

## 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.<sup>1</sup> 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<sup>2</sup>

*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

<sup>2</sup> 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\*\***

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.**

**Formation I "Our First Duty as Carmelites" <http://dev.thereocds.org/wp-content/uploads/2017/04/Our-First-Duty-as-Carmelites-by-Fr-David-Center-OCD.pdf>**

**Formation II Letter from Fr. Cannistra <http://www.thereocds.org/2019/03/15/march-2019-letter-from-the-general/>**

**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.

*Community and Growth*, Jean Vanier, Paulist Press, Mahwah, NJ, 1989.

*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.

*Redemptoris Mater*, Pope John Paul II, Hunter Publishing, 1987 and online.

*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 Cantic*, St John of the Cross, Collected Works, ICS Publications, Washington DC.

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

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

*Way of Perfection*, St Teresa of Avila, Collected Works, Vol. 2, ICS Publications, Washington DC.

#### **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**

The above text was approved by the Discalced Carmelite General Council convened in Rome in its 61st session on 21st of December 2004, Protocol number 272/2004 DF.