

The Discalced Carmelites, after the example of its Founders, has its own formation program. It has its own style, based on persons who were so mature in their faith as to be saints and authorities for the whole Church: the Doctors, Teresa of Jesus, John of the Cross and Thérèse of Lisieux. The tradition begun as a result of the lived experience of Saint Teresa and Saint John of the Cross constitutes the formative patrimony which pervades Carmel. Today the task of the Order is that of continuing the uninterrupted line of educators who prepare for our times men and women for the Church, just as Elizabeth of the Trinity, Edith Stein and Raphael Kalinowski were.

ESSENTIALS OF FORMATION

Human Formation

develops our:

- *ability for interpersonal dialogue, mutual respect and tolerance
- *readiness to the possibility of being corrected and to correct others with serenity.
- *capacity to persevere in our commitments.

Christian Formation

enhances our:

- *capability to receive the necessary theological foundation by means of the *Catechism of the Catholic Church* and Church Documents
- *appreciation of our baptismal consecration
- *zeal for conversion, Christian commitment and holiness of life
- *fervor to live the demands of following Jesus by taking part in His saving mission in unfolding our prophetic, kingly and priestly calling.

Carmelite Formation

confirms our Carmelite identity in the:

- * study and spiritual reading of the Scriptures and in the practice of *Lectio Divina*
- *importance of the liturgy of the Church, especially the Eucharist and the *Liturgy of the Hours*
- *Spirituality of Carmel, its history, the writings of the Order's saints.
- *formation in prayer and meditation
- *formation for the apostolate based on the teaching of the Church and

on understanding our role as Seculars in the apostolate of the Order.

Basic Resources for a Program of formation:

1. The Holy Scriptures
2. The Liturgy of the Hours
3. Catechism of the Catholic Church
4. Dogmatic Constitution on the Church *Lumen Gentium*
5. Dogmatic Constitution on Divine Revelation *Dei Verbum*
6. Dogmatic Constitution of the Liturgy *Sacrosanctum Concilium*
7. Decree on the Apostolate of the Laity *Apostolicam Actuositatem*
8. John Paul II, Apostolic Exhortation on the Vocation and the Mission of the Lay Faithful in the Church and in the World *Christifideles Laici*
9. Pope Paul VI, *Marialis Cultus*
10. John Paul II, Encyclical Letter on the Blessed Virgin Mary *Redemptoris Mater*
11. General Instructions on The Liturgy of the Hours
12. The Rule of St. Albert
13. The OCDS Constitutions
14. The Provincial Statutes

15. Rituals for Promises and vows
16. Ratio Institutionis of OCDS
17. The Works of Saint Teresa of Jesus
18. The Works of Saint John of the Cross
19. The Works of Saint Therese of the Child Jesus
20. The Works of Edith Stein
21. The Works of Blessed Elizabeth of the Trinity

Divine call is always a mysterious grace that cannot be reduced to a list of qualities. But there are certain qualities that indicate that a person is essentially suited to the vocation of a Secular Carmelite. Among these are:

At the human level:

- a stable personality
- common sense
- emotional maturity
- ability to trust and be open
- readiness to cooperate
- realism, tolerance and flexibility
- a certain self knowledge
- fidelity to principles;

At the level of Christian life:

- a willingness to cooperate with God, in a spirit of faith
- dedication to prayer
- love of the Scriptures
- commitment to the Church and involvement in the local parish community
- a compassionate and active love;

At the level of the Teresian charism:

- a taste for prayer and
- a desire to establish a personal and friendly relationship with God
- a contemplative and active spirit
- a love for the Church
- a desire to familiarize oneself with Carmelite spirituality.

Initial and ongoing formation in the Secular Order of Carmel strive to assist its members reach both human and Christian maturity in their apostolic lives according to the spirit and charism of Carmel under the guidance of the Holy Spirit.

**Ratio Institutionis of the Secular Order of the Discalced Carmelites
Sept. 17, 2009**

ESSENTIALS OF FORMATION IN THE SECULAR ORDER OF DISCALCED CARMELITES



The purpose of the formation program in the Secular Order of Discalced Carmelite is not to produce experts in Carmelite spirituality, nor to obtain a university degree in spirituality or spiritual theology. The purpose of formation is to prepare the person to live the spirituality of Carmel.

**Ratio Institutionis of OCDS
Sept. 17, 2009**