even have fun with them? Then join us for Carmelite Day August 14th!

This year's Carmelite Day is scheduled to start with the Celebration of the Holy Eucharist, the font and climax of our faith. The rest of the day will include discussions about Carmelite life and



Sr. Mary Peter and Alli take a whirl at the game *Catchphrase* during last year's Carmelite Day.

prayer, a tour of our apostolate, recitation of the Divine Office with the community, and a picnic lunch (weather permitting). Of course, all of this will be intermingled with fun and laughter including the first ever Carmelite Olympic Games!!!

It's certain to be an exciting day! So, join the adventure and end your summer with something out of the ordinary. To register, log onto our website or contact Sr. Mary Michael (info on back page).

There's still time to register for our **Vocation Retreat**

*Behold the Handmaid
of the Lord
August 5-8, 2010*

For young women ages 17-29

*Carmelite
Day
August 14, 2010*

For 7th—11th graders

Mark your calendars for our next
Holiness Retreat...

*Thirsting for God
October 16-17, 2010*

For young women ages 17-29

More info on our website: www.carmelitedcj.org

Snap Shots



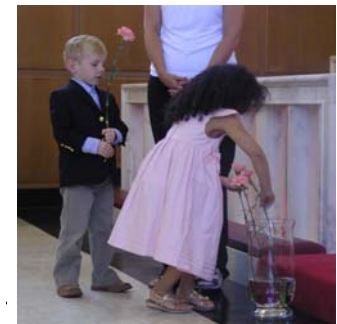
An afternoon outing on Memorial Day led us to Jefferson Barracks National Cemetery where we prayed and sang hymns to commemorate all those who have died in the service of our great nation.



Above: "Anyone warm?" The postulants enjoy one last summer outing in "cooler" clothing. They will receive the Carmelite habit and their religious name at their investiture on July 1st.

Right: Sr. Anna Maria directs our four and five year olds as they process into our chapel for their Graduation Mass.

Right (top): Two of our children place flower in a vase for the Blessed Virgin.





CARMELITE SISTERS OF THE
DIVINE HEART OF JESUS
10341 MANCHESTER RD
ST LOUIS MO 63122

WWW.CARMELITEDCJ.ORG

NONPROFIT ORG
U.S. POSTAGE PAID
ST. LOUIS MO
PERMIT NO. 5331

"To see God in all, to serve
God in all, to love God in all."

Register now for our
vocation retreat:
*Behold the Handmaid of
the Lord*

August 5-8, 2010

St. Joseph Did It Again!

As Carmelites, after the tradition of our Mother St. Teresa of Avila, we know and trust firmly in the providential care of St. Joseph. However, with renovations of our home for the elderly still underway, we've recently felt his loving presence more keenly in many events both big and small.

One of these occasions concerned the pouring of concrete for a new patio and sidewalk in the residents' courtyard. With a deadline to meet (hoping to have our social hall up and running for our July 2nd celebration) and time ticking away, the Sisters were told, "In a perfect world the concrete would be poured on Thursday." Immediately, we began to pray that the job might go off without a hitch and the project remain on schedule. Wednesday came and Sr. Mary Joseph was informed that the cement trucks needed to pour our concrete were headed to Chicago that day and the chances of them being back in St. Louis Thursday were slim. We also got word that Thursday's weather forecast was full of showers. Trucks or no trucks, you can't pour cement in the rain! But, with increased ardor we continued our litany of prayers to St. Joseph undaunted.

Thursday morning arrived and ...continued on page 2



The Sisters take a walk-through of the construction site.

