

# SPiRiT of CARMEL



FALL 2016

“His Mercy  
is upon  
generation  
after generation  
toward those  
who fear Him”

*-Luke 1:50*

75<sup>TH</sup>  
Anniversary

PROMOTING A DEEPER SPIRITUAL LIFE AMONG GOD'S PEOPLE

Sharing in the Life and Works of the Carmelite Sisters

## ***Dear Friends in Christ,***

This Jubilee Year of Mercy has certainly been a tremendous blessing for us all. Our Holy Father Pope Francis has challenged us to integrate mercy into our daily lives.

*"We can carry out acts of mercy, opening our hearts to reach everyone with the works of mercy, which are the merciful inheritance that God the Father has had with us."*  
(Pope Francis)

This year we Sisters are celebrating the 150<sup>th</sup> anniversary of the birth of our beloved Mother Foundress, Venerable Mother Maria Luisa Josefa of the Most Blessed Sacrament (affectionately known as Mother Luisita). That we are celebrating her anniversary during this Jubilee Year of Mercy is no coincidence, because Mother Luisita was the embodiment of mercy! Her love and compassion for the poor, the marginalized and the sick coupled with her profound love for the Carmelite way of life is what prompted her to found our Carmelite community, blending the beautiful spirituality of Carmel with the active works of healthcare, retreat work and education.

May this issue of the Spirit of Carmel be as a healing balm to your soul, filling you with the joy and peace that the world cannot give. May we all take to heart the words of St. Paul to the Colossians:

*So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience. (Col 3:12)*

## ***Yours in the Merciful Love of the Sacred Heart,***

*Mother Judith, O.C.D.*

Mother Judith, O.C.D.  
Superior General

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## ***A Message from our Sacred Heart Retreat Team...***

Praised be Jesus Christ!

In this glorious Jubilee Year of Mercy, we celebrate our 75<sup>th</sup> Anniversary of Sacred Heart Retreat House. It is a deep JOY to celebrate 75 years of graces with you! We have been enjoying the love of the Sacred Heart of Jesus and sharing his 12 Promises, as given to St. Margaret Mary, to those devoted to his Sacred Heart.

We invite you to our 35<sup>th</sup> Annual Fall Boutique & Family Festival on Saturday, November 5, 2016 at Sacred Heart Retreat House. This event is the GRAND FINALE OF OUR 75<sup>TH</sup> ANNIVERSARY CELEBRATION OF SACRED HEART RETREAT HOUSE. Join the Carmelite Sisters from 9:00 AM to 4:00 PM and enjoy the celebration. We have so much to celebrate and to be thankful for! This is a Boutique and Family Festival you will not forget!

At the same time, we continue embracing this Jubilee Year of Mercy! There is no better time to offer opportunities in which the whole family can experience the healing power of God's merciful love. With great JOY, the Carmelite Sisters at Sacred Heart Retreat House invite you to take some time during this Year of Mercy to BE with Our Lord in silence, peace, and solitude. Come and be spiritually nourished by the Lord Himself. Please find in this issue, the many ways you can join us in receiving God's love and peace, be it by a weekend retreat, day conference, or family night. Let us rejoice in the merciful love of the Sacred Heart!

*“Mercy called you to love  
because Mercy first loved you.”*

*-Servant of God, Luigi Guissani*

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[www.carmelitesistersocd.com](http://www.carmelitesistersocd.com) | [www.sacredhearttreatreathouse.com](http://www.sacredhearttreatreathouse.com)



[www.facebook.com/CarmeliteSisters](https://www.facebook.com/CarmeliteSisters)



[www.twitter.com/CarmelitesOCD](https://www.twitter.com/CarmelitesOCD)

*Authentic Love remains  
pierced open*



*for the Beloved  
to come in and go out.*

FR. JOSHUA JOHNSON

# The Mercy of God

**By Sister Regina Marie, O.C.D.**

Image above used with permission.  
[www.cassiepeasedesigns.com](http://www.cassiepeasedesigns.com)

The mercy of God has the power to radically change our lives, and this is precisely what He desires to do. There are times when we feel a spiritual dryness and God seems so far away, so remote. The pressures and demands, the “stuff” of daily life, can weigh us down and so severely narrow our focus that we come to see life in terms of accomplishments. This in turn can lead us to believe that God is busy with the other seven billion people on earth, so how can He be thinking of me? From this perspective, it’s easy to think that in the grand scheme of things individuals we are too small and can easily fall through the cracks. But let’s stop for just a moment and return to the foundations of our faith.

In the New Testament, throughout the Synoptic Gospels of Matthew, Mark and Luke, as well as the major Epistles, every time we attend the Holy Sacrifice of the Mass we are participating in a great mystery and we know with certainty that the mystery has been made known. It has been given to us. We also know with certainty that the mystery is for everyone; no one will be excluded. This type of mystery is defined as a belief or truth that is considered to be beyond human understanding and can be made known only by divine revelation

But, just what is this mystery? The mystery is that the all-powerful, omnipotent God, the One who never had a beginning, who will never have

an end, the Alpha, the Omega, He Who holds all creation together in Himself, He Who is the foundation for everything that is, He Who is absolutely uncontainable, He Who is the Creator, He Who asked permission from one of His creatures if He could be contained in her virginal womb. And He did this for one reason, and one reason only... because He burns with so fervent a love for us, He longs to be near us always.

Every human being feels a vague desire for more, a vague never-quite-satisfied feeling. As children, many of us had to have that perfect Christmas present. Later, as adults, we had to have the right educational degree that guaranteed the perfect job, then the perfect spouse followed by the perfect children; then, it's that the children are out of the house. After that, it's...what...? When does it stop? It doesn't stop! That vague desire for something more always remains with us. But that vague desire corresponds perfectly with God's desire to be close to us!

In the Gospel, we hear that a great crowd of people awaited Jesus as He walked down the mountain toward them, which meant He was making Himself available to the people, to us. There was a leper among the crowd, who, as he became aware of Jesus' presence moved toward Him. We know the leper gravitated toward

Jesus because he is like one who is cold and who will thus naturally gravitate toward the sun seeking its warmth. We know that when the leper faced Jesus, he bowed low. It is easy to imagine that as he bowed at the feet of Jesus, that he surely first looked deeply and imploringly into Jesus' eyes.

The leper's gesture of humility, of profound reverence and his simple petition – "Lord, if You will it, You can make me clean" – provides us with a very clear, very simple model for discipleship. A discipleship of simplicity, of humility, of reverence and of trust. It gives us the model for prayer, too, uncomplicated with no need for embellishment, but straight from the heart with sincerity – "Lord, if You will it, You can heal me." Jesus reciprocated the leper's gesture. The leper only asked for a movement of Jesus' will, but Jesus reciprocated by stretching out His hand and touching him. Jesus didn't just give him a willful healing. His Heart went into it, as did His Body. Jesus longs to reach out and communicate new life, intimately and fully, both body and spirit.

The simplicity of the leper, the man who was sick and who was shunned, gravitated toward Jesus and Mercy gravitated toward him. Mercy gravitates toward our misery, our heartbreak, our woundedness, our sinfulness. He's not put off by it, rather,

***Mercy gravitates toward our misery,  
our heartbreak, our woundedness, our sinfulness.  
He's not put off by it, rather, He gravitates toward it.***

He gravitates toward it. And when we respond, as the leper did when he realized Jesus was in the crowd, when we respond and allow Jesus to be Who He is in our life, the results are more than just a mere restoration. What results is a new creation!

Jesus is as present here and now to us as He was in the upper room. Lay your head upon His shoulder and rest. He can bear your weight. He wants you simply to be in His presence. He wants to speak a word to you. You may not hear the word right away. You may not hear it until tomorrow morning when you awaken or you may not hear it until tomorrow evening. But He is the Word, and He will communicate.

During this Year of Mercy, the one who first held Mercy in her arms is so eager to teach us how to receive Him. That's why Pope Francis revealed that the Year of Mercy would begin on the Feast of the Immaculate Conception, a feast of His mother. His Heart was thrown open – this is the Retreat House of the Sacred Heart – His Heart is lanced, His Heart is open, because He said "I'm available to everyone; no one is excluded."

When we look upon the Divine Mercy image, we see that His feet are moving, walking toward us. He is available to us! During this Year of Mercy, we are being drawn deeper into the ambit of His free and flowing, never-ending, unlimited torrent of Mercy. The mercy of God is not new simply because this has been declared the Year of Mercy. That door to mercy was opened by the soldier's

lance. The door is open, the way home is easy access because we have easy access to His Heart.

But the fullness of the mystery is that all of us, ordinary, broken, wounded people, if we only remain faithful to the friendship, faithful to our relationship with Jesus Christ, and receive His Mercy, we will actually become the subject of His Mercy. In turn, we become the conduit of His Mercy to other people. It can't be helped, because when we are in the sun, it's impossible to not feel its warmth. The faithful who receive the torrent of mercy cannot help but radiate it. And before we know it, those around us – our children, our grandchildren, our neighbors, the people at the gas station and the grocery store – see that there is something true and authentic, something that liberates, something they can count on.

And then mystery of all mysteries, in our ordinary footsteps those around us begin to hear the footsteps of Mercy. But we can't get there unless we will receive – opening wide our mouths, opening wide our hearts, showing Him our leprosy, our brokenness, holding out our hands, opening our heart to Him, and allowing Him Who is gravitating toward us, to catch us as we gravitate toward Him finding our fulfillment. ❖




# Retreat Notes



## THE MISSION OF SACRED HEART RETREAT HOUSE

*To Promote A Deeper Spiritual Life Among God's People*

- ☞ *We offer enriching programs in keeping with the Magisterium of the Catholic Church.*
  - ☞ *We impart our Carmelite Spirituality by facilitating an encounter with God through extended and day retreats, classes, workshops, and conferences to individuals and groups of all ages.*
  - ☞ *We provide facilities for both silent and interactive retreat experiences.*
- 



## FALL 2016 WOMEN'S WEEKEND RETREAT THEME:

*You are welcome to join any of these retreats, even if you are not from one of the parishes listed. To make your reservations for either the full weekend or as a one-day commuter, call the district captain listed for that weekend.*

*See next page for our Weekend Retreat Rates.*

### **SEPTEMBER 9-11, 2016 (Women)**

Call Tina Gath, District Captain

(562) 598-5202

Holy Innocents, Long Beach

St. Barnabas, Long Beach

St. Joseph, Long Beach

St. Patrick, Carlsbad

*Rev. Gary Sumpter*

### **SEPTEMBER 16-18, 2016 (Women)**

Call Yvonne Rochester, Dist. Captain

(714) 536-6202

St. Cecilia, Tustin

St. Joachim, Costa Mesa

St. Margaret, Oceanside

St. Mary's by the Sea, Hunting. Bch

St. Thomas More, Irvine

St. Francis of Assisi, Vista

St. Athanasius, Long Beach

St. Bartholomew, Long Beach

*Rev. Andrew Apostoli, CFR*

### **SEPTEMBER 23-25, 2015 (Women)**

Call Lynn Best:

(303) 947-7211

Holy Cross, Moorpark

San Buenaventura, Ventura

St. Elizabeth Ann Seton, Carlsbad

St. Francis, Fillmore

St. Paschal Baylon, Thousand Oaks

St. Rose of Lima, Simi Valley

St. Peter Claver, Simi Valley

St. Peter, Fallbrook

*Rev. Stephen B. Reynolds*

### **SEPT. 30 – OCT 2, 2016 (Women)**

Call Debbie Sharp

(562) 631-2232

Holy Name of Mary, San Dimas

Our Lady of the Assumption, Claremont

Sacred Heart, Covina

St. Dorothy, Glendora

St. Joseph, Upland

St. Louise de Marillac, Covina

St Bruno, Whittier

St. Gregory the Great, Whittier

*For District of Nevada Parishes only*

Call Miriam Evaristo

(702) 898-1896

*Rev. John Trigillo*

### **OCTOBER 7-9, 2016 (Women)**

Call Julie Landgard, Dist. Captain

(949) 466-9103



*“I have Loved You  
with an  
Everlasting  
Love.”*

*-Jeremiah 31:3*



Mission San Juan Capistrano  
Our Lady of Fatima, San Clemente  
San Francisco, Rancho Santa Margarita  
St. Edward, Dana Point  
St. Kilian, Mission Viejo  
St. Nicholas, Laguna Hills  
*Rev. David Kueter, OMV*

**OCTOBER 14-16, 2016 (Women)**

Call Mary Alice Ayer, District Captain  
(562) 505-6544  
Our Lady of Perpetual Help, Downey  
St. Columban, Garden Grove  
St. Finbar, Burbank  
St. Robert Bellarmine, Burbank  
St. Francis Xavier, Burbank  
St. Hedwig, Los Alamitos  
St. Columban, Los Angeles  
St. Barbara, Santa Ana  
St. Irenaeus, Cypress  
*Rev. Joseph Aytona, CPM*

**OCTOBER 21-23, 2016 (Women)**

Call Cherri Hoffman, Dist. Captain  
(805) 733-1951  
La Purisima, Lompoc  
Queen of Angels, Lompoc  
Old Mission Santa Ynes, Solvang  
St. Mary of the Assumption, Santa Maria  
St. Louis de Montfort, Santa Maria  
St. Patrick, Arroyo Grande  
Our Lady of Sorrows, Santa Barbara  
*Rev. James Farfaglia*

**NOVEMBER 11-13, 2016 (Women)**

Call Nina Visconti, District Captain  
(714) 624-4799  
St. Angela Merici, Brea  
St. Bonaventure, Huntington Beach  
St. Juliana Falconieri, Fullerton  
Holy Spirit, Fountain Valley  
Holy Cross, Placentia  
*Rev. Phillip De Vos*

**Weekend Retreat Rates**

Private Room (1 room/private bath)	\$285
Semi-Private (2 rooms/shared bath)	\$260
Suite (3 private rooms/1 shared bath)	\$225
Double Room (2 single beds/1 bath)	\$180
Commuters (entire retreat)	\$140
Commuters (Saturday only)	\$75

*Begins 5:00 p.m. on Friday. Ends 12:30 p.m. on Sunday. 2 Nights, 5 Meals  
Dear Friends, We invite you to come early and enjoy our Carmelite hospitality!  
Refresh yourselves in the chapel, library, or gardens!*

## MEET SOME OF OUR RETREAT MASTERS!



### **Rev. James Kubicki, S.J.**

Father James Kubicki, SJ was ordained a Jesuit priest in 1983 of the Wisconsin Province. He is known for his involvement with the Apostleship of Prayer and has been the National Director of the Apostleship of Prayer since 2003. Father is a popular conference speaker, retreat director, and parish mission speaker appearing on EWTN and various radio shows. His areas of expertise include the Eucharist, the Sacred Heart of Jesus, the Spiritual Exercises, and the practical spirituality of the Apostleship of Prayer.

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### **Father James Farfaglia**

Father James Farfaglia is the Pastor of Our Lady of Guadalupe Catholic Church in Corpus Christi, Texas. He is also author of two books “Man to Man: A Real Priest Speaks to Real Men about Marriage, Sexuality and Family Life” and “Get Serious: A Survival Guide for Serious Catholics”. He has been the guest on numerous well-known Catholic radio stations around the country where he has spoken about his first book. Father is actively involved in the pro-life movement.

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### **Rev. Phillip De Vous**

Father Phillip W. De Vous is a priest of the Diocese of Covington, KY and the pastor of St. Joseph Parish in Crescent Springs, KY. In addition to his duties as pastor, Father De Vous has served as an adjunct scholar of public policy at the Acton Institute for Study of Religion and Liberty and is also a regular commentator on Church affairs on Sacred Heart Catholic Radio’s Sonrise in the Morning Show, aired nationally on the EWTN Radio Network.

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### **Msgr. Carl Eugene Morris**

Monsignor Carl Eugene Morris, a priest of the Archdiocese of Saint Louis. Monsignor Morris is widely recognized as a brilliant preacher and staunch defender of the truths of the faith. He has been the host of a popular program about the sacraments on local Catholic radio.

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### **Rev. Gary S. Sumpter**

Father Gary S. Sumpter of Santa Rosa is the parochial vicar of St. Mary Star of the Sea Parish in Port Townsend. He served at several parishes and a retreat house, then returned to his native Diocese of Santa Rosa, where his assignments included a parish pastorate, hospital chaplaincy, and religion teacher at a Catholic grammar school-high school. Over the years he has led many retreats and missions at parishes in California and Washington.



### **Rev. Joseph Aytona, CPM**

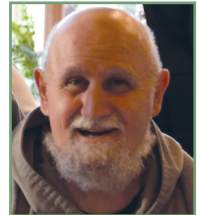
Fr. Joseph is a 2010 graduate of Holy Apostles College and Seminary in Cromwell, Connecticut where he earned a Bachelor of Arts in Philosophy, a Master of Divinity Degree, and a Master of Arts in Theology. Along with being a full time missionary, Fr. Joseph is founder of the Spiritual Motherhood Sodality as well as founder of Family Vocation Ministries, an apostolate that promotes vocations through the sanctification of families. He has appeared on “EWTN Live” and “Life on the Rock” Catholic programs and has also been interviewed by Catholic Newspapers and Periodicals.



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### **Rev. Andrew Apostoli, C.F.R.**

Father Andrew Apostoli, CFR, is a member of the Community of the Franciscan Friars of the Renewal. He was ordained a priest by Bishop Fulton J. Sheen in 1967. He was instrumental in 1988 in helping to found the Community of the Franciscan Sisters of the Renewal. He has been active in teaching, preaching retreats and parish missions, and in giving spiritual direction. In his community, he has served as Community Servant and Novice Director. He contributed greatly to the Cause of Canonization for Archbishop Fulton J. Sheen.



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### **Rev. John Trigilio, Jr, PhD, ThD**

Father John Trigilio, Jr. is a native of Erie, Pennsylvania and later joined the Diocese of Harrisburg where he was ordained in 1988. He is currently pastor of two parishes and serves as President of the Confraternity of Catholic Clergy (national association of 600 priests and deacons) since 2002. He has hosted a weekly TV series on EWTN with Father Robert Levis, entitled WEB OF FAITH for more than eight years. He has co-authored with Fr. Ken Brighenti several books, including Catholicism for Dummies, Women in the Bible for Dummies, and John Paul II for Dummies.



## SPECIALTY RETREATS

### Men's Retreat: Hearts on Fire

August 26-28, 2016

Fr. James Kubicki, SJ

Is Our Lord asking you to be a courageous witness for Him, to be on fire with His Word? Father James Kubicki, SJ has the tools you need to ignite your zeal for the Lord.



### Confraternity of Catholic Clergy:

The Beatitudes in the Life of a Priest

September 12-16, 2016

Fr. Andrew Apostoli, CFR

The "C.C.C." is an association of 600 Roman Catholic Priests and Deacons pledged to the pursuit of personal holiness, loyalty to the Roman Pontiff, commitment to theological study and strict adherence to the authentic teachings of the Magisterium.

To RSVP, contact Fr. Martin Slaughter at St. Gerard Majella Parish (310) 390-5034



### An Advent Retreat with Father Jacque Philippe

December 2-4, 2016 | Silent Weekend Retreat open to men and women

Author of the bestseller, *Interior Freedom*, has sold over half a million books in multiple languages. Fr. Jacques Philippe has become well-known for his teachings on prayer and spirituality. A member of the Community of the Beatitudes, he regularly preaches retreats in France, the U.S. and abroad. Other books include, *Searching for and Maintaining Peace*, *Called to Life*, *In the School of the Holy Spirit*, *Time for God*, and *Thirsting for Prayer*. Are you ready for an Advent retreat you will not forget?

For more information: 626-289-1353, Ext. 200 | [retreatcoordinator@carmelitesistersocd.com](mailto:retreatcoordinator@carmelitesistersocd.com)  
Or register online [www.sacredheartretreathouse.com](http://www.sacredheartretreathouse.com)



### An Evening of Recollection with Father Jacques Philippe:

*How to Grow through Trials & Sufferings of Life*

December 1, 2016 | 7 - 9:00 p.m. | SJC

Father Jacques Philippe will offer insights on how to face life's crosses with God's grace and mercy. We warmly invite you to a wonderful evening in anticipation of the birth of Christ! This evening at St. Joseph Campus will include Father Jacques' conference, Eucharistic Adoration with musical reflections, and an opportunity for Confession. Begin the Advent season in a spirit of recollection to welcome the birth of Christ with glorious joy.

*This evening is free; a basket will be available for those able to assist in covering costs for the evening.*



## SPECIALTY RETREATS

### An Evening of Thanksgiving December 31, 2015 - January 1, 2016

8:00 p.m.—1:00 a.m.

*The Carmelite Fathers and Carmelite Sisters invite you to an evening of prayer and reflection to usher in the New Year, December 31, 2016, 8:00 p.m. to 1:00 a.m. on January 1, 2017.*

*This evening is free; a basket will be available for those able to assist in covering costs for the evening.*



### **SPECIAL!** “Free in Christ” Retreat with Bishop David O’Connell February 17-19, 2017

Open to men and women who are seeking spiritual renewal and healing through an encounter with Jesus Christ.



## 2017 - SAVE THE DATES

January 20-22, 2017

*Men’s Retreat - Father Bob Lombardo, CFR*

March 1, 2017

*Ash Wednesday Day of Recollection with  
Father Jeremiah, Shryock, CFR*

April 12, 2017

*Spanish Lenten Day of Recollection*

May 26-28, 2017

*Married Couples’ Retreat*

June 19-22, 2017:

*Mother/ Daughter Retreat*

*(with teen daughters, ages 13-18)*

*“Come away to a quiet place  
and rest awhile”  
(Mk 6:31).*

### Private Retreats & Days of Recollection

Sacred Heart Retreat House offers a unique opportunity for you to make a private retreat. Come away and be alone with God in prayer. Call and make a reservation for a personal retreat to be renewed and refreshed in the Lord. For a day of prayer, call during normal office hours for more information.

*Cost per night: \$100*

*Cost per night: \$127 (includes meals)*

Join us in wrapping up our celebration of our

# 75<sup>TH</sup> Anniversary

with our 35<sup>th</sup> Annual **Boutique** Fall Festival!



Saturday, November 5, 2016

9:00 a.m. – 4:00 p.m.

## Dear Friends,

*The Carmelite Sisters at Sacred Heart Retreat House personally invite you, your family, and friends to celebrate the Grand Finale of our 75<sup>th</sup> Anniversary by enjoying our 35<sup>th</sup> Annual Boutique and Family Festival. We welcome the whole family to join us on Saturday, November 5, 2016!*

*Our Boutique and Family Festival will continue to offer Eucharistic Adoration in the Sacred Heart Chapel, handmade Fall and Christmas gifts in the Boutique Hall; an opportunity to bid for furniture, collectible items, and antiques in the Silent Auction area; browse through the religious goods at our gift shop; enjoy listening to live music representing different decades; take home sweets and goods which you can only find in Carmel Kitchen. This year, we have great plans for Santa's Workshop. The 35th Annual Boutique will host a taste of the town, which are food booths sponsored by restaurants from the local community. The proceeds will fully benefit the mission at Sacred Heart Retreat House. As always, this is a fun time for an opportunity to visit with the Carmelite Sisters throughout the day.*

### WAYS TO HELP AND NEEDS

- Volunteer to work for a couple of hours on the day of the Festival  
*(register online to volunteer)*  
<http://www.sacredheartretreathouse.com/volunteer/>
- Purchase or sell the enclosed raffle tickets
- Donate items for the Silent Auction *(value of \$25 or more)*
- Sponsor a booth
- Contribute funds for the purchase of materials & ingredients for Carmel Kitchen *(for more information on the Carmel Kitchen Wishlist please visit our website [www.sacredheartretreathouse.com](http://www.sacredheartretreathouse.com))*

**For more info on volunteering or donations, please call: 626-289-1353, Ext. 201 or e-mail [rdassistant@carmelitesistersocd.com](mailto:rdassistant@carmelitesistersocd.com)**

### **BOUTIQUE DONATION UPDATE:**

*Lack of storage space, as well as existing regulations bring us to the following notice: We can no longer accept donated USED ITEMS for our Boutique. Antiques are needed still for our silent auction area. The ideal time to bring new, hand-made, or very nice donations is mid-October, a few weeks before the Boutique. Please call us at 626-289-1353, Ext. 200 BEFORE you bring your donation if you have a question. Thank you very much, dear friends.*

## SHRH WISHLIST

**WE ARE MOST GRATEFUL AND  
SEND OUR PRAYERS YOUR WAY!**

**A big “God reward you!” to our generous donors who helped us obtain:**

- **Technology for our Sacred Heart Room:** We are now able to meet the needs of our retreatants by not only providing a restful atmosphere, but the use of a mobile projector and speakers for spiritual presentations. These tools may seem mundane, but we are most grateful because these gifts are effective with evangelization! Thank you!
- **Roof- Sacred Heart Room:** We are now in the planning process for a new roof. Because of our generous benefactors, we are able to maintain the safety and beauty of our campuses. May God reward you!
- **Water Heater:** We were able to replace a very old large commercial water heater with a new one which services our commercial kitchen and Novitiate. Our kitchen staff and novices are very appreciative.



### Our NEW SHRH Wishlist!

*If it is possible for you to help us by contributing towards the purchase of any of these needed items, some of which are critical needs, we would be deeply appreciative.*

- **Mater Dei Hall- \$10,000** – Our Mater Dei Hall was constructed in 1979. At this time, we need to repair/replace/upgrade some items such as window and door coverings and conference chairs. Last year, we installed our new projector and the next upgrade we need are the new sound boards.
- **Vianney Room- \$8,500** – Our Vianney room is situated near the kitchen and it is used by groups of priests and other guests for various committee meetings. The floor, placed in the 1960’s, needs to be replaced. In this simple meeting room, we will need to paint the interior of the room, replace window coverings, and upgrade furnishings.
- **Retreatants’ Dining Room- \$2,500** – The Retreatants’ dining room, where our retreatants enjoy their meals, is in need of a painting job. It’s time!
- **Retreatants’ Library- \$8,000** – Our retreatants’ library is a very well-used area, where our retreatants can peacefully enjoy a good book. We are in need of upgrading the library’s furnishings. We hope to continue to offer a comfortable library setting.



## “More for Moms”:

*6-week Program for Moms with Children in the Primary Grades*

**Tuesdays, 9:00 a.m.—11:00 a.m.**

*\$150.00 for the 6 week Program:*

*Oct. 25, Nov. 1, 8, 15, 29, and Dec. 6, 2016*



Join us for an exciting new program for moms! Do you need help on how to spiritually prepare your children for the Advent and Christmas Season? The Carmelite Sisters will share on prayers, activities, and traditional Catholic customs for the family. This program will guide you on how to engage the whole family in embracing their Catholic faith.

*For more information and to register online visit [www.sacredheartretreathouse.com](http://www.sacredheartretreathouse.com), or call 626-289-1359, ext. 200 or email [sjcprogcoordinator@carmelitesisterocd.com](mailto:sjcprogcoordinator@carmelitesisterocd.com).*

## Petrus Youth Nights

**6:00 p.m. – 9:30 p.m.**

- **Saturdays, October 22, 2016**
- **February 11, 2017**

*Registration Fee: \$5.00*



Petrus is an evening for teens throughout the Archdiocese of Los Angeles and beyond. Petrus leads teens to strengthen their Catholic identity in Jesus Christ and in the Church. Our youth program offers dynamic and inspirational speakers and fun activities to inspire our teens to a deeper spiritual life. These events also provide Eucharistic Adoration, confession, and praise and worship so that our teens can experience their Catholic faith fully alive.

## 3<sup>rd</sup> Annual Petrus Youth Conference

**Saturday, April 29, 2017**

**10:00 a.m. – 5:00 p.m.**

*Registration Fee: \$10.00*

Our Petrus YOUTH Conference at St. Joseph Campus is an extension of our Petrus Youth Nights. We extend the experience of a dynamic Catholic experience for a whole day of inspiring speakers, activities, fellowship and lively praise and worship.

## Family Nights with the Carmelite Sisters

**4:30 p.m. – 7:30 p.m.** *(St. Joseph Campus)*

- **Sunday, August 21, 2016**
- **Saturday, December 18, 2016 Family Posadas**
- **Sunday, February 26, 2017**
- **Sunday, April 30, 2017**

Share in fellowship with the Carmelite Sisters and other families. Join us for family prayer, games, and family fun. Bring your own picnic supper.



# 1-DAY CONFERENCES

## **An Evening with Father John Trigilio, Jr, PhD, ThD**

**Wednesday, September 28, 2016 | 7:00 - 9:00 p.m.**

Father Trigilio hosted a weekly TV series on EWTN with Father Robert Levis, entitled WEB OF FAITH and co-authored with Fr. Ken Brighenti several books, including *Catholicism for Dummies*, *Women in the Bible for Dummies*, and *John Paul II for Dummies*. Do you feel inadequate with the Catholic Faith? RSVP now for an evening of straightforward catechesis which will guide you into the mysteries of the Faith.

*This evening is free; a basket will be available for those able to assist in covering costs for the evening.*

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## **Mother/ Daughter Conference with Jessica Rey**

**Saturday, October 8, 2016 | 9:00 a.m.—5:00 p.m.**

This conference is open to mothers and their teen daughters (ages 12-18). This day will include refreshments, lunch, Eucharistic adoration and Holy Mass. Are you looking for a refreshing day with your mom? Moms, do you want the faith to come alive for your daughter in today's culture, where it is so needed? Register today for a full day of graces that will bless both Mother and daughter! Space is limited to 200.

*\$45.00 fee for Mother and Daughter, \$25.00 for each additional daughter*

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## **NEW! A 2<sup>nd</sup> “Men’s Conference”**

**Saturday, October 15, 2016 | 9:00 a.m.— 5:00 p.m.**

This is the second men's retreat for the year! The Holy Spirit is moving the men in the Church to return to the heart of the matter. The Church needs holy (men) who will witness to God's Fatherly love. The Catholic Men's Fellowship has been a great responder to this need. Join this day conference to find the support of other men who are striving to live out heroic virtue, and how to grow as spiritual leaders in the family.

*\$45.00 registration fee*

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## **Marian Conference with Father Michael Barry, SS.CC.**

**Saturday, November 19, 2016 | 9:00 a.m.—5:00 p.m.**

This Marian day of prayer will feature Father Michael Barry, SS.CC. The day includes refreshments, lunch, and dynamic conferences by Father Barry. We will also have Eucharistic adoration and Mass. This is an exciting conference which will prepare you for the 100th Anniversary of Our Lady of Fatima. Are you struggling to understand the role of Our Blessed Mother? Attend this conference and learn ways to allow the Blessed Virgin Mary to be your great intercessor.

*\$45.00 registration fee*

*For more information/ to RSVP for events shown on pages 18-19, please visit:*

## UPCOMING EVENTS



### Advent Spiritual-Tea Saturday, November 26, 2016 1:00 p.m.—4:00 p.m.

Are you ready for a break after the Thanksgiving holiday rush? Join us as we continue to give thanks for God's goodness in a peaceful atmosphere. Experience a day of relaxation and reflection as we pray the Holy Rosary, enjoy a high-tea and light lunch, and listen to an engaging spiritual talk that will prepare our hearts for the Advent Season. More information will be available on our website later in the year.

Cost: \$45.00 per person.

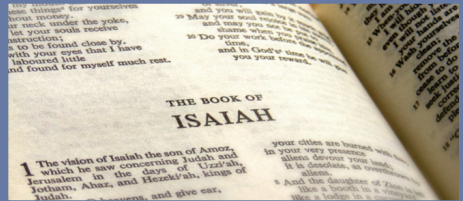
*Tuesday Evenings with Sr. Jeannine Marie*

### The Book of Isaiah:

*The Gospel of the Old Testament*

August 9, 2016 – November 1, 2016

7:00 p.m. – 8:30 p.m. (Sacred Heart Room)



St. Jerome referred to the book of Isaiah as “the gospel of the Old Testament” because Isaiah prophesied more about the Messiah than any other book in the Old Testament. Learn about the blessings of the future Kingdom of the Messiah. Join Sister Jeannine Marie, our Carmelite facilitator, as she leads you through this exciting Scriptural journey with Father Mitch Pacwa, S.J., who has taught at the high school, university, and seminary levels. Being a well-known biblical scholar, he is best known for his appearances on EWTN. Discover the mysteries of the Old Testament that are revealed in the New!

## SAVE THE DATES!

- **Women’s Conference with the Carmelite Sisters:**  
“Finding and Maintaining Peace” Saturday, January 28, 2017 | 9- 4:00 p.m.
- **Mother Luisita Pilgrimage** Saturday, February 11, 2017
- **Marian Conference** Saturday, March 11, 2017
-  **NET MINISTRIES** (for Junior High Students) April 18-20, 2017
- **Breath of Spring Luncheon** Saturday, May 13, 2017
- **Mother’s Day May Crowning** Sunday, May 14, 2017

# GIFT SHOPS & WEBSITE

Visit our Religious Gift Shops  
(on both Campuses)

Open 8:30 a.m. - 4:30 p.m.

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weekend retreats.



We carry a large variety of religious articles to choose from: Spiritual Books, Saint Statues, Religious DVD's, Holy Cards, Holy Bibles, and other sacred gift items your entire family and friends will enjoy!



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Continue your retreat experience at home!

Our website provides you with beautiful images and reflections on prayer, click on the spiritual nourishment page.

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- Show your care to a loved one by requesting Perpetual Spiritual Enrollments on-line.
- Live far away? Light a candle at the Sacred Heart Shrine on-line!
- Be a light in the darkness and join our Sacred Heart Auxiliary. Join us in our mission of leading others to Jesus Christ. As an ambassador of the Sacred Heart, your support will help us keep this retreat house an oasis to thousands of guests.



# TEEN GIRLS & YOUNG WOMEN

## “Ascent of Mount Carmel” Vocation Hike

Monday, September 5, 2016 | 9:00 a.m. – 1:00 p.m.

Eaton Canyon Natural Area- Pasadena, CA

Join the sisters and other families as we take a hike at Eaton Canyon. We will gather for prayer at 9:15 am, hike the trail (at your own pace) and return for a picnic lunch. Bring your own water, snacks and lunch. No RSVP necessary.

*Cost: Suggested donation of a Rosary or Divine Mercy chaplet prayed for holy vocations to our Community!*

## Dēcor Carmeli (For young ladies 13 - 17 years old)

Come spend a Saturday volunteering at Sacred Heart Retreat House. You will get to help out in the kitchen, join the sisters for prayer, learn more about how to live your faith as a teenager, and build friendships that last.

For more information: <https://carmelitesistersocd.com/decor-carmeli/>  
To register, contact: [servingwithsisters@outlook.com](mailto:servingwithsisters@outlook.com)

## Handmaidens

2016 - 2017 Theme: “For Greater Things You Were Born”

*Spiritual gems from Venerable Mother Luisita*

Prayer... Friendship... Formation... Service

(For single women ages 18 to 35)

Handmaidens is a faith formation group where growth in holiness is supported and nurtured through adoration, discussion, friendship and conferences given by the Carmelite Sisters and chosen laity.

- 9/17/16- Movie (*For Greater Glory*) & Game Night - 5:00 pm - 9:00 pm (SJC)
- 10/23/16- Boutique Bake-a-Thon- 11:30 am - 5:00 pm (SHRH)
- 11/19/16- “God, Your Soul and Eternity” - 5:30 pm - 9:00 pm (ST)
- 12/17/16- Handmaidens’ Day of Prayer
  - “Finding Peace”- 10:00 am - 4:30 pm (SJC)
  - Las Posadas, Dinner & Caroling in the neighborhood - 4:45 pm- 8:00 (SHRH)

[www.facebook.com/Handmaidens4Christ](http://www.facebook.com/Handmaidens4Christ)

## Come and See Retreats

*In the silence of your heart, do you wonder if our Lord is calling you?  
Join us for a Come and See Retreat...*

- In Ohio: October 28-31, 2016
- In Colorado: November 4-6, 2016
- **NEW!** In Minnesota: November 11-13, 2016
- In California: December 27-30, 2016

For more information contact Sister Faustina, O.C.D.  
(626) 300-8938 | [joyofcarmel@outlook.com](mailto:joyofcarmel@outlook.com)



# Mercy in the Storm



By Sister Faustina, O.C.D.

In early January, I headed to the airport to fly home from an out-of-state vocation event. As we don't generally watch the news, I was taken by surprise when I arrived at the boarding gate to find the television news stations reporting that California was reeling as the first of the El Niño storms soaked its very parched ground. Alarming reports of flight cancelations, mudslides, traffic delays and flashflood warnings ticked across the bottom of the television screen.

As I boarded the plane and took the window seat, (I love the window seat because I am enamored by the view from the air!) I began chatting with the lovely couple who were seated next to me. They had been visiting their children and grandchildren and were eager to return to their home in the Los Angeles area. The husband was very concerned about the effects of the storm. While browsing the

internet on his iPhone, he continued to report the latest news about the flooding in the streets and damage to buildings in his area. Even the captain and flight crew included warnings about the inclement weather situation as we prepared for takeoff. All this weather news was making me a bit uneasy as well!

Take off and the first several hours in the air were blessedly uneventful. However, as we flew over the Arizona desert, the captain's smooth and steady voice broke the silence. He explained over the intercom, "As you are aware, Southern California has had quite a storm today. For everyone's safety, we are going to prepare for landing early so the flight attendants can be seated in case we encounter turbulence. We will also begin our descent sooner in order to avoid unstable pockets of air." The lead flight attendant then instructed us to buckle our seatbelts, raise our tray

tables, put our seats in the upright position, and stow any personal items under the seat. The anxious flight attendants tried to remain composed as they hurried to prepare the cabin for landing. Tension was in the air.

Everyone was seated and ready. As we flew into the San Bernardino basin, the plane descended through the cloud layer with a series of significant sudden drops and lifts while the captain tried to keep the plane steady. It was very good everyone was seated! Eventually, though, as we emerged from the clouds above, the plane stabilized at a lower altitude.

I peered out the airplane window trying to get a glimpse of our surroundings. As the clouds parted, I was astounded by the sight. We were flying between two layers of clouds—one wispy layer above and the storm clouds below. All around us, forming a vast and magnificent landscape, were pillars and mountains of thunderclouds rising gracefully in great billows. The sun was gently setting in front of us and its warm light illumined the towers of clouds which reach hundreds of feet above us. The clouds were bathed in radiant shades of majestic golds which turned into soft pinks as the sun continued to set. I simply stared out the window in reverent silence and I praised God for the privilege of witnessing such beauty. It was truly a foretaste of the eternal beauty of Heaven.

As we prepared to land I was overcome by the realization that the same storm that had wreaked

such havoc on the ground was also responsible for this breathtaking beauty. This mystery brought me to a place of awe-filled adoration of God's ineffable designs. God did not rejoice that the storm had caused such damage. But, through His power, the storm when 'seen from above,' revealed His glory.

During this Jubilee of Year of Mercy, the Church has invited us to reflect anew on the beautiful mystery of God's mercy. We see God's mercy in all aspects of our life: our birth, our initiation into His Church, the life of grace in our souls, His healing when we fall, His powerful love in the Eucharist, His call to holiness and union with Him, His invitation to express our love for Him through our service of His children, etc. Everything is mercy!

One of the most profound mysteries of God's mercy, though, is His ability to bring good out of evil and sin. So often we are disheartened by the ways that our brokenness seems to separate us from God. "Where is He?" we ask when we are suffering. Sometimes when we fail, we feel that we have to get things together before we will be able to find God again. In fact, if we are open to it, the very opposite is true. It is our poverty that causes God to draw close to us. Our lowliness actually attracts God's merciful love. As Jesus told St. Faustina, "The greater the sinner, the greater the right he has to My mercy." (Diary 723) Just as water always flows to the lowest spot, so mercy delights

in rushing to the places of greatest misery. This outpouring of mercy, in turn, results in His greater honor and glory. This is the power of the resurrection! Just as the setting sun burns its glory into even the darkest of storm clouds, mercy always has the last word.


We hear of this mystery as the *Exultant* is sung by the Deacon during the Easter Vigil Mass. Speaking of Adam and Eve's sin, the ancient words recall, "O happy fault which earned for us so great a Savior." Yes, this original sin grievously offended God and resulted in great harm to all of humanity. Yet, at the same time, this sin was the catalyst for God's greatest act of mercy: the incarnation of the Son and redemption of the world by His death and resurrection.

In our everyday lives we can see mercy's resurrecting power quietly at work. Perhaps you know a family with a special-needs child. The suffering and sacrifice they experience is real. But the love, acceptance and compassion which is born in their hearts through this trial is infinitely more valuable than the evil is harmful. Again, think of the assassination attempt on Pope Saint John Paul II. The sacrilege and hatred was horrific. However, the forgiveness and courageous love which was drawn out of the Holy Father because of this violence was so much more powerful than any angry bullet. We also frequently watch

how natural disasters or accidents can bring forth the best in a community. Yes, lives are deeply affected by these tragedies, but the vulnerability and pain can create an opportunity for people to rally together in solidarity. The examples are endless. Our love and kindness, especially when drawn out of our hearts through life's 'storms,' reflect the eternal power of God's mercy.







God's mercy always triumphs!  
Sometimes God gives us a glimpse  
of this victory and at other  
times we must wait until it is  
unveiled in Heaven. We can be  
assured, though, that no matter  
how grievous our offences or  
how broken our world, God's  
merciful love can transform these  
situations into witnesses of His  
magnificent glory. Let us ask for  
the grace during this holy Jubilee  
Year of Mercy to see the 'other  
side' of the storm- the radiant  
power of His boundless mercy in  
our lives. ❖



## *A Witness in God's Mercy*

By Reverend John Henry Hanson, O. Praem.

*As a seminarian in Rome during the last ordinary Jubilee I remember browsing one afternoon in one of the articoli religiosi shops around the Vatican, picking out a few devotional articles for friends back home. A conversation between an American couple who were doing the same for their daughter in the States caught my attention. In looking for just the right thing, wondering aloud to each other what the young lady would like, their dialogue ran something like this:*

*“How about a picture of the Divine Mercy?”*

*“No. She’s not really into Divine Mercy.”*

*The offhanded remark made me smile, and think: “We don’t really have a choice.” We’re constantly surrounded by God’s mercy. We’re saved by mercy, judged on the mercy we extend to others.*



Mercy: the ultimate and supreme act by which God comes to meet us. Mercy: the bridge that connects God and man, opening our hearts to the hope of being loved forever despite our sinfulness.”<sup>1</sup>

Woven throughout the entirety of our lives is this love that can’t be reduced to an *ad hoc*, as-needed remedy for when we’ve really messed up things. If mercy were only that it would hardly merit a yearlong celebration, much less an eternal one: “Forever will I sing the mercies of the Lord” (Ps 89:1).

If mercy deserves everlasting praise, if the blessed in heaven chant it as their perpetual new song, then it must be a reality shaping my life even now, from cradle to grave. If mercy, above all, seeks to dispel the miseries of others as though they were one’s own,<sup>2</sup> then God’s mercy must be a daily reminder to me of the price that He has paid to take away my worst miseries: “But God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ” (Eph 2:4-5).

Anticipating our steps, accommodating our errors, removing obstacles or permitting them for our good, mercy rids us of the real miseries that prevent us from arriving at the goal of our existence: everlasting enjoyment of God. Since “our destiny is to enjoy God throughout all eternity,” as Blessed Alvaro del Portillo puts it, “God seeks to make us sharers in his own divine life, so as to lead us finally to the direct vision of his infinite goodness and greatness, *face to face*.”<sup>3</sup>

## *The Mystery of Mercy*

“We need constantly to contemplate the mystery of mercy,” Pope Francis exhorts us at the outset of *Misericordiae Vultus*, the Bull of Indiction for the Holy Year, implying how no Christian can think or speak about God’s mercy in a purely detached way:

“It is a wellspring of joy, serenity, and peace. Our salvation depends on it.

Because the road to perfect joy is narrow, many impediments need clearing away. Sin, sinful attitudes, self-defeating and distracting desires—all need to be removed or righted. Mercy accomplishes this, relieving us of the unbearable weight of sin and guilt through forgiveness, while rendering us capable of face-to-face enjoyment of infinite goodness.

## *Mercy Misunderstood*

If we reduce mercy to softhearted indulgence, an easygoing 'live and let live' attitude, how can we explain the Shepherd who leaves ninety-nine sheep in the wilderness to track down a single stray? And how should we interpret His "rejoicing" at having found the lost sheep? If this is how Jesus describes His relationship with us, we can only conclude that He is not a 'detached' God.

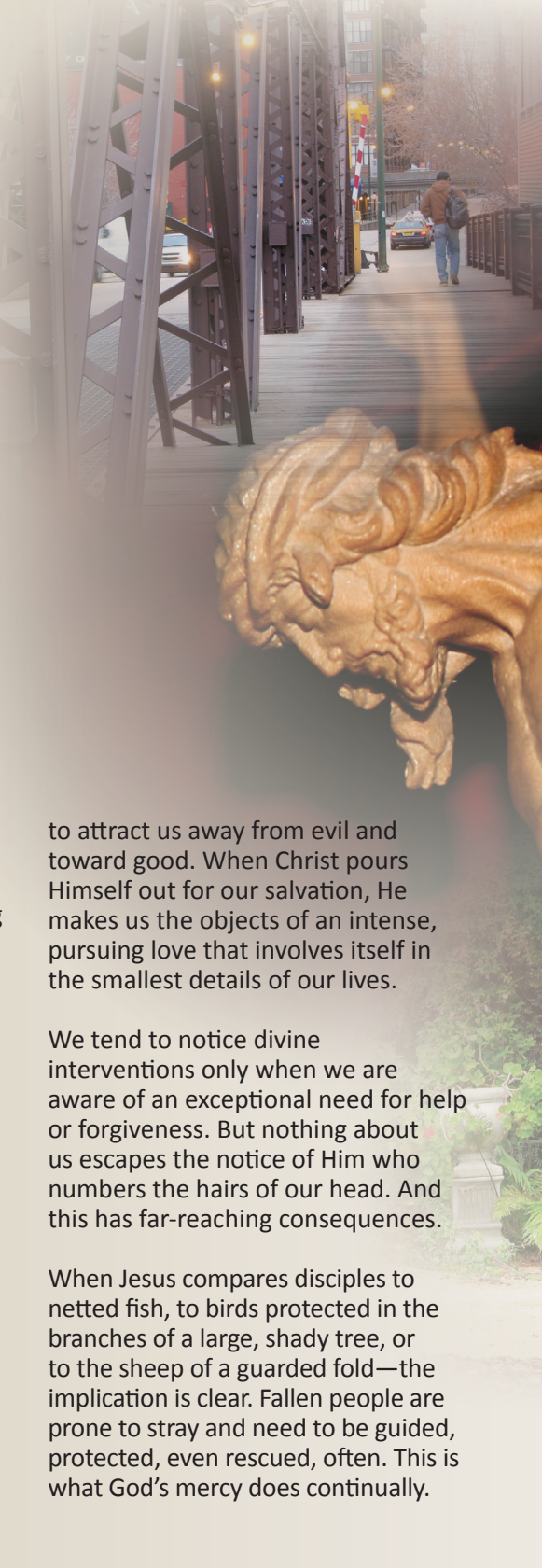
The Lord Jesus always speaks words of fire whenever He talks about saving us, holding on to us forever, keeping us safe in His kingdom. He is a jealous God! A God who sheds His blood for us is many things, but detached isn't one of them. He doesn't let the lost sheep wander off nor the vagrant prodigal forever think that he knows what good living is.

And Jesus doesn't care how His love for sinners looks or sounds to people who have neither ears to hear nor eyes to see. Many religious leaders of His day mocked and scorned Jesus for associating with 'undesirables.' But as far as our salvation is concerned, He will do anything to get our attention,

to attract us away from evil and toward good. When Christ pours Himself out for our salvation, He makes us the objects of an intense, pursuing love that involves itself in the smallest details of our lives.

We tend to notice divine interventions only when we are aware of an exceptional need for help or forgiveness. But nothing about us escapes the notice of Him who numbers the hairs of our head. And this has far-reaching consequences.

When Jesus compares disciples to netted fish, to birds protected in the branches of a large, shady tree, or to the sheep of a guarded fold—the implication is clear. Fallen people are prone to stray and need to be guided, protected, even rescued, often. This is what God's mercy does continually.





***“Whatever means God can use to reach our heart is fair game—whether the stench of garbage or the fragrance of a rose garden, all is mercy. Beauty or ugliness, joy or sorrow, can serve as the lever that detaches the heart from harmful ways and leads it back into the ways of salvation.”***

***“Mercy is the overflow of charity.... Mercy means keeping one’s heart totally alive, throbbing in a way that is both human and divine, with a love that is strong, self-sacrificing and generous.”***

It might take something like the riches-to-rags experience of the prodigal son to bring some straying souls back to God. That the famous wanderer of the parable only came to his senses standing over a pigsty, coveting the slop the swine fed on, proves that whatever means God can use to reach our heart is fair game—whether the stench of garbage or the fragrance of a rose garden, all is mercy. Beauty or ugliness, joy or sorrow, can serve as the lever that detaches the heart from harmful ways and leads it back into the ways of salvation. Who hasn’t experienced this?

### *Miseries as Mercies*

Acknowledging mercy as all-encompassing, as reaching to the heavens, means also accepting life’s sorrows and setbacks as expressions of a mercy that endures forever. We have no difficulty receiving mercy when it comes to the forgiveness of our sins. Accepting the *miseries* that God permits in our lives as *mercies*, however, demands deeper faith and trust. As Christ removes our iniquities, He leaves behind other ‘corrective’ miseries to counterbalance our moral weaknesses.

Sometimes it is mercy for the Lord to leave us with an ongoing struggle, especially if we tend to pride ourselves on strength. Sometimes mercy means accepting humbling failures, when we would otherwise

be proud and complacent. Or it might mean losing someone or something we had thought we couldn’t do without, so that we might learn to lean more on the Lord. It took dire poverty and hunger to rouse the prodigal son to seek the mercy of his father. The misery of poverty and hunger turned out to be mercies that would lead to still greater mercies.

### *The Overflow of Charity*

Reflecting on how divine mercy weaves through our lives like a vine, appearing in surprising places, acting in unexpected ways, we can begin to *go and do likewise*. Just as God, in the person of the father of the prodigal son, goes out to meet the runaway, so our mercy can take an active, creative role in seeking to relieve the miseries of others.

St Josemaría Escrivá encourages taking the initiative: “Mercy is more than simply being compassionate. Mercy is the overflow of charity.... Mercy means keeping one’s heart totally alive, throbbing in a way that is both human and divine, with a love that is strong, self-sacrificing and generous.”<sup>4</sup>

We combine the human and the divine in our heart by going out of our way, keeping attentive to the needs of those around us, imitating the Lord who, “headed somewhere, yet is not too busy to spot human suffering.”<sup>5</sup> We love, in other words, as He loves us.



*“Go and do likewise...”*

## *No Greater Joy*

If during our earthly pilgrimage our miseries are frequently the source of sorrow, St Augustine reminds us that in heaven the remembrance of past miseries will fuel our eternal praise and thanksgiving:

“For if [the blessed in heaven] were not to know that they had been miserable, how could they, as the Psalmist says, *forever sing the mercies of God?* Certainly that city shall have no greater joy than the celebration of the grace of Christ, who redeemed us by His blood. There shall be accomplished the words of the psalm, ‘Be still, and know that I am God.’”<sup>6</sup>

A concluding thought on Christ’s blood not only returns us to the wellspring of divine mercy but points us to its definitive achievement: the purchase of souls for endless beatitude, for perfect joy in the Lord. Entering into the joy of the Lord, we will celebrate the unfailing mercy that drew us by steps and stages, along narrow and unknown paths, to possess the Lamb who laid down His life that we might live in love everlasting. ❖

<sup>1</sup> Cf. *Misericordiae Vultus*, no. 2.

<sup>2</sup> Cf. St Thomas Aquinas. *Summa Theologiae*, I, Q. 21, a. 3.

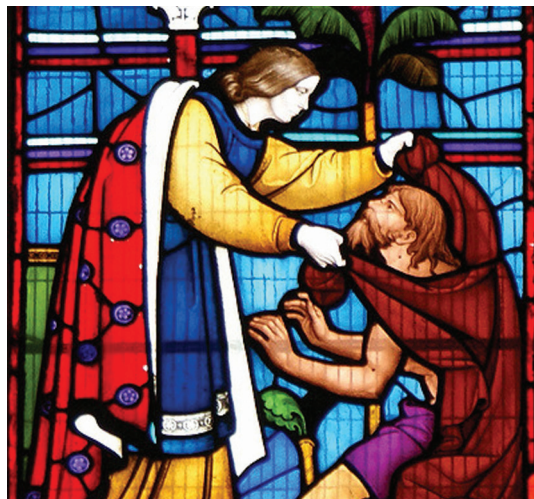
<sup>3</sup> Blessed Alvaro del Portillo. Pastoral Letters of 1 November 1990 and 1 April 1991.

<sup>4</sup> St Josemaría Escrivá. *Friends of God*, no. 232.

<sup>5</sup> St Josemaría Escrivá. *Christ is Passing By*, no. 67.

<sup>6</sup> St Augustine. *The City of God*, Bk. XXII, c. 30.

# WORKS OF MERCY IN THE YEAR OF MERCY



By Marta Timar

During His earthly life, Jesus taught the importance of loving our neighbor in word and deed through His miracles and parables. The Church now calls these actions the “corporal” and “spiritual” works of mercy.

*“Then the King will say to those on His right, ‘Come, you who are blessed of My Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry, and you gave Me food, I was thirsty, and you gave Me drink, a stranger, and you welcomed Me, naked, and you clothed Me, ill and you cared for Me, in prison, and you visited Me.’ Then the righteous will answer Him, and say, ‘Lord, when did we see You hungry, and feed You, or thirsty, and give You drink? When did we see You a stranger, and welcome You, or naked, and clothe You? When did we see You sick or in prison, and visit?’ And the King will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of Mine, you did it for Me’” (Matthew 25:34-40).*

Jesus’ example serves as a blueprint for us, encouraging us to see Christ reflected in others, and to treat them accordingly. Practicing the spiritual and corporal works of mercy play an integral part in our salvation. Pope Francis recently noted: “God’s mercy transforms human hearts; it enables us, through the experience of a faithful love, to become merciful in turn. The spiritual and corporal works of mercy remind us that faith finds expression in concrete, everyday actions meant to help our neighbors in body and spirit: by feeding, visiting, comforting and instructing them. On such things will we be judged,” he said.

There are seven corporal works of mercy and seven spiritual works of mercy, and we have many examples among the saints who, for love of Jesus, tirelessly endeavored to follow His example in loving their neighbor. We can draw inspiration from them for our own lives.



## **The 7 Corporal Works of Mercy and 7 Saints who practiced them**

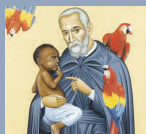
**Feed the Hungry.** Hunger remains a concern in both poor and rich countries. For those of us blessed to not have to face hunger, better stewardship of food can help reduce the amount that is wasted, and in turn can benefit those who are forced to do without.



**The saint who fed the hungry.** As a member of the royal family with access to ample stores of food, St. Elizabeth of

Hungary was nonetheless keenly aware of the fact that many of her husband's subjects had no food, and that their situation grew direr during times of famine. Knowing that his silos were filled to the brim with grain, Elizabeth ordered her bakers to take grain from the silos, and bake enough bread each day, which she would distribute among those in need. Some of the Landgrave's family opposed Elizabeth's actions and complained that the silos would soon be empty. Upon checking the stores, they were all astonished to find the silos filled to the brim with grain! No matter how much was used each day, the supply never depleted! The Landgrave, who had always been convinced that God was pleased with Elizabeth's charitable activities, encouraged her work all the more. In our own day, we can imitate St. Elizabeth's example by volunteering in soup kitchens or donating food stuffs to local food pantries or to our parish food drives during the holiday season.

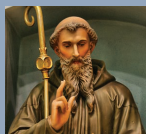
**Give drink to the thirsty.** As those who live in drought-stricken areas know all too well, water is a very precious commodity, and water that is safe to drink, even more so. Far too many people do not have access to clean water because their water sources are contaminated. It is easy to take this precious resource for granted.



**The saint who gave drink to the thirsty.** St. Peter Claver arrived in Cartagena in 1610, when the city was a hub for the slave trade.

During his final studies for the priesthood, Peter became aware of and was greatly disturbed by the harsh treatment of the slaves. This inspired him to devote his priestly ministry to serving their needs. Peter would stand on the wharf awaiting the arriving ships. Once the ship docked, Peter would go aboard armed with fresh water and medicine to tend to the most immediate needs of the slaves. Today, we can imitate St. Peter Claver by supporting organizations that work to bring clean water to developing nations, by turning off faucets to cut down on waste, and by buying cases of drinking water and donating them to homeless shelters.

**Shelter the homeless.** Many circumstances can lead to homelessness. But we can do things to help those in need, such as donating time, money or supplies to homeless shelters or even by volunteering with organizations such as Habitat for Humanity.



**The saint who welcomed and gave shelter to the homeless.** When St. Benedict founded his own monastery, he wrote a set

of precepts for his community, known as the Rule of St. Benedict, which would go on to influence monastic life for the next 1500 years, and earning St. Benedict the title "Father of western monasticism". One of his rules pertains to hospitality, where St. Benedict instructs that all guests are to be welcomed with courtesy and in the manner as one would welcome Christ Himself.

**Visit the sick.** In the hectic pace of modern life, it is easy to forget those who are sick, or to avoid them altogether because one feels awkward or does not know what to say to a

person with a serious health problem. However, taking the time to visit someone in the hospital or the elderly in a nursing home is a loving act that can bring great consolation and comfort.



**The saint who visited the sick.** St. Catherine of Genoa began to venture out into the slums of Genoa to tend to the

poor and sick as a means of escaping an unhappy marriage. She was greatly repulsed in nursing the ill – a reaction she found difficult to overcome. It was only after a mystical experience during Confession, that Catherine overcame her revulsion and began to see the suffering Christ in the faces of those she tended. Catherine eventually moved into the city hospital, where she spent her personal means serving and caring for the sick. When the bubonic plague came to Genoa in 1493, Catherine refused to leave the city, and remained at the hospital caring for the dying, doing all she could to alleviate their suffering.

**Visit the imprisoned.** Most people tend to shy away from those in prison, many of whom are often without hope. Jesus died for them, too, and despite their circumstance, perhaps all the more because of it, need to hear the truth of the Gospel and of Christ's love for them. Many parishes have a prison ministry, often for both youths and adults, and is a good way to become involved in bringing Jesus' message of hope and love to the incarcerated.



**The saint who visited the imprisoned.** St. Peter Nolasco was a co-founder of the Mercedarian religious community,

which was devoted to ransoming themselves for Christian prisoners held as slaves during the time of the Moorish occupation of the Iberian Peninsula.

Peter journeyed twice to Algiers expressly to offer himself as ransom for Christian prisoners. It was reported that during one such journey, on stops in the kingdoms of Valencia and Granada, Peter secured the release of 400 captive Christians from Moorish prisons.

**Clothe the naked (also called Giving alms to the poor).** Too many people live below the poverty level in our country, requiring not just food, but basic items for day-to-day living, such as clothing. There are many reputable, non-profit organizations that have the ability to provide services and supplies to those in need. We have the opportunity to help these organizations serve others by donating money, as well as clothing, bedding, and even small appliances.



**The saint who clothed the naked/gave alms to the poor.** As a young noblewoman, St. Frances of Rome committed herself

to serving the needs of the poor. Together with her sister-in-law, Frances would visit prisons and hospitals and distribute food and clothing to the poor. In the early 15<sup>th</sup> century, after severe flooding brought disease and famine to Rome, Frances instructed her household staff that no one coming to their door asking for alms was to be turned away. She personally supervised the distribution of clothing, supplies and alms to the poor, eventually founding a group of noble lay women inspired by Frances' example, called the Oblates of Mary, dedicated to clothing the poor and giving alms.

**Bury the dead.** Death is the natural culmination of our earthly lives. We attend funerals to grieve for the deceased and support and comfort the family in mourning. Helping someone make funeral arrangements, preparing a meal for the bereaved, offering our company by visiting someone who has lost a spouse (especially

among the elderly), are just some of the ways we can offer comfort and support to those who grieve.



### **The saint who buried the dead.**

In the mid-1300s, the city of Siena suffered a terrible outbreak of the plague that would ultimately claim nearly 60% of the city's inhabitants. The dying and dead were everywhere, and the few citizens who remained in Siena refused to care for the dying or bury the dead for fear of contagion – all that is except for St. Catherine. With no concern of contracting the plague herself, Catherine fearlessly moved among the dying doing her best to alleviate their suffering, offering comfort and consolation. As for the dead, she lovingly prepared and buried the bodies herself.

## ***The 7 Spiritual Works of Mercy and 7 Saints who practiced them***

**Counsel the doubtful.** We live in difficult times. 24/7/365 access to “news” means we are under a constant bombardment of information, often misinformation, which can be overwhelming and can sow confusion and doubt. However, we must remember one thing – Christ never changes. He “...is the same yesterday and today and forever. Do not be carried away by varied and strange teachings...” (Hebrews 13:8-9). We must be witnesses to the truth of Jesus’ words, so that others might come to see Him as “the Way, the Truth and the Life.” We can be examples to those in doubt, even in the midst of the most trying times, by steadfastly trusting in God’s loving plan for each of us, and His ability to bring good out of evil.



### **The saint who counseled the doubtful.**

As Curé of Ars, St. John Vianney experienced first-hand the

devastating consequences of the French revolution. Peoples’ attitude toward religion was at best apathetic, preferring to spend Sunday in the taverns rather than at Mass. St. John fervently preached about keeping the Lord’s Day holy, going so far as to refuse absolution if they didn’t mend their ways. He reinvigorated people’s faith by his teaching and by the advice and encouragement he offered penitents in the many hours he spent in the confessional. By the last decade of his life, St. John spent 12-16 hours a day hearing confessions.

**Instruct the ignorant.** There are so many who do not know Christ. There are also many searching for the truth and are taking tentative steps toward the Catholic faith. We must instruct and encourage them in seeking Christ, and there are a number of ways to do this. Most parishes have religious education programs for children, teens and adults. By volunteering as a catechist, not only is it a great opportunity to instruct those who are ignorant, but it is a great chance become “reacquainted” with the faith ourselves.



### **The saint who instructed the ignorant.**

A little more than a year after being widowed, St. Elizabeth Ann Seton was received into the Catholic Church. In order to support herself and her five children, she moved to Emmitsburg, Maryland in 1809, where she established the first Catholic school in the U.S. dedicated to the education of Catholic girls – Saint Joseph’s Academy and Free School, accepting all students regardless of ability to pay. This humble beginning became the foundation of the Catholic parochial school system in America. She also established a religious community, the Daughters of Charity, whose members taught at the school. Mother Seton personally wrote textbooks and lesson plans and trained her spiritual daughters to become teachers. St. Elizabeth Seton’s

legacy of educating children continues in Catholic elementary and high schools across the country today.

**Admonish sinners.** “Neither do I condemn you. Go, and from now on sin no more” (John 8:11). By His words, Jesus admonished the woman caught in adultery; not condoning her sin, but rather gently correcting her. He sets a perfect example for us in how we should help guide others toward our ultimate goal of salvation without judgement, and that while charitably pointing out sinful behavior, remembering we all share in humanity’s fallen nature.



**The saint who admonished sinners.**

St. Ignatius of Loyola experienced his religious conversion after reading a

great number of books about Jesus while convalescing after being injured during a military campaign. His readings kindled great fervor in Ignatius inspiring him to a life of great asceticism. He traveled to Paris to complete his studies, and it was there that other students were drawn to Ignatius as a spiritual director. He and these companions eventually became the Society of Jesus. It was Ignatius’ great concern for saving souls that he would beseech his missionaries to “hurry to any part of the world where... the needs of the neighbor should summon them...and to serve without hard words or contempt for people’s errors.”<sup>1</sup>

**Comfort the afflicted/sorrowful.**

Sometimes, it is difficult to find the right words to say to one who is grieving. However, simply lending an ear or offering a shoulder to cry on can be a source of tremendous consolation to one who is experiencing trials. Taking a few minutes to telephone or even visit someone who is hurting can make a world of difference because our presence will make him/her feel less alone and be comforted by knowing that someone cares.



**The saint who comforted the afflicted.**

Blessed Margaret of Castello knew first-hand how it feels to be

unwanted and abandoned. She was born blind, with severe curvature of the spine, had one leg significantly shorter than the other so that she could only walk with a crutch, and had a malformed arm. Embarrassed by her, Margaret’s family kept her locked in a room with only a small window that looked into a chapel. It was through this window that the family chaplain instructed Margaret about God and the Catholic faith. When Margaret was six, her parents took her to a pilgrimage site hoping for a miraculous cure for her infirmities. When there was no miracle, Margaret’s parents abandoned her. A husband and wife found the frightened child and took her in. Despite her sufferings and rejection by her family, Margaret remained hopeful and cheerful and keenly sympathetic to the sufferings of others. She would instruct the neighborhood children in the faith, cared for the poor, and nursed the sick. Margaret encouraged others to view their sufferings in the light in which she saw her own – that by uniting their sufferings to those Jesus endured on the cross, their sufferings would be the meritorious path leading to heaven.

**Forgive offenses.** Forgiving others can be a difficult thing to do. However, we are reminded of what Jesus taught in the words of a prayer we utter at every Mass – “...and forgive us our trespasses, as we forgive those who trespass against us...” We should not speak ill of those who hurt us, but rather forgive and pray for them, and we should not return unkindness with unkindness.



**The saint who forgave offenses.**

St. Stephen was one of the seven deacons appointed by the Apostles in the nascent days of the

church shortly after Jesus' Ascension. Filled with the Holy Spirit, he preached fervently about Jesus as the Messiah. Soon, he was taken before the Sanhedrin, accused of blasphemy. It was here Stephen had his vision of the heavens opening where he saw Jesus standing at the right hand of God. His listeners were enraged, and they dragged him outside the city where "...they went on stoning Stephen as he called on the Lord and said, 'Lord Jesus, receive my spirit!' Then falling on his knees, he cried out with a loud voice, 'Lord, do not hold this sin against them!' Having said this, he fell asleep" (Acts 7:59-60).

**Bear wrongs patiently.** We hardly need to go looking for trouble – it has an uncanny knack for finding us on its own. When someone wrongs us and there seems to be no way toward a resolution, it is oftentimes best to simply remove ourselves from the situation and prayerfully ask for patience as we place the situation in God's hands.



**The saint who bore wrongs patiently.** The 18 apparitions of Our Lady to St. Bernadette at Lourdes caused a considerable stir

amongst the townspeople. While there were those who believed that Bernadette was indeed seeing the Blessed Virgin, more often than not, her accounts of the visions were met with considerable skepticism (on the part of Church authorities) and outright hostility (from town officials). Bernadette was ridiculed for her piety, called a liar and simple-minded and was even accused of being mentally ill. Through it all, St. Bernadette maintained her simplicity, goodness and courage, never retaliating against the mocking and cruel words of those who doubted her honesty.

**Pray for the living and the dead.** St. John Damascene beautifully defines prayer as "...the raising of one's mind and heart

to God or the requesting of good things from God." Praying for one another is the most powerful and efficacious gift we can give. Through our prayers, we place those for whom we are praying in God's care. As for the souls in Purgatory, since they can no longer gain merit for themselves, they are especially in need of our assistance in helping them gain admission to the Beatific Vision. Requesting Masses be offered in memory of the deceased or for the intentions of a still-living friend, remembering to personally pray for those with a particular need, praying the Rosary on behalf of the poor souls, particularly those abandoned, are a just few ways we can pray for the living and the dead.



**The saint who prayed for the living and the dead.**

St. Gertrude the Great's mystical union with Our Lord was so ardent

by the time she was five years old, that He privately revealed to her the grace-filled devotion to His Sacred Heart 400 years before it would be made known to the rest of the world through St. Margaret Mary Alacoque. Gertrude had great empathy for anyone suffering temporally or spiritually and would immediately beseech Jesus' Sacred Heart on behalf of the one in need. In her writings, Gertrude reveals that once when she was fervently praying for the souls in Purgatory, Our Lord permitted her see their sufferings. She was greatly moved and she heard Him say: "I accept with highest pleasure what is offered to Me for the Poor Souls, for I long inexpressibly to have near Me those for whom I paid so great a price. By the prayers of thy loving soul, I am induced to free a prisoner from Purgatory as often as thou dost move thy tongue to utter a word of prayer!" (from *The Life and Revelations of St. Gertrude*) ❖

<sup>1</sup> <http://yearofmercy.rcdoc.org/wp-content/uploads/sites/13/2015/11/Admonish-Sinners.pdf>

## EDUCATION FACILITIES

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### CHILD CARE CENTERS

#### Little Flower Educational Child Care

2434 Gates Street, LA, CA 90031  
Ph: (323) 221-9248  
[www.littleflowerla.com](http://www.littleflowerla.com)

#### Hayden Child Care Center

819 Buena Vista St., Duarte, CA 91010-1703  
Ph: (626) 932-3489  
[www.haydenchildcare.com](http://www.haydenchildcare.com)

### ARCHDIOCESAN SCHOOLS

#### Staffed by the Carmelite Sisters

#### St. Philomena School

21832 S. Main St., Carson, CA 90745  
Ph: (310) 835-4827  
[www.stphilomenaschool.org](http://www.stphilomenaschool.org)

#### Holy Innocents School

2500 Pacific Ave., Long Beach, CA 90806  
Ph: (562) 424-1018  
[www.holyinnocentsschlb.org](http://www.holyinnocentsschlb.org)

#### Loretto School

1200 14th St., Douglas, AZ 85607  
Ph: (520) 364-5754  
[www.lorettoschool.org](http://www.lorettoschool.org)

#### St. Theresa School

2701 Indian Mound Trail, Coral Gables, FL 33134  
Ph: (305) 446-1738  
[www.cotlf.org/School/index](http://www.cotlf.org/School/index)

#### Sts. Peter and Paul School

3920 Pierce St., Wheat Ridge, CO 80033  
Ph: (303) 424-0402  
[www.peterandpaulcatholic.org](http://www.peterandpaulcatholic.org)

#### Archbishop Coleman F. Carroll H.S.

10300 SW 167 Ave., Miami, FL 33196  
Ph: (305) 388-6700  
[www.colemancarroll.org](http://www.colemancarroll.org)

#### J. Serra High School

26351 Junipero Serra Rd., San Juan Capistrano, CA 92675  
Ph: (949) 493-9307  
<http://jserra.org>



## HEALTHCARE FACILITIES

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*Sponsored by the Carmelite Sisters*

### Santa Teresita

*(Assisted Living and Skilled Nursing)*

819 Buena Vista Street, Duarte, CA 91010-1703  
Phone: (626) 359-3243  
Fax: (626) 301-0399  
[www.santa-teresita.org](http://www.santa-teresita.org)  
[contact@santa-teresita.org](mailto:contact@santa-teresita.org)

### Marycrest Manor

*(Skilled Nursing)*

10664 St. James Dr., Culver City, CA 90230-5498  
Phone: (310) 838-2778  
Fax: (310) 838-9647  
[www.marycrestculvercity.com](http://www.marycrestculvercity.com)

### Avila Gardens

*(Independent Living)*

1171 Encanto Parkway, Duarte, CA 91010  
Phone: (626) 599-2214  
Fax: (626) 599-1764  
[www.avilagardens.com](http://www.avilagardens.com)

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**VISITS CAN BE ARRANGED  
AT ANY TIME!**

# Calendar of Events

## August 2016

- 4-12 8-Day Silent Retreat for Women Religious (SHRH)
- 9 Book of Isaiah - Tues. Series (SJC)
- 16 Book of Isaiah - Tues. Series (SJC)
- 19-21 Carmelite Spirituality Retreat (SHRH)
- 21 Family Night (SJC)
- 23 Book of Isaiah - Tues. Series (SJC)
- 26-28 Intro to Spiritual Exercises - Men's Retreat (SHRH)
- 30 Book of Isaiah - Tues. Series (SJC)

## September

- 5 Ascent of Mt. Carmel Vocation Hike (Eaton Canyon)
- 6 Book of Isaiah - Tues. Series (SJC)
- 9-11 Women's Weekend Retreat (SHRH)
- 12-16 Confraternity of Catholic Clergy
- 13 Book of Isaiah - Tues. Series (SJC)
- 16-18 Women's Weekend Retreat (SHRH)
- 17 Handmaidens' Movie Night (SJC)
- 20 Book of Isaiah - Tues. Series (SJC)
- 23-25 Women's Weekend Retreat (SHRH)
- 27 Book of Isaiah - Tues. Series (SJC)
- 27 Our Lady's Luncheon (ST)
- 28 An Evening with Fr. Trigilio (SJC)
- 30-10/2 Women's Weekend Retreat (SHRH)

## October

- 1 Blessing of the Roses (LF)
- 4 Book of Isaiah - Tues. Series (SJC)
- 7-9 Women's Weekend Retreat (SHRH)
- 8 Mother/Daughter Conference (SJC)
- 11 Book of Isaiah - Tues. Series (SJC)
- 14-16 Women's Weekend Retreat (SHRH)
- 15 2<sup>nd</sup> Men's Conference (SJC)
- 15 Oktoberfest (MM)
- 18 Book of Isaiah - Tues. Series (SJC)
- 21-23 Women's Weekend Retreat (SHRH)
- 22 Petrus Youth Night
- 22 Gala Benefit Dinner/Auction (ST)
- 23 Handmaidens Bake-a-Thon (SHRH)
- 25 Book of Isaiah - Tues. Series (SJC)
- 25 More for Moms Program (SJC)
- 28-31 Come and See Retreat (Ohio)

## November

- 1 Book of Isaiah - Tues. Series (SJC)
- 1 More for Moms Program (SJC)
- 4-6 Come and See Retreat (Colorado)
- 5 35<sup>th</sup> Annual Fall Boutique & Family Festival (SHRH)
- 8 More for Moms Program (SJC)
- 11-13 Women's Weekend Retreat (SHRH)
- 11-13 Come and See Retreat (Minnesota)
- 15 More for Moms Program (SJC)
- 19 Marian Conference (SJC)
- 19 Handmaidens (ST)
- 26 Advent Spirituali-Tea (SJC)
- 29 More for Moms Program (SJC)

## December

- 1 An Advent Evening of Recollection with Fr. Jacque Philippe (SJC)
- 2-4 Advent Retreat with Fr. Jacque Philippe (SHRH)
- 6 More for Moms Program (SJC)
- 17 Handmaidens Day of Prayer (SHRH) & Posadas (SJC)
- 18 Family Night (SJC)
- 27-30 Come and See Retreat (California)
- 31- 1/1 An Evening of Thanksgiving

## January 2017

- 20-22 Men's Retreat (SHRH)
- 28 Woman's Conference (SJC)
- 28 Handmaidens (ST)

## February

- 2-10 Vocation Prayer Drive (Online)
- 11 Petrus Youth Night
- 11 Mother Luisita Pilgrimage
- 17-19 Free In Christ Retreat with Bishop O'Connell (SHRH)
- 18 Handmaidens (MM)
- 24-26 Come and See Retreat (Florida)
- 26 Family Night (SJC)



Carmelite Sisters  
*of the Most Sacred Heart of Los Angeles*  
920 East Alhambra Road  
Alhambra, California 91801

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