

## Meeting Agenda

The meetings take place on successive weeks throughout the School Year.

### Meeting Format:

- a) Ideally a very simple meal together (optional)
- b) A brief group exchange of important prayer experiences since the last meeting
- c) A presentation on the writings of St. Teresa of Avila (or another Carmelite Saint)
- d) Discussion of the text assigned for study and reflection during the previous meeting
- e) A time of silent prayer together as a group

## SAMPLE FORM

### Theme for the Year

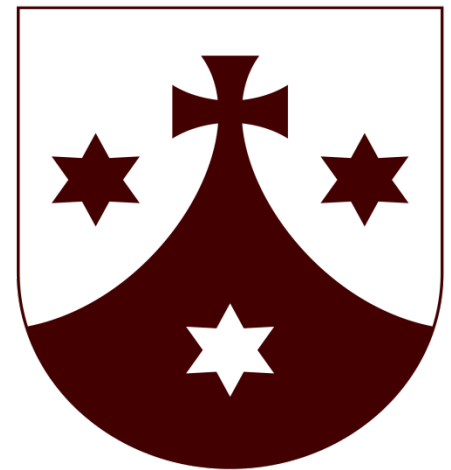
St. Teresa of Avila

### TOPIC

The Life of St. Teresa of Avila by Herself

### CONTACT:

## FRIENDS OF CARMEL



Church Name/Address

## *Friends of Carmel*

### **What it is**

The Friends of Carmel affords an opportunity for individuals wishing to journey with others to:

- deepen** their understanding of Carmelite spirituality through personal work guided by short extracts from the writings of St. Teresa of Avila (or another Carmelite Saint)
- benefit** from support for their spiritual life and make progress in the practice of Carmelite prayer;
- experience** conviviality and discussion in the safety of the meetings led by a Carmelite Secular;

The **goal** is to encourage, enlighten and support one another, to pray together and to enable each one's personal friendship with God.

The size of the group is ideally restricted. (a maximum of 10-15 people)

## *Friends of Carmel*

### **What it is not**

The Carmelite group is **not**:

- a group having for goal to learn about Carmelite Spirituality without putting it into practice;
- a group to share one's personal problems.

### **How to Participate**

- There is a preliminary discussion with the group organizer;
- After having participated in 1-2 meetings, if you wish to continue you must commit to the remaining sessions;
- At the end of the year each participant indicates if (s)he wishes to continue (or not) the following year.

## *Friends of Carmel*

### **Commitment**

-Participants commit to:

- reading & reflecting** on the short, assigned text with an attentive heart as many times as possible until the next meeting for the text to 'work' within you.
- devoting** time regularly to silent prayer.
- **regular attendance** and active participation in meetings.