

**FORMATION I** is for those who have received the Scapular and are candidates in formation preparing to make the Temporary Promise.

## **GOALS AND OBJECTIVES**

The purpose of this stage of formation is to prepare to make the temporary promise (to follow the Evangelical Counsels and to live in the spirit of the Beatitudes) through the serious study of prayer, the scriptures, the documents of the Church, the saints of the Order, and formation in the apostolate of the Order. (cf. *OCDS Constitutions* 36 b, c, d) At the end of these two years, the applicant may be invited by the Council to make the temporary promise to live the evangelical counsels and the spirit of the beatitudes for three years.

### **A. Human formation**

- Learning how to put into practice the virtues of humility, detachment and charity.
- Learning to persevere in commitments.

### **B. Christian formation**

- To follow Jesus as both precept and example, with Mary as our model.. (The Gospels; *Marialis Cultus*)
- Beginning of internalization of the evangelical counsels and the beatitudes, through study and practice. (*Catechism of the Catholic Church*, Part Three, “Life in Christ” # 1701 – 1729.)

### **C. Carmelite formation**

- Understanding the *Rule of St. Albert* and *OCDS Constitutions* well enough to make an informed decision about undertaking the Promise and becoming a

member of the order, especially the fundamental elements of the Teresian Carmelite Secular vocation as expressed in *OCDS Constitutions* 6 and 9.

- Understanding and practice of prayer in the Teresian tradition.  
(*Way of Perfection*; *Lectio Divina*; *Catechism of the Catholic Church*, Part Four, “Christian Prayer.”)

#### **D. Formation for the Apostolate**

- Continued growth in service to the OCDS community through willingness to share time and talents.
- Discerning priorities and motivations in service.

### **CURRICULUM**

With the community at large:

- *OCDS Constitutions* and *Provincial Statutes*
- Scripture study and *lectio divina*
- Saints of the Order

#### **Year 1**

- *Rule of St. Albert*
- *OCDS Constitutions* and *Provincial Statutes* (monthly), perhaps with judicious use of *Be Holy* and *Commentary on the Rule of Life*
- Review of recitation of the *Liturgy of the Hours*, as necessary
- *Way of Perfection* together with review of *Catechism of the Catholic Church*, Part Four
- *Marialis Cultus: Devotion to the Blessed Virgin Mary* (Assigned reading)
- *Redemptoris Custos: Guardian of the Redeemer* (Assigned reading)

- Prayer:
  - *Catechism of the Catholic Church*, Part IV, Christian Prayer #2558-2865
    - Types of prayer:
      - Blessing and Adoration;
      - Prayer of Petition;
      - Prayer of Intercession;
      - Prayer of Thanksgiving;
      - Prayer of Praise
    - Expressions of prayer: vocal, meditative, contemplative
  - *Lectio Divina*, by Fr. Anthony Morello, OCD. See also *Practical Application of Lectio Divina for Carmelites* on pages 94A-1 – 94A-3.
- Structure of the Carmelite Order. See charts, pages 149-152. Tell them names of Father General, General Delegate to the Secular Order, Father Provincial, Provincial Delegate to the Secular Order. Discuss the decree on the front page of the *OCDS Constitutions*.
- *Discernment of OCDS Vocation*, by Fr. Aloysius Deeney, OCD, reproduced here on pages 43-50.

## Year 2

- Prior to the study of his writing, the biography of St. John of the Cross in *Introduction to Collected Works of St. John of the Cross*, ICS edition.
- *The Living Flame of Love*
- *OCDS Constitutions* (monthly)
- *Apostolicam Actuositatem: Decree on the Apostolate of the Laity* (Assigned reading)
- Preparation and discernment for the temporary promise
  - Catechism of the Catholic Church*, Part Three, “Life in Christ” #1701 – 1729.)

*The Beatitudes as Integral Part of the Promise* by Fr. Aloysius Deeney, OCD, found at pages 51-68 of these *Guidelines*

*Discernment of OCDS Vocation* by Fr. Aloysius Deeney, OCD, on pages 43-50 of these *Guidelines*

*Discernment* by Fr. Francis Lindekugel, S.J., pages 83-93 of these *Guidelines*

- Study of the ceremony rite and the *Instruction of the Superior General of the Discalced Carmelites*, Most Reverend Fr. Philip Sainz de Baranda, OCD, which can be found in the *Legislative Documents for the OCDS of the California-Arizona Province of St. Joseph*, pp. 78-80.
- Meditate on the words of the Promise daily for the entire year.
- Scriptural meditation

### **Essential Resources**

- *Holy Bible*
- *Catechism of the Catholic Church*
- *Legislative Documents for the OCDS of the California-Arizona Province of St. Joseph*
- *Way of Perfection (Collected Works of St. Teresa of Avila, vol.2)*
- *Marialis Cultus*
- *Redemptoris Custos*
- *Introduction to The Collected Works of St. John of the Cross*
- *The Living Flame of Love (Collected Works of St. John of the Cross)*
- *Apostolicam Actuositatem*
- *Lectio Divina* by Sam Anthony Morello, OCD

**Recommended Supplemental Resources for Formators:** See pages 34-35.