



Dealing with loss and grief in times of disaster

Grief is an emotional response when we lose someone we love. Each one of us will grieve differently and go on a rollercoaster of emotions – deep sadness, depression, shock, numbness, anger and even denial. In time, the intensity of our grief may ease, allowing us to remember with love the person who has died.

Yet what happens to us when we lose cherished possessions, our home, our livelihood because of a man-made or natural disaster?

Whenever we experience loss, it is natural that we will grieve. The people of Zumalai are grieving in the aftermath of the devastating floods in July. They have lost their homes which were filled with love

and memories, their farms which fed them and their community, and their livelihoods to try to make ends meet.

Even though we may be kilometres apart from each other, our united faith in God and our love for one another as members of the Carmelite family can bring us together in our time of grief. This November let's remember with love and compassion those who have died and those who are experiencing loss. Together let's give them, through prayer, the strength to continue on. We invite you to send the names and intentions of those you'd like the Carmelites to pray for during November. Email carmelcare@carmelites.org.au or call 03 9690 8822.

The people of Zumalai need you

As the people of Zumalai rebuild their broken communities, you can show your support for them. Donate today and help them rebuild their homes, farmlands and vital infrastructure. Your donation will give them supplies of food and seeds to grow crops once again. Whatever you choose to give, your support will give them the strength to continue on through the devastation the floods have caused. Donate today at carmelimpact.org.au/take-action/critical-response-appeal



Message from Prior Provincial

It has been an incredible year thus far. A year where our Order continues to grow, where more Timorese children and young adults are able to access education, some for the first time, and where nature showed its might with floods devastating many communities across Zumalai.

It was most terrifying to witness the impact the floods had with homes, roads and crops washed away. In fact, homes belonging to Carmelite teachers and students were destroyed while our school in Raimea sustained serious damage.

Malnutrition continues to be a significant and troubling problem across Timor-Leste. While the Timor Government provides the food to every school, your support helps us provide the equipment, including cooking utensils, plates, spoons and cups for students to be able to have one nutritious meal every school day, so they can grow healthy and strong.

Where disaster occurs or a need is identified, our Carmelite family springs into action with generosity. Your support is giving families food to eat, supplies to affected communities to rebuild houses and infrastructure, and more children the chance to pursue an education. It's a united effort to help the people of Zumalai and I thank you for being part of this effort.

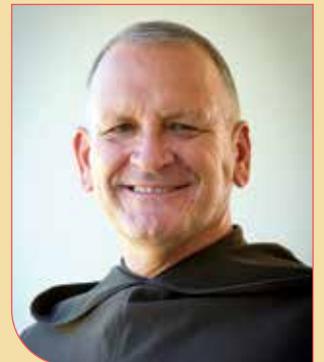
Along with providing spiritual support, Carmelites have been helping communities who are hurting. Immediately after the floods, Brs Antonio and Silvestre went from house to house, village to village to assess and report on the damage. Fr Narcizio has been instrumental in coordinating supplies into affected communities and following up on what more is required.

And of course, you are helping to ensure our Order continues to grow. On page 6 you will read about the Carmelites who are taking their next steps in their journey to one day serve you and the community.

Thank YOU for supporting the Carmelites' work and enabling young Timorese to pursue the precious gift of education.



Fr Bruce Clark O.Carm
Prior Provincial



Celebrating 50 Years of the Carmelite Nuns in Timor-Leste

This past 21 June marked an important day for the Carmelites – 50 years since the arrival of the Sisters of Our Lady of Mount Carmel (Hermanas Carmelitas) in Bobonaro, Timor-Leste from Spain.

Since their arrival the Sisters have worked tirelessly with communities providing spiritual care, healthcare through clinics, along with practical support via programs which give young women a chance to learn vocations or trades, and 4-year old children the opportunity to access early-learning education. Since last year, we have worked in partnership with the Sisters in providing kindergarten to children in Zumalai, having now established three centres with them.

Prior Provincial, Fr Bruce Clark visited the Sisters in Timor-Leste, witnessing the blessing of their new Novitiate building in Surik Mas, near Fatuhada, by Cardinal Virgilio Da Silva Do Carmo, Archbishop of Dili. About 30 priests joined in the celebration.

“We congratulate the Carmelite sisters for their 50 years of life and service in Timor Leste and assure them of our continued support, collaboration and prayers. We are very blessed to be part of this vibrant Carmelite Family in Timor Leste.”

Congratulations Sisters. We are privileged to partner with you to help serve communities.



Providing Contemplation, Community and Service in Wentworthville since 1956

With thanks and acknowledgment to Mary Brazell & Christine Gretton, Catholic Outlook.
This article is an abridged and edited version.

For nearly 70 years, the Carmelites have served the Wentworthville community at Our Lady of Mount Carmel Parish. One of its longest serving Carmelites, 93-year old Fr Anthony Scerri O.Carm, has noted the changing faces of parishioners, where many years ago they were mainly Maltese, today the parish serves more than 72 different nationalities.

Over the decades one thing has remained constant – the Carmelite charisms of contemplation, community and service.

“It’s one of the most diverse and colourful parishes I’ve ever been fortunate enough to experience,” Parish Secretary and parishioner of 23 years, Paola Yévenes, shared, adding that “What the Carmelites do really well is opening up God and not limiting Him or His love and by being open to other views and opinions.”

“We know we can find them when we need them. They are always ready to hear us and share with us our sorrows and joys and attend to our spiritual needs,” Frank Zammit, who has been attending the parish for 58 years, said of the Carmelite priests who have lived and served in the parish.

The parish has been blessed over its history to have been visited by the relics of famous Carmelite St Thérèse of Lisieux in 2003 and in 2020 alongside relics of her parents Sts Louis and Zélie Martin.

Current parish priest, Fr Januario (Janu) Pinto O.Carm, may have only been in the parish for a short time, but parishioners appreciate his joyful and can-do attitude. “That smile of his is completely infectious. He’s taken on this new role which he’s never done before and leading with example. When he puts his mind to anything, he will make it work,” Paola said.

Living in the moment in God’s presence

Originally from Timor-Leste, Fr Janu joined the Carmelites straight from school in 2004. He arrived in Australia in 2014 to continue his Theological studies and in 2021 he came to Wentworthville as Assistant Parish Priest. In December 2022, Janu was appointed Parish Priest.

Janu has a simple philosophy – Keep going, keep planning, keep doing and keep learning.

This sees Fr Janu keeping busy serving others, yet he remains focused on the present. *“It’s important to find God’s presence where you are, and whenever people need me, I will be there.”*

When he is feeling stressed, Janu goes to his ‘chapel’ – his woodworking studio located metres from the parish office. Inside are hundreds of pieces of timber he collects when out and about, along with saws, a planer, workbench and dozens of tools. Everything’s donated or recycled.

On the wall is a picture of St Joseph teaching the child Jesus carpentry skills. As a child in Timor-Leste, Janu’s grandfather taught him carpentry. One of his favourite pieces is a small altar used in the Carmelite Community Chapel with an intricate pattern of inlaid wood.

Fr Janu sees Jesus as someone who also lived in the moment through his availability to the people around him. *“Jesus was there to listen to people. They could tell him about their grief, or their experience and he was just there with them. We are all called to do that in our pastoral ministry. Listening is healing. When people can share their stories, it is like a release,”* Janu shared.

You can read the full unabridged articles by visiting www.carmelites.org.au/item/1315-grounded-in-carmelite-spirituality



A Day in the Life of a

With a population of just over 1.32 million, Timor-Leste is one of the poorest countries in the world. According to UNICEF, only 20 percent of preschool-aged children are enrolled in school while 37 percent of rural youth, aged 15 – 24, are illiterate.

Carmel Impact was established to help children and young adults pursue the precious gift of education. We are:

Providing more than 500 children the chance to go to school and eat a nutritious lunch
Employing more than 30 teachers, including volunteer teachers

Giving more than 40 young adults a Community or La Bruna Scholarship

The impact we're making in their lives is because of the generous and caring support from our Carmelite family. That means YOU.

This is the day in the life of an Our Lady of Mount Carmel student in Zumalai.



It's 6:00am! Time to wake up!

Children usually share a bedroom with several siblings. Often there will be one large bed or large mattress on the floor. If there are lots of children in a family, there might be one bedroom for all the boys and another for all the girls.

6:15am... time to collect water

The first task of the morning, children carry several empty water containers to a tap stand that might be located on the main street near their house or is further away. They fill up the bottles and carry them home so their family can use the water for washing and cooking.

7:00am... time to get ready.

Children don't have showers or baths. They 'hariis' or bathe. In the bathroom is a small tank filled with water. A bucket with a long handle is used to scoop up the water and tip over the head. They then get dressed for school. There is usually a uniform for normal school days and a uniform for sports activities.

7:15am... time for breakfast. Yum.

Children will often eat rice porridge, boiled sweet potato, boiled cassava root, boiled corn, fried bananas or noodles for breakfast. They may also drink a small cup of black tea with sugar.

7:30am... time to head to school!

Most children walk to school, taking them anywhere between 15 to 45 minutes. Some children might also be taken to school on a motorbike.



Child in Timor-Leste



8:00am... school begins for the day.

Students line up outside the school in their class groups, then go into their classrooms. The subjects they learn are very similar to Australia: maths, science, reading, writing, sport and art.

10.00am... morning recess break and time to play with friends

Most students don't take any food to school, so they will not eat anything at recess. They play games with their friends like marbles, elastics, hula hoops, soccer, chasey or tag.

10.30am... it's back to class

Students do classes in two languages – Tetum and Portuguese. For example, the teacher might write a maths problem on the blackboard in Portuguese, and then explain it to the students in Tetum. Imagine learning maths in two languages!!

12.30pm... school is over for the day with a healthy nutritious meal

Before students leave for home, they have a nutritious and healthy lunch courtesy of the Government's Schools Lunch program. How great is that!

3.00pm... time to play!

If someone has a ball, all the children will play soccer. But as children don't have a lot of toys, they will often make their own and share with all the other children.

5.00pm... time to do some jobs around the house!

Children are expected to do lots of work to help their families, like feed chickens, collect more water, help with the cooking. Older children help look after their younger siblings.

7.00pm... dinner time!

Dinner always includes rice and usually vegetables picked from the garden or bought at the local market. Most families don't have a fridge, so just enough vegetables are picked or bought for the day. Small amounts of meat are eaten a few times a week, or on special occasions.

9.00pm... after a long day, it's time for bed.

It's the end of the day! Time to go to sleep in a big bed with your brothers or sisters, ready for another exciting day tomorrow.



Carmelites Gather at World Youth Day

Carmelites from across the world including Australia and Timor-Leste gathered at this year's World Youth Day in Lisbon, Portugal. As the largest gathering of Catholic young people, this year's celebration included a Carmelite Youth Day.

Fr Matthew Tonini travelled as chaplain with 20 members from the Queensland St Vincent de Paul Young Adults group. As Chair of the Carmelite Youth Commission in Timor-Leste, Br Agostinho Dos Santos attended with youth from the Dili Archdiocese.

The day was one of fraternity, prayer and catechesis led by the Prior General, Fr Míceál O'Neill O.Carm. The Prior General spoke to the group around the theme of Mary who arose in haste (this year's theme



for World Youth Day) and the role of the prophet who in our ancient texts is defined as 'a singer of psalms'. There was plenty of sharing, singing and celebration, meeting across countries, presentations and Eucharist. **Congratulations to all involved in what was a truly wonderful celebration.**

Our Order Continues to Grow Because of You

On 14 June, Brs Frangelino, Julião, David, Estevão and Francisco made their profession of Solemn Vows (life-long commitment) in a ceremony attended by around 2,000 people. The Mass of Solemn Profession took place in the Carmelite Community at Hera, Timor-Leste. Fr Bruce Clark (Prior Provincial) presided, joined by over 30 priests and 6 deacons.

In the presence of Carmelites, parishioners, family and friends, Br Anacleto made his Solemn Profession of Vows on 16 July at the National Shrine of Our Lady of Mount Carmel in Middle Park, VIC. Among the Carmelites present were Frs Robert Puthussery and Richard Byrne, two members of our General Council in Rome. Fr Bruce received Anacleto's profession.

More wonderful news followed. On Saturday 2 September, Brs Narcizio and Amandio were ordained priests while Br Silvestre was ordained Deacon

in Hera by Cardinal Virgílio do Carmo da Silva, Archbishop of Dili. A large crowd of family, friends, religious and priests attended the ceremony with celebrations held at the Carmelite Community in Hera, Timor-Leste.



On the following Saturday, 9 September, Fr Narcizio celebrated a Mass of Thanksgiving at St Therese of the Child Jesus Parish in his hometown of Ossu while Fr Amandio celebrated his at Our Lady of Fatima Parish, in his hometown of Railaco on Saturday 23 September.

Congratulations to all of you - our thoughts and prayers are with you. You can help young men like Narcizio, Amandio and Silvestre continue their journey to become Carmelites with a gift. Visit carmelite-heart.raisely.com to give today.

Give a message of joy
this Christmas for
someone you love.
Order your Christmas
Cards today!

You can share the joy of our Timorese community by sending a loved one a Timor-themed Christmas card. Order 1, 2 or as many cards as you like! Each card costs \$0.50 or order a pack of 12 assorted cards for just \$6 (plus postage).

Or order our special Christmas "Gift of Hope" Mass cards to send to loved ones while you provide us with the names of those you would like prayed for at our Christmas Thanksgiving Mass. Each Mass card costs \$3.50 (plus postage).

Proceeds from every card purchased helps us continue to serve communities in Australia and Timor-Leste. Simply complete the attached form, call 03 9690 8822 or email fundraising@carmelites.org.au to order your cards today.



YES! I will help transform lives and build communities.

Please accept my one-off gift of:

\$30 \$50 \$80 \$200 \$_____ my choice

OR I wish to make a monthly gift of \$_____ Please deduct my credit card below or send me information on other ways to donate monthly.

I would like to donate by:

Cheque / Money Order (payable to Carmel Impact Ltd)

OR Please debit my: MasterCard Visa

No. _____ / _____ / _____ / _____

Expiry Date: ____/____/____ Sign: _____

I would like to order the following Cards:

| Card | Cost per Card / Pack | Add Postage | Qty | Cost |
|-------------------------------------|-----------------------------------|--|-----|------|
| Sympathy Prayer Card x1 | \$5 for 1 \$25 for 6 | \$7.50 (express post) | | |
| Set of 6 Prayer Cards | \$25 per set | \$7.50 (express post) | | |
| Timor Christmas Card Pack | \$0.50 each \$6 per pack of 12 | 1 - 4 cards add \$7.50 postage 5+ cards add \$12.50 express | | |
| Christmas "Gift of Hope" Mass Cards | \$3.50 each | | | |
| Total Cost + Postage: | | | | |

My Details: (please print clearly)

First Name: _____

Surname: _____

Address: _____

Suburb: _____ P/Code: _____

Tel: _____ Mob: _____

Email: _____

Please send me information on leaving a Bequest in my Will

There are three ways you can donate:

1. Complete and return this form to:

Carmel Impact
Fundraising Development Ministry
PO Box 5295, Middle Park, Vic, 3206

2. Donate securely online

carmelimpact.org.au/remembrance

3. Contact us

T: 03 9690 8822

E: together@carmelimpact.org.au

The Gift of a Lifetime

Our Carmelite family is made up of a wonderful tapestry of people from across Australia who are committed to helping those in need. One member of our family has not only dedicated her life to helping people in her community but has also made a life-changing impact, beyond her lifetime, for the people and communities we serve. This is Mary's story.

Known for her beautiful soprano singing voice, Mary lived most of her life in Wentworthville, NSW. As her father was a Lay Carmelite, it was natural Mary would follow in his footsteps. She was professed a Lay Carmelite for more than 50 years, first belonging to the Lay Carmelite Sydney community and then the Wentworthville community.

It was at Wentworthville that she would help others on their journey to become Lay Carmelites. In fact, she along with two other women, Carolyn and Una, became the first members of the Lay Carmelite Wentworthville community.

Mary's faith led her to devote her life to help people in her community. She always listened with an open heart and guided them on their

spiritual path in life. Her friend Carolyn described Mary as a person who led by example to the whole community. "Mary's whole life was Carmel. She was the prior of the Lay Carmelite Wentworthville community for 3 years. Her strength was being prayerful and private, devoted to her faith."



In November 2021, at the age of 95, Mary died. As she had helped so many during her lifetime, Mary made a lasting legacy which today is helping many more people in Australia and Timor-Leste.

Mary left a gift in her Will to the Carmelites. A gift that is giving young people, including our Carmelite students, the opportunity to pursue an education and go on to create change in their communities. We are most grateful for Mary's gift which will make a life-changing difference for so many into the future.

Your legacy can also provide the precious gift of education.

Just like Mary, you too can leave a gift in your Will. Your gift will help our Carmelite students continue their journey to one day serve communities, help more young Timorese pursue the gift of education and help us expand our community and pastoral care programs.

To learn more please contact Angela on 03 9690 8822 or email philanthropy@carmelites.org.au

It's a Golden Jubilee, congratulations Fr Matthew McPhee O.Carm

On Sunday 10 September, Fr Matthew McPhee celebrated his Golden Jubilee of Ordination and 70 years of Carmelite religious life at a special Mass at Our Lady of Mount Carmel in Middle Park, VIC.

Born on 8 August 1931, Michael Peter McPhee joined the Carmelites in 1951 and was given the religious name, Matthew. He made his first profession of vows as a Carmelite in 1953 and in the years since, taught secondary school, conducted retreats and spiritual direction, been a parish priest and Novice Master. Matthew has also featured on two CDs of well-known classic songs and in later years has used his gift of singing in aged-care facilities and at various occasions bringing delight to many.

Thank you, Fr Matthew, for your years of wonderful service among God's people and in our Carmelite communities.

