



CCA Notes to our Donors

Spring 2023

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Women at the Well Dialogues Session 13

Dear Friends,

Your kind financial support enabled our CCA communities to Zoom with Fr. Miguel Márquez Calle, OCD on December 6. Fr. Miguel is the Superior General of our Order. Because we have been committed to building synodality with our other communities of nuns around the world since the early 1970s, we invited them to join us, and we are happy to say that nuns from Australia, England, New Zealand, and Scotland were able to attend this virtual meeting.

Fr. Miguel told us that he wanted to dream with us about the future and asked what gives us hope, what makes us fall in love with Jesus all over again with new freshness? He told us that religious life as we have known it is over and there is no going back. Then he invited us to embrace our vulnerability and give birth to a new way of being religious. He challenged us to transcend the past and let go of its grip on us so that we can discover the song that we are invited to sing in these times. He said God calls us to an Exodus faith. Can we respond in obedience, look for the new land, and allow ourselves to be surprised by the will of God?

Further, he counseled us not to be afraid of the judgment of those who look at us from the outside; we can't get caught up in defending our image. Rather, he called us to risk with confidence in God because without risk there is no discovery. He advised us to bless the shoots because there is always something new springing up. He also told us to become midwives that bless what wants to be born, and he reminded us that even in very old trees there is always a new shoot. Then he closed with this quote from Leonard Cohen, "There is a crack in everything; that's how the light gets in."

Soul Stirrings: Awakening to the Soul Within You

We are pleased to announce that Sr. Jeanne Marie Graham, OCD, of the Boston Carmel had this book published in September. It is available on Kindle and in hard back.

Here's what the critics are saying: "An engaging, instructive, and nourishing account of the spiritual life as a journey of the soul, an exploration of the intersection of our struggling efforts and God's abundant grace." -John Welch, O.Carm., founding president of the Carmelite Institute of North America and author of *The Carmelite Way: An Ancient Path for Today's Pilgrim* and *An Interior Life: Rummaging through the Christian Tradition*.

Jeanne Marie Graham shows how our lives, directed by our souls, can be imaginative and dynamic catalysts for change in our families, culture, and world.

Born from a life of contemplative prayer and theological study, *Soul Stirrings: Awakening to the Soul within You* draws from psychology, philosophy, science, and the wisdom of spiritual masters from varied religious backgrounds. This book offers old and new practical approaches that can loosen the restrictive grip of the ego and enable our soul's deepest desires for happiness, creativity, and peace to flourish.

Join the author as she shares her journey and the inspiring stories of individuals whose lives have been transformed by discovering and listening to their own souls.

March 2023 Shared Services Update

By Kate Asselin, GHR Grant Project Manager

As the Shared Services Collaborative (SSC) begins its third year, we are mindful of CCA communities' changing needs and evolving plans for the future.

Through the SSC, all CCA communities have access to Christian Brothers' business services, which they continue to utilize on an "as-needed" basis, at specially discounted rates. Engaging professional accounting, benefits eligibility management, insurance, and IT services has freed the sisters to devote more time and energy to Carmelite spiritual life.

The SSC is taking the initiative to meet emerging community service needs as well. For example, when *Zoom* announced time limits on its free video communication service, the SSC was able to obtain unlimited-time licenses at a discounted rate for members. *Zoom* is an essential tool for CCA members that depend on virtual communication to maintain connection among communities.

SSC initiatives for 2023 are focused on the future and include sponsoring a Planning Workshop, to help community leadership prepare to meet the challenges and opportunities ahead; and preserving community archives, possibly in partnership with Boston College, which is building a new repository for Catholic religious libraries. We envision a "Carmelite Collection" that will document the lives and history of these faithful religious women as a legacy for the future.

CCA remains deeply grateful to the GHR Foundation for their continuing support of the Collaborative and Carmelite spiritual life. <http://www.ghrfoundation.org>

UNBL

In October 1909, Episcopal priest Fr. Paul Watson and Episcopal Sister Sr. Lurana White and their small communities were received into the Catholic Church. Popularly known as the Graymoor Friars and Sisters, their official title is Franciscan Friars / Sisters of the Atonement.

Initially, the inspiration for the group was the union of the Christian Churches, particularly the Roman and Episcopal Churches, but as good Franciscans, the ideal of poverty was of great importance to them.

One morning when Fr. Paul woke from sleep, the Gospel passage of the feeding of the 5,000 and the phrase, “gather up the fragments, lest they be lost,” reverberated in his mind and heart. “Why not take what is left over from our monthly budget / our yearly budget and put it to use for the Gospel?” mused Fr. Paul. And perhaps we could suggest this to others, as well. And so the **Union That Nothing Be Lost (UNBL)** was born. The initiative is now over 100 years old, similar to the order itself.

Toward the end of each year the Friars meet, gather the money collected, and consider the requests they have received. They look at programs that are mission-, socially-, or ecumenically-oriented. Our Carmelite Association (CCA) has been blessed by their generosity and the sacrifices and gifts of their lay associates.

Our gratitude is deep, expressed in our loving prayers for the Graymoor Community

ShopRaise

As you probably know, Amazon is discontinuing AmazonSmile. This was a program by which you, our indefatigable donors, could support us by asking Amazon to donate a small percentage of your purchase price to us. The good news is that ShopRaise offers a similar program using many, many vendors. While we are still exploring its many features, we are asking you to start using it:

ShopRaise for Carmelite Communities Associated

Please help us raise funds for Carmelite Communities Associated. This year we're using the new ShopRaise app, which gives a portion back to us whenever you do your normal shopping online.

Here's the [link](https://shopraise.com/support/589235): <https://shopraise.com/support/589235>

- It's free and takes less than 30 seconds to get set up.
- Simply get the app, shop online, and help us reach our fundraising goals. Click the button below to get started.

Thanks for your help. We really appreciate it!

[Get the App](#)

Baltimore Carmel Partners with the University of Notre Dame

Notre Dame is collaborating with the Baltimore Carmel in offering a 6-week summer 2023 monastic experience to two of their female students. Here are some excerpts from the proposal:

The monastic experience affords an opportunity to experience our life of prayer and community firsthand. While a virtual experience is helpful, it falls far short of the real thing. You cannot post the fragrance of fresh baked bread on your web page. Everyone who comes here says that the silence, beauty, joy, and love are palpable. That too can only be hinted at virtually.

We recognize that beauty is an entry way to prayer, and we foster beauty in our house, in our gardens, in all that we do. You cannot capture the essence of our 26 acres in a podcast. Coming here enables you to connect with other young women who share the God quest with you. It also introduces you to the wonderful people who gather with us at the monastery to pray.

The monastic experience permits you to feel the power of praying together in community. It is a way to know the life, the love, and the laughter of a community of women who have given themselves totally to God.

In our prayer we lift up to God the concerns and needs of our sisters and brothers in the certain faith that prayer is a powerful force for the good, for peace and justice.

We are delighted to invite you to be part of our new spiritual venture into sharing our life with students and seekers like you . . .

The number of sisters and nuns in the United States has dropped dramatically. Because people don't know any nuns, their understanding of religious life is superficial and inadequate. Moreover, there is copious misrepresentation of nuns in the film industry. The primary purpose of this project is to allow two female ND students the opportunity to have a monastic experience in a contemporary contemplative community. This will enable them to expand their own understanding of contemporary religious life as well as to deepen their own contemplative spiritual life; it will also empower them to be truth-telling ambassadors for contemplative religious life in a Catholic campus setting . . .

The Carmelite Sisters of Baltimore's Monastic Experience provides an opportunity for the students to participate in modern monastic contemplative living and engages them in Carmelite prayer practices.

The students will have an opportunity to live on our campus with 15 nuns and participate in our prayer, work, study, meals, and recreation. They will work on our grounds and will help digitize our extensive VHS tape collection. Other work opportunities will be determined by interest and time. They will follow the nuns' schedule; at night they will observe the monastic courtesy of silence and will stay on or near campus 24/7.

In Conclusion

And since we have staked our lives on the belief that our prayers can be at all fronts, that our prayer is a prayer without borders, we ask you once again to consider making a donation to us either by sending it to:

Sr. Barbara Losh, OCD
Carmel of the Holy Family
2541 Arlington Rd.
Cleveland Hts. OH 44118

Or by using the Donate/PayPal feature on our web page at CCACarmels.org.
Or see our web at CCACarmels.org for planned giving opportunities.

If you would like to be dropped from this newsletter list or have any questions, please do not hesitate to ask them of Sr. Judy Murray, judymurray@baltimorecarmel.org

Another Prayer of Pope Francis to St. Joseph

Glorious Patriarch Saint Joseph,
whose power makes
the impossible possible,
come to my aid in these times
of anguish and difficulty.
Take under your protection
the serious and troubling situations
that I commend to you,
that they may have a happy outcome.
My beloved father,
all my trust is in you.
Let it not be said
that I invoked you in vain,
and since you can do everything
with Jesus and Mary,
show me that your goodness
is as great as your power. Amen