I understand my **Carmelite vocation** to be a call to remain in radical openness to God and in solidarity with our world, so that **my life** becomes a place where the outpouring love of God and the longings of humanity meet.

In the hiddenness of her cloister a Carmelite has moved from the world’s periphery to its centre and she places herself at the service of all people through a life of prayer, making known the beauty of intimate relationship with God and bearing joyful witness that **God alone is enough**. In this way, following the ideal of St Teresa of Avila, she enters into the prayer and sacrifice of Jesus who “loved the Church and gave himself for her”. 

**Sr Mary of St Joseph - Carmelite Nun**