



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".