

Further Information

About the Carmelite Order and OCDS

More information on the Carmelite Order and OCDS can be found at the following websites and corresponding links, officially affiliated with the Carmelite Order.

Discalced Carmelite Order (Worldwide)

www.o.cd.pen.net

Discalced Carmelites Washington Province

www.o.cdswashprov.org

Flower of Carmel Community Arden, NC

www.flowerofcarmel.org

Or you can contact:

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*The Flower of Carmel OCDS Community
Arden, NC*

The Secular Order of Discalced Carmelites

A Marian Way of Life



*Flower of Carmel
Secular Carmelite Community
Arden, North Carolina*

THE SECULAR ORDER OF DISCALCED CARMELITES (OCDS)



We are an association of lay people and diocesan clergy who embrace a calling to strive for Christian perfection in the world according to the spirit and ideas of the Order of Discalced Carmelites.

OUR VOCATION

To strive to achieve under the protection of the Blessed Virgin Mary:

- * A deepening sense of God's love
- * Fidelity to contemplative prayer
- * A spirit of detachment
- * Apostolic generosity -
in fraternal charity

As Secular Carmelites we are supported by:

- The spiritual ideals and tradition of the Carmelite Order
- The example and teachings of Carmelite Saints
- The guidance of a Spiritual Assistant
- The fraternal bond that exists between each member of the order

A Short History of the Carmelite Order

The Carmelite Order developed from a single community of hermits living after the example of the prophet, Elijah, on Mount Carmel in Palestine in the early 13th century.

In 1210, the hermits were given the *Rule of Life* by St. Albert, Latin Patriarch of Jerusalem. Their chapel and their whole institute were dedicated to Our Lady.

By 1238 the Saracens overran Mount Carmel, forcing the Carmelite friars to return to Europe where they began establishing communities of men and women.

The *Rule of Life* was modified in 1247 to meet the needs of the Order as it spread throughout Christendom.

During the second half of the 13th century the Carmelites had developed into a mendicant Order but continued to live lives of solitude in community as instructed in the modified *Rule of Life*.

In 1562 a Spanish Carmelite nun, St. Teresa of Avila, set about reforming the Carmelite Order assisted by another Carmelite, St. John of the Cross. They established what was to become a completely new branch of the Carmelite Order, the Discalced (shoeless) Carmelites.



The Discalced Carmelites, both nuns and friars, aimed at a more retired and contemplative form of life in keeping with the spirit of the original 13th century *Rule of Life*.

Today there are two branches of the Carmelite family, the Ancient Observance (O. Carm.) and the discalced (OCD) with each branch having its own Secular Order.

Although updated by the Second Vatican Council, the reality of the Carmelite way of life remains the same today as it did five centuries ago: to live simply and always in the presence of God at the service of the Church.

The Marian Character of the Carmelite Order



For Secular Carmelites Mary is a model of total commitment to God's kingdom. An ideal and inspiration for the Secular Carmelites, she goes before us in a pilgrimage of faith. As we serve others, she keeps us company so that we may imitate her life hidden in Christ. Members of the Secular Order promote and celebrate daily liturgical devotion to the Mother of God in her honor.

Membership Requirements

Candidates to the vocation of The Secular Order of Discalced Carmelites must be:

- At least 18 years of age
- In full communion with and practicing members (lay or cleric) of the Roman Catholic Church
- In good standing with the Church and compliant with its teaching

The Life of a Secular Carmelite

Secular Carmelites, striving to develop a life of prayer, commit to:

- + Monthly attendance at Community Meetings
- + Daily half hour of mental prayer
- + Daily Prayer of the Divine Office
- + Daily devotion to Mary
- + Daily Mass when possible
- + Frequent celebration of Reconciliation
- + Participation in the local community's apostolate