



CONGREGATION OF OUR LADY OF MOUNT CARMEL UNITED STATES, PHILIPPINES, AND TIMOR-LESTE OFFICE OF DEVELOPMENT

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Dear Friends of Carmel,

“...O God, be merciful to me a sinner.”
-Luke 18:13 (NAB)

This scripture text reminds me of what the Season of Lent is all about. Ash Wednesday, the seventh Wednesday before Easter Sunday, marks the beginning of the Season of Lent. The ritual of putting ashes on our forehead symbolizes our humility before God as we mourn the death that sin brings into the world. The Season of Lent reminds us and challenges us not only to mourn for the death of Jesus, but to help us realize the consequences of sin within us, around us, and in the world. As Christians, we are asked to offer our penitential prayer, fasting, and almsgiving.

The journey through Lent provides us the opportunity to put ourselves humbly before God, confessing our total inadequacy before God who unconditionally loves us. The Season of Lent calls us to examine our own lives and allows us to come before God in dust and ashes as we empty ourselves from our weaknesses and all that hinders the grace of God to penetrate into our being.

Journeying with Jesus in His passion and death is a great opportunity for us to enter into a spiritual pilgrimage, hoping a true and genuine spiritual renewal awaits us in the future. May we be open to the grace of God by abandoning ourselves to Jesus' death so that we will be able to recognize and allow God's transforming grace to work in us as we await and celebrate God's marvelous redemption at Easter. Each day let us pray the prayer we pray before each Station of the Cross: "I adore you, Lord Jesus, and I praise you. Because by your holy cross, you have redeemed the world."



During this time, we are in the process of building a formation house in Timor-Leste. Since our foundation on July 18, 2013, God has sent us vocations and we now see the need of having a formation program in Timor-Leste where these young women will be formed as consecrated women specifically as Sisters of Mount Carmel. Currently we are sending these women to the Philippines for their formation training and we are hoping in the coming year that our Timor-Leste mission will have its own formation program. This way they will experience formation within their own culture and people with whom they will be ministering in the future. I humbly ask you, our Friends of Carmel, to continue to pray for the Sisters of Mount Carmel as we pray for you and your loved ones. Pray for the women in our formation program as they continuously discern God's will in their lives.

Through the intercession of Our Lady of Mount Carmel, may God grant you and your loved ones, peace, love, and joy this Season of Lent and throughout the Easter Season.

In Carmel with love,

Sr. Maria Sheila Undang, O. Carm

Sister Maria Sheila Undang, O. Carm.
Development Director

Happy Easter

Congregation of Our Lady of Mount Carmel
Please include the following intentions in the prayers and Masses of the sisters.
