

The Carmelite way of life for lay people

The small mountain range known as Carmel has become a symbol of the Carmelite way of life: grounded, solid, deep, yet reaching high. It was here in the Land made holy by the presence of the Saviour that Carmelite spirituality was given birth to at the beginning of the 13th century in the hearts of a small band of mostly lay people who desired to respond to an extraordinary love. Carmelites are united in a contemplative spirit of prayer, community and the desire to serve God and the people with whom we share the world. Carmel is the mountain of the prophet Elijah. Nourished by God's word and drawn to intimacy with God, Elijah sought justice for God's people.

Mary, the grace filled woman of Nazareth, is the mother and sister of all who seek to follow in the footsteps of Jesus Christ.



Cleator Moor & Frizington Lay Carmelites



Her eternal Yes resonates in the hearts of all who find inspiration in the Carmelite way. With eight centuries of history, the Carmelite tradition embraces the heart seeking God. It is an ancient path for today's pilgrim.

Lay Carmelites are just what the name implies: lay men and women who form an integral part of the Carmelite family and who try to live the Carmelite way of life in the ordinary circumstances of our lives.

- We are ordinary people responding to an extraordinary Love
- We seek and serve Christ in the daily circumstances of our lives
- We embrace Mary - Our Lady - and the prophet Elijah as models
- We find support in an international spiritual family
- We follow an ancient path for today's pilgrim

The Carmelite Third Order

If you would like to know more
about Lay Carmel in Cumbria

please contact:

Mrs. Mary Minto

on: 01946 810 806

Or

Rev. Deacon John Kennedy

on: 01946 692 369