



Saint Joseph Lay Carmelite Community #2415 Rochester, Minnesota
Province of the Most Pure Heart of Mary
September 2024 Newsletter

Dear Lay Carmelites,

On September 14th we celebrate the Exaltation of the Holy Cross!

Early in the fourth century, Saint Helena, mother of the Roman Emperor Constantine, went to Jerusalem in search of the holy places of Christ's life. She razed the second-century Temple of Aphrodite, which tradition held was built over the Savior's tomb, and her son built the Basilica of the Holy Sepulcher on that spot. During the excavation, workers found three crosses. Legend has it that the one on which Jesus died was identified when its touch healed a dying woman.

The cross immediately became an object of veneration. At a Good Friday celebration in Jerusalem toward the end of the fourth century, according to an eyewitness, the wood was taken out of its silver container and placed on a table together with the inscription Pilate ordered placed above Jesus' head: Then "all the people pass through one by one; all of them bow down, touching the cross and the inscription, first with their foreheads, then with their eyes; and, after kissing the cross, they move on."

To this day, the Eastern Churches, Catholic and Orthodox alike, celebrate the Exaltation of the Holy Cross on the September anniversary of the basilica's dedication. The feast entered the Western calendar in the seventh century after Emperor Heraclius recovered the cross from the Persians, who had carried it off in 614, 15 years earlier. According to the story, the emperor intended to carry the cross back into Jerusalem himself but was unable to move forward until he took off his imperial garb and became a barefoot pilgrim.¹



Moreover, let us meditate on September 8th that we celebrate (unless on a Sunday) the Nativity of the Blessed Virgin Mary--so close in time to the Feast of the Exaltation of the Holy Cross.

The Blessed Virgin Mary is our mother, sister and patroness of our Carmelite Order. We place ourselves under her maternal protection. The mystery of her life and union with Christ is our ideal model of consecration. Like Mary, we bear Jesus in our hearts, contemplate Him in silence, serve Him in humility, stand at the foot of His cross and share the joy of His resurrection.²

September Carmelite Saints and Blesseds:

Saint Teresa Margaret Redi of the Sacred Heart (1747-1770)-Virgin--1st; Nativity of the Blessed Virgin Mary--8th; Blessed Mary of Jesus (1560-1640)-Virgin--12th; Holy Name of the Blessed Virgin Mary--12th; Exaltation of the Holy Cross--14th; Saint Albert of Jerusalem (1149-1215)-Bishop and Lawgiver of Carmel--17th

September Birthday Remembrances of Holy Mass at the Annunciation Hermitage: Bob Kertis & Michael Kacir - 2nd; Sharon Stanton -5th; Sandra Groslic-14th; Marie Goihl-20th; Faye Schultz (deceased)-22nd

¹ [Exaltation of Holy Cross, Feast September 14th - Mary, our Spiritual Mother leads us to Jesus! \(marytojesus.com\)](http://marytojesus.com)

² [Blessed Virgin Mary | Carmelite Monastery of Our Lady and Saint Therese \(carmelitesistersbythesea.org\)](http://carmelitesistersbythesea.org)



8am Holy Mass St Pius (optional)
 Co-Cathedral of St John the Evangelist. Sept. 7th.
Upper Room.
 9:15-12:15 Meeting.
 Side 1 Terese; Side 2 Paula.

Christian Prayer: Week II

Inv. 845.
 Hymn #17.
 Psalms/Canticle: 845-849.
 Reading/Intercessions/Pr.: 849-850.

Volume IV: Week II

Inv. 922.
 Hymn "Christ is the world's Light". 922.
 Psalms/Canticle: 926-930.
 Reading/Intercessions/Pr.: 930-931.

Consecration to BVM; Salve Regina; St Joseph Prayer.
 Lectio Divina: St. [Mk 7:31-37](#). [Michael]

Carmel's Call: (old) Ch. 7-9. pp. 34-37.

Announcements.

Election of 2nd Councilor.

Treats. [Marie, Terese, Marilyn and Niniek]

On-going Formation-St Elizabeth Vol. 1: 'Last Retreat-Intro/Days 1 & 2' (pp 131-143)

Announcements:

- Pray to discern our election for 2nd Councilor ballot in step into Alan's role for this 2.5 year term:

The ballot:

Niniek Pranoto.

- SJLCC Adorers Chapel of the Co-Cathedral. We lead on Fridays of each month 4-5 pm. Adore Jesus with us!
- "Come and See" discerning the call to Carmel continues September and October. Bring your interested friends & family...extend our Carmelite welcome to all!
- Reserve Saturday, September 28th to Visit and serve the Hermits of St Mary.

Please let Terese and Marie know you are helping that day. We plan Holy Mass with the Sisters, gardening, and lunch together. This is our service!



Formation Notes:

On-going Formation is St Elizabeth Vol. 1: 'Last Retreat- Intro/Days 1 & 2' (pp 131-143). Prepare to share your underlined passages/notes that inspire you.

Phase II (Year 1): Ruth: Ch. 8a, 'History of the Carmelite Family, Part 1', pp. 155-181, with Terese.

Phase II (Year 2): Tia: Ch. 18a, 'Holy Men and Women of Carmel, Part 1a. Early Saints', pp. 477-506, with Deacon Randy.

Interview Clark Amorillo after September Community Meeting with Terese and Marie.

Formation groups meet at St. James Coffee every 3rd Sunday, noon till 2 pm.

TABLE 1	TABLE 2	TABLE 3	TABLE 4
Marie Goihl (Lead)	Suzie Oliver (Lead)	Dave Reinschmidt (Lead)	Terese Horlocker (Lead)
Saundra Groslie	Marilyn Baker	Mary Hayek	Slava Dousa
Deacon Randy	Bob Robak	Paul Byron	Sharon Stanton
Paula Plummer	Bob Kertis	Dorothy Loftus-Nall	Niniek Pranoto
Michael Kacir	Dianne Johnson	Ruth Wentz	Tia Meyer
Clark Amorillo	Lise Paulik	Laurie Archbold	Deb McCauley
Anne Cuccio	Suzanne Norris	Lynne Gaffey	Jasmine Sexton

In Carmel,
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Our Carmelite Charism: Prayer, Community and Service

