

**ASPIRANCY** is for those who are beginning to discern a call to a vocation in the Secular Order of Discalced Carmelites.

## **GOALS AND OBJECTIVES**

*“The purpose of this stage is that the applicant might become more familiar with the community, the style of life and service to the Church proper to the Secular Order of the Teresian Carmel. This period also give[s] the community the opportunity to make an adequate discernment.” (OCDS Constitutions 36a)*

At the end of the Aspirancy, the applicant may be invited by the Council to receive the scapular and enter the formal period of formation in preparation for the Temporary Promise.

### **A. Human formation**

- The entire Community welcomes and accompanies the Aspirants on their journey of discernment.
- The Community mentors Aspirants in all aspects of OCDS life.

### **B. Christian formation**

- Understanding how to use the *Catechism of the Catholic Church*
- Understanding what the *Catechism of the Catholic Church* teaches about the celebration of the Christian Mystery in the liturgy and sacraments.
- General introduction to documents of the Church describing the role of the laity and their relationship to the Carmelite secular vocation. (*Lumen Gentium*, especially 30-42; *Apostolicam Actuositatem*; *Christifideles Laici*; *Novo Millennio Ineunte*; *Marialis Cultus*).

### **C. Carmelite formation**

- Instruction in living the Rule through the *OCDS Constitutions*

- Basic understanding and practice of Carmelite prayer:
  - Quiet prayer
  - Liturgy of the Hours
- Right understanding of devotion to Mary and of the scapular;
- Initial discernment of a prospective vocation;
- Rudimentary understanding of history and structure of the Order;

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

- Movement to commit to Christ in Carmel;
- Introduction to sharing concretely in community life by doing as well as talking; being participators, and not just spectators.
- Preparation to recognize and respond to a call to participate in the apostolates of the Order.

### **CURRICULUM**

With the community at large:

- *OCDS Constitutions and Provincial Statutes*
- Scripture study and *lectio divina*
- Saints of the Order
  
- Teach how to use the *Catechism of the Catholic Church* by using Part Two, “The Celebration of the Christian Mystery”, #1066 - 1209.
- Introduction to quiet prayer  
*Rule of St. Albert; OCDS Constitutions 17-24*
- History and structure of the Order; mention names of office holders, drawing attention to participation in community life and apostolate, with emphasis on fidelity to commitments.  
*Rule of St. Albert; OCDS Constitutions 37-60*
- Recitation of the *Liturgy of the Hours*  
*Liturgy of the Hours, General Instruction, located in Volume 1 of 4*
- Teaching on the Scapular  
*The Scapular of Our Lady of Mount Carmel: Catechesis and Ritual*

- *Rule of St. Albert and OCDS Constitutions, Provincial Statutes, and overview of Ritual for Ceremonies (found in Legislative Documents for the OCDS)*
- Blessings of community life: personal support, participation in community life and apostolate, with emphasis on lifetime commitment to attendance at monthly meetings, giving service, holding office, etc.  
*OCDS Constitutions 9, 13-15, 26, 34, 40, Epilogue; Provincial Statutes*
- Marian dimension of Carmel  
*OCDS Constitutions 4, 29-31; Provincial Statutes*
- Introduction to the Carmelite dimension of detachment, penance, mortification and suffering in the spirit of the evangelical counsels and the beatitudes.  
*OCDS Constitutions 10-16, 22; Provincial Statutes*
- Carmelite charism and discernment  
*Discernment of OCDS Vocation* by Fr. Aloysius Deeney, OCD on pages 43-50 of these *Guidelines*
- What might be an impediment  
*Catechism of the Catholic Church; OCDS Constitutions and Provincial Statutes* (See also *Impediments to Joining the Secular Order*, by Doreen Glynn Pawski, OCDS, at pages 79-80 of these *Guidelines*.)
- Carmelite mission and apostolate  
*OCDS Constitutions 25-28 and the Epilogue*

### **Essential Resources**

- Holy Bible
- *Catechism of the Catholic Church*
- *Rule of St. Albert*
- *OCDS Constitutions*
- Provincial Statutes
- *Discernment of OCDS Vocation* by Fr. Aloysius Deeney, OCD
- *Liturgy of the Hours*
- *The Scapular of Our Lady of Mount Carmel: Catechesis and Ritual*

**Recommended Supplemental Resources for Formators:** See page 34.