



SUNDAY NEWSLETTER

28th Sunday Ordinary Time (B)

13th October 2024

PARISH OF OUR LADY OF MOUNT CARMEL & ST SIMON STOCK, CARMELITE CHURCH
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Mass Times Sundays: Vigil (Sat.) 6.00 p.m., 8.30 a.m., 10.00 a.m., 12.15 p.m. & 6.00 p.m.

Weekdays (including Bank Holidays): 8.00 a.m., 12.15 p.m. & 6.00 p.m.

Livestream (All Masses): www.carmelitechurch.org & YouTube: "Kensington Carmelite Church"

Confessions: Sat: 11.30 a.m. – 12.15 p.m. & 5.00 - 5.50 p.m. Weekdays: 5.40 p.m. - 6.00 p.m.

Priests in the Parish: Fr Thaddeus Ekuma, Fr Matt Blake, Fr Tijo Xavier, Fr John Williamson,

Fr Kelvin Ekhoegbe, Fr Joseph Odiahi

Safeguarding Rep: Franca Bren

Reflection

Learning From The Life And Experiences Of Teresa Of Avila

On the 15th of October, the church celebrates St Teresa of Avila, a Carmelite nun with special gifts and favours, earning her the honour of being celebrated as one of the Doctors of the church. Born in Avila in Spain in 1515 to a devout Catholic family, Teresa grew up knowing so much about her faith, appreciating this great gift of faith. Her love for God and the Catholic church remained undaunted. She often talked about her parents as "God-fearing and devout". Later, she was pleased to express, in writings, the various stages in her spiritual growth, not without her own difficulties either in her prayer life or in reforming the Carmelite order and making foundations.

She had a pleasing life as a young woman, with a good sense of humour. At her young age she loved to do something extra ordinary for Jesus. Once, at the age of seven, she and her brother (Rodrigo) tried to escape from home to die for the faith among the Moors. At the age of thirteen, she

lost her mother, and just three years later, her oldest sister got married and moved away. Now, she had to live just with her father, brothers and younger sister. She did have some struggles too like every young person, but she never lost her faith and trust in God; she rekindled her life to total submission to God. Jesus was her everything and was willing to please him always. At the age of twenty, she entered the Carmelite convent. The monastery provided her the added opportunities to grow and flourish in her spiritual life. She had struggles though with health, but she benefitted a lot from these helping her to become aware of the various ways that God chooses to journey with us, and our responses to his invitations. Her life of prayer deepened very much. After some years in the Carmelite monastery, Teresa began to experience supernatural favours. She related to her confessor that she has been hearing voices and seeing visions of the divine, which sometimes put her in a state of divine

union. All through her life, especially after joining the monastery, she had a strong sense of the importance of prayer. Her experiences in prayer had so great influence on her as a person, and how she wanted her reform to be like. Her writings speak about this, stressing how we can establish good relationship with God through prayers. She found the true fountain, her spouse, the One who would satisfy all her longings. She wanted all those close to her to take prayer life seriously and avoid whatever may prevent this from taking root. She would expect that the sisters are free from distractions from visitors to provide them the opportunity for prayer. *"Now, after a long and difficult spiritual journey, Teresa regarded strict enclosure as absolutely necessary for nuns, the only way to guarantee a quiet and prayerful life free the distractions and obligations of the outside world."*(Kavanaugh, *The Book of Her Life*: Introduction)

She believed strongly the presence of Christ within us. She had a simple, but beautiful description of prayer, “*a loving conversation with a friend whom we know loves us.*” And if God is so much our friend, we must spend time with him, as would friends, and talk to him. Teresa was aware that there are struggles when it comes to prayer. Her solution to this, as advised by her spiritual director, was to pray to the Holy Spirit; He is the best teacher. And our Lord will teach us the best part to take to reach this.

She encourages us to have “determined determination” on the road because of the gains. Jesus comes to offer us the best, the living water, and only the determined, the focused mind can stick to this gift without looking elsewhere. When she founded communities, she emphasised that they become places of prayer; wherein one can understand who Jesus is and long to spend time with Him. And the fruits of our prayer life will always shine out in our good deeds. We have

become Christ’s eyes, hands and feet. Through us, Christ will reach all with compassion, with care and teach them the ways of Christ. The Church recognises this great woman as a treasure, and a model in our ways of seeking to know and love God. Her writings are filled with spiritual insights on how to live according to God’s plan for us. Above all, she invites us to ask Jesus always to give us the living water.

NOTICES

To follow the
Mass Readings
on your phone,
please scan the
QR Code:



SOLEMN MASS FOR THE FEAST OF ST. TERESA OF AVILA

Tuesday, 15th October, is the Solemnity of St. Teresa of Aila, the Foundress of the Discalced Carmelites. We will have a Solemn Mass in honour of St Teresa at **6.00pm**. Refereshments will follow after the Mass. All are invited.

PASTORAL LETTER ON ASSISTED SUICIDE

We have received a pastoral letter from the Archbishop, Cardinal Vincent Nichols regarding the recent bill in the Parliament on Assisted Suicide. This letter will be read out at all masses this weekend and you all invited to take part in this debate and make your voices heard on this important topic.

CATECHISM CLASSES START NEXT SUNDAY

First Holy Communion classes will begin next **Sunday, 20th October at 11.00am**. Next Sunday will be an initial meeting with parents and children. Important information and details of the catechism programme will be shared.

If you have children for first holy communion and have not yet registered, please do so during the week. Children for holy communion must be 7yrs old by 31st last August

Registration form can be found on our website:
www.carmelitechurch.org/activities/catechism-classes or
email enquiries@carmelitechurch.org to request a form.

Commencement of Confirmation Classes will be announced in due time

RECEPTION INTO THE CHURCH AND ADULT CONFIRMATION

Registration is open for any adult who wishes to be become a Catholic or be received into the Catholic church. Also any adult Catholic who is not yet confirmed and wishes to receive the sacrament of Confirmation should make contact through enquiries@carmelitechurch.org

You may make your offering or donation by scanning this
QR Code with your mobile phone
Thank you and God bless!



Collections Last Sunday:

Offering	£1760
Gift Aid Envelopes	£123

Thank you for your generosity!

Fr Thaddeus