

**Friends of Carmel: *The Way of Perfection***

1	<b>Purpose of the Teresian Carmel (reformed)</b>	Goal pursued at St. Joseph: serve God and His Church and not the world ( <b>end of chap.1- chap.2</b> ) Getting everything from God: place of poverty in convents	Chs. 1-3
2	<b>Teresian Virtues: Foundations of Prayer-Love of Neighbor, Detachment, Humility</b>	The 3 Virtues	4-15
		Brotherly Charity	4-7
		Detachment	8-9
		Detachment from external things	8-9
		Detachment from myself and humility	10-14
		Humility	15-16
		Game of Chess	16, 1-4
		Contemplation and the Moral Life	16
		Why talk about virtues when she was asked to talk about contemplation? Contemplation to stop sinning.	
		Humility continued: the foundation of mental prayer gladly accepting with joy the path the Lord has planned for us.	17-18
3	<b>The Our Father, the guide book to spiritual life</b>		19-42
	<b>3a. Principles of Spiritual Life: Mental Prayer &amp; Determination</b>		19-23
		Generalities of Mental Prayer	19- 20, 22
		- Contemplation and its 3 effects	19
		- Diversity of Paths	20
		- What is Mental Prayer	22
		Determination	21, 23
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		Pursuing this path the idea came to St. Teresa to write a commentary on the Our Father	21, 2-4
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	<b>3c. Commentary on the <i>Our Father</i> as a spiritual path</b>		27-42
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		How to get started, consider this truth: Prayer of Recollection <b><i>Who art in Heaven</i></b>	28-29
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		Prayer of Quiet Prayer of Union <b><i>Hallowed be Thy Name</i></b>	30-31
		Prayer of Union, Union of the Will, Rapture <b><i>Thy will be done on earth as it is in Heaven</i></b>	32
		The Eucharist: Christ gives us the means by grace to do God's will <b><i>Give us this day our daily bread</i></b>	33-35

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		We will be God's children in eternity <b><i>But Deliver us from evil Amen</i></b>	42, 1-4
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