



Newsletter

A PRAYING COMMUNITY IN LONDON SERVING GOD'S PEOPLE

Advent - 2018

Dear Friends,

Welcome to our Advent and Christmas edition!

Our Day of Reflection on Saturday 1st December was a beautiful start to Advent with the title from Jeremiah: *The city will be called The Lord our Integrity*. Antonia Lynn, who led the day, helped us discover more about the readings for the first Sunday of Advent and what might help us, as a Carmelite Spirituality Group in the City of London, to pray more deeply and understand a little more about how we strive to live 'in allegiance to Jesus Christ'. We had plenty of time for quiet prayer- despite the tremendous noise from the demolition work opposite! And we learnt the importance of finding a place of prayer among the noise of the City as well as in the silence of the desert. Fr. Chris Vipers joined us to celebrate Mass to close the day and we ended with tea and time to chat.

Those of you who are members of the Third Order of Carmel or who subscribe to Assumpta will have recently received the latest edition with the letter from Rosie Bradshaw, our National Moderator and reports of the International Congress of Lay Carmelites which took place in Sassone, near Rome, in September. I hope you enjoy reading it. Also, you will have received a copy of the British Province's Liturgical Ordo for 2018-19. This has not previously been distributed generally to all Lay Carmelites, but I hope that you find that it has interesting information along with the calendar of liturgy and prayer for the year. Previously I have tried to include a calendar of the main Feasts in this newsletter but perhaps they are no longer needed. Space- and time- are limited so perhaps it can be better used. What do you think?

As Christmas approaches many of us are thinking of family get-togethers. I am reminded of members of our Carmelite Family, especially Carmel in the City folk, who have found that they can no longer get to meetings. Some are elderly or

unwell, others have family or other commitments and have decided to be distance members for a while. Sometimes I receive messages and apologies or requests for prayers which I can pass on at our meetings. I hope these distance members still feel included as valued members of our community. Please do get in touch with news as and when you are able and know that you are in our prayers, especially in this Christmas season.

We are coming to the end of our Carmel in the City Anniversary year and already we know that the year ahead is going to be a very interesting one. The Carmelite Family in Britain will be celebrating the 50th Anniversary of the re-founding of the British Province of Carmelites. The important dates for your diaries are printed in Assumpta and we will look forward to more information later. Also, following on from the Congress of the Laity, the friars will be holding their General Chapter in September and there is preparatory information on the website www.ocarm.org which we will use at some of our meetings later in the year.

Meanwhile, it is still Advent and the lovely Feast of the Nativity is fast approaching! I hope that you find some quiet time among all the busyness. This Friday, we celebrate the great Spanish Carmelite poet and Doctor of the Church, St John of the Cross who has a lot to teach us about silence and prayer. Our ecumenical pilgrimage in October ended in Segovia at his tomb and was, for me, a highlight of the week. If you have not already spent time with St John's poetry, perhaps now is the time!

We will meet at St Joseph's on 5th January when Fr Francis Kemsley .O.Carm. will be with us for the day.

All good wishes and blessings for Christmas and the New Year. Sylvia

Details of Forthcoming Meetings/Events Carmel in the City.

5th January. Celebrating the New Year with Mary, Mother of God.

10.30. Formation Group meets for discussion and liturgy preparation.

11.30 Quiet prayer.

12.00 noon Mass celebrated by Fr Francis Kemsley O.Carm. Followed by bring and share lunch. Please bring some food to share.

13.45. Afternoon session: Mary in the Carmelite Constitutions Part 2 and Lectio Divina. Ending at **15.30**.

Friday, 25th January 2019. 6.30 for 7pm. At St Mary Moorfields, Eldon St. EC2M 7LS. Together with parishioners, OCDS friends and others. A talk by Sr Bernadette Hunston SCSJA on St Therese of Lisieux and her Way of Merciful Love.

This meeting follows from the meeting and talk at the Carmelite Priory, Kensington in September but is also open to anyone else who may be interested. Please invite others to come along.

2nd February. Candlemass. Mass with Fr Chris Vipers. Celebrating our 11th Anniversary and planning for the year ahead. All welcome.

2nd March. Preparing for Lent.

Your prayers are asked for: Our families and friends, especially those who are unwell including Fr Wilfrid McGreal and Pat McManus; for all in our Carmelite Family who have asked for our prayers or who are in any kind of difficulty; for the homeless and for refugees and all who will be working this Christmas to care and provide food, warmth and comfort for them.

‘The language God best hears is silent love’ St John of the Cross: Maxims and Counsels 53.

Have you received- and read- Fr Michael’s letter for Advent? He has given us a lot to think and pray about! You can download it [here](#) or see the website.



Christmas Novena

Hail, and blessed be the hour and moment

At which the Son of God was born

Of a most pure Virgin

At a stable at midnight in Bethlehem

In the piercing cold

At that hour vouchsafe, I beseech Thee,

To hear my prayers and grant my desires

(mention request here).

Through Jesus Christ and His most Blessed Mother.



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