

# Saint Therese Church

[www.StThereseChurchAlhambra.org](http://www.StThereseChurchAlhambra.org)

## Special Edition

# The Cloistered Carmelite Nuns



The above photo was taken during a recent visit by the Carmelite Friars to the Carmel in Alhambra. See below for their names

**BACK ROW** (Left to Right): Fr. Matthias Lambrecht, Fr. Philip Sullivan, Fr. Charles Nawodylo, Sr. Therese, Fr. Donald Kinney, Fr. Bernard Perkins, and Bro. Juan Torres

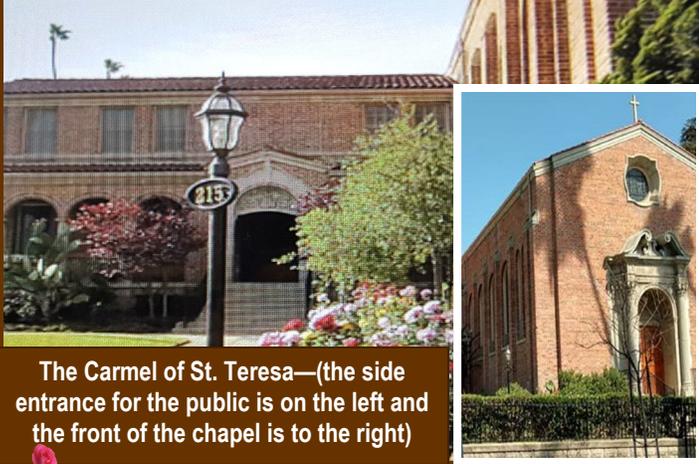
**MIDDLE ROW:** Sr. Elizabeth, Bro. John Cannon, Sr. Frances, Fr. Albert, Mother Brenda, Sr. Kim Marie, Sr. Teresa, Sr. Anna, and Sr. Cecelia

**FRONT ROW:** Sr. Teresita, Sr. Faustina, Sr. Mary, and Sr. Regina

### THE CARMELITE NUNS' GIFT SHOPPE

...is located in the back of the church and is open after all the Sunday Masses—including the Saturday 5:00 p.m. vigil. Available for purchase are handmade rosaries and homemade treats—all made by the Cloistered Carmelite Nuns.

# The Life of the Cloistered Carmelite Nuns:



The Carmel of St. Teresa—(the side entrance for the public is on the left and the front of the chapel is to the right)

**History of the Carmelite Order:** The Order of the Blessed Virgin Mary of Mount Carmel was established on Mount Carmel in the Holy Land in the 13th century, "near the spring of Elijah." The Order is both contemplative and apostolic. The first Carmelites were hermits living on the slopes of Mount Carmel. The contemplative aspect is the essence of the Order and the apostolic ideal flows from it as an overflow of love of God into love of neighbor. In the 16th century, St. Teresa of Avila initiated a reform of the Order and, from Spain, it spread throughout the world.

**The Carmel of St. Teresa in Alhambra** was established in 1913. Five Nuns from the monastery in St. Louis, Missouri, came to Los Angeles in 1903 to begin the Carmelite life in Southern California. The Sisters lived in rented houses for ten years until the present monastery could be built in Alhambra. The site in Alhambra was chosen because of its beauty. The area was just beginning to be developed and had originally been an orange grove. There was an unrestricted view of the San Gabriel mountains to the east with snow-capped ranges just beyond. The monastery and chapel are constructed of red brick with a tile roof; this type of architecture was chosen as it was more in keeping with both the history of the Order and of California.

**Contemplative Life:** The Carmel of St. Teresa is a contemplative monastery of consecrated women of the Discalced Carmelite Order. **The lifestyle of a Cloistered Carmelite Nun is almost as it was for St. Teresa: Prayer, Silence, Penance, and Sacrifice.** A typical day begins at 5:30 a.m. and ends at 10:00 p.m. It is filled with various forms of prayer: Mass,

personal prayer, spiritual reading, and the Divine Office. Manual labor, an external expression of the life of prayer and an expression of poverty, occupies half of their day. In this contemplative life, the Nuns answer the divine call to follow Christ in a life of consecrated chastity, poverty, and obedience. They surrender themselves—heart and soul—to God, whom they love above all else and to whom they are totally consecrated. Their charism is guided by their foundress, St. Teresa of Avila, and by St. John of the Cross. The sisters live together in a lifestyle which is that of a small family, and help one another toward sanctity. It is a life where joys and sorrows are shared and the members are committed to one another as sisters for their entire lives. The Eucharist is at the heart of the community life, a sign of unity and bond of charity.

**The lifestyle of a Cloistered Carmelite Nun is almost as it was for St. Teresa: Prayer, Silence, Penance, and Sacrifice.** A typical day begins at 5:30 a.m. and ends at 10:00 p.m. It is filled with various forms of prayer: Mass, personal prayer, spiritual reading, and the Divine Office. Manual labor, an external expression of the life of prayer and an expression of poverty, occupies half of their day.

**Why do they leave their careers in the outside world for the life of a Cloistered Carmelite Nun?** Certainly not because life has been so unattractive, but more because of an appreciation of the worth of the good and beauty in the world, and a willingness to put aside those things for the love of God and to become free of all earthly possessions in order to devote one's self entirely and completely to loving and serving God. This really is a very special way of loving God!

**Prayer Life:** St. Teresa made prayer the foundation of the life of her daughters and their primary activity. For this reason, the Church asks all Teresian monasteries to enter into the mystery of contemplative prayer and to offer an exemplary witness to it among God's People. The Carmelite Nun imitates the life of Christ contemplating on the mountain. She thereby gives witness in the Church to a life of unceasing prayer. St. Teresa longed to contribute to the building up of the Body of Christ. She felt that the best way to do this was by prayer and living according to the Gospel. Nuns offer themselves and their prayers for the People of God.

# Prayer, Silence, Penance, and Sacrifice

## Community Life

In accordance with a concept nurtured by St. Teresa herself, each Carmel is limited to 21 members. At the present, there are 15 professed Sisters in the Alhambra Carmel. They live together in a lifestyle which is that of a small family, and help one another toward sanctity. It is a life where joys and sorrows are shared and the members are committed to one another as sisters for their entire lives. Our love for one another is in imitation of Christ, who gave His life for us all. This mutual love is a proof of the authenticity of their life of prayer.

## Manual Labor

The packaging of hosts for distribution to parishes throughout the area is our main work; however, we attend to as much of the general maintenance of the Carmel as is possible: cooking, sewing, cleaning, taking care of nuns who are ill. Gardening, painting, minor repair work are also done, when possible.

## Recreation

There are two one-hour recreation periods during which the Sisters talk, laugh, and enjoy sharing the daily events of their lives. They also read, knit, crochet, do needle point, embroider, sew, and enjoy other quiet pastimes.

## Daily Schedule

### Mornings

- 5:30 Rise
- 6:00 Matins & Lauds (Morning Prayer)
- 6:30 Mental Prayer
- 7:30 \* Holy Mass/ Thanksgiving
- Midmorning Prayer
- Breakfast
- 9:00 Work
- 11:30 Midday & Mid-afternoon Prayer
- Examination of Conscience

### Afternoons / Evenings

- 12:00 Dinner
- 12:30 Dishes/ Unstructured Recreation
- 1:30 Work
- 4:30 Vespers (Evening Prayer)
- 5:00 Spiritual Reading
- 5:30 Mental Prayer
- 6:30 Compline (Night Prayer)
- Supper
- Dishes/ Recreation
- 8:00 Free time in great silence
- 10:00 Retire

\* The Chapel is open to the public at 7:00 a.m. for 7:30 a.m. Holy Mass from Monday to Saturday.



*"All must be friends, all must love one another, all must be cherished, and all must help one another."*

**-St. Teresa of Avila, OCD**

# Have You Been Called?



### Vocations

The Vocation of the Discalced Carmelite Nun is a gift from God. is a call to a "hidden union with God" in friendship with Christ and in familiarity with the Blessed Virgin Mary. Each Nun was brought to the Carmel by Our Lord for the purpose of belonging to Him in a contemplative life of prayer. They go through a stage of initial formation which lasts for six years: one year of Postulancy, two years of Novitiate, after which they make their Simple Vows for three years before making Solemn Vows.

Their formation, nevertheless, does not stop there; it is ongoing as their relationship with Christ is developed and deepened through silence, solitude, prayer, and the support of the community. Their life is a daily saying "yes" to God; and their prayer time makes them sensitive to the voice of God within them.

**Discernment:** The vocation of the Carmelite Nun is to be a witness to the presence of God in the heart of the world. **If you think you may have a calling to become a Cloistered Carmelite Nun** and you are a young woman...



- ◆ between the ages of 20 and 35,
- ◆ in good health,
- ◆ with at least two years of college or work experience,
- ◆ who desires to give yourself totally to God,
- ◆ who wishes to pray for the Church and the salvation of souls, and
- ◆ who believes that God is calling you to Carmel,

...then please contact Sr. Teresita at 588-7048 or send an email to [vocations@carmelteresa.org](mailto:vocations@carmelteresa.org). Leave your phone number and your email and Sister will contact you very soon! (Two of the newest novices to the community are Sr. Mary Faustina—above left—and Sr. Elizabeth—above right.)

***"I felt the desire of loving only God, of finding my joy only in Him."***  
**-St. Therese of the Child Jesus**



Sr. Mary with Fr. Albert



The Spirit of Joy in the Carmel



Mother Brenda with Fr. Philip

# The Nuns are Praying for the World!

Many people in our world are in need of prayer. All we have to do is turn on the news these days and see how much prayer our world truly needs. We—or people we know—need prayers for health, employment, or personal troubles, to name just a few. Fortunately for us, some people, like the Discalced Carmelite Cloistered Nuns, dedicate their entire lives to prayer, especially interceding for the world, the Church, and priests.

Many of our own parishioners have related how they received answers to their prayers after asking the Nuns to intercede to our Lord for them. There have been, among other results, discernment of vocations, healing of the sick, and babies conceived by mothers thought to be infertile. Our own Pastor, Fr. Philip Sullivan, gives the following account about his experience with the prayers of the Alhambra Carmelite Nuns:

"In 1996 I first came to the Alhambra monastery to ask for prayers as I discerned whether I should become a priest. One of the nuns opened the window at that most unusual door called the "turn". From the other side of the window, I could hear her pencil scratching down my name on a pad of paper. A few years later when I again visited the monastery as a novice, along with Fr. Christopher and the other novices, we each shared our vocation stories with the nuns. When I told of my experience, Sr. Gabriel raised her hand and said, *"That was me!"*

"I knew then that not only had she remembered me, but that she had also been praying for me and my vocation all those years! (Sr. Gabriel is now praying on the other side of eternity, having with her all the names and intentions she penned on paper.)"

Some of our seemingly unanswered prayers can turn out to be exactly what we needed at the time. Have you ever really wanted something, only to realize much later that it would have been the worst possible thing for you? The same thing happens when it comes to prayer. The thing you think you really "need" may not be, and only God knows that at the time. It's not until later that you realize that God did you a favor--and it's important to make sure you thank him for it! You've just got to remember that God does the impossible, even when it seems impossible for us to understand!

You may not know for years the purpose God had in mind when he responded to your prayer with a "no,"—and you may never know! It may have been done to protect you or someone you love from some danger you will never know about! This can drive you crazy, but only if you allow it to. A better idea is to simply put your complete trust in God's plan for you. Trust takes practice, but practicing trust in God is easy when you realize that He loves you unconditionally and will never really let you down, even if you're disappointed in His "unanswered" prayers by the "NO" answer He gives you.

**If you would like to ask the Nuns to include you in their intercessory prayers, you may do so in several ways:**

**1) SEND A LETTER** by mail to the Carmel of St. Teresa, 215 East Alhambra Road, Alhambra, CA 91801; **2) CALL BY PHONE** to 282-2387; **OR 3) SEND AN E-MAIL** (via Sr. Teresa) to [teresacarm1913@gmail.com](mailto:teresacarm1913@gmail.com).

*"A Carmelite's day is a communing with God. If He did not fill our cells and our cloisters, how empty they would be! But we see Him through all, for we bear Him within us, and our life on this earth is an anticipated Heaven."*

-St. Elizabeth of the Trinity, OCD



# Holiday Luncheon Boutique

*Cloistered Carmelite Nuns Auxiliary on Tuesday, November 13, 2018  
10:30: Boutique and Social Hour \* 12:00: Noon Luncheon*



**NEW LOCATION**  
  
Msgr. Connolly Hall:  
Across the street from the previous location

*Donation: \$25 Must be paid for by November 7  
Msgr. Connolly Hall, 1501 Fremont Avenue  
South Pasadena (NW corner of Oak and Fremont)*

*Parking in St. Joseph Center Lot*

*Nuns' Nut Breads, Candy, and Handmade Rosaries;  
Holiday gift items; 50-50 raffle; Silent Auction;  
One-of-a-kind jewelry by La Viajera*

*Please respond by November 7, 2018, by sending the below reservation form to Kathy Cardoza,  
710 Lindaraxa Park South, Alhambra, CA 91801*

*For additional information, contact Kathy at 570-9012.*

**HANDICAP DROP OFF**  
  
Enter through the Oak Street Driveway

*Number of Reservations* \_\_\_\_\_  
*Your Name* \_\_\_\_\_  
*Phone Number* \_\_\_\_\_  
*Amount enclosed (\*\$25.00 per reservation)* \_\_\_\_\_  
*(\*Checks payable to: Cloistered Carmelite Nuns' Auxiliary)*  
*Names of guests:* \_\_\_\_\_  
\_\_\_\_\_  
*Sorry, I am unable to attend but here is my donation: \$* \_\_\_\_\_



**The Sisters LOVE to bake!**



**Fr. Philip with Sr. Anna (they both grew up in St. Polycarp's Parish in Garden Grove!). He is holding one of the handmade rosaries made by Sr. Anna**

# Mass Intentions

**For the Week of 10/27/18 TO 11/3/18**

**Saturday:**

5:00 p.m.: Louis Masse (RIP) & Family, INT

**Sunday:**

\*7:30 am: Mother Anne of Jesus, OCD, INT

7:30 a.m.: Parishioners

9:00 a.m.: Mary Vasquez, RIP

11:00 a.m.: William & Joan Murray, 70th Anniv INT

1:00 p.m. (Latin): Ann & Mike Malone, INT

5:00 p.m.: Darey, Penny, Tristan & Zarah Huo, INT

**Monday:**

6:00 a.m.: John A. Vrsalovich, RIP

\*7:30 a.m.: Sr. Marie Battista, OCD, INT

8:00 a.m.: Michael O'Callaghan, RIP

**Tuesday:**

6:00 a.m.: Donald Guiney, RIP

\*7:30 a.m.: St. Teresita, OCD, INT

8:00 a.m.: Mary O'Neill Weidner, RIP

**Wednesday:**

6:00 a.m.: Nida Vales Nazarene, RIP

\*7:30 a.m.: Isidore Arrambide, RIP

8:00 a.m.: Mary O'Neill Weidner, RIP

**Thursday—All Saints Day (Day of Obligation)**

6:00 a.m.: Lauren & Alex Cheah, INT

\*7:30 a.m.: Isidore Arrambide, RIP

8:00 a.m.: Yu-Mei, Kuo Shang, Tai-Seng Huo, RIP

10:00 a.m.: Nancy Tatarek (INT) & her mother (RIP)

7:30 p.m.: Pacita Piol & Danilo Matro, RIP

**Friday:**

6:00 a.m.: Angelle Francisse & Karina Therese, INT

\*7:30 a.m.: Isidore Arrambide, RIP

8:00 a.m.: Cathleen Thompson, RIP

7:30 p.m.: Julius & Carmina Doria, INT

**Saturday:**

6:00 a.m.: All Souls Novena 1

\*7:30 a.m.: Carmelite Community

8:00 a.m.: Fr. Ed Broom, INT

\*Held at the Carmelite Cloister Chapel



The altar of the Chapel in the Carmel of St. Teresa

# Deaths

Please pray for the Repose of the soul of:  
† Gloria Trosch (Former Parishioner)