

## TABLE OF CONTENTS

	<i>Page</i>
Introductory Letter .....	i
Acknowledgments.....	iii
Mission Statement .....	1
Climbing the Mount in Response to God’s Call to Carmel .....	2
Specifics for All Stages of Formation .....	4
Stages of Formation.....	9
Definitions.....	9
Aspirancy.....	11
Formation I.....	14
Formation II.....	18
Ongoing Formation .....	22
Accountability .....	27
Resources.....	33
Essential Resources .....	33
Supplemental Resources .....	34
Websites of Interest .....	38
Carmelite Periodicals.....	39
Articles.....	41
Discernment of OCDS Vocation .....	43
The Beatitudes as Integral Part of the Promise .....	51
Scriptural Meditation.....	69
Our First Duties as Carmelites.....	75
Some Thoughts on the First Steps .....	77
Impediments to Joining the Secular Order.....	79
Saying No When the Call to Carmel Is Lacking .....	81
Discernment.....	83
Vows in the Secular Order of Discalced Carmelites.....	93A-1
Writing a Syllabus.....	93A-9
Writing a Lesson Plan.....	93A-12

Practical Application of <i>Lectio Divina for Carmelites</i> . . .	93A-21
Study and the OCDS . . . . .	93A-25
Tools for Use in Formation. . . . .	95
Principles for Leading Discussions. . . . .	97
Teaching Methods and Principles for Assignments . . . . .	99
Models for Assignments . . . . .	101
Sample Fill-In-the-Blank Questions . . . . .	103
Sample Open-Ended Questions . . . . .	109
Excerpts from <i>Canadian OCDS Manual of Formation</i> . . . .	123
Aspirant's Self-Help Evaluation Sheet . . . . .	125
Self-Evaluation . . . . .	126
Points that Councillors May Want to Consider. . . . .	128
Guidelines for All Interviews . . . . .	129
Creative Adaptations . . . . .	135
Portrait of Successful Formation . . . . .	139
Organization charts. . . . .	149
Map. . . . .	149
National Council. . . . .	150
OCDS . . . . .	151
OCD Friars . . . . .	152
Liturgy of the Hours Instructions . . . . .	153
Liturgy of the Hours Card. . . . .	156
Sample Forms. . . . .	157
Roster. . . . .	159
Ceremonies Tracking Form. . . . .	160
Attendance Record . . . . .	161
Formation Assignments. . . . .	162
Formation Tracking Forms . . . . .	163
Aspirancy. . . . .	163
Formation I . . . . .	165
Formation II. . . . .	167
Formation Report. . . . .	170
Formation Review. . . . .	171
Aspirancy. . . . .	171
Formation I . . . . .	172
Formation II. . . . .	173
Bibliography. . . . .	174