

# 3. CONSTITUTIONAL TABLE OF CONTENTS

(WITHOUT EXPLANATION)

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DRAFT  
APPROVED  
UNANIMOUSLY  
BY THE COMMISSION

(C: Way of Perfection; V: Life; M: The Interior Castle; F: Foundations)

# **PART I**

**"WHAT DO YOU THINK WE MUST BE LIKE?"**

**(C 4,1)**

## **CHARISMATIC FOUNDATION**

### **PRESENTATION**

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**CHAPTER 1: "I was thinking about what I could do for God"**  
**(V 32,9)**

## **OUR CHARISM: TERESIAN IDENTITY**

### **1. The Teresian Charism**

The encounter with Jesus Christ: "Our eyes on Christ, our Good." (1M 2,11)  
Three main elements: The Life of Prayer, Sisterly Life, Mission

### **2. Marian Roots and the Life of Carmel**

Carmel is all Mary's  
Mary, Mother and Sister

### **3. Carmelite Inspiration**

Elijah and the First Hermits of Mount Carmel  
The Rule

### **4. The Family of Carmel**

Nuns  
Friars  
Secular Order

## CHAPTER 2: "The Divine and the human are joined" (6M 7,9)

### FOLLOWING JESUS

#### **Introduction**

**The Evangelical counsels:** "To follow the evangelical counsels as perfectly as I could and strive that these few persons who live here do the same" (C 1,2)

- 1. Chastity**
- 2. Poverty**
- 3. Obedience**

## CHAPTER 3: "Our manner of life" (F 2,3) and "the style of our community life" (F 13,5)

### TERESIAN LIFE

#### **Introduction**

##### **1. Sisterly Life. "*Love for one Another*"**

(The Teresian Community. Common Life. Recreation. Forgiveness and Reconciliation. Community Chapter. Teresian Humanism: Infirm Sisters, Fragile Communities, etc.)

##### **2. Life of Prayer. "*Our Rule states that we must pray without ceasing*" (C 4,2)**

Jesus Christ  
Teresian Prayer  
Sacramental Life  
Liturгical Life  
Spiritual Life (Word of God, Spiritual Reading, Retreats, etc.)

##### **3. Evangelical Self-Denial. "*Detachment*"**

"To give ourselves to the All entirely and without reserve" (C 8,1)  
"Losing concern about ourselves and our own satisfaction" (C 12,1)

##### **4. The Interior Way. "*Humility*"**

To walk in Truth  
Self-Knowledge  
Growth and Maturity in the Interior Life  
Configuration to Christ

## CHAPTER 4: "The purpose for which the Lord brought you here together" (C 3,10)

### OUR MISSION

#### **Introduction**

"We could help this Lord of mine as much as possible" (C 1,2)

- 1. An Entirely Contemplative Life**
- 2. Apostolic and Missionary Meaning and Service**
- 3. Insertion into the Particular and Universal Church**

## CHAPTER 5: "Do that which best stirs you to love" (4M 1,7)

### THE MEANS TO FOSTER OUR LIFE

- 1. Solitude and silence (The Eremitical Dimension)**
- 2. The Enclosure**
- 3. Work**
- 4. Digital culture and the Means of Communication**

## **PART II**

### **"THE FOUNDATION FOR THOSE WHO ARE TO COME" (F 4,6)**

### **THE VOCATION TO THE DISCALCED CARMEL FORMATION AND ADMISSION**

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#### **GENERAL ASPECTS OF FORMATION, DISCERNMENT AND THE INCORPORATION OF SISTERS**

##### **Introduction**

Rationale and Objectives of Formation in the Discalced Carmelite Order

##### **1. Dimensions of Integral Formation**

The Process of Formation

Its Dimensions: Human and Sisterly, Cultural, Spiritual and Apostolic, Charismatic

##### **2. Agents of Formation**

The Father, the Son and the Holy Spirit

The Church and the Virgin Mary

The Sister

The Community

The Prioress. The Formator. The Formation Team

The Federation and Association

## CHAPTER 1: "Strong determination to learn" (C 26,10)

### ONGOING FORMATION

#### **1. Ongoing Formation in Daily Life**

The "Humus" of Community Life, Formation Program, etc.

#### **2. Personal and Community Formation**

#### **3. Ongoing Formation with the Federations and Associations**

## CHAPTER 2: "That persons would enter who by their example would be a foundation" (V 36,6)

### DISCERNMENT AND VOCATIONAL ACCOMPANIMENT

#### **Introduction**

Accompaniment and Discernment

#### **1. Aspirancy**

Discernment

Requirements - Admission - Duration

Forms

Purpose and Goal

Formation and Accompaniment

Departure - Dismissal

#### **2. Postulancy**

Discernment

Requirements - Admission - Duration

Purpose and Goal

Formation and Accompaniment

Departure - Dismissal

# CHAPTER 3: "Draw near, then, to this good Master" (C 26,11)

## INITIAL FORMATION IN THE RELIGIOUS LIFE OF CARMEL

### **Introduction**

#### **From Novitiate to Solemn Profession**

##### **1. Novitiate**

Requirements - Admission - Duration  
Purpose and Goal  
Formation and Accompaniment  
Departure - Dismissal

##### **2. Religious Profession**

###### **a) Temporary Profession**

Requirements - Admission - Duration  
Purpose and Goal  
Formation and Accompaniment  
Renewal of Temporary Vows  
Progressive Incorporation into the Community  
Departure - Dismissal

###### **b) Solemn Profession**

Preparation - Admission  
Formation and Accompaniment During the First Years

## CHAPTER 4: "All must come from His hand" (F 5,17)

### BELONGING. SEPARATION

- 1. Incorporation**
- 2. Extern Sisters**
- 3. Transfers**
- 4. Transfer from one Institute to Another**
- 5. Absences**
- 6. Exclaustrations**
- 7. Departure from the Order**  
Dispensation. Dismissal
- 8. Readmission to the Order**

## CHAPTER 5: "Strive to be the kind of rock" (F 4,7)

### FIDELITY TO THE CHARISM

- 1. To Feel with the Church. Charismatic fidelity**
- 2. Mutual Support and Fraternal Correction**
- 3. Remaining**  
Renewal of Profession

# **PART III**

## **"STRIVE TO ADVANCE ALWAYS FROM GOOD TO BETTER" (F 29,32)**

### **COMMUNION AND GOVERNMENT**

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#### **ORGANIZATION AND GOVERNMENT OF OUR TERESIAN COMMUNITIES**

**CHAPTER 1: "With me it was like being in glory to see the  
Blessed Sacrament reserved" (V 36,6)**

#### **CANONICAL STATUS**

**Introduction:** *Sui iuris*, juridical dependence, entirely contemplative life

- 1. Foundation. Canonical Erection**
- 2. Enclosure**
- 3. Vital and Juridical Autonomy**
- 4. Particular Statutes**
- 5. Affiliation**
- 6. Transfers and Construction of Monasteries**
- 7. Suppression**

## CHAPTER 2: "Let us make haste to serve His Majesty" (F 29,32)

### SERVICES FOR THE INTERNAL GOVERNMENT OF THE COMMUNITY

- 1. The Prioress**
- 2. The Council**
- 3. The Community Chapter**  
(Obligations and Rights of the Chapter Sisters, Active and Passive Voice, Renunciation of Active and Passive Voice, Discernment Processes)
- 4. The Elective Chapter**

## CHAPTER 3: "Consulting the friends of God" (V 23,4) RELATIONS OF COMMUNION AND GOVERNMENT

- 1. Relationships of Communion and Collaboration**  
Relations with the Federation and Association
- 2. Relationships of Government**  
Relations with the Superiors of the Order  
Relations with the Bishops

## CHAPTER 4: "Your eyes on your Spouse; He will sustain you" (C 2,1)

### ADMINISTRATION OF GOODS

- 1. Ordinary Administration**
- 2. Extraordinary Administration**

## EPILOGUE

*If, with the help of Our Lord and the glorious Virgin Mother of God, we strive to observe our Rule and Constitutions very carefully, I hope in the Lord that our prayers will be heard (cf. C 4,1).*

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