Oklahoma Province OCDS Formation Guidelines

The Secular Order of Discalced Carmelites welcomes those of the faithful who, by special vocation, undertake to live in the world an evangelical life of fraternal communion (community) imbued with the spirit of contemplative prayer in imitation of the Virgin Mary (prayer), and animated with apostolic zeal (apostolate) according to the example and teaching of Carmelite saints (study). (c.f. RL, Preface)

1) Each stage of formation includes goals in the areas of
   a. Prayer
   b. Community
   c. Apostolate
   d. Study
   e. the Promise (for the stages leading to First and Definitive Profession)

2) The goals outlined are considered the minimum requirements for each stage of formation and shall be used as part of the discernment process at the end of each formation period.

3) These guidelines include a list of primary sources to be used during each formation period. While the primary sources provide an expectation of what should be read during each formation period, adjustments to meet the needs and abilities of individual persons are allowed. Formation Directors may supplement these sources with secondary materials. All secondary materials should be evaluated in light of their agreement with the Constitutions and current understanding of the Carmelite Secular vocation.

4) From the period of initial formation onwards, it should be emphasized that formation is an ongoing, lifetime process in the life of the Carmelite Secular and an ongoing communal and individual responsibility (Art.33-35). The Local Council shall make provision for an ongoing formation program for members who are Definitively Professed. On-going formation shall continue the growth of the individual Carmelite Secular in the areas of prayer, community, apostolate, study, and living the Promise. It shall include the study of the texts of the Carmelites saints (Art. 34-35), documents of the Church and of the Order (Art. 33, 35-36), occasional review of the OCDS legislative texts, and other materials that support the Carmelite Secular vocation (Art 35-36) as determined by the Local Council.

5) Goals during Aspirancy (one year) shall be
   a. Prayer
      i. Learn to pray Morning and Evening Prayer of the Liturgy of the Hours
      ii. Begin to work at least 15 minutes of mental prayer into daily schedule
      iii. Attend daily Mass as far as possible
      iv. Learn to examine conscience (the examen)
      v. Understand the teachings of the Church and the Discalced Carmelite Order regarding the Scapular

1. Should any of the required books go out of print, the Provincial Council will recommend a substitute. The Provincial Council may update articles (designated with *) every 5 years to keep formation materials current. Updates will be distributed to all Local Councils at that time.
Primary Sources:
General Instruction on the Liturgy of the Hours
Lectio Divina by Fr. Sam Anthony Morello
Catechesis and Ritual for the Scapular of Our Lady of Mt Carmel

b. Community
   i. Attend Meetings
   ii. Be compatible with the other members
   iii. Understand the communal dimension of the call

Primary Sources:
*The New OCDS Legislation and the Vocation to Carmel by Fr. Aloysius Deeney

c. Apostolate
   i. Become aware of the mission of the laity in the Church
   ii. Understand the compatibility of duties of state of life with Carmelite way of life
   iii. Develop a basic understanding of the OCDS vocation and our call to holiness

Primary Sources:
Constitutions of the Secular Order of Discalced Carmelites
OCDS Provincial Statutes for the Oklahoma Province
Catechism of the Catholic Church - # 738-780
Lumen Gentium - Chapter 5

d. Study
   i. Receive an introduction to the history of the Discalced Carmelite Order and its saints
   ii. Receive an introduction to the Discalced Carmelite charism
   iii. Receive an introduction to the OCDS legislation

Primary Sources:
Rule of St Albert
Constitutions of the Secular Order of Discalced Carmelites
OCDS Provincial Statutes for the Oklahoma Province
OCDS Ritual
*Profile of an OCDS by Fr. Aloysius Deeney
Carmelite Spirituality in the Teresian Carmel by Paul Marie of the Cross
*A Touch of OCDS History by Elizabeth M. Korves

6) Goals during the formation period leading to First Promise (two years) shall be
   a. Prayer
      i. Learn how to be a cantor for Morning and Evening Prayer
      ii. Understand the basic stages of prayer
      iii. Practice daily mental prayer for at least a half hour
      iv. Express authentic devotion to Mary

2 An understanding of the ecclesial nature and the communal dimension of the call to the Secular Order: an understanding that the calling has both an interior and exterior voice. An understanding of the difference between the Secular Order and other church organizations/groups. It requires the invitation of the community through its council. (Art. 26, 38)
Primary Sources:
Catechism of the Catholic Church - Part 4: Prayer
The Way of Perfection by St. Teresa of Avila
Lumen Gentium - Chapter 8

b. Community
   i. Take an active role in community by participating in discussions and community activities
   ii. Show growth in communal virtues of humility, charity and detachment
   iii. Demonstrate ability to work with others

Primary Sources:
The Way of Perfection by St. Teresa of Avila
Community and Growth by Jean Vanier, Chapters 1, 3

Primary Sources:
Constitutions of the Secular Order of Discalced Carmelites
OCDS Provincial Statutes for the Oklahoma Province
Lumen Gentium - Chapter 4
Apostolicam Actuositatem

c. Apostolate
   i. Develop an awareness of the mission of Carmel within the Church
   ii. Develop an awareness of the apostolate of the laity
   iii. Support Carmelite religious with prayer

Primary Sources:
Constitutions of the Secular Order of Discalced Carmelites
OCDS Provincial Statutes for the Oklahoma Province
Lumen Gentium - Chapter 4
Apostolicam Actuositatem

d. Study
   i. Receive an introduction to the texts of Carmelite saints
   ii. Learn the history of Carmel from 13th Century to the 16th Century Reform

Primary Sources:
Story of a Soul by St Therese of Liseaux
Way of Perfection by St Teresa of Avila
Contemporary Challenge of St John of the Cross: His Life and His Teachings by Leonard Doohan
*Historical Notes on the Carmelite Order by Gabriel Barry - Chapters 2, 3, 9, 10

e. Promise
   i. Make an in-depth Study of the Constitutions and Statutes
   ii. Understand the evangelical counsels
   iii. Understand the beatitudes
   iv. Understand how OCDS fit into the larger Order

Primary Sources:
Constitutions of the Secular Order of Discalced Carmelites
OCDS Provincial Statutes for the Oklahoma Province
OCDS Ritual
book on beatitudes to be chosen at the Formation Director's discretion
*Chastity: This Only One Kind of Love by Gerald Alford
*Promise to be Poor by Gerald Alford
*Existential Obedience by Gerald Alford

7) Goals during the formation period leading to the Definitive Promise (three years) shall be
a. Prayer
   i. Learn how to lead Morning and Evening Prayer
   ii. Demonstrate a perseverance in mental prayer
   iii. Demonstrate a perseverance in examen
   iv. Adopt Mary as model of contemplative prayer
   Primary Sources:
   Interior Castle by St. Teresa of Avila
   The Spiritual Canticle by St. John of the Cross
   The Ascent of Mt. Carmel by St. John of the Cross
   Redemptoris Mater

b. Community
   i. Assume a communal sense of responsibility (i.e. willing to assume an office of service
      within the community)
   ii. Demonstrate a willingness to submit to the communal good
   iii. Cultivate fraternal relations with other members of the Order
   Primary Sources:
   Community and Growth by Jean Vanier, Chapters 4, 6, 7**

c. Apostolate
   i. Demonstrate a commitment to the call of love
   ii. Begin to assist in the community apostolate
   Primary Sources:
   Lumen Gentium
   Gaudium et Spes
   Christifideles Laici

d. Study
   i. Continue the study of the texts of Carmelite saints
   ii. Learn the history of Carmel from the Reform to Present
   Primary Sources:
   Journey to Carith: Sources and Stories of the Discalced Carmelites by Peter Thomas Rohrbach
   see also listing under Prayer for this period of formation
e. Promise
   i. Continue an in-depth Study of the Constitutions and Statutes
   ii. Develop a deeper understanding of the evangelical counsels
   iii. Develop a deeper understanding of the beatitudes
   iv. Develop a deeper understanding of how OCDS fit into the larger Order
   v. Understand the seriousness of the life-long commitment

Primary Sources:
Constitutions of the Secular Order of Discalced Carmelites
OCDS Provincial Statutes for the Oklahoma Province
OCDS Ritual
book on beatitudes to be chosen at the Formation Director's discretion
*Beatitudes by Fr. Aloysius Deeney

** Communities can substitute the following articles for the topic of Community.


Bibliographic Information:
Apostolicam Actuositatem, Vatican II, Pauline Books and Media, also available as part of the Documents of Vatican II from various publishers and available online.
Ascent of Mt Carmel, St John of the Cross, Collected Works, ICS Publications, Washington DC.
Beatitudes, Fr. Aloysius Deeney, available online and from Central Office.
Carmelite Spirituality in the Teresian Carmel, by Fr. Paul Marie of the Cross, ICS Publications, Washington DC.
Catechism of the Catholic Church, multiple publishers and also available online.
Catechesis and Ritual for the Scapular of Our Lady of Mt Carmel, ICS Publications, Washington DC.
Chastity: This Only One Kind of Love, Gerald Alford, available online and from Central Office.
Christifideles Laici, Pauline Books and Media and available online.
Constitutions of the Secular Order of Discalced Carmelites, available online and in legislation book available through the Central Office.
Contemporary Challenge of St John of the Cross: His Life and His Teachings, Leonard Doohan, ICS Publications, Washington DC.
Existential Obedience, Gerald Alford, available online and from Central Office.
Gaudium et Spes, Vatican II, Pauline Books and Media, also available as part of the Documents of Vatican II from various publishers and available online.
General Instruction on the Liturgy of the Hours, Congregation for Divine Worship, 1971. Printed in full in the 4 volume Liturgy of the Hours. Text also available online.
Lumen Gentium, Vatican II, Pauline Books and Media, also available as part of the Documents of Vatican II from various publishers and available online.

New OCDS Legislation and the Vocation to Carmel, Fr. Aloysius Deeney, available online and from Central Office

Profile of an OCDS, Fr Aloysius Deeney, available online and from Central Office.

Promise to be Poor, Gerald Alford, available online and from Central Office.

OCDS Provincial Statutes for the Oklahoma Province, available online and in legislation book available through the Central Office.


Ritual of the Secular Order of Discalced Carmelites, available online and in legislation book available through the Central Office.

Rule of St Albert, available online and in legislation book available through the Central Office.

Spiritual Canticle, St John of the Cross, Collected Works, ICS Publications, Washington DC.

Story of a Soul, St Therese of Liseaux, ICS Publications, Washington DC.

Touch of OCDS History, Elizabeth M Korves OCDS, available online and from Central Office.


Abbreviations:
AA = Apostolicam Actuositatem
Art. = OCDS Constitutions
CCL = Code of Canon Law
Ritual = Ritual of the Secular Order of Discalced Carmelites
RL = 1979 OCDS Rule of Life
Rule = Rule of St Albert
Sec. = OCDS Provincial Statutes for the Oklahoma Province

Roman Protocol
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