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|  | Ami Elisabeth Catez Institute Email Newsletter| 09 December 2022Volume 1, Number 3 |  |
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|  | **“Believe that He loves you, He wants to help you Himself in the struggles which you must undergo. Believe in His Love. His exceeding Love.”****(Elizabeth of the Trinity)** | **AECI Advent and Christmas Wishes**!Welcome to our annual AECI newsletter at the beginning of December 2022, our third AECI newsletter ever in fact! We hope that it gives you some insight into the various initiatives and programmes that we have been running over the course of the last 12 months.We are delighted to inform friends that we now have an AECI *‘Prayers and Reflections'* page on our website at the address below. We are very grateful for all contributions and suggestions offered and we hope to add to the page over the forthcoming months (see: <https://www.aecinstitute.org/aeci-prayers-and-reflections>) Together with Religious Education staff in the Liverpool Archdiocese we completed the AECI *‘Smoother Soul Travel With Sabeth’* programme in early November (see more details below). This was initially a secondary school resource, but has since been adapted by those running prayer groups and spirituality groups for a wider audience to look closer at the specific writings of Elizabeth of the Trinity.The 2022 Lenten programme entitled *'Abode of Light'*, exploring readings from the poem 'A Dream of a Praise of Glory’ by Elizabeth, shall now remain up on the ‘AECI Blog’ page at <https://www.aecinstitute.org/blog>, along with last year’s Advent *‘Half Day Retreat’ (The Challenge of Time*) which can be observed at any point within this year’s Season of Advent.We remain extremely grateful to all individuals and groups who have continued to engage in discussion around Carmelite Spirituality and contributed personal testimonies, reflections, prayer and innovative ideas to the AECI website. 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. Patricia (OCD) and Sr. Judith (OCD) at Maryton Grange, to Fr. Stephen Lee, to Ian Jones, Gratton Mulcrow and to Maureen Monaghan for their encouragement and support, and to all members and contributors to the website and to the online resources. Please encourage people to ‘sign up’ as an AECI member using the process outlined on the left. There are many who are currently struggling in the aftermath of the Covid-19 pandemic and with the cost of living crisis. May the Season of Advent fill our hearts with compassion and awareness, and strengthen our resolve to tackle social injustice, poverty and the neglect of the vulnerable. We wish you a joyful Christmas and an openness to the bountiful mercy of God:***‘Rule me, O thou King of gentleness, King of peace. Give me control, control over my words, thoughts and actions. From all irritability, want of meekness, want of gentleness, O dear Lord, deliver me’*****(From the Prayer of St John of the Cross)** **AECI Resources: *‘Smoother Soul Travel With Sabeth’***To mark the feast day of Elizabeth of the Trinity this year (Tuesday 8th November 2022) the AECI produced a targeted resource for secondary school students and young adults that explored further the writings of Elizabeth of the Trinity.The resource (offered in six accessible files: 5 'Word' files and 1 'Audio/Mp3' file) entitled *'Smoother Soul Travel With Sabeth'* focused on five elements of a spiritual journey and explored the theme of 'holistic health' and ‘belonging’ with reference to the various phases of Elizabeth's life. It is designed for both personal use ***and/or*** for wider parish group or school group study and reflection, particularly at Key Stage Three and Key Stage Four. There are a series of questions for discussion included in the package and an opportunity for *'Lectio Divina'*.Any interested parties can contact the AECI directly via [aecinstitute3@gmail.com](file:///C%3A%5CUsers%5Cbuber%5CDocuments%5Caecinstitute3%40gmail.com) to access this free and imaginative resourceDo be sure to check out allotherAECI resources at<https://www.aecinstitute.org/resources> **and** our *‘Dwelling Places Beyond Form’* reflection (around issues of loss and bereavement) and the ‘*Prayers and Reflections’* page on the website. |  |
| ****BECOME A MEMBER**** ****OF THE ‘CSG’********FORUM TODAY:****1. Visit: <https://www.aecinstitute.org>2. Press ‘Log In’: Here 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) |
| *‘O my God! I ask of Thee for myself and for those whom I hold dear the grace to fulfil perfectly Thy Holy Will. To accept for love of Thee the joys and sorrows of this passing life. So that we may one day be united together in heaven for all Eternity. Amen’****(Therese of Lisieux)*****.”** |
|  | Visit our website at : <www.aecinstitute.org>Email us at : [aecinstitute3@gmail.com](aecinstitute3%40gmail.com)Join our ‘Carmelite Spirituality Group’ as a member at :<www.aecinstitute.org/members>**Elizabeth of the Trinity: Pray for us!** |
| *‘Let us not lose our memory once all this is past, let us not file it away and go back to where we were. This is the time to take the decisive step, to move from using and misusing nature to contemplating it. We have lost the contemplative dimension; we have to get it back’** Pope Francis

**SAVE THE CHILDREN UK : EAST AFRICA APPEAL**Children living in East Africa are currently on the brink of one of the worst famines in 40 years. At the AECI we met a group of volunteers working on behalf of the charity ‘Save The Children UK’ in the North West. There are estimates that more than 2 million children in Somalia, Kenya, Ethiopia and South Sudan are in the grip of S.A.M. (severe acute malnutrition), a hunger so extreme it ravages the mind and body. It is spreading at an alarming rate through towns and villages. And targeting children under five. For many families in East Africa, climate change is devastating lives, wiping out homes, crops and animals. While rising food prices mean for many there’s little in the market that they can afford to buy. Support 'Save The Children UK' if you can over this Advent and Christmas period at: <https://www.savethechildren.org.uk/how-you-can-help/emergencies/east-africa-hunger-crisis> |
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|  | **The Soul Expands …***‘A constancy of Love**I’ve come to you to show**Hovers about your soul* *Through every day and every night**Oh, simply look and see the Mystery!**And how it works within your heart’* Elizabeth of the Trinity: ‘To One of Her Sisters**THE STALINGRAD MADONNA****BY KURT REUBER (1942) at Coventry Cathedral** | **‘Lectio Divina’: Divine, Sacred or Holy Reading****Opening prayer: *O’ Lord, grant us heavenly wisdom that we may learn above all things to seek and to find you, especially as we meet together. Send your Holy Spirit to enlighten us as we pray, and to guide our actions in the days and the weeks ahead. Above all help us to recognize your voice and to love you in our neighbour.*****The Gospel according to Matthew (chapter 2, verses 13-15):***Now when they had departed, behold, an angel of the Lord appeared to Joseph in a dream and said, “Rise, take the child and his mother, and flee to Egypt, and remain there till I tell you; for Herod is about to search for the child, to destroy him.” And he rose and took the child and his mother by night, and departed to Egypt, and remained there until the death of Herod. This was to fulfil what the Lord had spoken by the prophet, “Out of Egypt have I called my son.” (Matthew 2:13-15)***First reading of the text : *Lectio - Let us be open to the word of God in silence. With Mary and Joseph we ponder, we ask, what might these words mean?*****Second reading of the text : *Meditatio - Be open to any word or phrase that touches your hearts, and reflect in silence why that word or phrase might be significant for you?*****Third reading of the text : *Collatio - You are now invited to share any thoughts or reactions to the text if you so wish.*****Fourth reading of the text : *Oratio - Prayer of the heart. If you wish to, you are now invited to share any heartfelt prayer arising from our group reflection.*****Fifth reading of the text : *Contemplatio - ‘Be still and know that I am God’. Yielding to God’s presence in a spirit of openness, we find ourselves led into the stillness where words give way to the sound of sheer silence. We simply rest in God’s presence. (Closing Prayer: Hail Mary)*****From ‘The Lyre Awaits’ : Assumpta Newsletter (Winter 2022)***‘Free the soul where possible, urges Elizabeth, from the constant debate with itself! As the New Year approaches we might reflect on how language can so often be overused and misused, leaving us tired and confused, communication driven by devices, by demands and by delusion … and try again to let interior silence transform and to shape us, so as 'Unity' is not just a vague word on our lips, but a reality safe within our hearts’* (AECI) |  |
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**Thank you for reading!**

**Wishing you a ‘Very Happy Christmas**

**and New Year 2023’ !!**

**Take Care!**

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