

SPiRiT of CARMEL

FALL 2018



Family

“In You, all find their home” (Psalm 87:7)

Sharing in the Life and Works of the Carmelite Sisters



Dear Friends,

Praised be Jesus Christ! The family unit is one of the most beautiful of God's gifts. Most of us have fond memories of family life growing up as children. As Carmelite Sisters, God has not only blessed us with the family into which each of us was born, but with the beautiful Carmelite family we become part of upon entering the convent.


We sisters come from widely diverse backgrounds, all with different talents, temperaments, and interests. But regardless of the personal differences, we live together in community, we work together, we take recreation together, we share in the joys and sorrows of life together, thereby creating familial unity. Most importantly, we pray together, grow in holiness together, and help each other to ultimately attain heaven. It is our common love and devotion to Christ's Sacred Heart that cements this bond of familial unity. He is the Head of our religious family, He is at the center of our family life – in Him, we find our home.

The theme for this issue of Spirit of Carmel, is "The Family" and how by placing His Sacred Heart at the center of family life, a strong foundation of unity and holiness can be established, and strong families are the foundation of a healthy society. In the following pages, you will read about devotion to the Sacred Heart of Jesus from its origins when Jesus appeared to the French Visitation nun, Saint Margaret Mary Alacoque in 1675 and how this beautiful devotion spread around the world touching so many lives, including that of our Foundress, Mother Luisita. You can also read about how devotion to the Sacred Heart of Jesus touched our very own Santa Teresita Hospital in Duarte, California, which was the site of the final miracle required for the canonization of Blessed Claude de la Colombiere, the spiritual director of Saint Margaret Mary.

We remain profoundly grateful for your generous friendship and support. Please be assured that you and those close to you remain in the daily prayers of all the Carmelite Sisters that you may know the boundless love that flows from His Sacred Heart just for you.

Gratefully in the Sacred Heart of Jesus,

Mother Judith, O.C.D.
Mother Judith, O.C.D.
Superior General

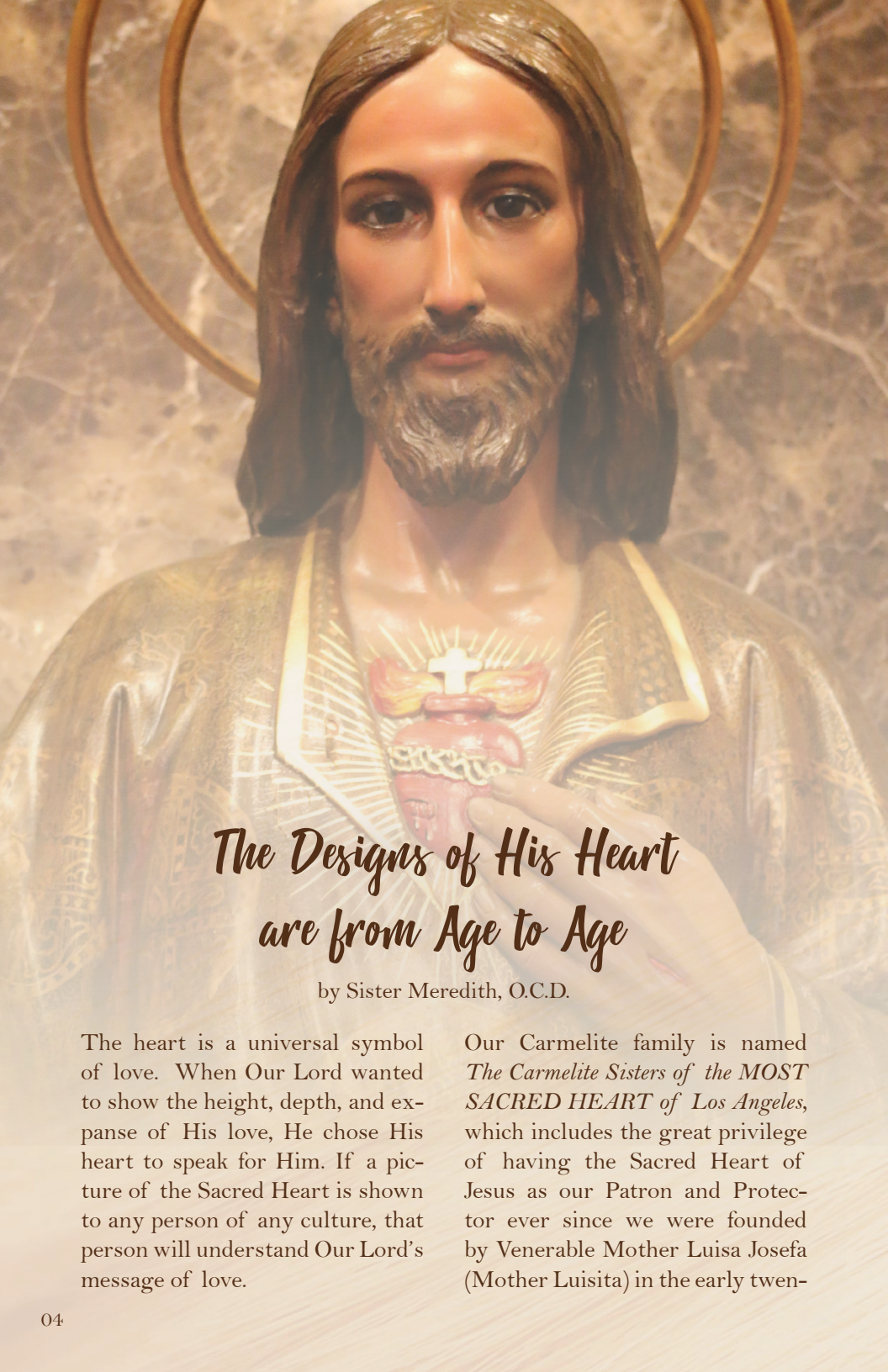


“To maintain a joyful family requires much from both the parents and the children. Each member of the family has to become, in a special way, the servant of the others.”

— Saint Pope John Paul II

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The Designs of His Heart are from Age to Age

by Sister Meredith, O.C.D.

The heart is a universal symbol of love. When Our Lord wanted to show the height, depth, and expanse of His love, He chose His heart to speak for Him. If a picture of the Sacred Heart is shown to any person of any culture, that person will understand Our Lord's message of love.

Our Carmelite family is named *The Carmelite Sisters of the MOST SACRED HEART of Los Angeles*, which includes the great privilege of having the Sacred Heart of Jesus as our Patron and Protector ever since we were founded by Venerable Mother Luisa Josefa (Mother Luisita) in the early twen-

tieth century in Mexico. Testimonies on her life reveal that “love toward the Sacred Heart was the distinguishing mark of the spiritual life of Mother Foundress.” The first hospital and school were consecrated to the Sacred Heart. Our first retreat house was named Sacred Heart Retreat House.

During the persecutions in Mexico in the 1920s when public display of religion was illegal, many priests and religious were martyred and either went into hiding, or fled as refugees. In an effort to preserve her fledgling community, Mother Luisita journeyed to the United States with two other sisters, reaching safety in the Archdiocese of Los Angeles on June 24, 1927, the feast of the Sacred Heart.

In 1675, Jesus appeared to St. Margaret Mary Alacoque, a Visitation nun, and gave her what came to be known as the Twelve Promises of the Sacred Heart. St. Claude de la Colombiere was the spiritual director of St. Margaret Mary, a Visitation nun. Most telling of the Sacred Heart’s providence in our community was the miraculous healing, through the intercession of Blessed Claude de la Colombiere, of Father John Houle, a Jesuit priest and former prisoner of war in China. As he was dying of terminal pulmonary fibrosis in our Santa Teresita Hospital, Father Houle’s brother Je-

suit, Father Frank Parrish, blessed him with a relic of Bl. Claude, and he was completely healed. This was accepted as the required second miracle for Blessed Claude’s canonization. In addition to Father John Houle, SJ, Sister Vincent Marie, Sister Mary Colombiere and Sister Maria Elia were present for this historic moment.

Years later, when Father Houle celebrated his golden anniversary of ordination, he said, **“Jesus did this [healing] as his approval of the Sisters here and of their devotion to the Sacred Heart.”**

History of the Devotion to the Sacred Heart of Jesus

Back in the late 1200s, St. Gertrude, a holy Benedictine nun, had a vision of St. John the Evangelist and Jesus on the Feast of St. John, December twenty-seventh. Having felt and heard the sweetness of Christ’s beating heart, she asked St. John why he didn’t speak of the “loving secrets of the Heart of Jesus.”

St. John answered, “My mission was to write of the Eternal Word... but the language of the blissful pulsations of the Sacred Heart is reserved for latter times, that the time-worn world, grown cold in the love of God, may be warmed up by hearing of such mysteries.”

Four hundred years later on the same feast, Jesus appeared to St. Margaret Mary in Paray-le-Monial, guiding her in the Sacred Heart devotion and asking her to make it known. This happened just before the French Revolution when hearts had grown cold in the love of God.

These Twelve Promises are amazing. Jesus Himself promises consolation to the mother who laments her children's loss of faith; strength to the grandfather who goes to Mass every First Friday; hope to parents who raise their children in a secularized society and so much more.

Jesus comes to us in our very humanity, not with just pious words, but in flesh and blood. In His Sacred Heart, Jesus experienced passionate love, holy desires, anger, sorrow, pity and the emotions we all feel as human beings. He gives us His very Heart and asks that we give Him our own in exchange.

Why?

God answers, **“I will give you a new heart, and a new spirit I will put within you. I will remove the heart of stone from your flesh and give you a heart of flesh”** *Ezekiel 36:26*. In other words, He wants to take on our anger, resentment and bitterness and replace it with His Divine love. If we live

with the Heart of Christ beating in unison with our hearts, our only response to any evil in our lives is LOVE. In this way, the devotion becomes a way of life that will set the world on fire!

When each person in a family becomes caught up in the love of God, husbands and wives will turn back to their first love, children will grow in respect for their parents, and families will become more united. As Carmelite Sisters of the Most Sacred Heart of Los Angeles, we pray that you may grow in faith in God's promises and that the love of the Sacred Heart may fill your soul with a burning love, zeal for souls, and a great desire to make reparation to the Sacred Heart of Jesus. We end with a quote from St. Jose Maria Robles Hurtado, a priest who was martyred in 1927 during the Mexican Cristero persecution. He was called the “Madman of the Sacred Heart” and he proclaimed,

“I want to love Your Heart my Jesus with delirium; I want to love You with passion, I want to love You until Martyrdom, with my soul I bless You my Sacred Heart.”



The Promises of the Sacred Heart of Jesus

to Saint Margaret Mary

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life and especially at the hour of their death.
5. I will pour abundant blessings on all their undertakings.
6. Sinners will find in my Heart the source of an infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes where an image of my Heart shall be exposed and honored.
10. I will give to priests the power of touching the most hardened hearts.
11. Those who propagate this devotion shall have their names written in my Heart, never to be effaced.
12. “I promise you in the excessive mercy of My Heart that My all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in My disgrace, nor without receiving their sacraments. My Divine Heart shall be their safe refuge in this last moment.”




One Heart, One Mind, One Carmelite Family

by Sister Mary Louise, O.C.D.

I grew up in an exceptional family. We were fervent in our faith but also joyfully close-knit. And we had just enough quirks to keep life interesting. It was difficult for me to leave them when I entered the convent, but the transition was greatly eased by the fact that I was joining another exceptional family. My Carmelite family is filled with joy and ardent faith. And a few quirks here and there keep life interesting.

Our life is characterized by faith. The “Sister” at the beginning of each of our names is not a title or honorary salutation. It is a

relationship each one of us cherishes. This relationship is first and foremost among ourselves. Even in the privacy of the convent, no one addresses me simply as “Mary Louise” but we always refer to each other as Sister. This relationship that I have with the other members of my religious family carries over into the outside world; it really is part of my identity. I am in relationship with my sisters and so I am called Sister. The honor is not in the word but in the privilege I have of living with and being loved by my beautiful sisters! Our life is also characterized by a spiritual vitality. Just as my sib-



lings and I share in the one love of our parents, so all the Carmelite Sisters share in the love that was poured into the heart of our foundress. Again, Mother Luisita is not called “Mother” simply as a formal title. She is our mother! The life of our congregation is a gift we received through her. Even though she passed into eternity almost a hundred years ago, we have never been left orphans. There has always been one of us who has been chosen to stand in her place. And that sister, during her time of service as Superior of the Congregation, we address with the same tenderness and respect as our foundress. We call her “Mother.” Her time in office is not primarily about governance but about having the heart of a mother for the needs of all of us. We have been so richly blessed by the women God has called to fill this maternal role. Each of them has truly been an example of motherly love.

We are a family, and we are human. Forgiveness is part of our daily lives. But in my struggle to

love ever more perfectly, my sisters help me carry my cross. Do we disagree at times, intermittently misunderstand one another, occasionally step on each other’s toes? Yes, but we are all committed to finding mutually-beneficial solutions, working to improve communication, and acknowledging that we all have two left feet. From year to year, we live with a different configuration of sisters in one of our convents. But I am being completely honest when I say that there is not a single sister with whom I would not want to live. Each is a priceless treasure to me!

I wish I could capture in words what it is like when we all get together, the entire family. Several times throughout the year we gather to celebrate special occasions. During the school year, our sisters serving outside California are not able to attend, but in the summer, everyone is back in Los Angeles and those gatherings are my favorite! We make a point of greeting each of our sisters. Sometimes it takes the entire time



of the celebration before you get a chance to see everyone, but there is nothing more disappointing than getting in the car to go home and realizing you missed seeing someone. We exchange updates about our lives, greetings from mutual friends in our various locations, ask about family members. There is a sincere interest in one another and a desire to share on a meaningful level.

Of course prayer is always central to our gatherings. Outside the chapel before Mass or Liturgy of the Hours begins, there is a hubbub of greetings and excitement. Inside, the excitement is still high, but a zealous silence exudes our mutual love for Our Lord. I am energized just by kneeling in prayer with my sisters, waiting for the Liturgy to begin. Singing the praises of God with them is as close as I will get this side of heaven to singing with the choirs of angels. Processing together with all these beautiful

brides of Christ to receive our Divine Spouse in Holy Communion is an experience of bliss beyond my power of words. Worshiping as a family is the greatest joy of our religious community.

And of course recreation (re-creation) is a vital part of our family time together. We are particularly fond of plays and skits and have more than a few sisters who take to the stage like fish to water. Sometimes the sublime beauty of the performance leaves you breathless. Other times hilarious humor results in side-splitting laughter. And not infrequently, the two will be combined in the same recreation! Drama is not our only interest. Watch out for the Scrabble queens! Not to mention the Flicker (our version of ultimate Frisbee) fanatics! (I have to confess, we are a bit competitive at times). And when the music starts to play, clear the way for line dancing!



Family life is a precious gift and I am incredibly grateful for the gift of my Carmelite community – a family in every sense of the word. Family means “a group of related persons.” Related means “to be associated with a specified item or process, especially causally.” We are a family because we are related to each other by the love of Christ which has gathered us together. His love causes us to be one. This “being one” is at the heart of what it means to be family. We do lots of things together. But doing is not the essence of things. Being is what defines us. It is not about what we do, but who we are. The Carmelite Sisters of the Most Sacred Heart of Los Angeles are one, we are family.



Carmelite Gifts

Carmelite Birthday Cards - \$25

Original water color design by the Sisters
(12-pack)



Moments of Grace - \$20

A collection of short stories
written by the Sisters

'For Greater Things' bag - \$20

Light blue mesh bag
with Mother Luisita quote



To order these gifts, kindly remove this portion of the ad and send to: Carmelite Sisters - Spirit of Carmel:
920 E. Alhambra Road, Alhambra, California 91801. Checks made payable to **Carmelite Sisters**.

Kindly include additional donation for shipping and handling costs. Free shipping for donations over \$40. God reward you!

First Name: _____ Last Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

'Birthday Cards' (12-Pack) - QTY: ____ 'Moments of Grace' book - QTY: ____ 'For Greater Things' tote - QTY: ____

Shipping Donation \$ _____ Total Amount \$ _____

All proceeds to further the works of the Carmelite Sisters healthcare, education, and retreat apostolates.



Advice for Families from Mother Luisita

Foundress of the Carmelite Sisters

Do whatever you think is best in your house, so that order, unity and charity will reign. In that way Our Lord will be very happy and will bless all those who live there. But for this to happen, you'll need much prayer and when you pray, ask with perseverance, every day, for divine help.

Your parents can still see you now and from there [heaven], they love you. Let's bless our good God Who has prepared a place of rest where, as St. Augustine says, united together, we'll love each other and enjoy ourselves! Your parents have arrived there, and sooner or later we'll arrive there, too.

Try to see to it that the family keeps its unity, for I think that it's your sacred obligation to watch this.

Let us take recourse in prayer. Be outspoken and frank... but in a prudent, tranquil way. Get together, discuss with [them] what has to be done and try to understand each other, working in unity.

"If God doesn't build a house, in vain do the builders labor; if the Lord doesn't guard over the city, in vain does the watchman keep vigil." This makes us see that it's only God Who does all. He is the One Who sees our hearts, and that's the reason why we should go to Him for everything, constantly asking for His help and offer to Him all we do.



Unexpected Journey

by Eileen Smith

It was March 2011. My grandmother had lived a long, beautiful, and full life raising four children. She was additionally blessed with being able to see her grandchildren and great-grandchildren grow as she was facing the end of her life.

In the 1920s, her family decided to move from Ireland to America, where she was raised Catholic and attended St. Therese Parish School. After she married my grandfather, an Episcopalian, she no longer attended Mass, and fell away from the Church only to be wondering at the end of her life, "What will become of me?" Her son, my uncle, fortunately met the Carmelite Sisters just before my grandmother's health started to fail. Little did I know, how this meeting would change our family's life.

My uncle arranged for my grandmother to meet the Carmelites. Pretty soon, both of my grandparents fell in love with these women. The Sisters would hold "choir practice" at my grandparents' home not far from the Retreat House. With the Sisters' angelic voices, their kind and wise words, my grandmother began to feel at peace with her journey, and before she returned to the Lord, received the Sacraments and died in a most beautiful way.

My grandparents had four children. Two of the four married Catholic women. All this "Catholic stuff" was familiar to them because they were raising their children as Catholics. My mother and father raised my brothers and me as "CEO Episcopalians" (Christmas and Easter Only Episcopalians). But as a little girl,

almost every Sunday, I loved attending Catholic Mass with a beloved next door neighbor, to the point my parents asked a priest if they, as Episcopalians, could raise me as a Catholic child. They were advised not to move forward with this idea. Life went on, but every now and again this desire to go back to Mass in times of need would strike me. It was years later, after I married my husband, and had babies of my own, that this desire to return to Mass turned into something much stronger, that would eventually propel our family to see this gift of faith and run with it.

Rewind for just a minute. Please allow me to tell you about my second child, Nicholas, born in December 2010. Madeline Rose, his older sister, was born a happy and healthy little girl. Nicholas, although happy, was born with a very rare genetic disorder, called Nail Patella Syndrome. We knew something was “off” during my pregnancy, but no doctor could pinpoint it. Once again, during this time of fear and great need, I was prompted to return to Mass. I started praying the rosary, praying to Mary for guidance as a mother. I wasn’t officially Catholic at the time, but it was the only thing that could give me the peace and strength I desperately needed. It worked. My personal weakness and anxiety would melt away when I would sit quietly in an empty church or surround myself in a prayerful conversation with Jesus. I would sit down with tears in my eyes then walk out with a quiet peace in my

soul. A family member introduced me to a prayer by St. Frances de Sales that to this day, is still very special and meaningful to me. I read that prayer daily. Although my faith was changing, forming and growing inside of me, along with my baby, who would later become my little teacher, I clung to it for dear life.

Months later, Nicholas was born. Life, at the beginning for him, was anything but typical with weekly trips up the 5 Freeway from San Diego to Children’s Hospital in Los Angeles. This was all part of our faith story and it was just starting to bud, as the Carmelites once again entered the scene. The same uncle who connected the Sisters with my grandparents had asked the Sisters to pray for my son. As I have personally witnessed, God does not ignore His Carmelites!

Fast forward now to March 2011, back to my grandmother as she neared the end of her life. I was at my parents’ house keeping an eye on the babies as they napped, while my mother and her siblings, along



with various cousins of mine, were across the street at my grandparents' house. Another "choir practice" with the Carmelites was about to begin. As the Sisters poured in, my mother politely excused herself, thinking they needed to be alone with my grandmother. After all, she was not Catholic so didn't really see the need to be there. One Sister pulled her aside and asked her, "Are you the one with the grandson we've been praying for?" My mother, timidly replied, "Yes."

Sister responded: "WHERE'S THE BABY?"

My mom nervously replied, "Eileen is with the children across the street at my house. They are napping."

"GO GET THEM."

Picture a small, unopened rosebud. Closed tightly, with just a hint of the color it is to be on the outside.

You can tell it's going to be beautiful, but you haven't seen it yet, so you're not sure just HOW beautiful. Then picture that rosebud unfurl its first petal and it's second, then third. Pretty soon, you have a gorgeously fragrant and vibrant rose before you, for all to see and delight in. Roses are my favorite flower, and this is how I like to remember this day.

Before I knew it, I was walking down the street to my grandparents' house, a two-year old and two-month old in tow, with the sound of the Carmelites' singing growing stronger and more beautiful as I got closer and closer to the front door. Petals slowly unfurling... It was one of those crisp, bright February afternoons and it hit me like a ton of bricks. I instantly starting crying even before I could see the Sisters, because I knew that something inside of me felt at home. I had found the people who would help me real-



ize my faith, to love it ardently, and help it bloom. They would help me not only find my faith story, but to live it.

My grandmother died on March 24, very early in the morning, with my grandfather, mother and uncle by her side. They recall her saying, “They’re calling me,” and “I had no idea it would be this beautiful.” A truly miraculous and glorious death. In the wake of her passing, she left such a beautiful and mysterious gift behind... her faith.

As you can imagine, this changed everything. The peace that my grandmother was seeking spilled over into the peace that I had been searching for my entire life. I knew, so strongly in my heart, that I had to become Catholic. It was finally my time to “lean into the wind,” as one of the Sisters’ beautifully written songs expresses so perfectly. I would “relax the grasp of all that I clasped,” and “be rich in Him.” Once I let Jesus into the depths of my soul, once I allowed His plans to bloom within me, my life changed.

Our son Nicholas, my little teacher to this day, was baptized in a Catholic Church in July 2011. My mother, father, and I became Catholic together in the Spring of 2012. Our children started attending Catholic school in 2015. Our daughter, Madeline Rose, celebrated her First Holy Communion in 2017. Most recently, my husband became Catholic in June 2018. God must have been chuckling when He heard us say to

each other one evening, “Our family feels complete,” because I am now expecting our third child this coming October. What comes next, only God knows. But His plans for my family are infinitely better than any dream or plan I could have come up with on my own!

Our family faith story is still unfolding, like a blossoming rose, and the blessings keep showing their beautiful colors. Thinking back to how it began for me, it’s not hard to believe that faith could be found through a woman in the final stages of her earthly life and a baby who is just starting his own life. I witnessed Jesus working through the thin veil that separates earthly life from eternity. The veil the very old and very young seem to possess because they met Him in the womb or are about to meet Him in Heaven.

Call it the domino theory or the parable of the mustard seed, coincidence or divine providence, but we can all meet Jesus, one way or another, not only by fixing our gaze on heaven, but also by looking to each other for signs of His love. For me, I found my faith through family experiences. How you find it doesn’t really matter, because we’re all given this amazing gift every day. It’s up to us to open it and see what’s inside, then give it away to others as we journey through this life. My prayer for my family is that we constantly seek the Prince of Peace and willingly allow Him to work His wondrous mysteries through our families for others to witness.



Advice for Families from Mother Luisita

Foundress of the Carmelite Sisters

POST · CARD

CORRESPONDENCE

ADDRESS ONLY

Be very united and treat one another as if everything depended on you individually for this unity. Help one another and tolerate one another's faults with patience.

Regarding your family, pray for them and expect everything from our good God, Who loves them more than you do. They are also His children, and He shed His precious blood for them.

CARTE POSTALE

Teach your family to love sacrifice. To sacrifice yourself for the sake of unity is beautiful and more so if it is done for the sake of the peace that should reign between... families.

JNIS — Entrée du Parc du Belvédère
Pavillon du Belvédère

That's the way it should be — each one helping the other. It's one of the means of preserving unity in the family which is the important thing for us.

Pray that Our Lord will help us, and that He will be pleased with us. That's the only thing that should really matter to us, and as far as everything else is concerned, none of it counts for anything. All these other things are like flowers that bloom only for a day.

Carli · Levico



THE CARMELITE LEGACY CIRCLE

Carmelite Sisters of the Most Sacred Heart of Los Angeles

When you become a member of the Carmelite Legacy Circle you will support and continue our vision and mission and contribute to the long-term future of the good works of the Carmelite Sisters. As a member you answer that same call of God to nurture the spiritual lives of God's people.

Join our Carmelite Legacy Circle by naming our community, the Carmelite Sisters of the Most Sacred Heart of Los Angeles, as the beneficiary of a bequest, an existing account in a donor advised fund, retirement plan, IRA account, or a life insurance policy.

Your thoughtful plan means a great deal to us. Your legacy will, over the years, provide a strong financial base to help us fulfill our Carmelite mission in many ways. When you choose to make your gift, please notify us as we desire to recognize your contribution and express our gratitude to you personally for your generosity. May God reward you!

For more information:

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Allen Lund's Finest Hour

by Sister Regina Marie, O.C.D.

When we arrived, several cars were also pulling up to the house: college grandkids piling out, friends unloading food, Kathie directing traffic. She wanted to make sure the ambulance would have sufficient space to park right in front of the house.

We all mingled in the living room as we waited for Allen to arrive, people exchanging greetings and embraces. Father Matt, Father Tony and a couple of the grandkids prepared for Mass. The sisters had their music ready. The spirit in the room was congenial and supportive. Love was palpable. But so was an unspoken, awkward sense of anticipation. We all knew why we had gathered, we just didn't have a clue as to what

to expect until the two medics wheeled the gurney into the room.

We saw the look of sheer delight on Allen's face, his arms raised wide-open in welcome, making eye contact with each person and chuckling, "Well, golly!" You would have thought the man just walked into his home to discover his surprise birthday party.

Allen knew very well why he was coming home. He knew why we were all there. Allen entered into this moment the way he had lived his entire life: *wholeheartedly*.

Allen loved Kathie and his family wholeheartedly. He prayed, laughed, hunted; he gave and he received wholeheartedly. We all



had access to his heart. We were all welcome. He had the same passion and purpose in his volunteer roles as he did in building his own company.

During his homily, Father Matt Elshoff explained that when Jesus spoke about “His hour,” it was code-talk for His passion, death and resurrection. Then he looked directly to Allen and said, “This is your hour, Allen; this is your finest hour. This is the reason why you were baptized, why you and Kathie were married, why you have participated in the Sacraments for so many years. Look around you. Look at the fruit of your marriage and your faith. Your children and their children are all alive in Christ. Your friends are here with you because the love and faith of community strengthens us. We are entering into this moment with you because the Resurrection of Christ is meant for you, Allen.

This is what life is all about. This is your finest hour.”

In that finest hour, many Sisters were touched in various ways:

“I simply want to say that being with Allen in that moment with his family was awesome, in the true sense of the word. It truly invoked awe. I stood with my sisters, surrounded by Allen’s family and friends and Allen right in the center of the living room with the altar at the foot of his bed and a dear priest friend at his side. All of this was truly awesome. I was in awe of how Allen, in this moment of vulnerability, freely let himself be loved by his beloved family and friends. He let us sing, and cry and rejoice in a man so prepared to return home to The Father. Can there be anything more awesome on earth than to welcome Love at any moment, any day, when God calls his faithful son home?”

– Sister Gloria Therese

“Allen and Kathie Lund... when I think of them together, I think of the power of faithful love which is the greatest force on earth. Their love for each other withstood the ups and downs of life and grew through trials and celebrations, overflowing into an attitude of deep peace and infectious joy. Their friendship was solid rock because it was founded on the unconditional, sacrificial love of Christ. This was my experience of Allen and Kathie, and being there with them the night Allen came home from the hospital, and even the very moment he went home to the Lord, only strengthened my impression. What faith! Allen was resigned to suffer the cross and answer God’s call to go home. Kathie was at his side, giving her loving consent with trust in the Lord’s plan. She let him go home because it was God’s will. The way Allen endured the cross of physical suffering without a word of complaint was heroic. Only encouragement and blessing (and some good humor!) came from his lips to his family and friends gathered around him. He really died as he lived, with deep faith, integrity, and sincere love for his neighbor. Like Christ, his heart held nothing back. All was given for his God, his wife, and his family.”

– Sister Isabelle

“Allen Lund. This name evokes so much feeling, and immediately these words come to mind: authentic...true-blue...salt of the earth...friend...mentor...faithful...gentle...simple...just plain GOOD...one of the greats...the fruit of a life FULLY lived.

I look at the Lund family and see such faith, such goodness. It filters through the generations to the extent that the great-grandbabies bless themselves when passing a public outdoor water fountain. Way to go, Noel!

In witnessing Allen’s last days/hours and being with Kathie and all the family, the sense of peace we experienced was truly life-giving. We were the privileged ones. A death like his made you look at yourself to examine how you are living and to reflect upon how you would like to die. And if one could choose, I think we all would choose what we saw that GREAT day. It was obvious that someone was there to welcome Allen into eternity.

Allen and Kathie, we thank you for your beautiful example and we thank God for the gift and blessing of your friendship. Allen, you truly left the world a better place. We are different because we were blessed to know you. Thank YOU.”

– Sister Mary Scholastica

“Just as we sisters were gathering to pray at his bedside, Allen was returning home from the hospital by ambulance. There was a deep quiet among all those present as he was brought in on a gurney and then settled into a bed in the middle of the room. As we were all gathered around, Allen’s eyes lighted upon his friend, Mike Smith, and he said to Mike in an unusually loud voice: “Mike! I am so sorry to keep you waiting here and I’m sorry you don’t have a seat.” I was so struck by how characteristic this was of him. Even during his dying days, he always thought about others, never about himself. This was such a beautiful witness to me of the perpetual out-pouring of self for others that so indelibly marked Allen’s life.”

– Sister Gianna

All during Allen’s adult life he was a mentor. He wanted others to grow, to do well, develop and to be happy. That is what drove Allen. We met Allen and Kathie ten years ago and became close friends. Allen soon became very involved with us: coaching, planning, encouraging, journeying and celebrating with us. What an immeasurable blessing for us to be able to journey and celebrate his finest hour with him. And it was, indeed, a celebration.

Through the years when we would tell Allen that he was an inspiration and a mentor to us, he would say, “Ah. I used to be just a truck driver. Now, all I am is an old truck driver!” We would respond, “You are a good guy pointing a load of friends in the right direction.”

*Thank you, Allen.
We love you.*



Congratulations



to our *Jubilarians!*



– 75 years –

Sister Mary Gonzaga, O.C.D.

Sister Alphonsina, O.C.D.

– 70 years –

Sister Martha Therese, O.C.D.

– 60 years –

Sister Maria Milagros, O.C.D.

– 50 years –

Sister Teresina, O.C.D.

Sister Mary Ignatius, O.C.D.

Sister Antonia Teresa, O.C.D.

Sister Mary Karen, O.C.D.

– 25 years –

Sister Mary Patrice, O.C.D.

Sister Mary Clare, O.C.D.

Final Profession

Sister Meredith of Christ Crucified, O.C.D.



*“To fall in love with God is the greatest romance;
to seek Him the greatest adventure;
to find Him, the greatest human achievement.”*

– St. Augustine

Burning with Love

I'm just like every other person who reads this article. Like you, I seek to love and to be loved, to go on great adventures, and to achieve lofty desires. In my heart, desired a depth of happiness that I thought life could offer, which explains the reason why I longed to travel the world at a young age, studied in Australia, and traveled to 19 different countries. I've jumped out of a plane at 14,000 feet and went scuba diving over 120 feet below the water's surface. I sought and sought for wild adventures, yet was not satisfied. Never would I have imagined that these dreams would be fulfilled the way they had on July 15th, 2018, the day I perpetually professed vows of chastity, poverty, and obedience to our Lord Jesus Christ.

That glorious day was both an end and a beginning. It was an end of my heart's search for God's purpose for my life. When at last I found it, continuing to wrestle with it until finally allowing God to prepare my soul to live for Him alone. As I lay in prostration on that sanctuary during the Litany of the Saints, I had

planned to fervently give my intentions to the Lord, but as much as I tried to say them, I couldn't. All my heart wanted to do was burn. I burned in passionate love and gratitude as a holocaust offering, giving back to Him the very life He gave me, and in doing so my soul was finally at rest. I found LOVE Himself and in Him, all else besides.

What a great mystery is God's love. In giving myself away, I found myself. All who seek the Lord in married life, priesthood or religious life, or a single life for Christ in the world, know what I am speaking of. In living my particular vocation, I found true inner freedom and liberation. By His immense grace, I move forward with a heart full of hope that this romance will continue both in good times and in bad. But in this I am sure, I have been captivated by Love and have begun a great adventure. I press on, and in the spirit of Saint Augustine, I know I am on the road towards attaining the greatest human achievement! May God be praised now and FOREVER!





Congratulations

to our Sister, for her

First Profession of Vows

Sister Anastasia Marie of the Nativity, O.C.D.



Our New Novices



Sister Luisa Grace, O.C.D.

I am still struck with awe, humbled to be named after our beloved foundress, Venerable Mother Luisita. I cannot help but wonder at the fact that her spirit of both the contemplative and active life of Carmel is needed in our world today and that God has chosen me for that specific call. I asked Mother Luisita for a triple portion of her spirit, because I know I will need it!

God named me “Grace”, a name which calls upon Our Lady, Mediatrix of All Graces. The morning that I received this new name and not knowing what it would be, I had spent some time reflecting on all of the gifts and graces that Our Lord has given to me in my life, particularly over the last few years. It struck me that everything we have and are is a pure gift from Him, and it has all come to me through the hands and protection of Our Lady.

In a world where our Lord is forgotten, trampled upon, even hated, He named me for His very self, hidden out of humble love for us in the Blessed Sacrament. May we run to Him, spending every free moment to be with Him, to love Him, and to thank Him for all He has done for us!



Sister Cecilia Marie, O.C.D.

“From henceforth you shall be called... Sister Cecilia Marie of St. Therese.” Cecilia means “blind”; St. Cecilia was blind to the world’s allurements and received her true vision from her beloved Spouse, Jesus. Cecilia’s song of praise came first from her pure heart before it was heard on her lips. She lived Our Lord’s words, “Blessed are the pure in heart, for they shall see God.”

Though I have little musical talent, I too can sing God’s praise with a heart pure and totally given to Him. To offer God a heart totally surrendered – this is our Blessed Mother’s song. “Marie” is in honor of Our Lady, Queen and Beauty of Carmel, whose heart was the humble abode of her Divine Son, Jesus. She teaches me how to become a humble resting place for her Son, Jesus – a heart for Him.

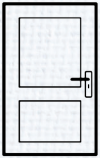
This is where St. Therese comes in. How easy it can be when one sees how weak and little one is to say, “How can I hope to be like Mary, when I fall so much?” St. Therese teaches me confidence in His ABUNDANT love and mercy.

Wish List

Carmelite Sisters of the Most Sacred Heart of Los Angeles

Our good Lord has richly blessed us with kind and gracious friends such as you who have helped us purchase wish list items in the past. For this, we Sisters extend our heartfelt gratitude. It is your past gracious support that prompts us to again ask for your assistance with our current Wish List. Our Sisters live in various convents at the apostolic centers where they work. And like any family home, our convent homes need periodic maintenance. The most pressing needs are all related to security and safety. Please see our list below for specific details. May God reward you abundantly and please be assured of our prayers.

Santa Teresita Convent - California



Home to 25 sisters who serve our elderly residents at Santa Teresita and Avila Gardens as well as our Hayden Child Care Center

Front Door for Convent (*Replacement*) | \$1,700

3 deadbolts for various doors in convent (*Replacement*) | \$300

Water heater for Laundry (*Replacement*) | \$1,200

St. Teresa Benedicta Convent - Ohio

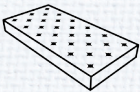


Home to 2 sisters who help spiritually nourish students and are students themselves working toward professional degrees.

Front sidewalk and steps to street need to be replaced and add hand rails (*Major Maintenance*) | \$3,000

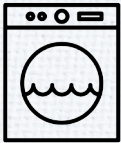
Sacred Heart Convent - California

Home to 40 sisters who serve at Sacred Heart Retreat House and St. Joseph Campus, and is also our Motherhouse and House of Formation.



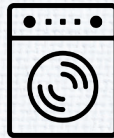
Mattresses (20) (*Replacement*) | \$6,000

Washing/Dryer Combo (*Replacement*) | \$2,000



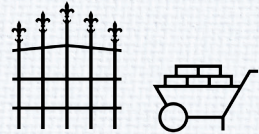
Washer

\$1,350



Dryer

\$1,350



Wrought Iron Gate

Due to 2 attempted break-ins (police had to be called!) our gate that opens onto the main drive and adjacent brick wall must be re-enforced with spears to provide additional protection.

\$4,500-\$5,000



God reward you!

Unrestricted gifts or any money received beyond what is requested on these two pages will be used for general support of the life and works of the Carmelite Sisters and our Apostolic Centers in the realm of elder care, education and retreats.

*For more information
or to make a contribution:*

626.289.1353 ext. 246

advancement@carmelitesistersocd.com

www.carmelitesistersocd.com/spirit



Sisters' Families response to vocations





Sister Gloria Therese, O.C.D.

My parents come from different faith backgrounds, but they both had the same joyful openness to my vocation. My Methodist mother thought it would be better if I entered a community just ten minutes away; yet she understood that my heart was with the California Carmelites! My Catholic father's mother always wanted a religious in the family, so Dad in his own quiet way was pretty proud to see that his daughter had a vocation to religious life. I loved to tease my mother that I am sure she never thought when she promised Dad that all the children would be raised Catholic that she would have a religious sister in the mix! Praise God for family surprises!

Sister Rosario Therese, O.C.D.

My parents have always been supportive of my vocation. In fact, all during their 71 years of marriage, one of their primary prayer intentions has been to pray for vocations to the priesthood and religious life. On the other hand, my seven siblings all had different reactions to my vocation. Although my younger siblings cried and felt sad, they were nevertheless supportive. My older siblings couldn't believe it since I was the "least likely" one in the family. My enthusiasm for life, dance, sports especially water skiing and tennis made them feel I was going to waste my life and talents. However, God's ways are not our ways. They now better understood that when we give ourselves to God we actually find ourselves and discover hidden talents within us. I can best express it with one of my favorite scriptures, "*He came that we might have life and have it to the full*" (John 10:10). I am grateful to God for my parents and my siblings for praying and supporting me in my vocation these past 40 years.



Sister Ines, O.C.D.

In a huge family, where each of us is a unique “world,” there isn’t one definable reaction but many. Here are a few which I encountered when I shared the news of my vocation with my family:

- “There are so many more possibilities for your life - why are you relinquishing them all?”
- “I respect you and your convictions. If this is what you believe God is asking of you, I am with you and encourage you in this step you are about to take.”
- “Wherever you go, there is a trail of children - nieces and nephews - frolicking around you. How can you give up the prospect of having children whom you clearly love?”
- “God gave you to me. And I give you back to God. Just know that there will always be a place at the table for you in this family.”

There is no set way by which we leave our families and relinquish all real or imagined prospects. God only demands our “yes.” As for my family, God has multiplied my “yes” by deepening our relationships and giving my family the certainty of being continually lifted up in prayer.



Sister Mary James, O.C.D.

When I told my parents of my desire to enter the convent, my mother was overjoyed that God would possibly be calling one of her children. However, my father was very much against it and discussion was not possible during my process of discernment and application. When I left home, he did say goodbye and was sure I would never see him again. My mother remained a go between during my postulant year, but my father would never come to the phone. I continued to pray that God would touch his heart and accept my decision. I did not have to wait too long, for on my Investiture day both my parents drove from Chicago and walked me down the aisle to give me to my King. In the end he was just as overjoyed as my mother. My only sister was quite surprised and thought I was too extroverted and too full of fun to lock myself up, but she, too, respected my decision. To this very day she is happy and supportive of God's choosing me and loves the community He actually directed me to enter. God is awesome ALL of the time!



"Give thanks to God our Lord for the many graces that He has bestowed on your daughters. Both have been well in body and soul. They are very good religious. Blessed be God! Pray to God our Lord that they will become saints."

(Mother Luisita to the mother of two of our sisters)

Sister Michelle, O.C.D.

One day, I overheard my dad speaking with a friend on the phone saying, “I can’t understand why she wants to do this but, if that’s what makes her happy, it’s fine with us.” As an “almost 18” teenager, I entered Carmel four weeks after graduating from high school. My mom always said that I announced in the 3rd grade that I was going to be a Sister when I grew up. Dad taught at a two-year junior college and he asked me once before my entrance, “What are your plans if you leave the convent?” My Irish mother (from Ireland) thought that was a terrible thing to be asking me,

to which my Dad replied: “But kids in college change their major frequently.” (At the beginning, I guess, he thought of a vocation more like a career or major in college.)

Entrance day was one with tears of joy and sadness. We were all going to miss each other very much. But my mother – in later years after I entered – used to tell parents of women entering our community that “you will see how close she is to you even if you don’t see her frequently.”

About 4 weeks after entrance, my dad sent me a short note from his annual retreat in Malibu and it read, “My prayer for this retreat is for your successful choice of a vocation... It thrills us to know that you are at home in your new family and that you will always keep us in your prayers.”

When my mother died, I had been a Carmelite Sister for 33 years and for 41 years when my father died. They loved our community and I believe they were very honored and proud that God had called me to religious life. Living close to a main highway, my mother used to tease and say that when she heard the sirens of ambulances at night she would tell herself, “Well, at least I know that one of my six children is safe and not in that ambulance” (meaning me). They continued to miss my physical presence but also truly felt that they had not lost a daughter but gained another hundred!

Sister Juanita, O.C.D.

When I was 17 years old and a senior in high school, I met our Sisters at a Youth 2000 Retreat and began going to visit them in the Kendall area of Miami, Fl. frequently. As I did not drive yet, my parents had to drive me over to the convent. They were always very supportive of me and grew quite fond of the Sisters there. When I asked them permission to fly across the country from Miami to Los Angeles to attend my Come and See Retreat, my parents said “yes” and helped me make all the arrangements, (even though typically I was never even allowed to spend the night at my friend’s house!). My dad always said: “As long as you are happy...” Though my mom missed me a lot and wept copious tears when I finally moved to California to enter the convent after graduating from college, she always told me and showed me by example that doing God’s Holy Will is the most important thing in life, and so, she made that ultimate sacrifice of letting me go. Over the last 16 years, I know that they have come to realize how much our Carmelite community loves them and that rather than losing their only child, they have actually gained about 143 additional daughters instead! May God be praised!

“The family is, so to speak, the domestic church. Parents should, by their word and example, be the first preachers of the faith to their children; they should encourage them in the vocation which is proper to each of them.”

—Lumen Gentium #11



Family Nights with the Carmelite Sisters

Sunday, September 23, 2018

4:30 p.m. – 7:30 p.m. | St. Joseph Campus

Sunday, December 16, 2018

Special Family Posadas

4:30 p.m. – 7:30 p.m. | St. Joseph Campus

Sunday, May 5, 2019

4:30 p.m. – 7:30 p.m. | St. Joseph Campus

Join the Carmelite Sisters for family prayer, games, fellowship and fun!
Bring your own picnic supper to enjoy with your family!

This evening is free.

A free-will basket will be available to help cover the costs for this event.

Meet and Support our Friends

Anthony's Framing Gallery



We opened Anthony's Framing Gallery:
an art gallery and picture framing shop,
with one thing in mind – deliver the highest quality
craftsmanship possible.

Located in the San Gabriel Valley, homeowners and
interior designers would no longer need to drive all
the way to the west side of Los Angeles for their art
and framing needs.

*Thank you for your many kindnesses to our community.
We are deeply grateful!*

For more information, contact Anthony's Framing Gallery:
www.anthonysartandframes.biz | (626) 614-8340
1120 Huntington Drive, San Marino, CA 91108

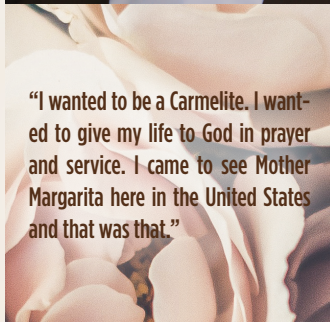


Sister Bernadette

66 years in Carmel

Areas Served: Education Administration - Principal at Loretto School, Holy Innocents, St. Philomena, and St. Joseph's; Teaching Elementary and High School. Superior, Provincial Council, General Council, General Secretary

"I came to know some of the sisters through Sacred Heart Retreat House. I initially attended a retreat as part of a young people's group, then later, when I was older, I came on my own. It still remains a mystery to me, but I just knew this was where God was calling me."



"I wanted to be a Carmelite. I wanted to give my life to God in prayer and service. I came to see Mother Margarita here in the United States and that was that."



Sister Maria Teresa

71 years in Carmel

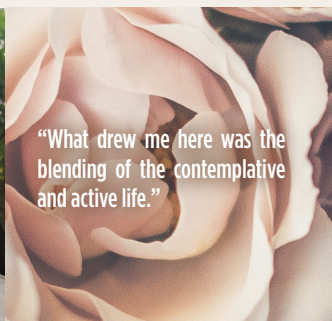
Areas Served: Nurses' Aide at Santa Teresita Tuberculosis Sanitorium, 6 years at Little Flower Missionary House, 40 years as an X-Ray Technician at Santa Teresita Hospital

Meet the Sisters

Sister Mary Paul

56 years in Carmel

Areas Served: Education, Teaching all subjects in grades 3-8, English Literature for grades 9 & 12; Retreat Directress Assistant; Little Flower Day Care for Infants thru Kindergarten as teacher and assistant; Religion Coordinator; Pastoral Care



"What drew me here was the blending of the contemplative and active life."

"I knew the sisters since I can remember. They were my teachers. Mother Luisita herself prepared me for my First Holy Communion. I knew since I was 7 that I wanted to be a sister so that I, too, could help children know about the love of God. I asked to enter at 14, but Mother Luisita told me to wait. So I entered the following year at 15 years old."

Sister Patrocinio

84 years in Carmel

Areas Served: Nurses' Aide for tuberculosis girls at Santa Teresita; Student for Inhalation Therapy (Pneumonia Treatment); Sacristan at Santa Teresita; Catechism teacher; Kitchen Supervisor at Retreat House; Cook, Housekeeper, Nurses' Aide, Physical Therapy Aide





Elder Sisters Sponsorship

Our elder sisters have lived their Carmelite vocation for 60, 70 and even 80 years while dedicating themselves to caring for the youngest infants, teaching children in our schools, caring for the sick, nursing the elderly, welcoming those seeking to reconnect with God during spiritual retreats, and so much more. However, with the natural slowing down that comes with advancing age, they have reached the stage in life when they must pass along active labors in God's vineyard to our younger Sisters, exchanging active labors with hours of deeply intense prayer.

Sponsoring one of our elder sisters means you offer her not only spiritual support through prayer, but financial support towards her care. Our sisters do not take your kindness lightly. They remember the generosity of their sponsors with heartfelt gratitude. And something advancing age cannot diminish are the fervent prayers of the elder sisters on behalf of sponsors, friends and benefactors. Our elderly sisters are veritable powerhouses of prayer!

Please consider becoming a sponsor of our Elder Sisters. To join this special group of supporters, you are welcome to commit to supporting our Elder Sisters with a monthly donation for 12 months or longer. Sponsorships can be in memory or honor of a loved one, who will be included in the daily prayers of our sisters.

*Please see enclosed remittance envelope
to begin your sponsorship.*

EDUCATION FACILITIES

Sponsored by the Carmelite Sisters

CHILD CARE CENTER

Hayden Child Care Center

819 Buena Vista Street, Duarte, CA 91010-1703
626.932.3489 | www.haydenchildcare.com

ARCHDIOCESAN SCHOOLS

Staffed by the Carmelite Sisters

St. Philomena School

21832 S. Main Street, Carson, CA 90745
310.835.4827 | www.stphilomenaschool.org

Holy Innocents School

2500 Pacific Avenue, Long Beach, CA 90806
562.424.1018 | www.holyinnocentsschlb.org

Loretto School

1200 14th Street, Douglas, AZ 85607
520.364.5754 | www.lorettoschool.org

St. Theresa School

2701 Indian Mound Trail, Coral Gables, FL 33134
305.446.1738 | www.stscg.org

Sts. Peter and Paul School

3920 Pierce Street, Wheat Ridge, CO 80033
303.424.0402 | www.peterandpaulcatholic.org

Archbishop Coleman F. Carroll H.S.

10300 SW 167 Avenue, Miami, FL 33196
305.388.6700 | www.archbishopcolemancarroll.org

HEALTHCARE FACILITIES

Sponsored by the Carmelite Sisters

Santa Teresita

(Assisted Living and Skilled Nursing)

819 Buena Vista Street, Duarte, CA 91010

Phone: 626.408.7802

Fax: 626.408.7874

www.santa-teresita.org

contact@santateresitainc.com

Marycrest Manor

(Skilled Nursing)

10664 St. James Drive, Culver City, CA 90230

Phone: 310.838.2778

Fax: 310.838.9647

www.marycrestculvercity.com

Avila Gardens

(Independent Living)

1171 Encanto Parkway, Duarte, CA 91010

Phone: 626.599.2214

Fax: 626.599.1764

www.avilagardens.com

RETREATS

Sacred Heart Retreat House

920 East Alhambra Road, Alhambra, CA 91801

Phone: 626.289.1353

Toll Free: 866.598.4389

www.sacredheartretreathouse.com

contact@sacredheartretreathouse.com

St. Joseph Campus

507 North Granada Ave., Alhambra, CA 91801

Phone: 626.289.1353

Toll Free: 866.598.4389

www.sacredheartretreathouse.com



Family Recipe

Mi Abuelita Bonita's Picarones

(Sister Isabelle's Family Recipe for Peruvian Doughnuts)



Ingredients for Picarones

1 (16 oz) can pumpkin
1/4 cup lukewarm water
1 package active dry yeast (1/4 oz)
2 Tablespoons sugar
1 teaspoon cornstarch
4 cups flour
1 cup milk
Frying Oil

Ready in 1 hr 30 mins

Yields 12-24 Picarones (serves 12)

Ingredients for Syrup (change to taste)

1 cup brown sugar
Orange peels and juice from 1 or 2 oranges
1 Cinnamon stick

Maple Syrup can be used instead of making your own syrup

Directions to make Picarones

Heat the oven to 300°F. Dissolve yeast in the warm water with the sugar. In a beater, mix the pumpkin gradually adding the milk. Then add the flour and cornstarch, beating constantly. Add the yeast. Mix to a smooth paste and place in an oven-safe bowl. Place the bowl inside the oven for a minute. Turn the oven off and leave the dough inside the oven for 45 minutes giving time to rise. In a large skillet or deep frying pan add oil to heat (until oil is 1 inch deep). Remove bowl from oven. Dip fingers into the mixture taking out about 1/3 -1/4th cup of dough at a time. Make a hole in the middle of the dough with your fingers making a doughnut shape. Drop doughnut into the hot oil trying to keep shape using a wooden chopstick or other utensil to maintain the doughnut hole. Fry until golden and well puffed up. Serve with a syrup made of brown sugar, orange peels and cinnamon sticks.

Directions to make Orange Syrup

Add brown sugar, orange peels, orange juice and cinnamon stick to small sauce pan and heat on low until comes to a boil. Continue heating on low, simmering, to let flavor from orange peels and cinnamon stick strengthen. Maple Syrup may be used instead of making your own syrup.



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



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