



## LEEDS & YORK CARMELITE SPIRITUALITY GROUPS

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### A GUIDE TO THE DISCUSSION DOCUMENTS & FORMATION RESOURCES

At most monthly meetings we hear a presentation on a theme of Carmelite spirituality, and then discuss it as a group. Everyone is encouraged to take part in the discussion but no one is pressured to do so. We assume no prior knowledge or experience of 'Carmel' and its spirituality. The documents we use to prompt discussion are modules from the *National Formation Programme* of the Carmelite Third Order (the formal 'lay' branch of the Carmelite Family). These module have been printed in *Assumpta* magazine and copies are circulated to the group in advance of a meeting; they will soon be published as a book. It helps discussion if you can read the module before the meeting but don't worry if you can't.

In order to fully appreciate what is said in the *National Formation Programme* modules, the following explanations and resources may be helpful...

**The Bible:** Carmelite spirituality is very much rooted in the Scriptures so you may want a Bible to hand whilst reading the modules or bring a copy to the meetings. There are many translations available; most quotations in the module texts come from the New Revised Standard Version (NRSV).

**The Rule of Saint Albert:** This is the founding document of the Carmelite Order, a *way of life* written by Albert the Patriarch (bishop) of Jerusalem sometime between 1206 and 1214 for the first hermits living on Mount Carmel. A copy will be given to all new members of the group. It is also available in a number of books and on the spirituality section of the British Province of Carmelites website: [www.carmelite.org](http://www.carmelite.org)

**Rule for the Third Order of Carmel (RTOC):** This is the document issued in 2003 which interprets the *Rule of Saint Albert* and Carmelite life for lay people today. It is published by Edizioni Carmelitane and can be ordered from Saint Albert's Press (see overleaf). It is also available online: <http://www.ocarm.org/eng/articles/rtoc-eng.htm>

**Ratio Institutionis Vitæ Carmelitanae (RIVC):** The *Ratio* was issued in 2000 as a guide for those undergoing formation in the Carmelite tradition. It is available online via the Province website's spirituality section: [www.carmelite.org](http://www.carmelite.org)

**1995 Constitutions of the Carmelite Friars:** This is the document which sets out the spirit and general statutes (regulations) of the friars. The first two sections are available online via the spirituality section of [www.carmelite.org](http://www.carmelite.org)

As the Carmelite Spirituality Groups grow we will purchase these and other important texts for the lending libraries. You can also buy your own copy of these documents from the Carmelite book services at Aylesford, Faversham and Oxford (addresses overleaf). St. Paul's Bookshops in Leeds and York can also obtain Carmelite books for you.

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*Assumpta* is the magazine for Lay Carmelites in the British Province and is an excellent source of news and articles about Carmel. The price is covered for members of the Third Order by their annual contribution; others can enquire about subscribing by contacting Veronica Errington, the Third Order National Secretary:

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☎ 01704 821642

*Carmel in the World* is the international English-language magazine for Lay Carmelites. Please contact Johan (address overleaf) for details of subscriptions.

*Mount Carmel* magazine is a quarterly review of the spiritual life produced by the Discalced Carmelites in Oxford. The annual subscription is £10.00 and can be sent to the Carmelite Book Service (see below). For further details please visit: [www.carmelite.org.uk/mteditorial.html](http://www.carmelite.org.uk/mteditorial.html)

CITOC is the news service of the international Carmelite Order. It can be received free via e-mail bulletins. For details visit: [www.ocarm.org](http://www.ocarm.org)

**Useful websites:**

British Province of Carmelites (O.Carm.)	<a href="http://www.carmelite.org">www.carmelite.org</a>
Carmelite General Curia in Rome (O.Carm.)	<a href="http://www.ocarm.org">www.ocarm.org</a>
Discalced Carmelites (O.C.D.)	<a href="http://www.carmelite.org.uk">www.carmelite.org.uk</a>
Carmelite Institute of Britain & Ireland	<a href="http://www.cibi.ie">www.cibi.ie</a>

**Useful addresses for resources:**

The Friars Bookshop  
The Friars, Aylesford,  
Kent, ME20 7BX  
☎ 01622 715770  
E-mail: [bookshop@thefriars.org.uk](mailto:bookshop@thefriars.org.uk)  
Website: [www.thefriars.org.uk](http://www.thefriars.org.uk)

Saint Albert's Press  
Carmelite Friars, 34 Tanners Street,  
Faversham, Kent, ME13 7JN  
☎ 01795 537038  
E-mail: [saintalbertspress@carmelites.org.uk](mailto:saintalbertspress@carmelites.org.uk)  
Website: [www.carmelite.org](http://www.carmelite.org)

Carmelite Book Service  
Discalced Carmelite Priory, Boars Hill  
Oxford, OX1 5HB  
☎ 01865 730183  
E-mail: [info@carmelitebooks.com](mailto:info@carmelitebooks.com)  
Website: [www.carmelite.org.uk/acatalog](http://www.carmelite.org.uk/acatalog)

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If this list of resources seems long, don't worry! In the Leeds and York Carmelite Spirituality Groups you won't ever be 'tested' on your knowledge of Carmelite resources. This list is simply provided in case you want to explore the Carmelite tradition at home as well as in the group. If you need any more information about these or other resources, don't hesitate to contact the group convenors.

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