



*Carmelite Sisters*  
of the Most Sacred Heart of Los Angeles

## *Suggested Recourses*

### Discernment

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#### **BOOKS**

- *Discernment of Spirits* by Father Timothy Gallagher
- *Examen Prayer* by Father Timothy Gallagher, OMV
- *Discerning Your Vocation: A Catholic Guide for Young Adults* by Community of the Beatitudes
- *Discerning Religious Life* by Mother Clare Matthiass, CFR
- *The Foundations of Religious Life* by CMSWR
- *Unrepeatable: Cultivating the Unique Calling of Every Person* by Luke Burgis and Dr. Joshua Miller
- *Vita Consecrata, The Consecrated Life and its Mission in the Church*  
([www.vatican.va/content/john-paul-ii/en/apost\\_exhortations/documents/hf\\_jp-ii\\_exh\\_25031996\\_vita-consecrata.html](http://www.vatican.va/content/john-paul-ii/en/apost_exhortations/documents/hf_jp-ii_exh_25031996_vita-consecrata.html))
- *And You Are Christ's* by Father Thomas Dubay, SM
- *Christifidelis Laici, On the Lay Faithful in the Church and in the World*  
([www.vatican.va/content/john-paul-ii/en/apost\\_exhortations/documents/hf\\_jp-ii\\_exh\\_30121988\\_christifideles-laici.html](http://www.vatican.va/content/john-paul-ii/en/apost_exhortations/documents/hf_jp-ii_exh_30121988_christifideles-laici.html))

#### **VIDEOS**

- *For Love Alone*: ([www.cmswr.org/for-love-alone-film](http://www.cmswr.org/for-love-alone-film))
- *Light of Love* ([www.youtube.com/watch?v=PlwJacw\\_Z3Y](http://www.youtube.com/watch?v=PlwJacw_Z3Y))

### Femininity

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- *Mulieris Dignitatem, On the Dignity and Vocation of Women*  
by Pope St. John Paul II  
([www.vatican.va/content/john-paul-ii/en/apost\\_letters/1988/documents/hf\\_jp-ii\\_apl\\_19880815\\_mulieris-dignitatem.html](http://www.vatican.va/content/john-paul-ii/en/apost_letters/1988/documents/hf_jp-ii_apl_19880815_mulieris-dignitatem.html))
- *Letter to Women* by Pope Saint John Paul II  
([www.vatican.va/content/john-paul-ii/en/letters/1995/documents/hf\\_jp-ii\\_let\\_29061995\\_women.html](http://www.vatican.va/content/john-paul-ii/en/letters/1995/documents/hf_jp-ii_let_29061995_women.html))
- *The Privilege of Being a Woman* by Alice von Hildebrand
- *The Collected Works of Edith Stein: Essays on Women, Volume 2*  
by Edith Stein
- *Feminine Genius: A Gift From the Heart of the Father*  
([www.piercedhearts.org/sctjm/sctjm\\_talks/feminine\\_genius\\_jpii\\_srashleigh.htm](http://www.piercedhearts.org/sctjm/sctjm_talks/feminine_genius_jpii_srashleigh.htm))

## Healing

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- John Paul II Healing Center ([jpiihealingcenter.org](http://jpiihealingcenter.org))
  - Healing the Whole Person Materials ([www.jpiihealingcenter.org/product/healing-the-whole-person](http://www.jpiihealingcenter.org/product/healing-the-whole-person))
  - *Various retreat opportunities* ([www.jpiihealingcenter.org/events](http://www.jpiihealingcenter.org/events))

## Carmelite Spirituality

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### VIDEOS

- Climbing the Mountain: Carmelite Spirituality 101 ([www.watch.formed.org/climbing-the-mountain-carmelite-spirituality-101?\\_ga=2.91526362.1938747456.1644348014-15142368.1644348014](http://www.watch.formed.org/climbing-the-mountain-carmelite-spirituality-101?_ga=2.91526362.1938747456.1644348014-15142368.1644348014))

### PODCASTS

- CarmelCast ([www.buzzsprout.com/263899](http://www.buzzsprout.com/263899))

### BOOKS

- *Story of a Soul* by Saint Therese
- *The Way of Trust and Love* by Father Jacques Phillippe
- *Collected Works of St. Teresa of Avila: Autobiography, The Way of Perfection, Interior Castle*
- *The Way of Perfection* by Saint Teresa of Avila
- *Elizabeth of the Trinity: A Life of Praise to God* by Sister Giovanna Della Croce
- *Elizabeth of the Trinity: The Complete Works, Vol I* by ICS Publications
- *The Ascent of Mount Carmel: Reflections* by Father Marc Foley
- *Edith Stein: A Biography* by Waltrud Herbstrith
- *Upon This Mountain* by Sister Mary McCormick, O.C.D.
- *Fire Within* by Thomas Dubay
- *In the Face of Darkness* by Sister Timothy Marie (Kennedy), O.C.D.
- *Spirit of Carmel* ([www.carmelitesistersocd.com/category/spirit-of-carmel](http://www.carmelitesistersocd.com/category/spirit-of-carmel))

## Spiritual Life

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- *Searching for and Maintaining Peace* by Father Jacques Phillippe
- *Interior Freedom* by Father Jacques Phillippe
- *Thirsting for Prayer* by Father Jacques Phillippe
- *Time For God* by Father Jacques Phillippe
- *In the School of the Holy Spirit* by Father Jacques Phillippe
- *Into Your Hands, Father: Abandoning Ourselves to the God Who Loves Us* by Wilfrid Stinissen
- *The Lamb's Supper* by Dr. Scott Hahn
- *Awakening Love* by Father Gregory Cleveland, OMV
- *The Impact of God* by Ian Matthew

## The Sacred Heart

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- HAURIETIS AQUAS  
([www.vatican.va/content/pius-xii/en/encyclicals/documents/hf\\_p-xii\\_enc\\_15051956\\_haurietis-aquas.html](http://www.vatican.va/content/pius-xii/en/encyclicals/documents/hf_p-xii_enc_15051956_haurietis-aquas.html))
- Sacred Heart devotion  
([www.carmelitesistersocd.com/devotion-to-the-sacred-heart-of-jesus](http://www.carmelitesistersocd.com/devotion-to-the-sacred-heart-of-jesus))

## Mary

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- *Reed of God* by Caryll Houselander
- *Mary Was Her Life* by R.S.M. Sister Mary Pierre

## Human Formation

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- *7 Habits of Highly Effective People* by Dr. Stephen Covey
- *Boundaries: When to Say Yes, How to Say No To Take Control of Your Life* by Dr. Henry Cloud and Dr. John Townsend