Deus Solus Sufficit

"God Alone Suffices"
Newsletter of the Discalced Carmelite Nuns of Arlington, Texas

Lent 2026

SOLEMN PROFESSION OF VOWS AND VEILING

Dear Friends,

On the morning of January 2, 2026, our Sister Maria Sagrario of the Pierced Heart of Jesus professed her Solemn Vows in the hands of our Prioress, Mother Teresa Agnes of Jesus Crucified.

The Veiling Ceremony

The profession ceremony was a private one in our community, and then the Veiling Ceremony followed the public Mass the next day. Sister received the black veil of a permanent member of the community, thus completing her novitiate training and confirming her commitment "until death" in her vows to God and her Carmelite vocation.

Solemn Profession of Vows

The day was so beautiful and the months of anticipation were fulfilled in the moving ceremony of professing her vows in the hands of the Prioress and then offering herself in thanksgiving, prostrate before Our Lord while the Te Deum was sung.

Holy Church makes these traditional ceremonies so meaningful with the prayers inspired by Holy Scripture and the gestures that are unique to the vowed life. Our Vows, made before God, are a lifelong commitment that seal our loving dedication to Christ, our Divine Spouse.

In addition, our devotion to Our Blessed Mother, Queen and Beauty of Carmel is enhanced and becomes even more a source of grace for the

daily living of our vocation as cloistered Carmelite Nuns.

Our commitment to Christ and His Church are indeed "until death". That is the founding purpose of Our Holy Mother, St. Teresa, for her Carmels when she responded to the inspiration of the Holy Spirit to found the Reform of the Carmelite Order more than 450 years ago. It was her intention that the Nuns should give their lives first to Christ, our Divine Spouse in prayer and contemplation, and then to praying and sacrificing for priests and defenders of the Church in the turbulent times both for the Church and society in which she lived. Those times were so similar to our own!

Sister prostrates during the singing of the Te Deum.

A special crown is placed on Sister's head.

"I will espouse thee to Me for ever: I will espouse thee to Me in justice and judgment, in mercy and in truth. I will espouse thee to Me in faith: and thou shalt know that I am the Lord."

Hosea 2:19-20

Bishop Fellay blesses the congregation at the conclusion of Mass.

NOVENA TO SAINT JOSEPH
MARCH 19 ~ 27, 2026

Novena to St Joseph

Please join us in our novena to St Joseph, which will take place from March 19 ~ 27, 2026. May good St. Joseph intercede for all our special intentions, for our families, friends and benefactors, for all the sick and suffering and our loved ones who have died. May he obtain graces in abundance for the good of souls, an increase in vocations and for healing and peace.

He is the special Patron of the Discalced Carmelite Order and the Universal Church. May he also obtain great blessings for the Society of St. Pius X as the Bishops and Priests of the Society prepare for the Episcopal Consecrations on July 1st this year.

SPECIAL APPEAL!

The Boiler for our Heating/Air Conditioning System had to be replaced.

Please help us to pay for the replacement of our boiler which failed in November 2025. It happened right as the weather in North Texas started to become very cold. The company that maintains our system installed a temporary boiler and then recently installed a brand new boiler to again keep the monastery warm and regulate the humidity in the building. Deo gratias!

Your donation will help to defray the cost of this expensive replacement work. We are very grateful for any assistance you can provide.

May Our Lord and Our Blessed Mother reward you for your friendship and support of our community. God bless you!

NOVENA PRAYER TO SAINT JOSEPH

Be mindful of us, O blessed Joseph, and intercede for us with thy foster Son by the pleading of thy prayer: do thou, in like manner, render the blessed Virgin Mary thy Spouse, gracious unto us, for she is the Mother of Him, who with the Father and the Holy Ghost liveth and reigneth world without end. Amen.

Our Lent with Christ

Reflection from Archbishop Lefebvre on Lent and the Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of Heaven; that is to say, the spirit of detachment from the goods of this world.

Blessed are they that mourn, for they shall be comforted. Let us think of Jesus in the Garden of Olives, who wept for our sins. It is now for us to weep for our own and those of our brothers.

Blessed are those who hunger and thirst after justice, for they shall have their fill. Sanctity goes through the cross, penance, and deprivation. If we truly seek perfection, we must follow the Way of the Cross.

This Lent, may we hear the call of Jesus and Mary and join in following them in this crusade of prayer and penance.

Pray the Holy Rosary and the Stations of the Cross for the needs of the Church and the world.

The Nuns at prayer in Choir

We adore You, O Christ, and we bless You, because by Your Holy Cross You have redeemed the world.

Manual Labor

An important part of our day is our manual work. This includes caring for our garden, our chickens and our dogs! The animals are faithful companions and our chickens are a source of fresh eggs.

The Nuns make handmade soaps and lotions. If you are interested in placing an order, please contact us at arlingtoncarmel@carmelnuns.com

Shrine to St. Joseph in front of our Monastery

HOW CAN I HELP?

Donations can be made online using the QR code below.

Checks should be made out to "Carmelite Nuns".
Also, sometimes people bring groceries or paper goods as gifts.

arlingtoncarmel@carmelnuns.com

The Veiling Ceremony ~ January 3, 2026

We have Daily Mass at 7:30 a.m.

ALL WELCOME

Please be assured of our daily prayers for you during our Mass and Divine Office.

Please remember us when revising or making your Will.

Our legal name is:
Discalced Carmelite Nuns

Our Federal ID # is:
35-2516195

Discalced Carmelite Nuns
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Visit our website:
www.carmelnuns.com