



## 04 TRAINING MATERIALS (May 2026) INTERNATIONAL COMMISSION FOR THE REVISION OF CONSTITUTIONS 1991

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### VIDEO BY FR. DANIEL CHOWNING, OCD

Dear sisters, this fourth video addresses some aspects of “OUR MISSION” as Discalced Carmelite Nuns, as presented in the draft constitutional index (see Part I, Chapter 4).

It presents the ecclesial and apostolic nature of our charism rooted in the life of prayer of St. Teresa of Jesus. Prayer in friendship with God is a transforming force capable of healing the world that *is burning*; this is what our Mother St. Teresa experienced.

Fr. Daniel emphasizes that, for the Saint, true union with the divine will is manifested in works of charity—*works desired by the Lord*—and in a spiritual commitment that transcends the walls of the convent.

Finally, he links this mission to the spiritual wisdom and prayerful experience of our Father St. John of the Cross and St. Thérèse, presenting the Carmelite vocation as a beacon of love in the heart of the Church. Here are some key points from the video:

- **The apostolic purpose of our life of prayer:** our contemplative life is called to unceasing prayer for the benefit of the Church and the world.
- **Universal missionary vocation.** Like St. Teresa, with an ardent desire to *save souls*, willing to offer her life for the salvation of others. This life is lived for the *transformation of the world* and not for one’s own spiritual satisfaction.
- **The primacy of Love.** The apostolic fruitfulness of prayer is founded on love rather than on the greatness of works. As St. John of the Cross indicates, *a little of this pure love is more precious before God and does more good for the Church than all those other works put together*. St. Thérèse of Lisieux lived this dimension through the discovery of her vocation: *to be Love in the heart of the Church*.
- **Community life as a prophetic sign.** The apostolate begins within the very heart of the community. Mutual love, humility, and daily acts of charity among the sisters have a transformative effect on the world. This *home of love* purifies selfishness and radiates beyond the community, helping to heal the wounds of humanity.

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What other points developed by Fr. Daniel are important for the re-reading and living out of our mission as Discalced Carmelite Nuns today?

Why are St. Teresa’s mystical experiences fundamental to our charismatic identity?

Why, from a Teresian perspective, is a Sister’s concrete service considered a true union with God’s will?

How are evangelical radicalism and the experience of being *close friends of God* brought to life in our communities?

In your community, how does the “wound of love” translate into fraternal acts, and how do the Sisters help one another in daily acts of charity?

Drawing on the image of *the lighthouse* mentioned by Pope Francis in *\*Vultum Dei Quaerere\**, how can our lives guide people through the *darkness of our times*?

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These questions are simply meant to encourage community dialogue about our lives.

**NO NEED TO SUBMIT ANSWERS**

*The International Commission*