



Coloma Catholic Life.



The Scapular of Our Lady of Mount Carmel

The brown Scapular of Our Lady of Mount Carmel, according to the Carmelite tradition, was presented by Our Lady to St. Simon Stock, the then Father General on July 16, 1251. Our Lady gave St. Simon a scapular for the Carmelites with the following promise, saying : "Receive, My beloved son, this habit of thy order: this shall be to thee and to all Carmelites a privilege, that whosoever dies clothed in this shall never suffer eternal fire It shall be a sign of salvation, a protection in danger, and a pledge of peace."

Another important aspect of wearing the Scapular is the Sabbatine Privilege. This concerns a promise made by Our Lady to Pope John XXII. In a papal letter he issued, he recounted a vision that he had had. He stated that the Blessed Virgin had said to him in this vision, concerning those who wear the Brown Scapular: "I, the Mother of Grace, shall descend on the Saturday after their death and whomsoever I shall find in Purgatory, I shall free, so that I may lead them to the holy mountain of life everlasting."

Many popes and saints have strongly recommended wearing the Brown Scapular to the Catholic Faithful. Pope Pius XII said: "The Scapular is a practice of piety which by its very simplicity is suited to everyone and has



Pope Francis

Prayer Intention for July:

Social Friendship.

'We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.'

Video:

<https://www.vaticannews.va/en/pope/news/2021-06/pope-francis-july-2021-prayer-intention-social-friendship.html>

Tweet: 'Let us pray for all the sick that may no one be left alone, that everyone receive the anointing of listening, closeness and care. We can all give it with a visit, a phone call, an outstretched hand. In these days of being hospitalized, I have experienced how important good health care is, accessible to all. This precious benefit must not be lost which needs everyone's contribution.'

Liturgical Year

Week: 15th of Ordinary
Time, Year B
Colour: Green

spread widely among the faithful of Christ to their spiritual profit." In our own times, Pope Paul VI said: "Let the faithful hold in high esteem the practices and devotions to the Blessed Virgin ... the Rosary and the Scapular of Carmel" and in another place referred to the Scapular as: "so highly recommended by our illustrious predecessors."

According to Church tradition, there are three conditions necessary to participate in this Privilege and share in the other spiritual benefits of the Scapular: wear the Brown Scapular, observe chastity according to your state in life, and pray the Rosary. In addition to the Sabbatine Privilege, enrolment in the Brown Scapular also makes a person part of the Carmelite family throughout the world. They therefore share in all of the prayers and good works of the Carmelite Orders.

In order to receive the spiritual blessings associated with the Scapular, it is necessary to be formally enrolled in the Brown Scapular. The enrolment is made only once by a priest or authorized person. The Scapular can be replaced afterwards by a medal, which has on one side the image of the Sacred Heart of Jesus and on the other, the image of Mary.

The scapular stands for:

- A commitment to follow Jesus, like Mary, the perfect model of all the disciples of Christ. This commitment finds its origin in baptism.
- It leads into the community of Carmel, a community of religious men and women, which has existed in the Church for over eight centuries.
- It reminds of the example of the saints of Carmel, with whom it establishes a close bond as brothers and sisters.
- It is an expression of the belief that the bearers of the scapular will meet God in eternal life, aided by the intercession and prayers of Mary.

For the Carmelites the scapular is a sign which stands for the decision to

- Follow Jesus like Mary:
- Be open to God and to his will.
- Be guided by faith, hope, and love.
- To pray at all times
- To discover God present in all that happens around us.



Independent Schools Religious Studies Association (ISRSA) Theology, Philosophy and Religions Essay Competition 2021



Independent
Schools
Religious
Studies
Association

We were absolutely delighted this week to hear that Gabriella Brown in Year 7 had won third place in Category 1: Year 7 and will receive a prize of £20. She had to write an essay of no more than 400 words chosen from one of three titles:

Theology

'The story of Jesus' transfiguration (Mark 9:2-13) was just a dream.' Do

you agree? Show that you have considered both sides of the argument.

Philosophy

'The moral rule "you must always save human life" is a bad rule.' Do you agree? Show that you have considered both sides of the argument.

Religion

'A religious building must only be used for worship.' Do you agree? Show that you have considered both sides of the argument.

The work had to be the pupil's own work, with no help or guidance given.

Gabriella chose to write about the Transfiguration of Jesus; her essay is below.

"Most think of Jesus as someone divine, a person who spread an excellent message of love that has inspired millions. He cured the sick, returned morals to those without any and gave up his life for mankind's salvation. So, taking all of this into account, it's not wrong to assume that many who met him at the time of his life thought this about his message. Perhaps he was the messiah they had been waiting for.

The story of 'Jesus' Transfiguration' tells of a day when Jesus took three of His disciples up a mountain where they beheld him with Elijah and Moses, and his tunic turned blinding white. He tells them not to speak of this event until he has risen from the dead. If believed true, this event took place not long after Jesus began spreading his message and therefore had not gained so much of a following as in later years. Therefore, it would be unlikely that anyone would have had this dream showing Jesus in such a divine light as to be likened to men such as Elijah and Moses, highly regarded Old Testament prophets. Considering this, I believe that Jesus' transfiguration was a real event where God was trying to show the disciples that this was his son and of divine nature.

However, you could also say this was a dream and yet no less important. Perhaps this story came to one of the disciples while they were sleeping, as a result of God wanting them to understand the same message. This is also an explanation as God has been known to visit people with important messages in dreams or by word of the angels. Examples of these are in Saint Josephs' Dreams and in the story of The Annunciation. I would firmly disagree with the idea that, because Jesus' Transfiguration could be a dream it is in some way less important in the story of His time on earth. Dreams in the Bible often don't come with negative connotations but quite the opposite as they are signs of God personally being involved in the way His plan plays out.

In conclusion, the story of Jesus' Transfiguration may have been a dream, but one to be held with high esteem. It could, however, also have been a real event to happen as a way of showing the disciples how great Jesus, the messiah, is."

Well done and congratulations!!

Sea Sunday – 11th July



Stella Maris is the largest ship-visiting network in the world, and the official maritime charity of the Catholic Church.

Seafarers often have to work away from their families and local communities for nine to 12 months at a time. Across the world, we aim to provide a ‘friend in every port’ and stand alongside seafarers and fishers to ensure their rights are upheld. For 100 years we’ve been extending the hand of friendship and welcoming seafarers and fishers to our shores. The network of chaplains and volunteers makes more than 70,000 ship visits each year and supports hundreds of thousands of seafarers and fishermen in times of need.

Life at sea can be difficult. Seafarers and fishers can suffer from loneliness, depression, spiritual deprivation and even exploitation. The Chaplains and volunteers visit hundreds of thousands of seafarers and fishers every year. They listen and chat, they arrange Mass onboard ships, they offer practical help in a crisis and bring free Wi-Fi onboard so seafarers can call home. Often, these simplest kindnesses make the greatest difference.

Stella Maris was founded in Glasgow in 1920 by a group of Catholic men and women with the founding belief that every seafarer deserves fair working conditions and respect for their human rights. The shipping industry has changed dramatically in the last 100 years and the work of Stella Maris has evolved to make sure they can still meet the changing needs of seafarers today, but their mission to provide care and support for the people of the sea remains.

Lots of information on their work globally can be found here: <https://www.stellamaris.org.uk/>

Catholic Bishops’ Conference of England and Wales

This website has a wealth of information on a wide range of issues; well worth a browse from time to time: <https://www.cbcew.org.uk/>

Diocesan Websites

The websites for the Archdiocese of Southwark and Arundel and Brighton also have a wide range of resources and information about events taking place in the diocese. Links to them are here:

<http://www.rcsouthwark.co.uk/>

<https://www.abdiocese.org.uk/>

World Day for Grandparents and the Elderly 2021 – 25th July

(From the Catholic Bishops Conference of England and Wales)



The inaugural World Day for Grandparents and the Elderly falls on Sunday 25 July 2021. Pope Francis has given it the theme “I am with you always” from the Gospel of Matthew (Mt 28: 30). This day will be celebrated annually on the fourth Sunday in July.

Pope Francis has instituted a World Day for Grandparents and the Elderly. Identifying with the more senior members of our society, he says “The whole Church is close to you – to us – and cares about you, loves you and does not want to leave you alone!”

Here you can read the full [message from the Holy Father](#) as well as a filmed [reflection from President of the Bishops' Conference, Cardinal Vincent Nichols](#). You can also [use our prayers](#) and links to help you celebrate the day.

As the Pope says, we should cherish the elderly and recognise that there's no retirement age from the work of proclaiming the Gospel and handing down traditions to grandchildren.

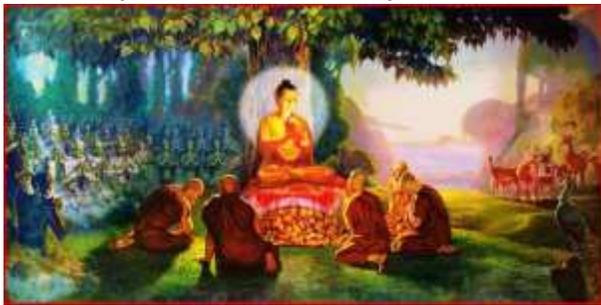
Religious Festivals

Ratha Yatra, Hinduism – 11th July

'Chariot journey'. This is observed most notably at Puri in the Indian state of Orissa, where processions of thousands of devotees pull huge waggons (*rathas*) supporting images of Krishna. He is known under the name of 'Jagannath', (Lord of the Universe), from which the English term 'juggernaut' comes. Krishna is attended on his journey by his brother and sister. The festival and others like it are celebrated in Britain with processions through various parts of London on appropriate Sundays.



Chokor (Cho Kor Du Chen), Buddhism – 14th July



Chökhör Düchen, the festival of 'Turning the Wheel of Dharma', is one of the four major Tibetan Buddhist holidays. It is a Tibetan and Nepalese festival that commemorates the first teaching (*the turning of the wheel of law*) given by the historical Buddha. It is a colourful and relaxed mid-summer festival, when statues of the Buddha and copies of the scriptures, engraved on narrow, rectangular wooden blocks, are carried round the district with music and jollity,

symbolising the promulgation of the Buddha's teaching. The whole community, clerical and lay, male and female, joins in the processions and the picnics.

For eight weeks after his enlightenment in Bodh Gaya, the Buddha did not give any teaching, even though Buddhist belief holds that one attains enlightenment in order to help other sentient beings. The normal explanation of this suggests that at that time there were no beings present who had sufficient 'good *karma*' to receive such important teachings from the Buddha. Other stories suggest that the Indian gods Indra and Brahma presented him with gifts and pleaded with him to begin his teaching. In the event the Buddha 'Turned the Wheel of Dharma' for the first time, at the Deer Park in Sarnath, near Varanasi, by expounding the 'Four Noble Truths'.

He gave this first teaching to five of his companions from his earlier time of practising asceticism. They had previously left him on the banks of the Niranjana river after becoming disillusioned with him for giving up his practice of austerities. When they saw him once again, they were overwhelmed by his presence, and their curiosity was such that they could not resist asking him to explain what had happened. The Buddha taught them the Four Noble Truths which have remained the basis of all traditions of Buddhism. He talked with them all through the night, and when morning came, these first five students took refuge with him in the Three Jewels: the *Buddha*, the *Dharma* and the *Sangha*. Together with the Buddha, they became the first members

of the *Sangha*, the community of practitioners who follow the teachings of the Buddha, and they became enlightened *arhats*. At this time of year Buddhists today reflect on and seek to follow their example. 45 years after that first gathering, 1250 enlightened personal disciples of the Buddha came spontaneously to the Bamboo Grove at Rajagaha on the full moon of Magha (usually in late February or early March). This was one of the earliest large gatherings of Buddhists, and this was when the Buddha taught the principles of the *Dharma* and set out his teachings to the assembled *arahats* (enlightened monks) for them to study, learn and follow.

'*Duchen*' means 'great occasion' and like Chotrul Düchen, Saga Dawa Duchen, and Lhabab Düchen, Chokor Duchen is regarded as a 'ten million multiplier' day, multiplying the effects of all positive and negative actions ten million times! Together these four major Tibetan Buddhist holidays mark the four events known as the 'great deeds' of the Buddha. The first is Chotrul Duchen, and celebrates the time when the Buddha is said to have displayed a different miracle each day to spur on his disciples. Next is Saga Dawa, which remembers the Buddha's enlightenment, death and *parinirvana*. The third is Chokhor Duchen, which commemorates the Buddha's first sermon and the teaching of the Four Noble Truths.

In Tibet Chokor Duchen is a day of pilgrimage when believers visit particularly holy spots to leave offerings of incense and prayer flags. The whole community, monks and lay people alike, join in processions bearing statues of the Buddha and copies of the scriptures. They make much use of *Chokhors* or prayer wheels, which are common religious objects in Tibet, a normal part of daily life for all Tibetan Buddhists. These hand held wheels contain hollow wooden or metal cylinders attached to a handle. When turned, these are believed to spread spiritual blessing. Mantras – such as *Om Mani Padme Hum* – believed to evoke the attention and blessings of Shakyamuni, the Buddha of Compassion – may be printed or etched on the cylinder, and each revolution is said to equal one repetition or prayer. Larger prayer wheels are also lined up on racks along the paths circling the monasteries or at other sites so that passing pilgrims can set them into motion.

Saints of the Week

St Henry – 13th July.



On July 13, the Catholic Church celebrates the memory of St. Henry II, a German king who led and defended Europe's Holy Roman Empire at the beginning of the first millennium.

St. Henry was born in 972 to Duke Henry of Bavaria and Princess Gisela of Burgundy. During his youth, Henry received both an education and spiritual guidance from a bishop who was himself canonized, St. Wolfgang of Regensberg. Henry was an intelligent and devout student, and for a period of time he was considered for the priesthood.

St. Wolfgang's lessons in piety and charity left a lasting mark on Henry's soul. But it was ultimately in the political realm, not the Church, that he would seek to exercise these virtues. He took on his father's position as Duke of Bavaria in 995, one year after St. Wolfgang's death. The Church supported his accession to the throne as King of Germany in 1002.

As king, Henry encouraged the German bishops to reform the practices of the Church in accordance with canon law. During the same period he is said to have brought a peaceful end to a revolt in his territory, which ended with the king mercifully pardoning the rebels. Henry also acted decisively, but not harshly, against an Italian nobleman who set himself up as a rival king.

In 1014, the German king journeyed to Rome where Pope Benedict VIII formally crowned him as head of the Holy Roman Empire. The emperor demonstrated his loyalty to the Pope by confirming Benedict VIII's authority over the city of Rome. Henry made his journey from Rome back to Germany into a pilgrimage of sorts, stopping at various monasteries along the way.

Henry became a great patron of churches and monasteries, donating so much of his wealth to them that his relatives complained that he was behaving irresponsibly. But Henry was far from irresponsible, as his leadership of the Western Empire in both war and peace demonstrated. The emperor was also a great patron of the poor, making enormous contributions for their relief.

The emperor's extraordinary generosity was made possible in part by his lack of an heir. He was married to a woman who was later canonized in her own right, St. Cunigunde of Luxembourg, but the two had no children. Some accounts say that the couple took vows of virginity and never consummated their marriage, though this explanation of their childlessness is not universally accepted.

For the last several years of his life, Henry had to deal with serious illness, and an additional ailment that crippled his left leg, along with his imperial responsibilities. He found support in prayer during these trials, and seriously considered resigning his imperial leadership in order to become a monk.

After several years of illness, St. Henry II died in July of 1024. The public mourned sincerely for the monarch who had managed to lead his earthly kingdom so responsibly without losing sight of the Kingdom of God. Pope Eugene III canonized him in 1146.

St Camillus of Lellis, Priest – 14th July

Humanly speaking, Camillus was not a likely candidate for sainthood. Camillus de Lellis was born at Bocchianico, Italy. His mother died when he was a child, his father neglected him, and he grew up with an excessive love for gambling. At 17, he was afflicted with a disease of his leg that remained with him for life. In Rome he entered the San Giacomo Hospital for Incurables as both patient and servant, but was dismissed for quarrelsomeness after nine months. He served in the Venetian army for three years.



Then in the winter of 1574, when he was 24, Camillus gambled away everything he had—savings, weapons, literally down to his shirt. He accepted work at the Capuchin friary at Manfredonia, and was one day so moved by a sermon of the superior that he began a conversion that changed his life. He entered the Capuchin novitiate, but was dismissed because of the apparently incurable sore on his leg. After another stint of service at San Giacomo, he came back to the Capuchins, only to be dismissed again, for the same reason.

Again, back at San Giacomo, his dedication was rewarded by his being made superintendent. Camillus devoted the rest of his life to the care of the sick. Along with Saint John of God he has been named patron of hospitals, nurses, and the sick. With the advice of his friend Saint Philip Neri, he studied for the priesthood and was ordained at the age of 34. Contrary to the advice of his friend, Camillus left San Giacomo and founded a congregation of his own. As superior, he devoted much of his own time to the care of the sick.

Charity was his first concern, but the physical aspects of the hospital also received his diligent attention. Camillus insisted on cleanliness and the technical competence of those who served the sick. The members of his community bound themselves to serve prisoners and persons infected by the plague as well as those dying in private homes. Some of his men were with troops fighting in Hungary and Croatia in 1595, forming the first recorded military field ambulance. In Naples, he and his men went onto the galleys that had plague and were not allowed to land. He discovered that there were people being buried alive, and ordered his brothers to continue the prayers for the dying 15 minutes after apparent death.

Camillus himself suffered the disease of his leg through his life. In his last illness, he left his own bed to see if other patients in the hospital needed help. He was canonized in 1746, was declared patron of the sick, with St. John of God, by Pope Leo XIII, and patron of nurses and nursing groups by Pope Pius XI.

St Bonaventure, Bishop & Doctor – 15th July



St. Bonaventure, known as "the seraphic doctor," was born at Bagnoregio, in the Lazio region of central Italy, in 1221. He received the name of Bonaventure in consequence of an exclamation of St. Francis of Assisi, when, in response to the pleading of the child's mother, the saint prayed for John's recovery from a dangerous illness, and, foreseeing the future greatness of the little John, cried out "O Buona ventura"- O good fortune!

He became a Franciscan in 1243 and studied philosophy and theology at the University of Paris. He became a famous teacher and philosopher, part of the extraordinary intellectual flowering of the 13th century. He was a friend and colleague of St Thomas Aquinas. At this time the friars were still a new and revolutionary force in the Church, and their radical embracing of poverty and rejection of institutional structures raised suspicion and opposition from many quarters. Bonaventure defended the Franciscan Order and, after he was elected general of the order in 1255, he ruled it with wisdom and prudence. He is regarded as the second founder of the Order.

He declined the archbishopric of York in 1265 but was made cardinal bishop of Albano in 1273, dying a year later in 1274 at the Council of Lyons, at which the Greek and Latin churches were (briefly) reconciled. Bonaventure wrote extensively on philosophy and theology, making a permanent mark on intellectual history; but he always insisted that the simple and uneducated could have a clearer knowledge of God than the wise. He was declared a Doctor of the Church in 1588 by Pope Sixtus V.

Our Lady of Mount Carmel – 16th July



The feast of Our Lady of Mount Carmel was first instituted in the late 14th century in commemoration of the approval of the rule of the Carmelite Order a hundred years earlier. According to legend, a religious community was established even before the time of Christ on Mount Carmel. This is the mountain overlooking the Mediterranean Sea on which the prophet Elijah successfully challenged the priests of Baal and won the people to the true God. The feast of Our Lady of Mount Carmel entered the Calendar of the universal Church in the early 18th century.

Although there is no historical evidence for the pre-Christian Carmelite community, references in the 12th century record a community of monks on the holy mountain.

Despite continual difficulties, the community built a monastery and church dedicated to the Virgin Mary on Mount Carmel in 1263. Saint Louis, King of France, had visited Mount Carmel in 1254, and brought back six French hermits for whom he built a convent near Paris.

Mount Carmel was taken by the Muslims in 1291, and the brothers were killed and the convent burned. The spread of the Carmelites in Europe is largely attributable to the work of Saint Simon Stock (1247-1265). The Carmelite Order was formally approved in 1274 at the Council of Lyon.

As this school year closes ...

God Knows

And I said to the man who stood at the gate of the year:

“Give me a light that I may tread safely into the unknown.”

And he replied: “Go out into the darkness and put your hand into the Hand of God. That shall be to you better than light and safer than a known way.”

So I went forth, and finding the Hand of God, trod gladly into the night. And He led me towards the hills and the breaking of day....

Minnie Louise Haskins, 1908

Thank you.