

# *Join us for a series of talks on* **CARMELITE SPIRITUALITY**

**Discover the wisdom of the great Carmelite Saints  
through their teaching and example.**

## **St. Teresa of Avila**

*Towards Depth in Prayer by Fr. John Grennan OCD*  
**Wednesday May 7th at 7.30pm**

## **St. Thérèse of Lisieux**

*St. Thérèse's Little Way*  
*Finding God in the Ups and Downs of Life by Fr. Vincent O'Hara OCD*  
**Wednesday May 14th at 7.30pm**

## **St. Titus Brandsma**

*Catholic Journalist*  
*Courageous Witness to Truth by Br. Patrick Mullins O'Carm*  
**Wednesday May 21st at 7.30pm**

**All talks will be held in St. Sylvester's Parish Centre, Malahide.**





## St. Thérèse of Lisieux

*Finding God in the ups and downs of life*

Wednesday, 14th May at 7.30pm

*“I will seek out a means of getting to Heaven by a little way.”*

ST. THÉRÈSE OF LISIEUX

St. Thérèse of Lisieux was born in 1873 in Alençon, France and became one of the Church's most beloved saints. Through her autobiography *The Story of a Soul*, she has touched millions of hearts. Canonized in 1925 and named a Doctor of the Church in 1997, her teachings remain deeply relevant today.

Discover the gentle wisdom of St. Thérèse of Lisieux, the “Little Flower” of Carmel, whose Little Way offers an accessible path to holiness—one of trust, love, humility, simplicity and finding God in the ups and downs of everyday life.

In a world obsessed with achievement and perfection, Thérèse reminds us:

- **You are precious to God, even in your weakness.**
- **You can encounter God not only in times of peace and joy, but also in struggles and daily trials.**
- **You don't need to do great things, just small things with great love.**
- **Holiness is found in everyday life, in the little moments offered with love.**

Join us as we explore how her Little Way can bring deep joy, peace, and purpose in your daily life.

### Speaker:

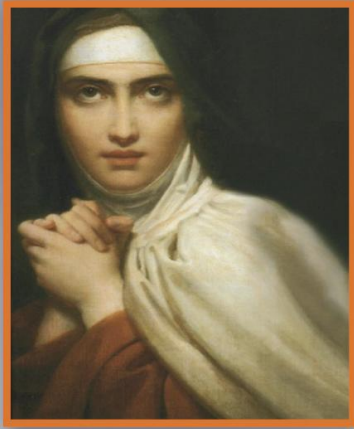
**Fr. Vincent O'Hara OCD** is a Discalced Carmelite who has served in various Carmelite communities in Ireland and England over the past 50 years. He has also been Provincial and Prior on several occasions and often gives retreats on Carmelite Spirituality. He is currently a member of St. Teresa's community, Clarendon St, Dublin.

### Contact us

The Carmelite Institute of Britain and Ireland

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## St. Teresa of Avila:

*Towards Depth in Prayer*

Wednesday 7th May at 7.30pm

*"Prayer is an intimate sharing between friends."*

ST. TERESA OF AVILA

St. Teresa of Avila was born in 1515 in Spain and was a woman of deep prayer and unwavering service to God. Her work of renewal would lead eventually to a new Order within the Carmelite family, the Discalced Carmelites. She was canonized in 1622 and declared a Doctor of the Church in 1970.

St. Teresa's spiritual classics - including *The Interior Castle*, *The Way of Perfection*, and *The Book of Her Life* - continue to guide us in seeking God within, growing in grace, and living lives rooted in love.

Step into the heart of Carmelite Spirituality with this enriching talk exploring the life and wisdom of St. Teresa of Avila, a woman of deep prayer, courageous reform, and love for God.

- **Learn how to deepen your prayer life.**
- **Discover the beauty of silent, interior prayer.**
- **Reflect on the power of prayer after Holy Communion.**
- **Be inspired to live your faith through loving service.**

### **Speaker:**

**Fr. John Grennan OCD** is a Discalced Carmelite who has served as Provincial on three occasions and was a member of the General Council of the Discalced Carmelites in Rome. He has also contributed to the "Living Prayer" lecture series.

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### **Are you interested in discovering more about Carmelite Spirituality?**

As a distance learning college, all our courses are fully online, and are designed to provide both theological learning and spiritual development.

We offer a variety of programmes ranging from Short Courses to Masters Level University Qualifications.



## **St. Titus Brandsma** - *Catholic Journalist*

*Courageous Witness to Truth*

**Wednesday 21st of May at 7.30pm**

*“the person who wishes to conquer the world for superior ideals, must have the courage to engage in battle with it... But the battle with the world is hard, it led to Christ’s death on the cross.”*

ST. TITUS BRANDSMA

St. Titus Brandsma was a Carmelite Friar born in 1881, in the Netherlands who exemplified extraordinary courage during WWII. As a Catholic Journalist he opposed Nazi oppression and displayed deep compassion and forgiveness to those who persecuted him. His profound understanding of Christ’s suffering led him to embrace his own sacrifice, which resulted in his Martyrdom on July 26th, 1942, in Dachau Concentration Camp.

### ***What we can learn from St. Titus Brandsma:***

- **Speak the Truth with Courage**

Titus reminds us that standing up for what is right, especially when it's dangerous, is a powerful act of faith. He used his voice as a journalist and teacher to oppose lies and defend human dignity.

- **Find Strength in Prayer**

His Carmelite spirituality rooted him in silence and contemplation. The “cell” of solitude became his sanctuary, where he met God and found the courage to face immense suffering.

- **Love Without Limits**

Even in the face of hatred and cruelty, Titus chose compassion and forgiveness. He challenges us to see Christ in everyone, even our enemies.

Join us for an evening to discover the fascinating life of St. Titus Brandsma and how his deep Carmelite contemplation of God within, gave him the strength to face hatred with great courage and love.

### **Speaker**

**Br. Patrick Mullins O. Carm** is a Carmelite brother with doctorates in Systematic Theology and Spirituality. Br. Pat is renowned for his in-depth familiarity with Carmelite history and has been Director of Studies in the Carmelite Institute of Britain and Ireland (CIBI) since its foundation in 2005.