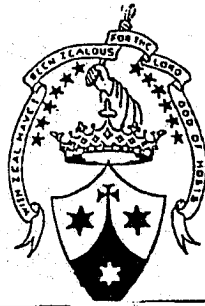


CARMEL CLARION



OCDS NEWSLETTER

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THE COMMON
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AUG - OCT 1995

HARVEST LETTER FROM YOUR PROVINCIAL DELEGATE: FATHER PATRICK FARRELL OCD

Dear Members of the Secular Order,

As you know, August brings warm weather even to the northern USA. So, enjoy God's work ripening crops for food and flowers.

The plants are feasting on dirt and water banquets--hardly our human preference for meals! But they are happy, giving praise to their Creator.

It is amazing what a little dirt and water and God can do.

When my family moved from 14th and A St in Washington DC out to a suburban area a few blocks beyond the district line, my 88 yr old grandfather went along. He was still "young" then. He lived another ten years. His interest was planting grape vines and cherry trees and other food-producing plants. "The girls," as he called my sisters, "like beautiful things. They are busy planting flowers. But you can't eat flowers!"

I like flowers, too. But I think God gave me some of the same genes as my practical grandfather. I recommend to people to look for the practical pieces of advice, for example, in St. Teresa of Avila's writings. She may be talking about raptures or special favors. But, if you haven't had any lately, why not look for the golden nuggets of practical advice? They are there.

Are you one of those who zip through St. Therese's *Story of a Soul*? For some it is a delightful story, like walking by a flower garden. That is not bad. But her message is much more profound, offering food for our everyday situations.

In her early twenties, what did Therese have for illustrations of her spirituality? Her childhood experiences. But these can offer us great lessons in real humility and simplicity. Her little way is very practical! What is God using her to tell you?

(cont. on next page)



St Teresa Margaret Redi, OCD, was impressed with God's love. (Cf. Rule, Art. 2, line 4)
Her feastday is Sept. 1st.

(cont.:)

To benefit more from our Carmelite Saints --and from the Gospel, too--we need to ask the right questions.

If you ask the wrong question, you will get the wrong answer.

If you ask how old St. Therese was when she died, that may not make any difference in your life. You may have passed that year. If you ask what her last conversations tell of her attitudes, you have spiritual food.

Trivia can be fun. Data on types of visions and spiritual favors can be impressive. But I encourage both teachers and learners in formation programs to check to see if the right questions are being asked. I worry that some "formation" is scholarly fluff. How does the particular point in question apply to your life? To your living the Secular Order Rule?

Notice that even Mary asked the angel Gabriel, "How?"

--Fr. Pat

MORE DISCALCED CARMELITE BLESSEDS?

This coming October 1st, the Holy Father will beatify 64 of the 547 priests and religious, martyrs of the French Revolution, who died packed into two slave-trading boats, anchored in the port of Rochefort, in the diocese of La Rochelle, in France. Among these were three of our friars.

Fr. Jean-Baptiste Duverneuil in the Order:

Fr. Leonard (Jan 8 1759-Jul 1 1794)

Fr Michael-Louis Brulard (June 11, 1758-July 25, 1794)

Fr Jacques Gagnotin in the Order: Fr. Hubert de Saint Claude (Feb 9 1753 - Sept 10, 1794)

They chose to be loyal to God and the Church. See how some contemplatives end up? Death giving way to heaven.

Gory details and the full story of their martyrdom is included in a circular letter from our Fr. General Camilo Maccise, OCD.

Copies will be available soon.

RETREAT POSSIBILITIES

The Baltimore OCDS welcomes OCDS Members to their Oct 13-15th retreat given by Fr. Francis Cotter, OCD, at Emmitsburg, Md. Contact Mary Carter, 3306 Moravia Rd, Baltimore, MD (phone #410-426-0584)

Note: several OCDS Members have invited me to join them at their retreats. Facts: I may be elsewhere giving retreats at the same time or just visiting OCDS groups (35 so far this year and 16000 car miles) or may be just too hard-pressed with the Clarion or correspondence (250 letters since Easter).

For instance, I was in Minnesota for one retreat and, with a few stops in-between, in Staten Island the following weekend.

I thank you anyway.

ANOTHER RETREAT POSSIBILITY is Oct 20-22 at Avila Retreat Center in Durham, NC. (#919-477-1285). The contact person is:

Sandra Malkovsky, 7134 Eastridge Dr, Apex, NC, 27502 (#919-772-2067). This retreat center was once a Carmelite Monastery. Fr Steven Payne, OCD, is giving the retreat on the theme of Bl Elizabeth of the Trinity.

IN THE MIDWEST...HOLY HILL IS SPONSORING TWO RETREATS FOR SECULAR ORDER MEMBERS: August 25-27 given by Fr. Matthias Montgomery, OCD and Nov 16-19th another given by Fr. Michael Griffin, OCD. Contact: Sr. Elaine Weber, Holy Hill Retreat Center, 1525 Carmel Rd, Hubertus, WI 53033 (#414-628-1838).

Our retreat house and monastery here in Peterborough is now up for sale. But, since it seems as if it will take a while before a suitable buyer shows on the scene, retreats will be scheduled probably into March. Write to the address given on this Clarion. All visitors remark how beautiful the place is.

WAS ST TERESA OF AVILA THE BUSIEST CONTEMPLATIVE IN HISTORY?

When I think of the 3 volumes of her writings, done by hand, --no computer or typewriter--, the 4 volumes of her letters, and the 17 monasteries she founded in 20 yrs, etc. I don't know how she did it. Do you?

LOOKING FOR A FRESH WAY TO SEE JESUS?

I mentioned last issue that Teresa and her followers just "look at Him". Well, what if you do not have a good picture produced by some artist? Open up a Gospel and ask yourself not what He is doing--like working a miracle or preaching--but what His concern and motivation tells you about Him.

Or give yourself a bigger picture: one so simple that you may wonder why you never thought of it. (Or, maybe you did.) I learned it from an actor who had memorized all four gospels (Jerusalem version).

Try reading one gospel all the way through. At Mass and other times we get little one to four inch snips. You get a much different view when you read one gospel all the way through--even if it takes you three days. Try it! See if you don't get a different view of Jesus!

This is a simple easy way to "look at Him". You see Him as frustrated, badgered by Scribes and Pharisees, shaking His head at His own chosen apostles, aware of difficult decisions, left alone, betrayed, etc..

You start to understand why Teresa of Avila wanted to "*be there*" with Him, to assure Him of her support, of her presence. Then the picture changes: instead of the Jesus Who had no problems, you see the Jesus-of-Teresa who bore our infirmity. And when you take time for (formal) prayer, you aren't there for your consolation anymore. You aren't there to experience peace and quietude, or freedom from a bad/busy/troubling world. You are, like Teresa of Avila, there for Him. Your world has changed; you have changed.

In short, sometimes we work hard to please God *our way*. We meditate and run out of things to say to God, to Jesus. We forget that He should have a turn to speak.

Reading one of the gospels all the way through allows Him to speak to us. After all, He is the divine Word Incarnate. In Him we see God, if we allow ourselves to do so.

Prayer is communication from us to God or from God to us--with others consciously present or not.

FROM THE SUBLIME TO THE LOWLY:

In the last issue I incorrectly listed Colorado and New Mexico as in the Central Region. They are in the Western region.

Some changes may be in the making. The OCD Polish Provinces of Warsaw and Krakow have been allotted several USA states as their territory. With the local ordinary's approval, they may be making canonically established monasteries of Friars. What future arrangement changes this may make with the OCDS remains to be seen.

WHAT ABOUT THE EASTERN REGION OCDS CATALOG?

Here are the facts. At first, I was in favor of a catalog giving names of groups, dates, times and places of meetings as well as the Presidents and Formation Directors. But, so many changes were occurring in our eastern region that the project was impossible. One Minnesota group, for example, broke into six. Dozens of others were behind by many months in their "spring" elections.

Then I kept learning that catalogs had some major shortcomings. Some suggested I just list "contact people" for each group and let them screen potential visitors. In some cases "visitors" with a purchased catalog had disrupted meetings, arguing that things weren't done right--the way they did at their group, etc.. So, I have decided to leave matters to the local "contact" persons to handle. If a visitor comes, it would be with someone who can introduce him/her.

My list of contact persons is almost ready to be sent to all the Presidents and Formation Directors who can share this information with the members of their Communities/Groups.

Hopefully, the various groups and their leaders will be more in touch with each other, especially those in the same or nearby states. I think some people will be astounded by the number of OCDS groups in our region. Aside from mailings outside the US, I bulk-mailed--last issue-- 3245 copies of the *Clarion* of which perhaps 50 were not in our region. There seems to be an explosion of people interested in and making commitments to the OCDS. A problem, but a happy one!

AUGUST 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 St. Alphonsus Liguori</p> <p>He does not force our will. He takes only what we give Him.</p> <p>St Teresa of Jesus</p>	<p>2 St. Eusebius of Vercelli</p> <p>Bl Teresa Benedict arrested in 1942.</p> <p>Come, let us go for our people.</p> <p>Bl Teresa Benedict</p>	<p>3 First Friday</p> <p>He sometimes permits the body to suffer to cure the illness of our souls; be courageous, make a virtue of necessity.</p> <p>B Lawrence</p>	<p>4 St. John Vianney First Saturday</p> <p>During this time the Virgin helped me to cleanse my heart of every imperfection.</p> <p>Bl Teresa of the And</p>	<p>5</p> <p>I am not seeking Tabor but Calvary, for I understand that the life of a Carmelite is a continual abnegation...</p> <p>Bl Teresita of the And.</p>
<p>6 Transfiguration</p> <p>Contemplation is nothing else than a secret and peaceful and loving inflow of God.</p> <p>St John of the Cross</p>	<p>7 SS. Sixtus II & companions St. Cajetan</p> <p>I beg You to take away my freedom to displease You.</p> <p>Little Therese</p>	<p>8 St. Dominic</p> <p>In order to be a "Praise of Glory" I must be moved only by His touch.</p> <p>Bl Elizabeth</p>	<p>9 Memorial feast of Bl Teresa Benedict, Martyr, known also as Edith Stein. 1891-1942</p>	<p>10 St. Lawrence</p> <p>Remember what you promised when you entered Carmel: to express in yourself the life of the Crucified.</p> <p>Bl Teresa Mgt Redi</p>	<p>11 St. Clare</p> <p>St Claire promised to help St Teresa to re-establish the Primitive Rule in Carmel.</p>	<p>12</p> <p>The holy RULE and Constitutions are for us the expression of the divine will.</p> <p>Bl Teresa Benedicta</p>
<p>13</p> <p>I fear I am a great trial of bad example. I wonder how our Holy Mother can endure to have me among her daughters.</p> <p>St Teresa Margaret</p>	<p>14 St. Maximilian Kolbe</p> <p>St Teresa made new Foundations of Nuns in Medina del Campo 1567, and Valladolid in 1568 on the feast of the Assumption.</p>	<p>15 Assumption Holy Day of Obligation John Carroll consecrated first U.S. bishop, 1790</p> <p>Carmelite Nuns are first religious women in the United States.</p>	<p>16 St. Stephen of Hungary</p> <p>St Teresa authorized to expand reform to include the Friars.</p>	<p>17</p> <p>Those who look upon sickness as a gift from God ordinarily bear it with great contentment and solace</p> <p>Brother Lawrence</p>	<p>18 St. Jane Frances de Chantal</p> <p>The world is your Calvary, the observance of the RULE the Cross and the Vows the nails that fix you to it.</p> <p>Bl Teresa Mgt.</p>	<p>19</p> <p>Little Therese receives Viaticum in 1897 and prepares for death.</p>
<p>20</p> <p>There is no need for beautiful thoughts, only an outpouring of the heart.</p> <p>Blessed Elizabeth</p>	<p>21 St. Pius X</p> <p>Make a firm resolution to overcome all the difficulties which are met in the spiritual life - with God's grace.</p> <p>Brother Lawrence</p>	<p>22 Queenship of Mary.</p> <p>Now He has given me a sign (Scapular) that I am obliged to change my whole life and also to become a saint.</p> <p>St Teresa Margaret</p>	<p>23 St. Rose of Lima</p> <p>St John of the Cross was declared Doctor of the Church on August 24, 1926.</p>	<p>24 St. Bartholomew</p> <p>St Teresa of Jesus on this day in 1562 made the first Foundation of Discalced Nuns at San Jose Carmel.</p>	<p>25 St. Louis St. Joseph Calasanz</p> <p>Memorial feast of Bl Mary of Jesus Crucified: The Little Arat</p>	<p>26</p> <p>In my heart...was the likeness of a burning fire.</p> <p>St Teresa of Jesus</p>
<p>27</p> <p>A woman will find her strength in the intention of the concrete and the living.</p> <p>Bl Teresa Benedicta</p>	<p>28 St. Augustine</p> <p>I shall do otherwise than fall if You leave me to myself; so keep me from falling correct what is wrong.</p> <p>Brother Lawrence</p>	<p>29 Beheading of St. John the Baptist</p> <p>The mirror we have to consult to arrive at divine union is the Sacred Heart...</p> <p>St Teresa Margaret</p>	<p>30 The practice of the presence of God is at the root of all spiritual life...though the methods may differ.</p> <p>Bl Titus Brandsma</p>	<p>31 Sometimes it may seem to us that if we do not do more than the RULE, we shall not be saved. That is an error!</p> <p>Bl Mary of Jesus Cru.</p>		

SEPTEMBER 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 First Saturday Feastday of St Teresa Margaret Redi of the Sacred Heart.	2 God is always there but He is hidden, and He keeps silence. Bl Teresa Benedicta
3 During our work we we should stop as often as we can, for a moment to adore God from the bottom of our hearts. Brother Lawrence	4 Therese wants us continually to contemplate God's works and notice the proofs of His love. Bl Titus Brandsma	5 I made my prayer. I had no recollection. Nevertheless I felt consoled in being with God. Bl Teresita of the And.	6 Sometimes I think of myself as a block of stone before a sculptor and present myself thus to God and I beg Him to form me. Brother Lawrence	7 First Friday My idea of being a Carmelite is to be a victim, constantly immolated for souls. Bl Teresita of the And.	8 Birth of Mary If you are faithful you will hve a holy life and a holy death. The Little Arab	9 I long...to become docile that I may learn all from Thee. Blessed Elizabeth of the Trinity
10 A vocation is the greatest blessing that God can give to a creature. Bl Teresita of the And.	11 My Jesus, I am determined to be all Yours, whatever the cost, and despite every repugnance. St Teresa Margaret	12 Consider what it is God wants, and then do it. St John of the Cross	13 St. John Chrysostom May Jesus in the Blessed Sacrament be praised, loved and worshiped in all the tabernacles of the world. St Teresa Margaret	14 Triumph of the Cross John Carroll appointed first U.S. Bishop, 1789 The spirit of the RULE is, above all, the spirit of the CROSS. The Little Arab	15 Our Lady of Sorrows For St John of the Cross, Our Lady is the ideal of the soul that strives upward toward God, and is drawn by God to Himself. Bl Titus Brandsma	16 In Him everything is found. In Him everything is also forgotten. St Teresa of Jesus
17 Feastday of St Albert of Jerusalem Law Giver of Carmel.	18 Without showing Himself, without making His voice heard, Jesus teaches me in secret. Little Therese	19 St. Januarius Once you have given God something you must never take it back. Bl Mary of Jesus Cru.	20 SS. Andrew Kim Taegon, Paul Chong Hasang & companions The image of the rose shedding its petals had a particular charm for her (Ther). Bl Titus Brandsma	21 St. Matthew Lord, you return gladly and lovingly to life up the one who offends you. St John of the Cross	22 She (Mary) used to listen to me when I told her of my joys and sorrows. Bl Teresita of the And.	23 30 Little Therese died the 30th, 1897
24 St Teresa in her masterly way describes how the life of grace is built on natural foundations. Bl Titus Brandsma	25 Complete surrender ...is at the same time the only adequate fulfillment of a woman's aspirations. Bl Teresa Benedicta	26 SS. Cosmas & Damian It is the life of a Carmelite to commune with God from morning to night. Blessed Elizabeth	27 St. Vincent de Paul St Teresa of Jesus was proclaimed a Doctor of the Church this day in 1970.	28 St. Wenceslaus St. Lawrence Ruiz & companions I offer myself as a victim of holocaust to your Merciful Love. Little Therese	29 SS. Michael, Gabriel, & Raphael In the evening of life I shall appear before You with empty hands. Little Therese	

OCTOBER 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 St. Theresa of the Child Jesus</p> <p>Jesus does not demand great actions from us but simple surrender and gratitude.</p> <p>Little Therese</p>	<p>2 Guardian Angels</p> <p>Consume all of my imperfections like the fire that transforms everything in itself.</p> <p>Little Therese</p>	<p>3 Therese Martin starts to attend school in 1890, October 3rd.</p> <p>I beg of You to take away my freedom to displease You.</p>	<p>4 St. Francis of Assisi Carmelite Hermit Rule changed into Friar or Mendicant Rule in 1247 at Aylesford England.</p>	<p>5 First Friday</p> <p>We are the descendants of those holy Fathers on Mount Carmel.</p> <p>St Teresa of Jesus</p>	<p>6 St. Bruno Bl. Marie-Rose Durocher</p> <p>How much the glorious Virgin and this blessed saint (the Magdalene) must have suffered!</p> <p>St Teresa of Jesus</p>	<p>7</p> <p>Papal approval for the first Secular Order Carmelites in 1452, at request of Bl John Soreth.</p>
<p>8</p> <p>If they cannot even get a good thought they should not kill themselves.</p> <p>St Teresa of Jesus</p>	<p>9 SS. Denis & companions St. John Leonardi</p> <p>The soul understands that without the noise of words the Divine Master is teaching it.</p> <p>St Teresa of Jesus</p>	<p>10</p> <p>The soul is being enkindled in love and it does not understand how it loves.</p> <p>St Teresa of Jesus</p>	<p>11</p> <p>I explained contemplation very much at length and as best I could in the account of my life...</p> <p>St Teresa of Jesus</p>	<p>12</p> <p>Edith Stein was born today in 1891. She also entered Carmel on her birthday 1935.</p>	<p>13</p> <p>A new life began little by little to pour into me.</p> <p>Bl Terese Benedicta</p>	<p>14</p> <p>St Teresa begins a term as prioress at the Incarnation, 1571.</p>
<p>15 St. Teresa of Jesus</p> <p>Co-founder of the Discalced Carmelites.</p> <p>Doctor of the Church</p> <p>Solemn Feastday</p>	<p>16 St. Hedwig St. Margaret Mary Alacoque</p> <p>I have reached the summit of my desires in being clothed with this holy habit.</p> <p>St Teresa Margaret</p>	<p>17 St. Ignatius of Antioch</p> <p>The presence of God, in my opinion, encompasses the whole spiritual life.</p> <p>Brother Lawrence</p>	<p>18 St. Luke</p> <p>St Teresa of Jesus receives the grace of spiritual marriage at the Incarnation.</p>	<p>19 SS. Isaac Jogues, John de Brebeuf, & companions St. Paul of the Cross</p> <p>A Carmelite is one who has beheld the Crucified.</p> <p>Bl Elizabeth</p>	<p>20</p> <p>So Little Therese gave everything into God's hands with a limitless confidence.</p> <p>Bl Titus Brandsma</p>	<p>21</p> <p>St Therese of the Child Jesus is the Co-Patron of the Missions.</p>
<p>22</p> <p>In heaven I shall not be idle. I will spend my heaven in doing good upon earth.</p> <p>Little Therese</p>	<p>23 St. John of Capistrano</p> <p>It seems to me that in heaven my mission will be to draw souls ...to that great inner silence.</p> <p>Bl Elizabeth</p>	<p>24 St. Anthony Claret</p> <p>The first step of love makes the soul sick in an advantageous way.</p> <p>St John of the Cross</p>	<p>25</p> <p>The second step of love causes a person to search for God unceasingly.</p> <p>St John of the Cross</p>	<p>26 The third step of loving ladder prompts the soul to the performance of works and gives it fervor that it might not fail.</p> <p>St John of the Cross</p>	<p>27 On the fourth step a habitual yet unwearisome suffering is engendered on account of the Beloved.</p> <p>St John of the Cross</p>	<p>28</p> <p>The fifth step of this ladder of love imparts an impatient desire and longing for God.</p> <p>St John of the Cross</p>
<p>29</p> <p>The sixth step of love makes the soul run swiftly toward God and experience many touches in Him.</p> <p>St John of the Cross</p>	<p>30</p> <p>The seventh step of this ladder of love gives the person an ardent boldness.</p> <p>St John of the Cross</p>	<p>31 Halloween</p> <p>The eighth step of love impels the soul to lay hold of the Beloved without letting Him go.</p> <p>St John of the Cross</p>				

Many times we look too much at ourselves and not enough at Jesus. So I am presuming that Fr. Lee Piche, of Minneapolis-St Paul, will not mind my printing his translation of:

Canticle of the Holy Face

by St. Theresa of Lisieux (1895)

The image of your Holy Face,
O Jesus you must surely know,
Is like the star that guides my ways,
Is heaven itself on earth below.
My love discerns the graceful light
In your dear eyes adorned with tears.
I smile despite my tearful fright
When I recall your sufferings dear.

O how I long to soothe your pain
To live with you the hidden life;
To me your veiled beauty's plain,
Its mysteries open to the light;
In seeing you my heart takes wing.

Your Face, my one and only home,
The kingdom where my love does play;
The pleasant meadow where I roam,
My softly shining sun each day.
Your Face, a lily pure and white
Which with mysterious perfume
Affords my exiled soul delight,
A peace the world cannot assume.

It is my pleasure and my rest,
sweet melody of lyre and harp.
Your Countenance, my Savior blest,
like precious ointment in my heart,
I closely guard within my breast.

Your Face, my one and only wealth:
I ask for nothing, nothing more.
For there I'll ever hide myself
Until I look like you, my Lord.
Trace your image in my soul,
Its tenderness, and mercy, too,
And soon, made holy, pure and whole,
I'll draw a thousand hearts to you.

To reap with you — my only wish —
A golden harvest for the Lord,
embrace me with your fires of bliss!
And give me from your lips adored
the thrill of your eternal kiss!

MORE QUESTIONS ON TERESA OF AVILA'S WAY OF PERFECTION

(Cf chap. 9): Relatives (in today's world = our "contacts") vs. truer friends. .

n.1:

A) Who are the servants of God that He has sent to your aid in the past and present?

n.4:

B) Who has done favors for you, expecting to be repaid by God rather than you? For whom have you done favors, expecting to be repaid only by God? And when? How?

--Who has gone out of their way for you-- expecting payment from You, not God?

--In what ways do you now consider people indebted to you? Does this mean that God is excused from rewarding you, since you are expecting this reward from another?

n.5:

C) Have you put too much importance (at times in the past) upon being detached, trying to keep things in their proper place, by fleeing objects and people, rather than embracing the good Jesus, Our Lord?

Ch.10:

n.1:

A) When was the last time you gave in, and did something the way someone else preferred it to be done? Did you resent this? Or, did you (maturely) give in for a good reason, namely the common good of orderliness or peacefulness?

B) Can you think of anyone greatly frustrated because things are not done his/her way? What does this say about their "freedom of spirit"? What is such a person enslaved to?

n.2:

C) If you had to explain to someone else "how all is vanity and how quickly everything comes to an end," what would be your illustrations? (A broken tv, a junker of a car, a worn-out dress or suit, or what?)

D) On the positive side, in your life what will never end?

n.3:

E) Understanding humility as "walking in truth", what are you making too much of?

n.4:

F) Have you felt at times (recently) that you were very detached? And actually, also really very humble? Did any subsequent

event disillusion you? What happened?

n.5:

G)"For some of us are by nature such lovers of comfort..." In what specific way is this still true of you? Or, what kinds of comfort do you tend to seek?

H) What kinds of good, but (for you) unpleasant actions or situations do you naturally tend to avoid? E.g.: You would rather do anything than _____ (which is in itself a good action): "Let someone else do that!"

I) If you do not understand what "goes against your nature", ask yourself about what hampers your freedom of spirit: what good things would you do, if such and such an action would not be asked of you?

So, what is the such-and-such?

n.6:

J)What are your ordinary duties? Have you been tempted to do some penance or practise some pious devotion, even in response to someone else's apparitions, that interferes with your ordinary duties?

K)Fasting from food and performing a multiplicity of devotions may be easier and more personally glorious than fasting from critical words, useless arguments, etc. or looking after the needs of others.

--What real penance are you called upon to do in your secular lifestyle?

--When is your silence hard but no threat to your physical health and of great help to your spiritual health and the peace and tranquility of those around you?

n.7:

L)What have you complained about recently? How much did you restrain your complaining? How many people did you tell? Did this trigger action or sympathy in anyone? Was this taxing on the persons involved?

M)Is it possible you are unaware of your complaining? Can you ask someone what you complain about?

CH.11:

n.3: A)In your experience, does not-complaining or complaining serve as the real indicator of how ill a person is? Or how difficult their life really is?

B) Who do you have who will listen to your complaints? (Besides God, of course!)

C) Since St Teresa is referring to minor ailments and not to serious sickness, what might be yourstrategy/approach to minor uncomfortable situations? Are these potential "little sacrifices"? In practise, can it help you to remind yourself that "by our complaining the sickness is not alleviated"?

n.4:

D)Medical science has made great progress since Teresa's day. How would you decide what is a "definite need"?

CH 12:

n2: "The whole matter... or a great part of it...lies in losing concern about ourselves and our own satisfaction..."

A)Your needs are important, but sometimes you need to stop and look at those around you: what are their needs that you can meet? Does this mean that, momentarily, you have to forget your worries? (Remember that you have to meet your own needs, if you are going to be alive for others!)

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