

Spiritual Growth – Charism of Carmel

The foundations of Catholic High are attributable, in part, to the Religious orders who shared their convictions and abilities so generously with our community. We hold fast to the words of truth expressed by Carmelites of the past, in a present time filled with distraction and secularism, for we know that joy is only possible through God.

"I wouldn't consider any spirituality worthwhile that wants to walk in ease and run from the imitation of Christ." St. John of the Cross

"Prayer is an intimate sharing between friends a frequent lingering in solitude, with him who we know loves us." St Teresa of Jesus

"We are to see our abilities as something used, not by us, but by God in us." St. Teresa Benedict (Edith Stein)

The charism or spiritual focus of the Carmelite Order is contemplative prayer. We strive to help our students grow in relationship with God. Students in grades 7-12 must devote time to spiritual growth.

Some suggestions include:

Attending church parish youth group activities

Retreats and youth rallies

Lifeteen nights

Penance services

Rosary services

Bible-study groups

Adoration of the Blessed Sacrament

Weekday masses or other church services

Students may consult their church bulletins and/or get suggestions from their religion teacher

Students in grades 9-12 will be expected to devote 14 hours to spiritual growth for the year (7 per semester). Spiritual Growth Forms must be completed, signed by a supervisor, and submitted to the teacher by December 4th for the fall semester and May 7th for the spring semester. Students in grades 7-8 will be expected to devote 5 hours to spiritual growth in the school year. The general purpose of the form is for record keeping, but the teacher may choose to assign a grade for a written reflection of the student's experience.