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|  | Ami Elisabeth Catez Institute Email Newsletter| 01 December 2021Volume 1, Number 2 |  |
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|  | **“What a joyous mystery is your presence within me, in that intimate sanctuary of my soul where I can always find you” (Elizabeth of the Trinity)** | AECI Advent and Christmas Wishes!Welcome to our second ever AECI newsletter! We hope that it gives you some insight into the various initiatives that we have been running over the course of the last 12 months. Clearly so much has been affected by the restrictions and the uncertainty surrounding the Covid 19 pandemic. There have been so few opportunities for face to face contact. We remain extremely grateful to the individuals and groups who have continued to engage in discussion around Carmelite Spirituality and contributed personal testimonies, reflections, prayer and suggestions to our website. It is through their ongoing interest that we have managed to explore a diverse range of issues, some of which are highlighted in this newsletter. Thanks go to Rosie Bradshaw, to Veronica Errington and to Teresa Kelly at the ‘Third Order of Carmelite National Council’ for all their support and guidance over the last 12 months, to Sr. Marian (OCD), Sr. Patricia (OCD), Vicky McQuarrie, Allison Warwick, Erica Stones, Ian Jones and Maureen Monaghan for their encouragement, and to all members and contributors to the website and the online resources. Please encourage people to ‘sign up’ as an AECI member using the process outlined on the left. We wish you a most peaceful and joyous Christmas and may your hearts be strengthened in loving relationship throughout this Season of Light! Background to the AECIThe 'Ami Elisabeth Catez Institute 'is a forum for reflection and for research into ideas and teachings found within the Carmelite tradition and within religious faith more broadly. It supports the 'Carmelite Spirituality Groups' in the North West of the United Kingdom and offers members the opportunity to interact, to share prayers and readings, and to explore themes of community, belonging, stillness and holistic health.  Email us at : aecinstitute3@gmail.com AECI Resources: Available at www.aecinstitute.org/resources We now have a number of resources available at the AECI webpage address above. These include our Advent reflection : ‘The Hidden Strength Of The Hidden Christ’ , copies of the AECI Prayer and a 12 day meditation on ‘the Lake’.  |  |
| Become a member of the ‘CSG Forum’:**01. Visit:** https://www.aecinstitute.org/members2. Press ‘Log In’: so you can connect with other ‘CSG Members’ online3. ‘Sign Up’: using an email address and a password (or by using an existing ‘Facebook’ or an ‘Google’ account) |
| ***“At some point we must plunge in to discover a greater expanse; yet when this broader horizon does appear, a new depth will open at our point of entry.” (Edith Stein)*** |
|  | Elisabeth Catez was a very gifted pianist, performing pieces by Chopin and Liszt with great accomplishment. She regarded music as a means of reflecting the harmony and creativity of God. ‘Journalists from the local papers had promised her a very bright future’, wrote Conrad de Meester (OCD). What pieces of music particularly reflect this divine imagination and intimacy for you? What music points you to a ‘greater good’? |
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|  | Visit the ‘Traces of Him’ online exhibition at the link below. It has been put together by friends of the ‘Oxford Centre for Applied Carmelite Studies’. You won’t be disappointed!!: https://youtu.be/YJH5hQN0Wpk1. Select the text. On the Format menu, click Styles and Formatting, then click New Style. You’ll see all your style characteristics displayed.
2. Name your new style, tick the Add to Template box, then click OK.

 | **The Ami Elisabeth Catez Institute Prayer***O’ Spirit of God**Guide us in the triumph of humility**Over competing worldly identities**Steer us towards the joys of trust**Away from indiscriminate and recurring fears**Direct us to a quiet, compassionate presence**To know the gifts of love**Free from the noise of blame and of strife**There to abandon our anger, frustration, restlessness**Before the light of each dawning day**Amen*St. Elizabeth of the Trinity*Pray For Us!***The Wounds of Love***‘How many times, my Lord, have you freed me from so dark a prison, and how often have I put myself in it again, against Your will’ (The Book of Her Life, 32.5)*We may find it difficult to relate to the experience of St Teresa of Avila, but it certainly brings to light an intuition that all of us have of a growing awareness of God’s love; it is both painful – because it reminds us of our true condition as human beings in need of God’s mercy – and, at the same time, delightful – because the wound of love has touched the very core of our being. Introducing it to the greatest happiness we have ever known. The darkness that tests faith may remind us of a time when we, too, experienced a lack of support from others, dryness in prayer, or a sense of our distance from God. Our experience may not compare to Teresa’s, but like her, we may have realized that our only option in the middle of this time of trial was ‘to wait for the mercy of God’. ***(Wayne Simsic – ‘The Inward Path to God’)*****AECI Initiative/December 2021 : #SOShembracesLiving**‘Woman seeks to embrace that which is living, personal and whole’ (Edith Stein)In March 2021 Sarah Everard, a 33 year old marketing executive from Surrey, was kidnapped and murdered whilst walking home after visiting a friend in South London. The case unleashed a huge outpouring of national grief and led to a series of vigils held regionally across the UK to remember Sarah's life and show support to her family. It also sparked widespread debate about women's safety and the increased levels of violence and harassment that women and girls experience. It should also have sent out an ‘SOS’ to men!!As we approach Christmas and New Year, the ‘Ami Elisabeth Catez Institute’ are launching a initiative – **#SOShembracesLiving**  - aimed at men of all backgrounds and ages to consider the very real threat that women feel from inappropriate language and conduct, from careless action and behaviours. We hope that men can back this initiative and increase their resolve to ensure women and girls remain safe and so enabling them to truly **'embrace'** life and living, 'the personal and the whole'. A4 poster at: *www.aecinstitute.org/resources*. More information at: *https://www.aecinstitute.org/nosceteipsummr**https://twitter.com/SOShembraces*. Please support if you can! |  |
|  **Book Recommendations:** Cardinal Anders Arborelius - *‘Carmelite Spirituality’*In this short book Cardinal Arborelius offers practical and insightful steps to follow in our pursuit of an immediate and direct experience of God, beginning with acknowledging our ‘dependence’ on the Eternal and working towards a ‘response’ in our daily lives, modelled by Mary and the Carmelite Saints. An excellent read! | Fr. Eugene McCaffery – ‘Let Yourself Be Loved’This book can perhaps deepen one’s interest in the life and spirituality of St Elizabeth of the Trinity. The ‘inner life’ holds such mystery and power and this is where we too can journey as we grasp a little more of Elizabeth’s sense of the ‘movement’ of the Trinity within her heart and her soul. It is a liberating message and Fr. McCaffrey gleans the profound truth of love that emanates from her writings. (Sadly, Fr. Eugene McCaffrey OCD & Fr. Kevin Alban OCarm both passed away in 2021. We shall remember them. RIP) |
| CONTACT THE AECI WITH YOUR THOUGHTS AND ANY CONTRIBUTIONS:www.aecinstitute.orgwww.facebook.com/Ami- Elisabeth-Catez-Instituteaecinstitute3@gmail.com |
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**Thank you for reading!**

**Wishing you a very Happy Christmas**

**and a Peaceful 2022!!**

**Take Care!**

**From the ‘Ami Elisabeth Catez Institute’**