

CARMELITES

Carmelite Order

FOUNDER

Unlike most Religious Orders, the Carmelites have no specific founder. Instead, the earliest historical accounts from around the year 1200 note that the first Carmelites were a group of Christian hermits. These hermits lived at Mount Carmel, a mountainous ridge in Israel-Palestine. The Constitutions of the Carmelite Order describe these hermits as "following the example of Elijah, a holy man and a lover of solitude, adopted a solitary lifestyle on Mount Carmel, near a spring called Elijah's Fountain. In small cells, similar to the cells of a beehive, they lived as God's bees, gathering the divine honey of spiritual consolation." This way of life was approved by Pope Innocent IV in 1245.

MOTTO

"Zelo zelatus sum pro Domino Deo Exercituum"

"With zeal have I been zealous for the Lord God of Hosts"

TYPE

The Carmelites are a Mendicant Religious Order. Mendicants are friars or sisters that live from alms, recite the Divine Office, and evangelize through apostolic activities.

HABIT

The Carmelite Order is known for a brown habit with a white cloak.

COAT OF ARMS



NOTABLE SAINTS

- **St. Teresa of Avila** (1515-1582)
Feast Day: October 15
- **St. John of the Cross** (1542-1591)
Feast Day: December 14
- **St. Therese of Lisieux** (1873-1897)
Feast Day: October 1
- **St. Edith Stein** (1891-1942)
Feast Day: August 9

SPIRITUALITY

The characteristics of Carmelite spirituality include contemplation, prayer, fraternity, service, and using Mary and the prophet Elijah as models.

QUOTATION

"Holiness consists simply in doing God's will, and being just what God wants us to be." - St. Thérèse de Lisieux

