



*Volunteers enjoying a break from yard work*



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*Sisters mixing incense*



*Sharing life with visiting sisters from other Monasteries.*



*The Path to Mt Carmel  
"near the spring of Elijah."*



*Carmel on  
Narragansett  
Bay*

*Why live a life of prayer?*

*Come and See the Carmelite Way*

*We are a Contemplative cloistered Order of Nuns in the Roman Catholic Church, committed to pray unceasingly for the Church and the World.*



*Monastery of Our Lady of  
Mt Carmel and St Therese*



Do you feel an emptiness in the midst of your activities and way of life?



Do you wish to journey in the mystery of God's love?



Jesus went off to pray alone.



Praying together

Our Rule provides a simplicity of life expressed in communal prayer - Liturgy of the Word and Eucharist, Liturgy of the Hours, two hours of solitary prayer, work, spiritual reading, community meetings, leisure and recreation together.

True to the ideal of their Holy Mother St. Teresa, the Discalced Carmelite Nuns live their contemplative ecclesial life in an atmosphere that integrates, on the one hand, solitude and silence, with a sisterly communion of life, on the other." (Constitutions #11)



St John of the Cross



St Teresa of Jesus

It takes courage, determination and conviction to surrender to the movement of the Holy Spirit in our hearts.

"Awaken and enlighten us, my Lord, so we might know and love the blessings that you ever propose to us."

The Living Flame of Love,  
John of the Cross

As in the beginning until now, our Order is inspired by the old Testament prophet Elijah who proclaimed, "The Lord God lives in whose presence I stand." The Rule of Carmel was given in 1207 to a group of hermits living on Mt. Carmel in the Holy Land. They chose Mary, the first disciple of Jesus, as their model and were known as the Brothers of the Blessed Virgin Mary of Mt. Carmel. Women became members of the Order in 1452. Teresa of Jesus from Avila, Spain, restored the spirit of Carmel in 1562. Our Monastery was founded in 1930 when Mrs Emily Post offered her manor house in Newport, RI for a new Carmelite Monastery; a group of nuns from New Orleans Carmel began the life. In 1957 the new community moved to Barrington. At this time we are Sisters from a variety of States in the U.S. and two different countries.



Annual party of "Intercommunity formation program"