The Little Way

Lighting the Path for Faith, Hope and Love
It is good to be in your hands again. Your faith and generosity are truly lighting the path of the Carmelites in all our Gospel ministries, seeking to enlighten and grace people in faith, hope, and love. Because we are Between Friends, like you, so much good is happening. God’s kingdom is breaking out and Thérèse’s vision “to go to the ends of the earth, making God known and loved” is being realized.

During this Year of Faith, we seek renewal and deepening in the lived experience of faith. In this edition, we focus on the Little Flower’s “Little Way” as a path to faith, hope and love – lighting the path. She was a prophet of the Second Vatican Council. New artifacts of Thérèse’s creativity enhance the National Shrine. Carmelites and young people around the world gather to deepen and excite their spirituality. Plans to renovate and expand the Darien campus to make her spirituality more available are in progress. Good things are happening – and we want to share them with you, because you help make them happen.

Recently I returned from leading a pilgrimage to Spain in the footsteps of Sts. Teresa of Avila and John of the Cross. It was such an awesome and prayerful experience. These two Carmelites had such a great influence on Thérèse of Lisieux. Each day as we prayed, reflected and visited, I carried the members of the Society in my heart, knowing you are following in this same “little way” spirituality of God’s presence. Please enjoy this edition of Between Friends. And know you are always in our hearts and prayers. Your friendship lights the path of faith, hope and love.
St. Thérèse dreamed big. Her intention was to make God known and loved to the “ends of the earth.” If she could have traveled the world to accomplish that dream, she certainly would have.

In keeping with the spirit of our beloved saint, we at the Society of the Little Flower have been impelled to also dream big. A few years back, when the Sisters in Lisieux asked us to help with the renovation of their Carmel, we did everything we could to realize that dream. After all, this was St. Thérèse’s monastery! The positive response so many gave to this effort was both generous and heartfelt. The Sisters in France remain eternally grateful – as do we.

And we also continue to dream.

As part of our ongoing effort to make Thérèse’s “Little Way” become more vibrant to those who follow her spirituality and become present to those generations who have yet to discover her path, the Carmelites and the Society of the Little Flower are launching a major expansion of the National Shrine and the Carmelite Spiritual Center. Plans are being developed to renovate the Shrine Museum, making it interactive in nature, while also offering more inviting display rooms. In addition we are considering expanding our present chapel to accommodate the large crowds that gather daily for Mass and personal reflection. The Spiritual Center is in desperate need of extra meeting rooms and bedrooms to handle the growing interest in overnight retreats and pilgrimages. We will share more information on this in the months to come.

One of our initial efforts in our campus expansion and renovation was the recent installation of the Carmelite Meditation Garden and Way of the Cross. This outdoor space welcomes not only pilgrims to the shrine, but also invites visitors from the community and beyond to stop for a few moments to recollect, focusing on sacrifices our Lord made for us, all in a tranquil and prayerful setting.

So, as Friends of St. Thérèse, let us dream together and work hard to make this dream come true. Faith believes in what seems impossible, hope trusts it can happen and love is about self-giving to make it happen through God’s grace. We need your cooperation and investment. Her “little way” friends will make it happen, step by step.

Here at the Society we promise our best effort, knowing you are our inspiration. St. Thérèse smiles on, in and through us all, each and all, working together. We owe it to her to continue her dream. We owe it to future generations to dream big.

We welcome your comments or questions.
Please write to:
Mary T. Lambert,
Society of the Little Flower,
1313 N. Frontage Road,
Darien, IL 60561
Pilgrimages of Faith

Led by Father Bob Colaresi, O. Carm.

Holy Land Pilgrimage: November 10 - 21, 2013

A biblical journey to where God’s revelation happened. The faith experience of a lifetime – a journey of the heart and spirit. Start in Jerusalem, on the Mount of Olives, Gethsemane, Way of the Cross, Western Wall, to Bethlehem, where Jesus was born, Ein Karem, place of the birth of John the Baptist and the Visitation of Mary to Elizabeth; Zion Hill where the Last Supper, Pentecost and the imprisonment of Jesus took place, to the Judean Desert, the Dead Sea, Massada, and Qumran. Then, driving north, we visit Emmaus, Jaffa, Caesarea, Mount Carmel, Galilee, Nazareth, Cana, Capernaum, Mount of Beatitudes, Sea of Galilee, Tabgha, River Jordan, Mount Tabor, Beit Shean, and so much more. Highlights include boat ride on the Sea of Galilee, St. Peter’s fish lunch, Baptismal renewal in the River Jordan, Biblical Passover meal, an Israeli/Jewish Biblical guide and teacher, and Biblical reflections and Mass daily at holy sites.

For more information, full brochure or registration form, please contact:
Darlene Jindra, Carmelite Spiritual Center,
8433 Bailey Road, Darien, IL 60561 | 630.969.4141 | retreats@carmelitespiritualcenter.org
Among the ways Carmelites try to light the path is to attract vocations to Carmel – as vowed Religious Men and Women, as Priests, Nuns, Brothers, and Sisters as well as dedicated lay Carmelites. Our Carmelite family is growing and expanding throughout the world.

Another way is to have a special emphasis on attracting youth – handing on the challenge and invitation of Gospel as well as the Carmelite spirituality of intimacy with God, community with others and service to God’s people. It is our common experience that young people are hungry for meaning and purpose in a stress-filled world. They want to make a difference. Besides work in Catholic educational schools, parish programs and retreats for youth, Carmelites have also sponsored youth days and pilgrimages for young people. They want to experience prayer, community and ministry. Pictured to the right is our Prior General, Most Rev. Fernando Millán Romeral, O. Carm. speaking to a youth gathering in Burkina Faso, Africa. It is impressive to see the hunger of God manifest in the hearts and hungers of young people. They are our future. They are God’s future.
St. Thérèse has so many friends in Canada. The Carmelites are grateful. Recently Mount Carmel Spiritual Centre in Niagara Falls, Ontario, hosted the General Congregation of all the Carmelite provincials from around the world. It was a very positive experience of fraternity and recommitment to our Carmelite spirituality as contemplatives in action. Some well-qualified people from different backgrounds challenged the 60 Carmelites in ways to deepen our spiritual identities and inspire a deeper generosity in serving God’s people in our world today. The call was to be “witnesses of hope.” Canada provided gracious hospitality, and Niagara’s wonder of the world was a great place to celebrate and meet. Canada’s openness to people from so many other nations made it easier for the Carmelites to gather there.

Besides our four Carmelite parish commitments in Mississauga and Niagara Falls, Mount Carmel Spiritual Centre continues to provide programs of spiritual enrichment and renewal for many people. Attempts are also being made to install solar panels on the roof to provide power, be more environmentally sound and save money.

St. Thérèse’s Feast Day will be celebrated in Niagara Falls, Ontario, on Saturday, September 28th, with our Provincial, V. Rev. Carl Markelz as the speaker and presider.
Our Lady of Mount Carmel

St. Thérèse and all Carmelites are dedicated to Our Lady of Mount Carmel. Her Feast Day is July 16th. She is the inspiration of all Carmelite spirituality. The earliest Carmelites were Crusaders from Europe who were disillusioned with the wars and violence associated with the Crusades. Some were so disappointed that they decided not to return to Europe but rather to stay in the Holy Land on Mount Carmel, the “garden of God,” the mountain of Elijah, and to seek intimacy with God and listen to the divine whisper of hope and presence. They settled in the wadi-ein-Siah, a dry river bed, which reflected the state of their disillusioned souls. They lived as hermits in caves for a while but eventually needed the prayerful support of others in community. In the 1180s they built a chapel and named it after “Our Lady of this Place” – amid the darkness of disillusionment, they were aware that the Lady of Nazareth was so open to God’s presence that she might rekindle the spark of faith and presence in them. Nazareth is just across the Jezriel valley from Mount Carmel. They believed that Mary, “Our Lady of this Place,” would open them to experience Emmanuel, the God who is with us!

Within 100 years, as Islam reclaimed the Holy Land, the Carmelites gradually migrated to Europe and became a more mendicant Order, in service of and by the request of the Church. They continued to claim the “Lady of the Place” or “The Lady of the Mountain” to help them live in God’s presence. She would continue to teach them that wherever they are, God is with them. Carmelites understand Mary as “our Sister in faith” – she stands beside us making us more aware that where we are is holy ground. Carmelites are officially called the “Brothers of the Blessed Virgin Mary of Mount Carmel.”

In the 13th and 14th centuries, when the Carmelites, along with many other religious communities, were threatened with suppression, the tradition arose that St. Simon Stock had a vision of Our Lady of Mount Carmel, who told him that if the Carmelites wore their apron or habit in faith, that she would take care of them. The Carmelites survived and the tradition of the Brown Scapular of Our Lady of Mount Carmel developed and continues to invite people to live under Mary’s mantle and have her heart, being radically open to God’s presence.

In celebration of our Carmelite Patroness, we are celebrating the Feast of Our Lady of Mount Carmel in Darien on Friday, July 19th, starting at 10 a.m. We will have a talk on Our Lady of Mount Carmel and her influence on Carmelite spirituality, followed by a prayerful procession of her statue around the Meditation Garden. The OLMC Feast Day Mass will start at 11:30 a.m. at the National Shrine, and ethnic foods will be available from 12:30 p.m. to 2 p.m. It will be like the Our Lady of Mount Carmel celebrations I experienced as a child and throughout many areas in New York and Chicago. The Carmelites hope to see many friends there. 🌹
This Year of Faith is a call to deepen our lives as followers and friends of Jesus. We continue to be invited to walk the path of faith: faith in God’s presence, power and love, faith in other people, and faith in ourselves as the dwelling place of God. Jesus constantly said to everyone he healed: “Your faith has saved you!”

You and I are children of light. We are attracted to light. St. Thérèse is a shining light in the Communion of Saints. She is a bright light in the Carmelite landscape. She is the friendly golden glow in our hearts. She draws us close to Jesus and the God of Love.

I also believe she is a prophet in our day. She is a Prophet of the Second Vatican Council whose 50th anniversary we are celebrating in this Year of Faith. She is a doctor of the Church because she has a powerful message for us today, in confusing times of transition and darkness. She lights the path to truth and faith.

Among the most significant Church events of my life was the Second Vatican Council (1962-1965). I was in the Carmelite seminary preparing for life as vowed Religious and Priest. I remember the excitement and hope the Council instilled. Opening the windows to let in fresh air seemed like a new springtime. We experienced it as a new Pentecost. No longer was the Catholic Church a dusty museum, defending, judging and preaching obediential fear. Returning to the experience of the early Church, she saw herself again as a community of believers who wanted to engage the world with God’s Word, not hide, protect and defend. It was a breath of fresh air.

Yet it was challenging personally. Instead of joining an elite priesthood, whose members everyone admired and respected, I had to embrace that Jesus was servant, washing the feet of his disciples and friends. Instead of standing on a privileged pedestal of triumph and glory, as the one...
who would bring Christ to others, I had to learn humility that I was to see and help unveil Christ already present in others. I was part of the larger body of Christ, in whom everyone had special graced roles and gifts. As a priest I was among people, not separate or above them. It took the wind out of my pride-filled sails, even as it freed and empowered me to serve people in sacramental and so many ways.

My personal challenge was echoed in the challenge of many people adapting to a whole different way of thinking about God, Jesus and being Roman Catholic. It wasn’t new, but an evolution beyond the fear-based, defensive Church we had allowed ourselves to become during and after the Reformation.

I believe the refreshing message of St. Thérèse was one of the ways Jesus led us to the new day of renewed faith – for the Church to be a Light to the Nations – more faithful to the uplifting message of the Gospel.

There are many parallels of teachings of St. Thérèse and the Second Vatican Councils’ teachings:

The Primacy of Christ

Thérèse loved Jesus. He was everything to her. She invites us to that same union, communion and intimacy with God in human flesh. Holiness is a relationship with the saving presence and person of God in Jesus. The Second Vatican Council called us back to the centrality of Jesus Christ. By embracing our humanity and offering it all to God, Jesus made us holy.

Somehow, over the years, Jesus seemed to have turned into a judge we were afraid of, instead of the friend, savior, brother and Good Shepherd who guides, carries and loves His brothers and sisters. Because Jesus as God had been projected as someone we were afraid of and trying to keep happy, we were not intimate with or in communion with Him. We turned to Mary, His mother, the saints and other laws and practices. Somehow, we were trying to keep Jesus happy and earn our salvation instead of allowing Him who saved us to be an intimate friend, a divine presence and companion on the journey.

Universal Call to Holiness

The Little Flower believed, taught and inspired us to know that everyone is called to holiness. Her “little way” of doing ordinary things with extra-ordinary love and going to God with childlike confidence and trust is the core of the Gospel message. Holiness is not just the vocation of monks, nuns, priests and hierarchy. The kingdom of God is the responsibility of all people and God’s love and presence is freely given to all. Baptism is the primary Sacrament, making us all beloved daughters and sons of God. We are all the Church! We are not simply a special group of ordained or vowed people. We are a holy people! It is a challenging call to personal renewal and responsibility, to holiness with the God dwelling within and among us and to work for the justice of God’s kingdom. This is revolutionary and simple – and so reflects for Gospel of Jesus.

“We continue to be invited to walk the path of faith: faith in God’s presence, power and love, faith in other people, and faith in ourselves as the dwelling place of God.”
A God of Love and Mercy

Thérèse struggled with the Jansenism of her time that permeated the teachings and the faith of many people. This heresy of Jansenism believed that God is angry, disappointed, judgmental, hard to please, and demanding of strict, absolute obedience. We had to suffer and follow laws to earn salvation, instead of receiving it as a free gift of a loving God. Thérèse was most prophetic because she flew in the face of this Jansenistic-tainted religious tradition. She reflected and the Vatican Council reiterated, that we are a first-loved people – God first loves us, and we respond in gratitude, service and joy. In *Lumen Gentium* and *Gaudium et Spes*, the Council challenged us to be a light to others and to serve with joy and respect. We are challenged to be a joyful people because of being so loved, not a miserable, suffering, fearful and uptight people. We have a God who delights in His people, not one who frowns on us!

Understandable Language

Despite complicated patterns of prayer, Thérèse inspires us to pray simply from our hearts, in words of love and gratitude, with genuine honesty, in silent communion within a loving relationship, communing with someone who loves us. The Council finally decided that the Church would pray in the language of the people, in a language we could understand. What a refreshing breath of prayerful air! We were invited to participate in our liturgy, not just be spectators. We were not watching “Father say Mass” – we were all celebrating Eucharist as God’s people, the living body of Christ. We no longer needed other prayer books and rosaries to fill in the time, but rather to share together in the Eucharistic meal and sacrifice that is the source and summit of who we are as God’s people.

Pilgrim Church

St. Thérèse always knew she was in restless exile from her true home, heaven. She understood the journey of conversion, trust and surrender, especially amid dark times. Stairways were important in her life, but she also saw Jesus as the elevator carrying her home to glory, freedom and love. Because of religious, theological, social and political issues, our Church had turned into a fortress which we were trying to defend against outside evils. We defined ourselves by being against. Our catechism spent more time teaching why others were wrong rather than inviting us into the deeper truths of the mystery of God’s presence and unconditional love. We don’t travel well with heavy baggage, fighting historical battles no longer relevant. The Council challenged us not to be a defensive, exclusionary fortress, but a pilgrim people, with open arms to God, to all God’s people and to the future. We had to learn that faith is not about my need for security, but a trust in God’s mysterious plan beyond our understanding. No matter how scary, God is still God and in charge. We have to live in the freedom of St. Thérèse, riding the elevator of grace.

Everything is Grace

The Little Flower’s greatest teaching, which came at her darkest time, is that “everything is grace” – God is working and present in every person, opportunity and challenge. The Second Vatican Council woke us up from the blinding reality of our elite defensiveness to a more open and ecumenical attitude that God is working in so many different ways – in so many different religious traditions. We are challenged to be more faithful to Jesus’ prayer: “that all may be one” – and “I have other sheep whom I pasture.” Just as Thérèse teaches us to learn from every
person and all the situations of our lives, we as a Church have much to learn from the way other religious people of faith understand the revelation of God. God loves and relates with every person He ever created. That we live in an enchanted universe of God's grace, love and presence is the good news!

**Eucharist**

The liturgical renewal was one of the more obvious effects of the Vatican Council. We are called to celebrate the divine presence so freely given, not simply watch in humble unworthiness and sinfulness. We participate in Eucharist and make God really present by our presence. We are enjoined to celebrate Eucharist in the community of the Body of Christ, not out of obedience but because of faith and presence. Eucharist is the touchstone of orthodoxy – that we are transformed as the bread and wine is transformed – to transform a world. St. Thérèse was so faithful to the Gospel tradition and ahead of her times when she taught and lived that Jesus did not come to remain in golden chalice, but rather “to find another heaven, the heaven of our soul, in which He takes delight” – and that this presence transforms us and opens us up to God's big picture and the whole world. Eucharist is about personal communion with Jesus and embrace by the Christ of all creation. Her love of Jesus in the Eucharist opened her to the whole world beyond the cloister and made her a missionary. Eucharist is more about communion and transformation than adoration.

There are so many ways we can look at St. Thérèse as a prophet of the Second Vatican Council – how she was part of God's plan renewing our Church and leading us all to the big vision of Jesus. Yes, she was lighting the path: her little way, lighting the path for faith, hope and love. She was a prophet whose teachings and truth, confirmed by being made a doctor of the Church, helped set the stage for the Second Vatican Council. She emphasized the simplicity of the Gospel message of love, forgiveness and mercy – the unconditional goodness of God and our call to renewal, holiness and intimacy. It is refreshing and hopeful today that our new Pope Francis has picked up the same inviting and challenging message.

Our heavenly friend, St. Thérèse of Lisieux, is truly lighting the path of each of us personally. It is a challenge to live her “little way” – but it is also the way of freedom to faith, hope and love, our truth as beloved daughters and sons of God. 🌿
New Thérèse Artifacts at the Darien National Shrine

Recently the Carmelite Nuns of Lisieux loaned the National Shrine in Darien more artifacts of our beloved Friend. We now are exhibiting Thérèse’s artistic talents. She had stated: “Ah! How happy I would be to be able to paint!” Her artistic soul had been nurtured in her family. Inside Carmel, as she accessed her creativity, she used a wooden art case which included her French arm palette, natural bristle paint brushes, painting knives and instruments, and containers that hold solvent and thinner used to thin oil-based paints, as well as the actual pastel colors, which St. Thérèse used for painting, decorating, calligraphy and even smudging to add delicate and subtle touches and shimmer to her artistic expressions. Her prayer cards, decorations and paintings reflect a soul sensitive to beauty. She wrote: “Only the palette of the Celestial Painter will be able to furnish me after the night of this life, with the colors capable of depicting the marvels He reveals to the eyes of my soul.”

With her paint set, we have on display the original colored painting the Little Flower made of Jesus knocking at the door without a doorknob, because we have to open and let Him in. She copied the black and white print which hung in her room and enlarged it and painted it. Also displayed is her original colored painting of the holy face of Jesus. It is copied from the holy face of Tours, which is a copy of the Veronica’s veil holy face image, displayed at the Vatican, which young Thérèse received as a remembrance of her pilgrimage to Rome. She painted it in 1889, shortly after she received the Carmelite habit. Thérèse traced and cut out the picture on artist canvas, and painted it, affixing it to wool for hanging, as a gift to Celine, who remained outside taking care of their father, who had just suffered a major stroke. Her vivid colors of the bloody, suffering Face are evocative. Her prayer before this picture was: “Jesus, make me like you.”

“Vide Poche” painted by Thérèse are on display. Because of the simple way they lived, each Carmelite nun had “vide poche,” hanging or stand up pouches or holders to empty the contents of their pockets. Some of the Sisters made these, and Thérèse decorated them with her colorful images. These are her original decorations.

Thérèse’s right clog is at the shrine. When going outside to work or do laundry, each Carmelite nun had a set of wooden clogs, large enough to wear over her sandals. Each Sister had her own personal image which was her symbol in the community. Thérèse painted her symbol, the reed, from the prophet Isaiah (42:3) “a bruised reed He will not break,” a sign of her trust and confidence in God’s mercy. Her left clog is in the museum at the Carmel of Lisieux.

Also displayed are her writing implements – the nibs, penholders and inkpot St. Thérèse she used for writing, decorating, outlining and even writing the manuscripts that became The Story of a Soul.

“Only the palette of the Celestial Painter will be able to furnish me after the night of this life, with the colors capable of depicting the marvels He reveals to the eyes of my soul.” – St. Thérèse
The above poem is imprinted on the stone marking the resting place of a man known to almost everyone who ever watched daytime television. He is Macdonald Carey, famous for voicing the familiar words, “Like sands through the hour glass, so are the days of our lives.”

The poem and Mr. Carey’s words remind us of two things: how quickly life passes, and that there is a wonderful promise awaiting those who persevere, in faith, through life’s ups and downs.

It’s tempting to look back on the days of our lives and consider what we might have done differently. Or to wonder how life might have turned out if we had made different choices.

Perhaps hindsight is, indeed, “20/20,” but it also has its disadvantages. We should constantly remind ourselves of what St. Paul tells us in his letter to the Romans: “All things work for good for those who love God.” God’s grace always leads us.

Indeed, there is a thread of love that weaves through every moment of our lives. That we must trust.

Recently, the Society of the Little Flower took what might be looked upon as a leap of faith. We have decided to move ahead with the first phase of adapting our outreach and modernizing our facilities to better serve not only those who see the shrine as their spiritual home, but also to reach out to a new and younger generation of Catholics. The renovated shrine will be interactive in nature, leading people through a completely new experience and understanding of St. Thérèse’s Little Way of spirituality.

Our goal is as it has always been: to light a path and to show a new way to those searching for a deeper communion with God by following the model of the Little Flower. That goal is as relevant today as it was when the Society was founded in 1923.

Those who love St. Thérèse also know that she is perhaps more alive today than she was during the 24 years she spent here on earth. Today, her influence knows no border. Her faith has comforted many a heart. Her intercession has saved countless souls. Truly, just as she promised, she is spending her heaven doing good on earth.

The Society of the Little Flower is excited about the future. The next few years will be decisive in that regard. So many seek answers to the vexing problems of the day. As we plan new avenues to extend our outreach, the center of our message is timeless. For a world that is drawn to that which is complex, we have a simple answer, just as we always have. That answer, Thérèse’s answer, must be proclaimed as it never has been.

“How careful we must be to prime the pump with water from the clearest spring. Though what comes out first is red from rust, the waiting’s worth what faith will bring. It would be good to bring a cup; your hands won’t hold the stream that gushes forth once it’s begun. It overflows the dream.”
proclaimed before.

I ask you, if St. Thérèse has ever helped you, please look within. What difference has she made in your life? Today she needs you to help her Society, not for her sake, but for those who need to discover a new way. One need not look far to see who those might be.

We cannot accomplish this task alone. Again, I invite you to search your heart. How might you be a part of our future? If circumstances allow you to make a gift of significance, now might be the time. For those who are not in such a position, the inclusion of the Society of the Little Flower in your estate plans is another way to join your future to ours forever. Think about it. Pray about it. Your answer will surely come.

To aid you in your decision making, we have a free booklet available: "Family Focused Estate Planning." If you aren’t sure about the best way to help, call our office at 1.888.996.1212. We’ll guide you the best we can, with no pressure whatsoever. Together, with the help of our Lord and our dear St. Thérèse, we will make “all things new.”

In a commitment to deepen our relationship with St. Thérèse’s legion of friends, the Society of the Little Flower made two recent appointments. Father Bob Colaresi has invited Mary Zacharias and Joe Voss to spearhead this initiative. Joe and Mary will be reaching out to folks from around the country, both by phone and in person. Our hope is to increase the knowledge our benefactors have of the wonderful work made possible by their generous support.

Mary Zacharias has dedicated her entire professional career to the Society, serving in a variety of capacities over that time. In her last position, Mary was responsible for managing Little Flower’s website at www.littleflower.org. In some ways, Mary’s role here has come full circle. She began her work 30+ years ago by greeting our friends as a receptionist.

Joe Voss recently joined the staff of the Society. He has devoted his life to serving the Church, and brings years of experience working in the non-profit world to the Society. Joe has a genuinely warm and welcoming manner, and states that one of his greatest joys is meeting people and sharing stories about our beloved saint.

When Mary or Joe reach out to you, we hope you will be able to share a few minutes of your time to allow them to get to know you better and to learn more about how you came to know of St. Thérèse and the Carmelites.

In the coming years exciting things will be happening here on the Carmelite campus in Darien, Illinois. Joe and Mary will be able to fill you in on the details and even show you outlines of the plans if you are able to meet face-to-face. In the meantime, should you wish to pick up the phone and introduce yourself, they can be reached at 1.888.996.1212.

““ It’s tempting to look back on the days of our lives and consider what we might have done differently. Or to wonder how life might have turned out if we had made different choices.””
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