



# DISCALCED CARMELITE FRIARS OF AUSTRALIA

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## **MEDIA RELEASE**

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### **Carmelites Offer Book Club with a Difference**

The Discalced Carmelites of the Australia-Oceania region have launched a new initiative intended to share with others their charism of prayer, silence and community. The Carmelite Spirit Online Silent Book Club is a weekly opportunity for people to gather online with other spiritual seekers from across the globe.

Unlike most other online meetings and book clubs, the weekly gathering is mostly spent in sacred silence. Participants read a book of their own choosing, enjoying the silent space and encouragement that the presence of the other participants gives them. After the time of silent reading, there is an opportunity to exchange any insights that have arisen from the time of reading.

Regional Vicar of the Discalced Carmelites Fr Bernard Hancock says that he is “delighted by this new and unique initiative.” He continues, “There is such a need for silence and spiritual friendship in our world, and the Carmelite Spirit Online Silent Book Club provides the space for these precious gifts.”

Book club participant Julie Redican comments, “The Carmelite Spirit Online Silent Book Club is my favourite hour of the week! It bookmarks an hour of sacred silence with inspiring spiritual companions, both within the pages of books and online, creating a sanctuary amid the demands of work, parenting teens, and caring for my elderly mum. The Book Club reminds me of the ‘Why’, making hard things possible.”

The Carmelite Spirit Online Silent Book Club meets on Saturday mornings. It is free and requires no ongoing commitment. For more information and to register visit [www.carmelite.com/retreats](http://www.carmelite.com/retreats)