



## Secular Carmelites OCDS

The Secular Carmelites OCDS are Catholic laypersons and secular clergy, who are members of the Discalced Teresian Carmelite order family of Friars, Nuns and Seculars. We are called to a community that seeks a transforming union with God by living a deep spiritual life of prayer; Christian love, sacrifice, and holiness; and service to our families, our Carmelite community, our church, and the larger community.

Our Lady has been a patroness of the Order since the beginning, and we are accustomed to looking to her as our model in faith, love, contemplative prayer, and apostolic service. Her special care was embodied in her gift of the brown scapular to St Simon Stock, which we wear under our clothes as a sign of our allegiance to her.

St Teresa of Avila, with the companionship of St John of the Cross, reformed the Carmelite Order. Her teachings on prayer and the spiritual life, along with John of the Cross' writings, are essential to the formation and life of the Secular Order. Furthermore, the writings of St Thérèse of Lisieux, St Teresa Benedicta of the Cross (Edith Stein), St Elizabeth of the Trinity, Blessed Marie-Eugene, and many others offer an immense treasury of wisdom and spiritual experience available to all who want to draw closer to God.

According to the OCDS Constitutions, a Secular Carmelite endeavours:

1. To devote a minimum of a half-hour each day to silent meditative prayer.
2. To recite Morning and Evening Prayers from the Liturgy of the Hours, and, if possible, Night Prayer before retiring.
3. To wear the Brown Scapular of Our Lady of Mt. Carmel, as a sign of one's devotion to Mary and her Order.
4. Honor Mary by some particular act of devotion. The Rosary is highly recommended.
5. To attend daily Mass if possible.
6. Members should have an esteem for the Sacrament of Penance and receive the Sacrament frequently.
7. To attend monthly meetings of the local community at Ealing and regional London meetings.
8. Members should have an active apostolate.

There are over 600 Secular Carmelites in England, Scotland and Wales, and 40,000 throughout the world. They are ordinarily men and women who are called to integrate prayer and daily life within the spirit of Carmel.

For more information regarding the local Ealing OCDS community, please contact:

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Website of the Secular Carmelite England, Wales, and Scotland: <https://www.secularcarmel.org.uk/>