

## **#THE HISTORY OF THE DISCALCED CARMELITE ORDER (ODC)**

Desiring to live a more fervent Christian life, a small group of Crusaders gathered on Mt Carmel, the sacred hilltop in Palestine around the year 1192. In Hebrew, Carmel means Garden. Scripture refers often to the holy mountain of Carmel, a place of beauty and abundance. Beyond the physical, Carmel is also a spiritual garden, a place of Divine Beauty where God dwells in His Majesty.

These Hermits, inspired by the spirit of Elijah dedicated themselves to a life of prayer and contemplation in solitude and silence. Their devotion to Mary was shown by the title they gave her - that of Patronage and Mother.

In 1562, St Teresa of Avila started the reform for nuns in the Carmelite Order and in 1568, together with St John of the Cross, they started the reform for the Friars.

The Carmelite Rule is unique in that it draws from the Hebrew Scriptures as well as the New Testament. The Order traces its roots to the Prophet Elijah, who was Zealous for the Glory of God (1King 19:14) and the Salvation of souls, and his discovery of God in the whispering of the gentle breeze.

### **#MOTTO:**

**"With Zeal have I been Zealous for the Lord God of Hosts" (1King 19:14)**

### **#CHARISM:**

The Heart of the Carmelite Charism is Prayer and Contemplation. Contemplation is a special gift of infused love given by God. This is the highest form of prayer. One remains open to this gift should it be offered and accepts it in gratitude and humility.

### **#VISION:**

Through Prayer: Intimacy with God for everyone.

### **#MISSION:**

In the Heart of my Mother the Church, I shall be Love. To be intimate friends to Christ, praying for all, especially the Leaders of the Church, those in the Mission fields, the poor and suffering and interceding for all.

### **#STAGES OF FORMATION:**

Pre-postulancy: 2 - 3 years (Yangon)

Postulancy: 1 - 2 years (Singapore)

Novice: 2 years (Singapore)

Temporary Professed: 4 - 5 years (Singapore)

### **#COAT OF ARMS**

“Zelo zelatus sum pro Domino Deo exercituum” “With zeal have I been zealous for the Lord God of Hosts.” – 1 Kings 19:10

YouTube:

A Glimpse of life at Carmel at

<https://youtu.be/1b6RhjiyOPI>