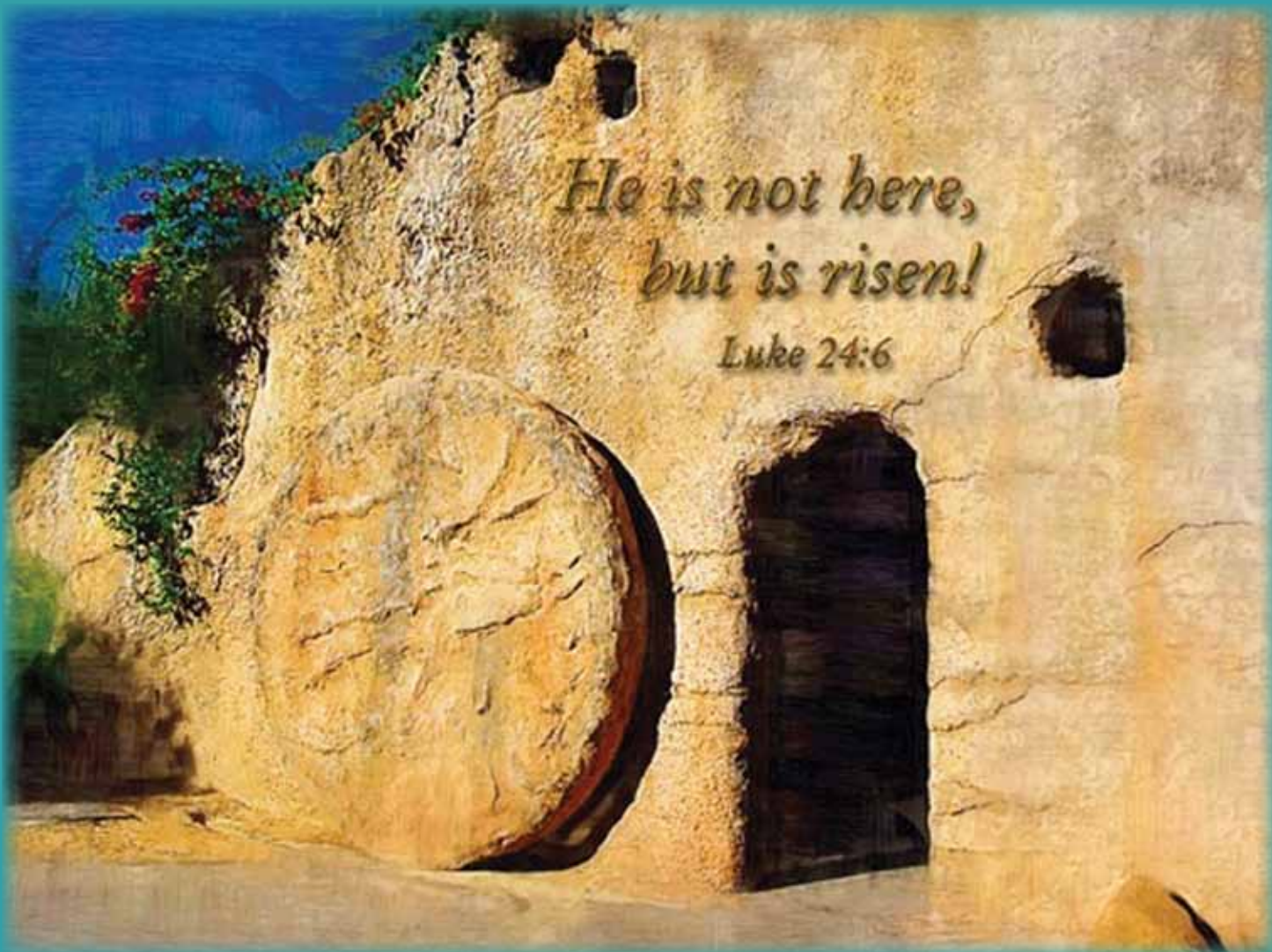


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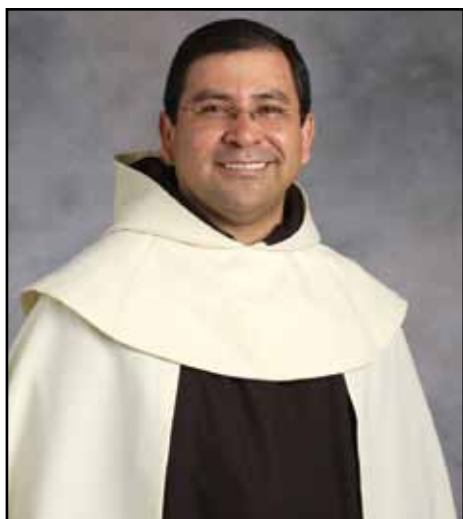
GENTLE BREEZES —OF CARMEL—



Blessed Easter!

ST. THÉRÈSE PROVINCE OF THE DISCALCED CARMELITE FRIARS
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“Let us live Easter in joyful prayer, thanking the Lord for the gift of new life in His resurrection”



Easter is a time of joy, because we rejoice in the good news of the empty tomb. We read in Mark’s Gospel that when Mary Magdalene and Mary, the mother of James, arrived and “*on entering the tomb they saw a young man sitting on the right side, clothed in a white robe, and they were utterly amazed. He said to them, “Do not be amazed! You seek Jesus of Nazareth, the crucified. He has been raised; he is not here. Behold the place where they laid him* (Mk 16:5-6). The tomb is empty; Jesus is not there. For this reason, we rejoice with the whole Church and with all the Christians during this Holy Season.

This Easter, we are not only rejoicing and celebrating the resurrection of

our Lord; we are also celebrating, as Discalced Carmelites, the Fifth Centenary of the Birth of St. Teresa of Jesus, our foundress. As consecrated people, we are also celebrating the Year of Consecrated Life. In each of these celebrations, our risen Lord is present. Our Lord’s resurrection illuminates these important celebrations in the life of the Order and in the life of the Church.

He is raised, He is alive and He is present in everyone and in each one of us who believes in Him and who wants to follow him. In the Consecrated Life, one who is called to live the Evangelical Counsels needs to live his or her vocation dedicated to God and His Church in the joy of the resurrected Jesus; otherwise, he or she will live it without hope, faith and love. We see this in the way our Holy Mother lived her consecrated life, loving and serving Jesus in His humanity and in His glory. We inherited from her a spirituality which is full of gladness.

St. Teresa’s spirituality teaches us that the presence of God’s grace fulfills, is permanent and lives in joy. In simple but deep words, St. Teresa invites us to be joyful with our Lord. I

think there is no better time to be joyful than this Easter and this year in which we have so many celebrations. For this reason, let us follow the example of our Holy Mother who lived the joy of Easter and Consecrated Life. Let us be in the joyful presence of the

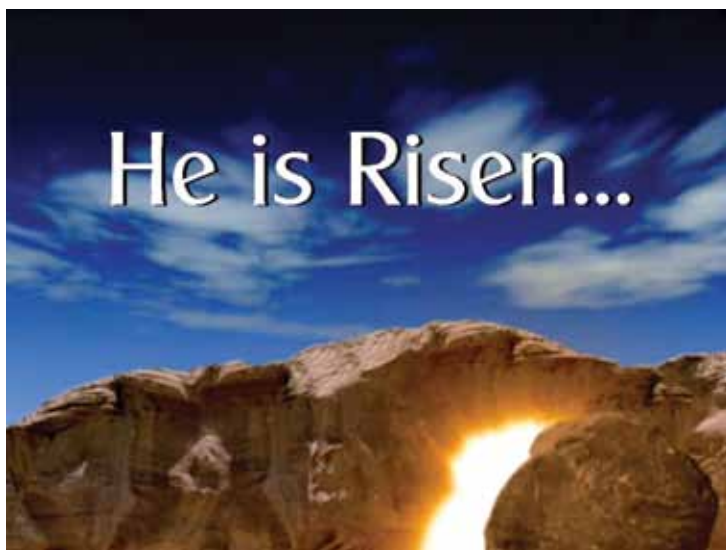
risen Christ by keeping “...Him ever present and speaking with Him, asking for its needs and complaining of its labors, being glad with Him in its enjoyments and not forgetting Him because of them...” (The Book of Her Life: Chapter 12, paragraph 2). In other words, let us live Easter in joyful prayer, thanking the Lord for the gift of new life in His resurrection and keeping in mind the needs of the world, the Church and in this year, keeping in mind especially the needs of our Order and the needs of those in Consecrated Life.

During this Easter season try to find the joyful presence of our risen Lord by living the true peace and joy that comes from it. Allow this Holy time to impact everything that you do in a way in which our life as Christians, our life as Carmelites and our life as consecrated people (for those who live religious life) can manifest the joy of Jesus’ disciples who found the empty tomb.

I will pray for you and your needs in the Holy Mass during this Holy and joyful season of Easter! May the glorious resurrection of our Lord Jesus Christ bring many blessing to you and your family. Moreover, may He give you the graces that you need in order to be a faithful, loving and joyful person to whatever vocation you have been called.

In Christ and Carmel,

Fr. Luis Joaquín Castañeda, O.C.D.



St. Teresa, the Silkworm, and Life in the Risen Christ

Fr. Gregory Ross, O.C.D.

During this Easter season, we celebrate once again the Resurrection of Jesus Christ. We commemorate how he died on the Cross in obedience to his Father's saving plan for humanity. Dying to self out of love for his Father and for all of us, Jesus was raised to new life, his humanity now radiant with the power and merciful love of his divinity. He promised to share this new life with all those who believe in him and follow him.

At Easter, we also renew our baptismal promises. We remember how we have been baptized into Christ, made partners in his Paschal Mystery, in his death and resurrection. We renew our promises to die to self in order that we might live completely for Christ and that his life might shine forth in us.

St. Teresa of Jesus, whose 500th birthday we celebrate this year, also reflects on this mystery of dying and rising in Christ in her spiritual masterpiece, *The Interior Castle*. St. Teresa does so using the image of a silkworm that comes to life, grows, spins its silken cocoon, and finally emerges as a beautiful white butterfly.

The saint compares the birth and growth of the silkworm, who nourishes itself on leaves, to the Christian who *starts to live when by the heat of the Holy Spirit it begins to benefit through the general help given to us all by God and through the remedies left by Him to His Church, by going to confession, reading good books, and hearing sermons, which are the remedies that a soul, dead in its carelessness and sins and placed in the midst of occasions, can make use of. It then begins to live and to sustain itself by these things, and by good meditations, until it is grown* (*Interior Castle*, V,2,3).

These are the practices, explains St. Teresa, we can and must do ourselves, with the help of God's grace. We thus nourish ourselves and grow in our relationship with Christ, growing into mature Christians.

But the fullness of what we can do of ourselves is ultimately represented by the

silkworm's spinning its cocoon. For our saint, this work represents dying to self: *Let's be quick to do this work and weave this little cocoon by getting rid of our self-love and self-will, our attachment to any earthly thing, and by performing deeds of penance, prayer, mortification, obedience, and of all the other things you know. Would to heaven that we would do what we know we must* (*ibid.*, V,2,6).

The purpose of this "spinning our cocoon" is the union of the person's will with Christ, by which the person comes to be "enclosed" in Christ, as the silkworm is within its cocoon. This imagery recalls the Christian's being "buried with Christ" in baptism. St. Teresa realizes that what is accomplished sacramentally in baptism must be brought to fruition in how we live our day to day lives.

Since God is love, his will is always a loving one. The way to conform one's will entirely to his is through a self-sacrificing, Christ-like love. *The Lord asks of us only two things: love of His Majesty and love of our neighbor. These are what we must work for. By observing them with perfection, we do His will and so will be united with Him* (*ibid.*, V,3,7). It is by loving that the person becomes "enclosed in Christ."

Just as the baptized emerge as new persons in Christ, the silkworm emerges from its cocoon transformed into a beautiful white butterfly. This transformation is the work of Jesus' love in the soul, a love that changes the person and gives them new life and a new, more mature love.

St. Teresa declares that Christ will not fail to transform and raise up to new life the one who dies to self through this sur-

render to his loving will. He may do so through special graces during prayer, or by more subtle and ordinary means.



This transformation is the work of Jesus' love in the soul, a love that changes the person and gives them new life and a new, more mature love.

The result of this transformation is a love which frees a person from their "old self" and enables them to live more completely in and for Christ. The person inflamed with this love is like the white butterfly that emerges from the cocoon, transformed into a new creature, free to fly rather than crawl. This is the love that inflamed St. Paul,

who declared, *I live no longer I, but Christ lives in me* (*Gal 2,20*).

Whereas a person up to this point has been concerned primarily about themselves and their own salvation, St. Teresa explains that Christ now fills them with a love that becomes more like his – concerned with the salvation of all people, whom they come to view truly as their brothers and sisters. From being centered in self, the person's heart becomes centered in Christ and his love for all people.

St. Teresa urges her readers to do what they can to reach this union with Christ. In essence, she is urging us to live out our baptismal commitment, to die to self through self-sacrificing, Christ-like love, that Christ might live in us.

As we celebrate this Easter the rising of Christ to new life after having poured out his life on the Cross, may we, too, receive the grace to live like him. Like St. Teresa, may we be like the silkworm who grows, dies to self in Christ, and rises to new life in him, living in the freedom of the children of God with the desire to bring his saving word to all.

St. Teresa of Jesus, 5th Centenary



Official website of St. Teresa's 5th Centenary by the Discalced Carmelites in the United States.

Check the site for events in your area!

<http://www.teresa-5th-centenary.org/>



"I will spend my Heaven doing good upon earth."

– ST. THÉRÈSE

PLEASE CONSIDER THE DISCALCED CARMELITE FRIARS OF OKLAHOMA WHEN MAKING OUT YOUR WILL.

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**YOUR LEGACY WILL LIVE ON
IN OUR MINISTRIES FOR GENERATIONS.**



Liturgical Services

*Basilica of the National Shrine
of the Little Flower,*

1715 N. Zarzamora, San Antonio, Texas 78201.

Palm Sunday/ Domingo de Ramos

Masses: 5:30 p.m. (Saturday Vigil)- 7:30 am, 9:00 am (Spanish), 11:00 am, 1:00 pm and 6:30 pm (Spanish)

Holy Thursday/ Jueves Santo

10:00 am Morning Prayer
6:30 pm Mass of the Lord's Supper

Good Friday/ Viernes Santo

10:00 am Morning Prayer
3:00 pm Communion Service and Veneration of the Cross
7:00 pm Play of The Passion of Jesus

Holy Saturday/ Sabado Santo

10:00 am Morning Prayer
12:00 pm Via Matrix (The Way of Mary)
9:00 pm Easter Vigil

Easter Sunday/ Domingo de Pascua

Masses: 5:30 pm (Saturday Vigil) - 7:30 am, 9:00 am (Spanish), 11:00 am, 1:00 pm and 6:30 pm (Spanish)



GENTLE BREEZES OF CARMEL IS PUBLISHED BY ST. THÉRÈSE PROVINCE OF THE DISCALCED CARMELITE FRIARS FOR OUR FRIENDS AND BENEFACTORS.

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