



Newsletter

A PRAYING COMMUNITY IN LONDON SERVING GOD'S PEOPLE

March - April 2019

Lent and Easter Edition

Dear Friends,

With this copy of the newsletter we begin our 12th year as Carmel in the City, a lay-led community of prayer and service in the Carmelite tradition. For those who have joined us along the way, it is good to be reminded that we are based at St Joseph's Church, Bunhill Row, because the last resident parish priest left a legacy of St Joseph's to be at Prayer in the City, an oasis of silence and prayer among the bustling City office buildings. And, as we are experiencing, the construction work goes on- as does the need for silence and prayer- with the surrounding office buildings get ever higher. As Easter approaches, our quiet garden, dedicated to Cardinal Basil Hume, will be open once again as a welcome green and quiet space among all the noise and traffic, to 'be still and know that I am God'.

At our meeting last Saturday, in preparation for Lent, we renewed our commitment to prayer by reflecting on how we, as lay people, can celebrate the Prayer of Church, the Divine Office, particularly remembering that 'the purpose of the office is to sanctify the day'. Together, as a community, we can make this Lent a time to remember that, as we say our morning and evening prayer, we are not alone but are united in prayer and in all that we do, with the whole Church.

As you know, the year ahead is a very busy one. If you have had any further thoughts for our programme following on from our January meeting when we reflected on the *Instrumentum Laboris* in preparation for the General Chapter of the friars in September, please send them to me or bring them to our next meeting in April. Those who receive the Third Order newsletter, Assumpta, will have seen a very helpful 'digest' of the preparatory document by Isabel. Please read and ponder it. And, if you are inspired to respond, please do!

I have been asked by Veronica, our National Secretary, to draw your attention to the suggested Annual Contribution of £45 which is now due from Third Order members, please. If you are NOT a Third Order member but would like to receive Assumpta, please let Veronica or me know. A suggested subscription of £25 to the Carmelite Charitable Trust, would be welcome! In addition, Third Order members are now receiving a copy of the publication, Carmel in the World, directly from Rome, as part of their membership. Please ignore the green order form in it. You are receiving it as a 'paid up' member of the Third Order. **You do not have to pay again!**

Another initiative from our National Council is to encourage our spiritual reading and they have provided us with 2 copies of the book, **Impact of God by Fr Ian Matthews OCD**, which is about St John of the Cross. We will be circulating these around CITC members to read over the coming months.

Please read the dates and times of meetings and events over the page, carefully, and put the dates in your diaries. Especially important this year is the pilgrimage to Aylesford on Sunday, 14th July, in honour of Our Lady of Mount Carmel when all lay Carmelites are invited to take part and renew their promises. I am delighted that Teresa Torres has asked to be received into the Third Order at the pilgrimage Mass with our Prior General, Fr Fernando Millan Romeral. I hope that many members of Carmel of the City will be there to support her.

All good wishes and blessings for Lent and a wonderfully joyful Easter- when it comes!

Sylvia.



Details of Forthcoming Meetings/Events Carmel in the City.

Ecumenical Lent Programme: The Sacred Art of Joking. Saturdays in Lent, beginning on 9th March at St Giles Church, Cripplegate, Fore St, Barbican, London EC2Y 8DA. Refreshments at **10am** for **10.30 -11.30**. All are welcome.

6th April. 10am for **10.30** start. Final session of the Ecumenical Programme. **11.30** Quiet prayer and confessions. **12noon** Mass with Fr Francis Kemsley O.Carm. Bring and share lunch. Afternoon session: *Mary in the Carmelite Tradition: the brown scapular devotion*. Lectio Divina. **15.30** end.

4th May. Carmel and Laudato Si'. On care for our Common Home.

1st June. Touched by God. The way to contemplative prayer with Luigi Gioia.

*******NO CARMEL IN THE CITY MEETING IN JULY*******

Golden Jubilee of the Province Celebration at Aylesford Priory.

13th July. Fr Fernando, our Prior General will be with us for a day of prayer, reflection in preparation for the coming Feast. Please book separately if you are not staying for the whole weekend.

14th July. Our Lady of Mount Carmel pilgrimage with our Prior General, Fr Fernando. **11.30** Mass with Third Order Professions and renewal of Promises. **2.15.** Spiritual Talk. **3.30.** Rosary Procession, Adoration and Benediction.

Lay Carmelites and friends will have use of the Simon Stock room with refreshments through the day.

Limited accommodation is available at Aylesford Priory for those who wish to attend the retreat with Fr Fernando on Saturday **13th July** and the pilgrimage on Sunday, **14th July**. The cost for full board from Friday evening supper until Sunday pm, including Sunday lunch is £141.50 or £124.50 for a shared room. Please contact Sylvia if you would like to book a room. DO NOT contact Aylesford.

Saturday 22nd June. Carmelite Pilgrimage to the National Shrine of Our Lady of Walsingham.

11am. Talk by Fr Matt Blake OCD in the Chapel of Reconciliation followed by Mass. Picnic lunch in grounds of the shrine, afternoon procession and Benediction. 4pm depart.

A coach has been arranged from King's Lynn station to meet 07.42am train from King's Cross and will return in time for 17.44 back to London. Fare £10. Please see poster for further details.

Please remember all members of the Carmelite Family, friars, nuns and laity during this special year, especially asking the Holy Spirit to guide those preparing for the General Chapter; for our own friars in the British Province as they celebrate the Golden Jubilee of the Province. We ask our distance and sick members to pray with us and for us, as we remember them especially throughout Lent and at Easter time.



Repentance is sometimes defined as "changing where you look for happiness." (Father Thomas Keating.) Repentance and conversion are never easy, never convenient. And while conversion entails an inner journey made in relationship with God, true and lasting conversion can only succeed when we surround ourselves with other members of Christ's body; with others who seek the same destination. We do not travel alone.

The Lenten disciplines of prayer, fasting and abstinence are best done in community, because it's just plain hard to keep those habits when everyone around you is gorging themselves, partying, and buying new stuff.



A Carmelite sister friend who lives in a monastery outside Rome has asked us to pray for their Lay Fraternity, as it is known, as it seeks to become more organised and part of the Order. During the coming year it might be helpful for us too, to have some discussion about the way we connect with the wider Order.

Contacts

Convenor: Sylvia Lucas
sylvia@carmelinthecity.org.uk
www.carmelinthecity.org.uk

Editor: Champo Nkonjela
champdavy@gmail.com
17 Enfield Close, Erdington. B23 5SE. Birmingham