



*“In the heart of the Church, my mother, I shall be Love...”*

This same love inspires each Carmelite Nun to adore, praise, intercede and petition our Eucharistic Lord for the needs of the Church, the intentions of the Holy Father, for personal sanctification and for the salvation of souls. Carmelites pray in a special way for priests, religious and all who labor in the Lord’s vineyard.

Women interested in our way of life should be:

- Prayerful and mature, between the ages of 18 and 38
- Desiring to dedicate their lives wholly and generously to the Lord
- Physically, mentally and emotionally healthy
- High School graduates



## Daily Schedule

- 5:00 a.m. Rise
- 5:30 Lauds
- 6:00 Angelus, Meditation
- 7:00 Conventual Mass,  
Thanksgiving, Breakfast
- 8:30 Terce, Rosary, Work
- 11:15 Sext, Dinner, Recreation
- 1:00 p.m. Rest
- 2:00 None, Spiritual Reading
- 3:00 Prayer to Jesus Crucified,  
Work
- 4:30 Meditation
- 5:30 Vespers
- 6:00 Angelus, Collation, Recreation
- 7:30 Matins (Office of Readings)
- 8:30 Compline
- 9:00 Retire

**Carmelite Nuns**  
**St. Therese’s Valley**  
 3551 Lanark Rd.  
 Coopersburg, PA 18036-9324  
 (610) 797-3721

*As the Lord lives,  
whom I serve...(1 Kings 8:15)*



**Carmel of St. Therese  
of the Child Jesus**

Carmelite Nuns of the Ancient Observance



*“I brought you into the land of Carmel, to enjoy its fruits” (Jer. 2).*



**Mother Therese of Jesus, O. Carm.  
Foundress**

Eager for the daily Eucharist,  
She voiced her deep faith-witness:  
“I would not miss Holy Communion  
for anything in the world.”

The center of the Carmelite’s life is  
the celebration of the Holy  
Eucharist, where she is immersed  
in an ever greater way in the  
transforming love of Christ.



The Carmelite Nuns make  
Solemn Vows of Poverty,  
Chastity and Obedience  
and observe strict Papal  
Enclosure. The religious  
chant the Divine Office in  
common, and wear the full  
Carmelite Habit continuously  
as a sign of consecration  
to Mary, the Mother and  
Beauty of Carmel.