

THE HOLY HILL  
CARMEL CLARION



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MARCH LETTER FROM FR PATRICK FARRELL, PROVINCIAL DELEGATE FOR THE MIDWEST PART OF THE WASHINGTON PROVINCE:

Dear Members of The Secular Order and supportive friends,

Lent will be here soon--about the time you receive this issue of the Holy Hill Clarion. So, I wish you a successful Lent. And a Happy Easter!

But, Lent comes first. And Lent means for some a time of giving up things good in themselves--like candy, snacks, etc.. This may hurt a little, but it might also bring with it a feeling of accomplishment. After all, you were tough or strong enough to fast or abstain from these goodies.

For others, a step up the scale in Christian spirituality, Lent means giving up back-biting, nastiness to co-workers or family, slander, calumny, rash judgment, excessive criticism (which is what hypo-crite means), and many other acts of un-Christian behavior.

Giving up the bad may be much harder and less successful than giving up the good.

But it is certainly a task worth considering, even if it turns out to be only 30% successful. You may even be inspired to continue this new way when Easter arrives! It is the best type of "mortification" so helpful to a life of real prayer.

Another form of this might simply be called "bearing with one another" and carrying your Cross, whatever it is, behind Jesus. Most of us do not have to go looking for the Cross, do we?

There is another "penance" or changing of your mind also available for Lent, and life.

I will try to share that with you, since it is very helpful to the prayer life.

About ten days ago, I was assigned to have Mass each day of one week for a group of retired Sisters. They were coughing and sneezing and blowing their noses during Mass--all week long.

I told one of them, that I couldn't remember when I had a cold the last time. My resistance must be good. THEN I caught the germ!

Two days later, when assigned to our 6AM Mass in the Shrine Chapel, I mentioned to a gentleman (in my hoarse voice) that I had bragged that I wasn't going to catch a cold. But I did. Pride before the fall!

His reply was a very simple statement "You are still alive."

Now, this might seem unimportant. But the truth is: We look at one problem and forget all the other goods and graces and gifts God has given us. To give credit where credit is due (to God for our life, our brains, talent, etc.) is humility in practice.

St Teresa of Avila tells us again and again how important humility is for us to be people of prayer. But, if you have read her *Way of Perfection*, you know humility is NOT denying God's gifts to you and saying you are good for nothing. That she says is an insult to God and a far cry from humility.

So, during Lent (and forever after), you may want, not only to thank God each day for one of His many gifts to you, but do it NOW as your Lenten penance. --Fr. Pat, OCD.

## St. Raphael Kalinowski

*Patriot, Prisoner in Siberia  
Restorer of Polish Carmel*

Born in Vilnius September 1, 1835.

After graduating from the Military Academy in St. Petersburg as a certified engineer with the rank of Lieutenant, he worked on the construction of the fortress in Brzesc, Lithuania.

In 1863, he resigned his post to take part in the January Uprising in the capacity of Minister of War for the Lithuanian region.

For his activity during the uprising he was sentenced to death by the Russian Military Tribunal. This sentence was commuted to 10 years hard labor in Siberia.

After returning from exile in 1874, he served as guardian and educator of the young prince August Czartoryski, who later became a Salesian and candidate for the sainthood.

In 1877, he entered the Order of Discalced Carmelites and 5 years later was ordained a priest.

Sincerely and deeply concerned for the future of his order in Poland, he founded a new monastery and minor seminary in Wadowice, which became the cradle of a new, reborn, and now flourishing Polish Province.

In trying times for the order, he accepted the responsibilities of leadership as prior of the monasteries at Czerna and Wadowice.

On November 15, 1907, he died at the monastery in Wadowice already considered by many to be a saint.

In the history of the Church in Poland, he will be remembered as the energetic restorer of the Polish Carmelites, an untiring confessor, a mature and experienced spiritual director - a man with a generous heart, extraordinary piety, and true humility.

Pope John Paul II, during his pastoral visit to Poland in 1983, proclaimed him Blessed.

On Sunday, November 17, 1991, in Rome, the Holy Father will perform the Solemn Act of Canonization of this great son of Poland.

## From the Writings and Sayings of St. Raphael Kalinowski

“I am far from being unaware of the benefits of material independence, but to achieve it I would never sacrifice moral independence.”

“What Poland needs is not blood, which has been shed in abundance on her soil, but rather the sweat of toil.”

“We urgently need saints. Without them poor humanity will perish.”

“A good person is like clean air: we draw breath from it though it cannot be seen.”

“Every step in life should be evaluated, as far as our own strength permits, by the way in which it draws us closer to the Lord through our own striving for perfection and our increasing, even if only a tiny bit, the happiness of others. If we have any hesitation in this matter, it is better to be free of it.”

“In the poverty of my existence, where would I be able to turn, if the treasures of your Church were not opened to me, my good Savior?”

“Mary, through her motherhood, is the Book in which the Eternal Word of God, Christ the Lord, is written for all the world to read.”

“Mary, Spiritual Vessel, pray for us thoughtless creatures.”

“Since God gave himself totally for our sake, how can we fail to give ourselves to God?”

“O God, grant me humble simplicity; may I never place myself higher than I truly am, and may I never appear on the outside otherwise than I am before you, who search the depths of my heart. May I esteem the work, talents, and virtues of others without flattery, false humility, or envy, but rather in a spirit of truth, human dignity, and unflinching love.”

“I consider myself the property of another.”

## Excerpts from the Homily of Pope John Paul II during the Beatification of Raphael Kalinowski and Albert Chmielowski

The Church in Poland rejoices, rendering homage to the Eternal Shepherd for the work of sanctification which he has accomplished through the Holy Spirit in the Servants of God Raphael Kalinowski and Brother Albert Chmielowski.

... Holiness is a special likeness to Christ. It is a likeness through love.

Father Raphael and Brother Albert in their lives reached the heights of sanctity by embarking on the path of love, which the Church today confirms. There is indeed no other path which leads to those heights.

Father Raphael and Brother Albert from their early years understood the truth that love flows from the giving of one's soul, that love requires the gift of self indeed, it requires that one “give up his very life,” as Christ told his Apostles.

This giving of their own lives for others—for their fellow countrymen, was likewise expressed by their taking part in the uprising of 1863... a heroic love of country inspired each of them. For their role in the uprising, Kalinowski paid the price with a term in Siberia, commuted from an earlier death sentence, and Chmielowski by being crippled.


Later on, each continued to realize in his own way the words of the Redeemer and Master: “There is no greater love than to lay down one's life...”

Father Raphael gave up his life in the austere Carmelite monastery, serving others to the end, especially in the confessional; his contemporaries called him “the martyr of the confessional.”


At the turn of the present century, on the eve of Poland's recovery of her independence, these two eminent sons of Poland completed their earthly journey, marking out the path of holiness for their own contemporaries—and for future generations as well.

Krakow, June 22, 1983


# MARCH 1998

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1 1<sup>st</sup> Sunday of Lent</b></p> <p>Sing a hymn of praise to our God; praise him above all for ever.</p> <p style="text-align: center;"><b>Antiphon of the day</b></p>	<p><b>2</b></p> <p>In the wretchedness of my life, where could I turn to, if I did not have such treasures open to me in your Church, O my Savior?</p> <p style="text-align: center;"><b>St. Rafael Kalinowski</b></p>	<p><b>3</b></p> <p>At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it.</p> <p style="text-align: center;"><b>Heb. 12:11</b></p>	<p><b>4</b></p> <p>If you want your prayer to fly up to God, give it two wings, fasting and almsgiving.</p> <p style="text-align: center;"><b>St. Augustine</b></p>	<p><b>5</b></p> <p>To watch in prayer is the same as to stand before the face of God.</p> <p style="text-align: center;"><b>Bl. Teresa Benedicta of the Cross</b></p>	<p><b>6</b></p> <p>We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.</p> <p style="text-align: center;"><b>Antiphon—Stations of the Cross</b></p>	<p><b>7 STS. PERPETUA &amp; FELICITY</b></p> <p>Jesus does not demand great actions from us but simply <i>surrender</i> and <i>gratitude</i>.</p> <p style="text-align: center;"><b>St. Therese of Lisieux</b></p>
<p><b>8 2<sup>nd</sup> Sunday of Lent</b></p> <p>Dedicate yourselves to thankfulness. Let the word of Christ, rich as it is, dwell in you.</p> <p style="text-align: center;"><b>Col. 3:15-16</b></p>	<p><b>9</b></p> <p>The spirit of Jesus is a spirit of subjection, simplicity, humility, and of meekness.</p> <p style="text-align: center;"><b>St. Teresa Margaret Redi</b></p>	<p><b>10</b></p> <p>The ungiven self is an unfulfilled self.</p> <p style="text-align: center;"><b>Bishop Fulton Sheen</b></p>	<p><b>11</b></p> <p>We must never stop working, since in the spiritual life, not to advance is to go backward.</p> <p style="text-align: center;"><b>Br. Lawrence of the Resurrection</b></p>	<p><b>12</b> Let yourselves be emptied and transformed in order to fill your heart to it's fullest. Then you will be able to give in abundance.</p> <p style="text-align: center;"><b>Mother Teresa of Calcutta</b></p>	<p><b>13</b></p> <p>Conquering the tongue is better than fasting on bread and water.</p> <p style="text-align: center;"><b>St. John of the Cross</b></p>	<p><b>14 Prayer is a search for God....a revelation of God. A person who prays...makes God, who is <i>merciful Love</i>, present in the world.</b></p> <p style="text-align: center;"><b>John Paul II (<u>Crossing the Threshold of Hope</u>)</b></p>
<p><b>15 3<sup>rd</sup> Sunday of Lent</b></p> <p>Almighty God and Father, we worship you, we give you thanks, we praise you for your glory.</p> <p style="text-align: center;"><b>Gloria in Excelsis</b></p>	<p><b>16</b></p> <p>God's Goodness kindles our soul and brings it to life and makes it grow in grace and capacity.</p> <p style="text-align: center;"><b>Julian of Norwich</b></p>	<p><b>17 ST. PATRICK</b></p> <p>Your vocation is to be Jesus—and Jesus is to live in you.</p> <p style="text-align: center;"><b>Mother Aloysius of Concord Carmel</b></p>	<p><b>18</b></p> <p>To live hidden in Christ, it is necessary to die to self.</p> <p style="text-align: center;"><b>St. Teresa of the Andes</b></p>	<p><b>19 St. Joseph, spouse of Mary</b></p> <p>Walk in solitude with God: act according to the just measure; hide the blessings of God.</p> <p style="text-align: center;"><b>St. John of the Cross</b></p>	<p><b>20 ...when you fast [let] no one know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.</b></p> <p style="text-align: center;"><b>Mt. 6:17-18</b></p>	<p><b>21</b></p> <p>By kindness and loyalty atonement is made for sin; with the fear of Yahweh goes avoidance of evil.</p> <p style="text-align: center;"><b>Pr. 16:6</b></p>
<p><b>22 4<sup>th</sup> Sunday of Lent</b></p> <p>Does not my word burn like fire—it is Yahweh who speaks—is it not like a hammer shattering a rock?</p> <p style="text-align: center;"><b>Jr. 23:29</b></p>	<p><b>23</b></p> <p>Remember that you have but one soul and have but once to die; no more than one short life which is yours and yours only; that there is only one glory and this is eternal. This thought will detach you from many things.</p> <p style="text-align: center;"><b>St. Teresa of Avila</b></p>	<p><b>24</b></p>	<p><b>25 ANNUNCIATION</b></p> 	<p><b>26</b></p> <p>Believe that He loves you, that he wants to help you in the struggles you have to undergo.</p> <p style="text-align: center;"><b>Bl. Elizabeth of the Trinity</b></p>	<p><b>27</b> If you desire to be perfect, sell your will to the poor in spirit, come to CHRIST in meekness and humility, and follow HIM to calvary and the sepulcher.</p> <p style="text-align: center;"><b>St. John of the Cross</b></p>	<p><b>28</b></p> <p>We are made for God alone. He could not find it wrong for us to abandon ourselves in order to concentrate on HIM.</p> <p style="text-align: center;"><b>Br. Lawrence of the Resurrection</b></p>
<p><b>29 5<sup>th</sup> Sunday of Lent</b></p> <p>In your minds you must be the same as Christ Jesus.</p> <p style="text-align: center;"><b>Ph. 2:5</b></p>	<p><b>30</b></p> <p>The essential mystery of the cross is that it gives rise to a certain kind of loneliness, (abandonment) an inability to see clearly how things are unfolding, an inability to see that, ultimately, all things will work for our good, and that we are, indeed not alone.</p> <p style="text-align: center;"><b>Cardinal Joseph Bernardin</b></p>	<p><b>31</b></p>				

## APRIL 1998

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>1 Bl Nuno Alvares Pereira*</b> He asked to share your life, O Lord, and you heard his prayer; you have clothed him with glory and great beauty.</p> <p style="text-align: right;">Antiphon 1</p>	<p><b>2 St. Francis of Paola</b> For our sake Jesus endured every torment of body and soul....He himself gave us an example of perfect patience and love.</p> <p style="text-align: right;">St. Francis of Paola</p>	<p><b>3 First Friday of the Fifth Week of Lent</b> The Cross is again raised before us. It is the sign of contradiction. The Crucified looks down on us: "Are you also going to abandon Me?"</p> <p style="text-align: right;">Edith Stein</p>	<p><b>4 First Saturday, St. Isidore of Seville</b> One must pray regularly and read regularly. When we pray, we talk to God; when we read, God talks to us.</p> <p style="text-align: right;">St. Isidore</p>
<p><b>5 Passion (Palm) Sunday</b> He was known to be of human estate, and it was thus that He humbled himself, obediently accepting even death, death on a cross!</p> <p style="text-align: right;">Phil 2:7b-8</p>	<p><b>6 Monday of Holy Week</b> Mary brought a pound of costly perfume...She anointed Jesus' feet. Then she dried his feet with her hair.</p> <p style="text-align: right;">John 12:3</p>	<p><b>7 Tuesday of Holy Week</b> My children, I am not to be with you much longer.... Where I am going, you cannot come.</p> <p style="text-align: right;">John 13:33</p>	<p><b>8 Wednesday of Holy Week</b> The Lord God is my help.... I have set my face like flint, knowing that I shall not be put to shame.</p> <p style="text-align: right;">Isaiah 50:7</p>	<p><b>9 Holy Thursday</b> Every time that you eat this bread and drink this cup, you proclaim the death of the Lord until He comes!</p> <p style="text-align: right;">1 Cor 11:26</p>	<p><b>10 Good Friday</b></p> 	<p><b>11 Holy Saturday</b> Precious in the eyes of the Lord is the death of his faithful ones.</p> <p style="text-align: right;">Psalm 116:15</p>
<p><b>12 Easter Sunday</b> Then the disciple who had arrived first at the tomb went in. He saw and believed.</p> <p style="text-align: right;">John 20:8</p>	<p><b>13 Monday within the Octave of Easter</b> Jesus said to the women: "Do not be afraid! Go and carry the news to my brothers that they are to go to Galilee, where they will see Me."</p> <p style="text-align: right;">Matt 28:10</p>	<p><b>14 Tuesday within the Octave of Easter</b> Mary caught sight of Jesus standing there. But she did not know him.... Jesus said to her, "Mary!" She turned and said in Hebrew, "Rabboni!"</p> <p style="text-align: right;">John 20:14, 16a</p>	<p><b>15 Wednesday within the Octave of Easter</b> Jesus took bread, said the blessing, broke it, and gave it to them.... With that, their eyes were opened and they recognized Him.</p> <p style="text-align: right;">Luke 24:30-31</p>	<p><b>16 Thursday within the Octave of Easter</b> Jesus stood in their midst and said: "Peace be with you.... Look at My hands and My feet; it is really I."</p> <p style="text-align: right;">Luke 24:36, 39a</p>	<p><b>17 Easter Octave, Bl. Baptist Spagnoli*</b> The reading of Holy Scripture has extraordinary efficacy.... I have found immediate balm for my struggling spirit.</p> <p style="text-align: right;">Bl. Baptist Spagnoli</p>	<p><b>18 Easter Octave, Bl. Mary of the Incarnation*</b> Her tongue uttered words of wisdom; her tongue spoke words of compassion.</p> <p style="text-align: right;">Antiphon 1</p>
<p><b>19 Second Sunday of Easter</b> Peace be with you! As the Father has sent Me, so I send you.</p> <p style="text-align: right;">John 20:21</p>	<p><b>20 Second Week of Easter</b> Only when one loves life and earth... may one believe in the Resurrection and a new world.</p> <p style="text-align: right;">Dietrich Bonhoeffer</p>	<p><b>21 St. Anselm</b> Lord, inaccessible light is Your dwelling place, for no one apart from Yourself can enter into it and fully comprehend You!</p> <p style="text-align: right;">St. Anselm</p>	<p><b>22 Second Week of Easter</b> God so loved the world that He gave His only Son, that whoever believes in Him may not die but may have eternal life.</p> <p style="text-align: right;">John 3:16</p>	<p><b>23 St. George /St. Adalbert</b> St. George was consumed with the fire of the Holy Spirit [and] armed with the invincible standard of the Cross!</p> <p style="text-align: right;">St. Peter Damian</p>	<p><b>24 St. Fidelis of Sigmaringen</b> What made the holy apostles and martyrs endure fierce agony and bitter torments, except... faith in the resurrection?</p> <p style="text-align: right;">Pope Benedict XIV</p>	<p><b>25 St. Mark, Evangelist</b> The holy evangelists searched the wisdom of past ages. Through their gospels they confirmed the words of the prophets.</p> <p style="text-align: right;">Antiphon 1</p>
<p><b>26 Third Sunday of Easter</b> The God of our fathers has raised up Jesus.... He whom God has exalted... as ruler and savior is to bring repentance and forgiveness of sins.</p> <p style="text-align: right;">Acts 5:30-31</p>	<p><b>27 Third Week of Easter</b> The Cross is the proof that there is no length to which the love of God will refuse to go in order to win men's hearts.</p> <p style="text-align: right;">William Barclay</p>	<p><b>28 St. Louis de Montfort/ St. Peter Chanel</b> We honor Mary only that we may more perfectly honor Jesus, since we go to her only... to find the end we are seeking, which is Jesus</p> <p style="text-align: right;">St. Louis de Montfort</p>	<p><b>29 St. Catherine of Siena</b> Eternal God... You are a mystery as deep as the sea; the more I search, the more I find, and the more I find, the more I search for You.</p> <p style="text-align: right;">St. Catherine of Siena</p>	<p><b>30 St. Pius V, Pope</b> The servant proved himself faithful and wise; the Lord entrusted the care of His household to Him.</p> <p style="text-align: right;">Antiphon 2</p>		<p><b>*Carmelite</b></p>

## MAY 1998

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1 St. Joseph the Worker</b> Those who are devoted to prayer should cherish devotion to St. Joseph <i>St. Teresa of Avila</i>	<b>2 St. Athanasius</b> When God is loved, He very readily answers the requests of His lover. <i>St. John of the Cross</i>
<b>3 4th Sunday of Easter</b>  It is from Christ Himself that you must learn how to love Him.  <i>Bl. John Soreth</i>	<b>4</b> We must be careful to free our hearts from everything that might get in the way of pure love of our beloved Jesus.  <i>St. Joachina de Vedruna</i>	<b>5 St. Angelus</b>  In the prepared soul, the act of love enters immediately.  <i>St. John of the Cross</i>	<b>6</b>  I am He Whom you love, you must be espoused to Me.  <i>Bl. Anne of St. Bartholomew</i>	<b>7</b> My only love, I abandon myself entirely to You, so that You alone may act according to Your designs. <i>St. Teresa Margaret Redi</i>	<b>8 Bl. Aloysius Rabata</b>  Oh, powerful love of God how different are Your effects from those of the world's love. <i>St. Teresa of Avila</i>	<b>9</b>  Love one another, such as My Love has been for you, so must your love be for each other.  <i>John 13:34</i>
<b>10 5th Sunday of Easter</b>  As a mother comforts her child, so I will comfort you.  <i>Isaiah 66:13</i>	<b>11</b> As he who loves a creature often thinks of her, so the one who loves God is always mindful of Him. <i>St. Teresa Margaret Redi</i>	<b>12</b> God is hidden in the soul, and there the good contemplative must seek Him with Love.  <i>St. John of the Cross</i>	<b>13</b>  A Being whose name is Love dwelling within us.  <i>Bl. Elizabeth of the Trinity</i>	<b>14 St. Matthias, apostle</b> There is no greater nor more necessary work than love.  <i>St. John of the Cross</i>	<b>15</b> The important thing is not to think much, but to love much.  <i>St. Teresa of Avila</i>	<b>16 St. Simon Stock</b> Whosoever dies clothed in this Scapular shall not suffer eternal fire. <i>Our Lady's promise to St. Simon Stock</i>
<b>17 6th Sunday of Easter</b>  Love is the soul's inclination, strength, and power in making its way to God. <i>St. John of the Cross</i>	<b>18</b> We should not weary of doing little things for the love of God.  <i>Brother Lawrence</i>	<b>19</b> Sweet and peaceful conformity to God's will is the test of love. <i>Mother Aloysius Concord</i>	<b>20</b> With God, to love the soul is to put her somehow in Himself and make her His equal <i>St. John of the Cross</i>	<b>21 The Ascension of Our Lord</b>  I will not leave you orphans; I will come back to you. <i>John 14:18</i>	<b>22 St. Joachim de Vedruna</b> The more we love God, the more we shall long to love Him. <i>St. Joachim de Vedruna</i>	<b>23</b>  The Lord looks at the love with which we do our works.  <i>St. Teresa of Avila</i>
<b>24 7th Sunday of Easter</b> The soul lives where she loves. <i>St. John of the Cross</i> <b>31 PENTECOST</b> All were filled with the Holy Spirit. <i>Acts 2:4</i>	<b>25 St. Margaret Magdalene de Pazzi</b> The love of God has been poured out in our hearts through the Holy Spirit <i>Romans 5:5</i>  <b>Come Holy Spirit</b>	<b>26 St. Philip Neri</b> You will receive power when the Holy Spirit comes down on you... <i>Acts 1:7</i>  <b>Come Holy Spirit</b>	<b>27</b> John baptizes with water but within a few days you will be baptized with the Holy Spirit. <i>Acts 15:16</i> <b>Come Holy Spirit</b>	<b>28</b> I will ask the Father and He will give you another Paraclete - to be with you always. <i>John 15:16</i> <b>Come Holy Spirit</b>	<b>29</b> Tongues as of fire appeared, which parted and came to rest on each of them. <i>Acts 1:3</i> <b>Come Holy Spirit</b>	<b>30</b> How truly wonderful are you, O Word of God, in the Holy Spirit. <i>St. Mary Magdalene de Pazzi</i> <b>Come Holy Spirit</b>

**MORE QUESTIONS TO APPLY TERESA OF AVILA'S WAY OF PERFECTION TO YOUR LIFE:**

CH 19, n2:

F) St Teresa speaks of those people "who seem like thirsty persons who see water in the distance". Have you read about contemplative mystical prayer, but have found it always "in the distance"?

And/or has anyone expressed this to you about their inability to reach this water of mystical contemplative prayer? Has anyone said something to the effect that such prayer is "too rarified" for me?

G) In the past (or present) who is the "someone who prevents your passing from the beginning through the middle to the end"?

Is it yourself--with cares, worries, ambitions? Or, is it someone who discourages your efforts with one sort or other kind of put-downs--like "Who do you think you are to even want to be a contemplative in your busy world"?

Has your courage (or that of anyone you know) failed at some point in the past? Why? Who can, instead, encourage you?

H) We have read that Jesus is the Way, the Truth, and the Life. Teresa seems to emphasize Him as the Truth Itself. Have you pondered Jesus as the Truth? If so, how close (two steps?) have you come to the "fount of living water" that He promised the Samaritan woman--and you?

I) What are the things of this world that you have thirsted for?

Along the way, did you experience disappointment, disillusion, or let-down?

St John of the Cross talks about the goods of sense, intellect, and heaven (apparitions, etc.) and warns us not to substitute them for God their Giver. Is this passage of Teresa her parallel version? Or, if you receive from Jesus His Living Water of mystical prayer, is she promising that you won't thirst any longer for things that do not really matter in the long run?

Meantime, what are the above in your life? The issues that don't really have to matter?

Do you really have to have visions and hear locutions from some spirit that might or might not be divine or heavenly? Do you really need to be a celebrity or to feel fulfilled every time you read or produce something good? Do you really need to enjoy everything you do that is worthwhile?

None of the above are bad in themselves; they may, however, be obstacles to keep you from reaching the Living Water of mystical--God given--prayer. Could the above be the three obstacles to overcome that St Teresa speaks of?

J) How, in practice, with your basic needs of human life and survival, can you live --here and now--a life for, with, and in Him, the Giver of Living Water?

Ch 19, n.3:

K) Have you experienced the refreshment Teresa speaks about (as coming from prayer)? Can you recall those re-charge moments?

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The next time you hit a low point in your spirits, which re-charge moments of His Living Water do you need to remember?

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CH19,n.4:

L) St Teresa gives her purpose for writing many things in this book: "So that you may obtain this liberty".

What does this liberty mean in your case? How much have you gained--without even noticing it?

M) What are these "other little fires of love" that any event will extinguish?

Could they be momentary "tinglies" of consolation? Or wonderful sentiments in the presence of beautiful music or shrines or like? Or the glow of love received at a retreat when afterward the harsh reality of work or family problems, etc. extinguishes these "little fires" of love?

N) When was the last experience you witnessed or read or heard about of someone trampled upon by things--a parallel in your life to the gentleman who was killed in a fight over a small amount of money?

(Teresa Questions continued)

Ch 19, n4:

Do you thank God for whatever liberty of spirit you have? And, what does this mean? Freedom to move to another location after many years? Freedom to let others do more, when you have been the "heroic" good guy for many situations? You may have many more illustrations to add to this. What are some of them?

Ch19,n.5:

O)Are the tears of which St Teresa is speaking those of sorrow or joy? And, more importantly, upon which occasion did you experience either of them?

Did you see these tears as God-given? And, why should you be given this gift?

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If the fire that St Teresa is speaking about is the fire of love for God. . .then the tears she is speaking about should also communicate this love for God to others. Have you had the right kind of tears, or have they been--instead--turned inward in self-pty?

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CH 19, n.6:

P)Looking at some conclusions you came to in the past, do you see why Teresa calls them "muddy water"?

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Can you remember how logical it seemed to wish and even plot evil against others, when, according to our Christian beliefs we need to be 100% loving?

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CH 19, n 7:

Q)If meditating on our own experience, whether of evil, in its many areas, or its temptations for us, Teresa sees us realistically in trouble. Is she saying we should contemplate, LOOK, at Jesus, instead of evaluating our own mess directly?

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Have you noticed the wisdom of St Teresa's advising us to be "prudent" about our thinking and move in the direction of contemplation of Jesus?

How do you do that?

CH 19, n 8:

R)When St Teresa speaks of drowning because a person cannot endure the world, you may or may not have experienced this to her extent, but are there any evils of today's world that you find here to endure? Or, to put this a different way, what evils of which you are aware might make you want to kiss goodbye to this world and rest instead in God's loving Presence in heaven?

S) Contemplation, the Living Water of a loving stare at Jesus, can revive you. But, what does He teach you as He shares His concerns with you?

Ch 19, n.9:

T)Instead of desiring to leave the mess behind, what problem in particular does it seem Jesus is choosing to share with you, that you feel impelled to pray about?

CH 19, n10:

U)Have you found in your own experience (or more easily in others) that your/their temperament is more the reason for your/their zeal than true love for God?

CH 19, n 11:

V)Can you remember a time when you thought you had finally become humble, only to discover you still had a long way to go? (You were proud of being humble!) In a parallel to this, Teresa says that a person may not be as filled with love as the person thinks. And you?

Ch 19, n.12:

W)In what area do you recognize how little you have served the Lord as compared to what you could have done?

When did you last leave yourself in the hands of God?

Ch 19, n13:

X)In what areas, including amount of prayer time, do you need to practise discretion?

CH 19, n.14:

Y)What trials and contradictions have you experienced along the way?

Have you felt at any time that this Living Water of contemplative prayer is something not meant for you?

CH19, n15:

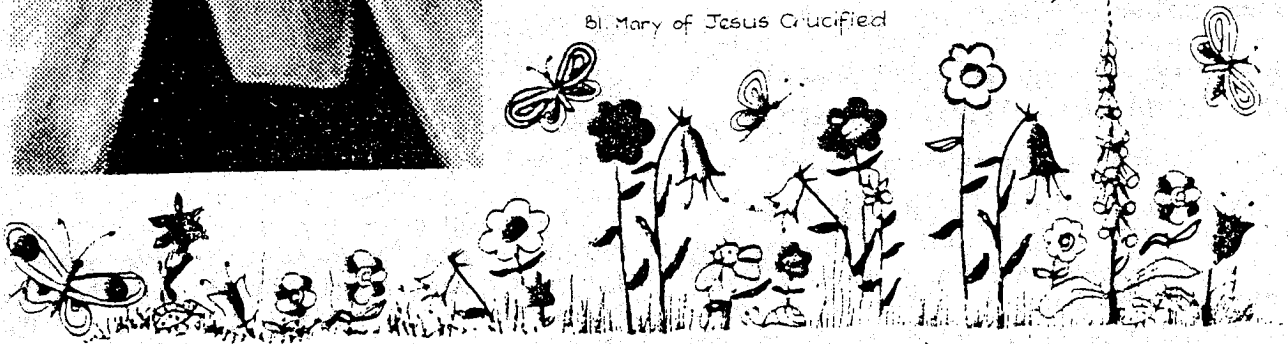
Z)Have you prayed for help to seek the Living Water as it should be sought?



I ask heaven and earth,  
the sea, the flowers,  
and all creatures:

Where is JESUS?  
and they all  
answer together:  
In an upright heart  
and a humble spirit.

Bl. Mary of Jesus Crucified



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