

# Carmel CONTACT

COMMUNITY • PRAYER • ACTION

August 2020 No. 111

## SPECIAL EDITION:

*Bringing you strength, hope and prayer during these challenging times.*

## BRINGING LIGHT INTO THE DARKNESS OF THESE CHALLENGING TIMES

The Coronavirus pandemic continues to have a profound and devastating impact on all of us. Many members of our Carmelite family are experiencing levels of fear, anxiety, isolation and loneliness never felt before.

**But as restrictions tighten and lockdown measures to keep us safe become stricter, these challenging and difficult times can bring us closer together.**

**This special issue of Carmel Contact brings light into your home with prayers, pastoral care and practical tips to keep you and your loved ones safe.**

You'll also read of the progress of our Carmelite students who hold you and every member of our Carmelite family in their daily prayers. Even though their studies have been disrupted because of the virus, they continue their journey to become Carmelites, so one day they'll provide prayer, comfort and compassion to people in Australia and Timor-Leste.

### **A reflection of these times from Fr Hugh Brown O.Carm**

*We are now virtually confined to our homes except for the most essential things in life. But that needn't stop us from looking out of a window, standing in our yard, opening our door and remembering that creation is a gift of which we are a part.*

**Remember, you are not alone - we are praying for you and your loved ones.**



The Carmelites  
Australia and Timor-Leste  
community • prayer • action

**A:** 75 Wright Street, Middle Park, 3206 | **T:** 03 9690 8822 | **F:** 03 9699 1944  
**E:** [carmelcare@carmelites.org.au](mailto:carmelcare@carmelites.org.au) | **W:** [www.carmelites.org.au](http://www.carmelites.org.au)

## A SPECIAL MESSAGE FROM THE PRIOR PROVINCIAL

Dear Friends,

**Now more than ever being connected with those we love, with family, friends and the Carmelite family, is critical to our faith, health and wellbeing.**

The COVID-19 pandemic has touched every country across the globe and impacted every community. Our daily routines have become severely disrupted. Sometimes it can feel like we are sinking beneath the waves of continued terrible news in these uncertain times.

**However, this is when we need to trust in God's love and to reflect on the good that is happening around us as well.**

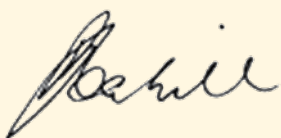
Fr Míceál O'Neill, Prior General of The Carmelite Order, recently shared how it is during these difficult times that we see an "explosion of humanity", coming together to help those most vulnerable in our community.

*"We have lived with restrictions and with some fear now for many months. Families are grieving. Hospitals are still taking care of victims of the virus. The whole medical profession has shown their dedication, professionalism and zeal, beyond the call of duty. People have made sacrifices to make sure there was bread on our tables, and as everywhere people are counting the toll that the virus has taken on their lives through bereavement, illness, loss of employment and livelihood, we might say that we are seeing an explosion of humanity."*

Although we must remain isolated, we can embody the spirit of humanity. We can be there for each other as we are one family. **A family that looks after one another, celebrating the good times and helping each other during the difficult times.**

As we are part of your family, we are here to bring you strength, to help deepen your faith and find renewed hope. **We are here for you and those you love. You are not alone.**

Yours in Carmel,



**Fr Paul Cahill, OCarm**  
Prior Provincial



## CONNECTING WITH YOU AND OUR CARMELITE FAMILY BEYOND BRICKS AND MORTAR

Since the pandemic our Churches have either been closed or open to limited numbers. But that has not stopped the Carmelites from providing pastoral care to every member of our family using the wonder of technology.

**Each week we offer a variety of prayers, reflections, Lectio Divina and liturgies to celebrate at home for those who cannot celebrate in Church.**

Below are excerpts from the recent series of "Celebrating at Home". The carefully crafted words may give you the strength you need and reassurance that we are here for you.

**"When what we have been used to suddenly changes, it is challenging. But if we can transcend the moment it can become an opportunity. Winemakers producing hand sanitiser. Restaurants and cooking schools producing meals for vulnerable people. Clothing manufacturers making face masks. They did something new, practical and useful with what they had."** *Celebrating the real presence of Jesus in us*

"The people of the kingdom seek the things that are of real value in life. They live their lives with virtue, wisdom and good hearts, and their lives are a blessing for others. They never stop seeking the things of real value in life." *Holding on & letting go.*

**"God is right here in the fearful and anxious, the ill and the mourning, the health workers and researchers, the food providers and the mask makers, the companions and the caregivers, you and me."** *Where is God in all this?*

If you would like to receive our weekly "Celebrating at Home" emails containing parables, messages of support and pastoral care please visit [www.carmelites.org.au](http://www.carmelites.org.au) to subscribe.



**IN THE MIDST OF THE DARKNESS,  
THERE IS LIGHT...  
OUR ORDER CONTINUES TO GROW  
BECAUSE OF YOU.**

Our wonderful family of donors is the reason our Order continues to flourish and grow. Their generosity has helped our Carmelite students continue their education, even in these trying times. Every young man who has entered our Carmelite Order is committed to providing comfort, companionship and pastoral care to every person who needs us.

**These young men are not only the next generation of Carmelites, but future community leaders, teachers, mentors and guides. One day they will serve communities in Australia and Timor-Leste.**

Young men like Brs Albino, Marcolino and Matthew who made their Solemn Profession (life-long commitment) as Carmelites on 16 July during Mass in the Community Chapel at Middle Park (VIC). Unfortunately, due to COVID-19 restrictions we were unable to have a larger, public celebration of this significant milestone for them.

During his homily Fr Paul Cahill reflected on the significance of the 'little cloud of hope' mentioned in the Book of Kings. **It is during these times, when we're confronted with and surrounded by so much darkness, that we look for those things which will sustain us.** We draw hope from Elijah the prophet and Mary our sister, who sustain us in our following of Jesus Christ as Carmelites and as we seek to be of service to the people of the world.

**We congratulate Brs Albino, Marco and Matthew and thank you for your most generous support.**

**If you would like to support our Carmelite students, you can give to our Carmelite Student Education Fund. Call 03 9690 8822 or visit [carmelitestogogetherwithyou.raisely.com](http://carmelitestogogetherwithyou.raisely.com) and donate securely online.**

**OUR CARMELITE STUDENTS WANTED TO SHARE A SPECIAL PRAYER WITH YOU.**

Mary, we entrust ourselves to you in the midst of all that is happening to us. Don't let worry and anxiety overcome us. Be our source of hope. Lend your strength to all those helping others and those who are caring for the sick. Help us to end this disease.



## *A PRAYER FOR YOU AT THIS TIME*

*Be our guide and give us Hope  
We pray for your love and compassion  
to abound  
as we walk through his challenging  
time.*

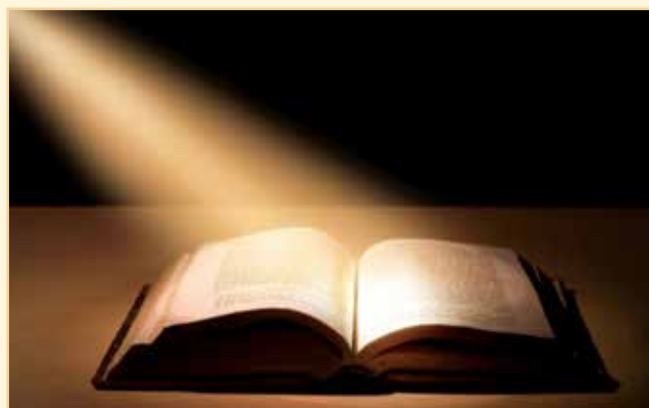
*We ask for wisdom for those who bear  
the load  
of making decisions with widespread  
consequences.*

*We pray for those who are suffering  
with sickness,  
especially the elderly and the  
vulnerable,  
and all who are caring for them.*

*We pray for misinformation to be  
curbed  
so that fear does not take hold in our  
hearts and minds.*

*Let us take advantage of living  
together as family,  
and attend to moments of prayer.*

*Help us to approach each day in faith  
and peace,  
trusting in the truth of your goodness  
towards us.*





# YES! I WILL SUPPORT THE CARMELITES IN THEIR WORK.

Please accept my gift of:

\$30  \$50  \$80  \$200  \$\_\_\_\_\_   
 my choice

I would like to donate by:

Cheque / Money Order (payable to Carmelite Friars)

**OR** Please debit my:  MasterCard  Visa

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Expiry Date: \_\_\_\_/\_\_\_\_ Sign: \_\_\_\_\_

I would like to order the following Prayer Cards:

Card	Qty	Card	Qty
Healing & Peace	___	A Gift of Prayer	___
Spiritual Support	___	Sympathy	___
Special Occasion	___	Mothers Prayer	___
Complete Set	___		

Each card costs \$5 or buy the complete set for \$25 (save \$5)  
Please add \$7.50 for Postage & Handling.

How can we support you? Tick any below.

- Have a Lay Carmelite or Carmelite call you.
- Receive our pastoral care messages and prayers by email or mail (please circle).
- Provide a list of names for the Carmelites to pray for.

My Details: (please print clearly)

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ P/Code: \_\_\_\_\_

Tel: \_\_\_\_\_

Mob: \_\_\_\_\_

Email: \_\_\_\_\_

There are three ways you can donate:

1. Complete and return this form to  
The Carmelites - Australia and Timor-Leste  
Fundraising Development Office  
PO Box 5295, Middle Park, Vic, 3206

2. Contact us  
Tel: 03 9690 8822  
Email: [carmelcare@carmelites.org.au](mailto:carmelcare@carmelites.org.au)

3. Donate online  
<https://www.carmelitestotogetherwithyou.raisely.com/>

# STAYING CONNECTED WITH THOSE WE LOVE AT THIS TIME

Overwhelmed by the daily news, spending time isolated in our homes, cut off from loved ones in a bid to stop the spread of COVID-19, is leading to many of us struggling with our mental health and wellbeing.

**Maintaining connections with family, friends and neighbours can help us stay happy and hopeful during this period.** Here are a few ideas to help you stay connected with loved ones at this time:

- If there is someone you think is struggling with social isolation, reach out and let them know you care. Call them, send an email, or drop a note in their letterbox to check on their welfare or let them know you're thinking of them. Don't underestimate the power you have to offer hope to another person.
- Find a family member, friend or neighbour and set daily challenges with them. It may be a healthy habit, a mindful practice, a creative pursuit or watching the same TV show or movie to chat about on the phone. Be sure to encourage and check in daily to stay motivated.
- Create structure and routine in your day, such as get up at the same time each morning, call family and friends, stay physically active even if it's just a stroll in the backyard, eat nutritious foods, sort out photo albums or simply read a good book (even if you've read it before).
- If you have children or families in your street (and even if you don't), write messages of support and place them on the window for all to read. Displaying dolls, teddy bears and other toys can also bring a smile to them and to you. Change them each day to keep you all amused.

