



July 16, 2026



Announcements



- 1) Next class is August 6, 2026



*Our Lady of Mount Carmel
Feast Day: July 16*

Loving and merciful God, we thank you for planting the gift of faith in our hearts. We lift up to you all those in the OCIA process. Strengthen their faith and open their hearts to the fullness of Your love. Help them to persevere through any difficulties and bless them with the guidance of the Holy Spirit as they learn to walk with You day by day. We ask this through Jesus, who is the Way, the Truth, and the Life. Amen.

INTRO TO CARMELITE SPIRITUALITY

Today is...

The Feast of Our Lady of Mount Carmel

Mary as

- Woman of Silence and Interior Listening
- Model of Pure Faith
- Mother of Contemplatives



ELIJAH AND ELISHA (1 Kings, 2 Kings)



Elijah -- Solitude and Mission

- “The Lord lives, in whose presence I stand”
(1 Kings 18:15)
- Continual awareness of God
- Interior Silence
- Readiness to act when God Speaks

Elisha -- The Carmelite Model of Fidelity and Fruitfulness

- Approachable
- Gentle
- Healer
- Miracle-worker for ordinary people



SAINT BERTHOLD OF CALABRIA

Founder of hermitage at Mount Carmel ~1185



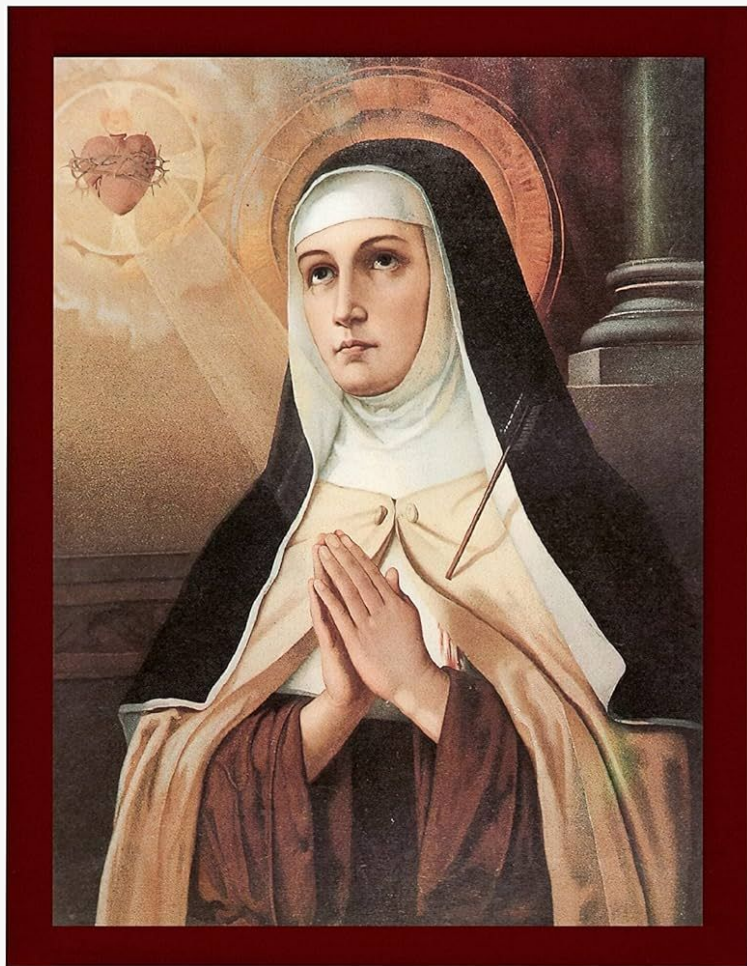
SAINT SIMON STOCK

13th Century Hermit

Marian Visionary

Brown Scapular





SAINT TERESA OF AVILA

1515–1582

Interior Castle

Leader of the Discalced Carmelites
during the Counter-Reformation

Doctor of the Church



SAINT JOHN OF THE CROSS

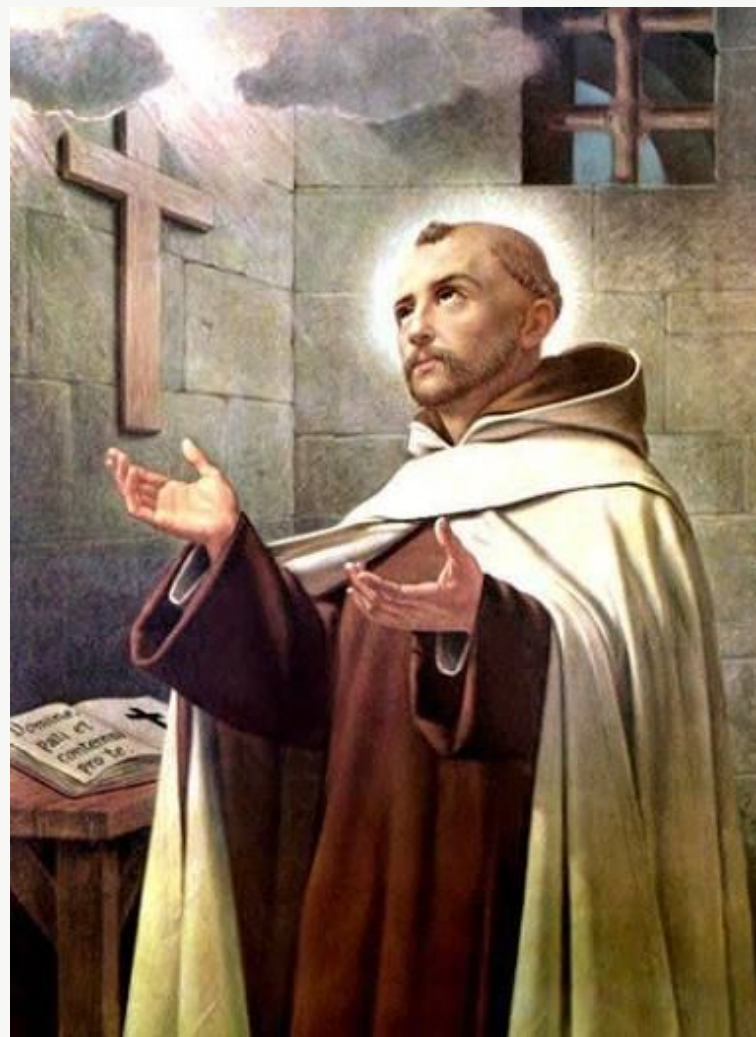
1542-1591

Spiritual Director

Spanish Priest

Poet/Writer

Doctor of the Church





SAINT THERESE OF LISIEUX

1873-1897

"The Little Flower"

Story of a Soul

Patron Saint of Missionaries

Doctor of the Church

Carmelite Spirituality is best characterized as the intense interior prayer of the soul detached from the sensual and strengthened by the love of God as both means and end.



A close-up photograph of a campfire. In the foreground, a large, dark log with patches of yellow moss lies horizontally. Behind it, several smaller logs are burning, with bright orange and yellow flames rising from them. The background is dark and out of focus, suggesting a nighttime setting in a forest.

Purgative Way (Beginners – “Drying Out” Stage)

Illuminative Way (Proficients – “Catching Fire” Stage)

Unitive Way (The Perfect – “Glowing as One” Stage)

CONTEMPLATIVE PRAYER

Contemplation is a form of prayer where the soul rests in God's presence without the need for words, images, or actions. It is also a form of prayer in which one is fully aware of the presence of God at all times.





PART 3: THE CHURCH AND THE SACRAMENTS

Jesus did not leave us to follow Him alone. He founded a Church, entrusted it to the Apostles and their successors, nourishes us through the Eucharist, and welcomes us into His family through Baptism. Through the Catholic Church, Christ continues His saving work in the world today.

WHY WE'RE CATHOLIC



OUR REASONS FOR FAITH, HOPE, AND LOVE

TRENT HORN

Ch. 11 - Why We Belong to the Catholic Church

- Christ founded a visible Church so His truth and sacraments would remain with His people throughout history.

Ch. 12 - Why We Have a Pope

- The Pope is the visible shepherd of the universal Church, helping preserve unity and truth.

Ch. 13 - Why We Have Priests

- Priests act in the person of Christ to bring God's grace to His people through the sacraments.

Ch. 14 - Why We Go To Mass and believe in the Eucharist

- We go to Mass not simply to remember Jesus, but to encounter Him personally in the Eucharist.

Ch. 15 - Why We Baptize Babies

- Baptism is God's gift of new life, not something we must earn or be old enough to request.

Closing Prayer

