

**FORMATION II** is for those candidates who have made the Temporary Promise and are preparing to make the Definitive Promise.

## **GOALS AND OBJECTIVES**

The purpose of this period of formation is to prepare the candidate to embrace fully the demands and rewards of living the way of life inspired by the Rule of St. Albert and outlined in our *OCDS Constitutions*. “In the last three years of initial formation there is a deeper study of prayer, the scriptures, the documents of the Church, the saints of the Order, and formation in the apostolate of the Order. At the end of these three years, the applicant may be invited by the Council to make the definitive promise to live the evangelical counsels and the spirit of the beatitudes for life” (*OCDS Constitutions* 36 d).

### **A. Human formation**

- Personal growth in humility, detachment and charity
- Perseverance in commitments

### **B. Christian formation**

- Deeper understanding of scripture and the documents of the Church acquired through study and prayer (*OCDS Constitutions* 36d)
- Growth in ability to discern the will of God and follow it (*OCDS Constitutions* 10)

### **C. Carmelite formation**

- Deeper prayer through study and practice
- Deeper knowledge and understanding of saints of the Order
- Continuing study and integration of the *OCDS Constitutions* into daily life
- Internal preparation for the definitive promise

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

- Responsible participation in the community apostolate and the lay Christian apostolate (*OCDS Constitutions* 36d)
- Willingness to serve and support the community

## **CURRICULUM**

With the community at large:

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

### **Year 1**

- *Story of a Soul* by St. Therese of Lisieux – in depth
- *Lumen Gentium: Dogmatic Constitution on the Church*
- Theme for preparation and discernment for the definitive promise: Charity

For resources on discernment, see Formation I year 2, p. 16.

## Year 2

- *Interior Castle* by St. Teresa of Avila
- *Christifideles Laici: The Lay Members of Christ's Faithful People*
- Theme for preparation and discernment for the definitive promise: the evangelical counsels of obedience, poverty, and chastity

For resources on discernment, see Formation I year 2, p. 16.

## Year 3

- *Ascent of Mt. Carmel* by St. John of the Cross
- *Novo Millennio Ineunte: At the Beginning of the New Millennium*
- Theme for preparation and discernment for the definitive promise: the Beatitudes
  - *Catechism of the Catholic Church*, Part Three, "Life in Christ", section one, chapters one and two
  - "*The Beatitudes as Integral Part of the Promise* " by Fr. Aloysius Deeney, OCD, pages 51-68 of these *Guidelines*
- Meditate daily on the words of the definitive promise for the entire year

For resources on discernment, see Formation I year 2, p. 16.

## Essential Resources

- *Legislative Documents for the OCDS of the California-Arizona Province of St. Joseph*
- *Story of a Soul*, by St. Therese of Lisieux
- *Lumen Gentium: Dogmatic Constitution on the Church*
- *Interior Castle*, by St. Teresa of Avila
- *Christifideles Laici: The Lay Members of Christ's Faithful People*
- *Ascent of Mt. Carmel*, by St. John of the Cross
- *Novo Millennio Ineunte: At the Beginning of the New Millennium*
- *Catechism of the Catholic Church*
- "The Beatitudes as Integral Part of the Promise", by Fr. Aloysius Deeney,  
OCD

**Recommended Supplemental Resources for Formators:** See p. 35.