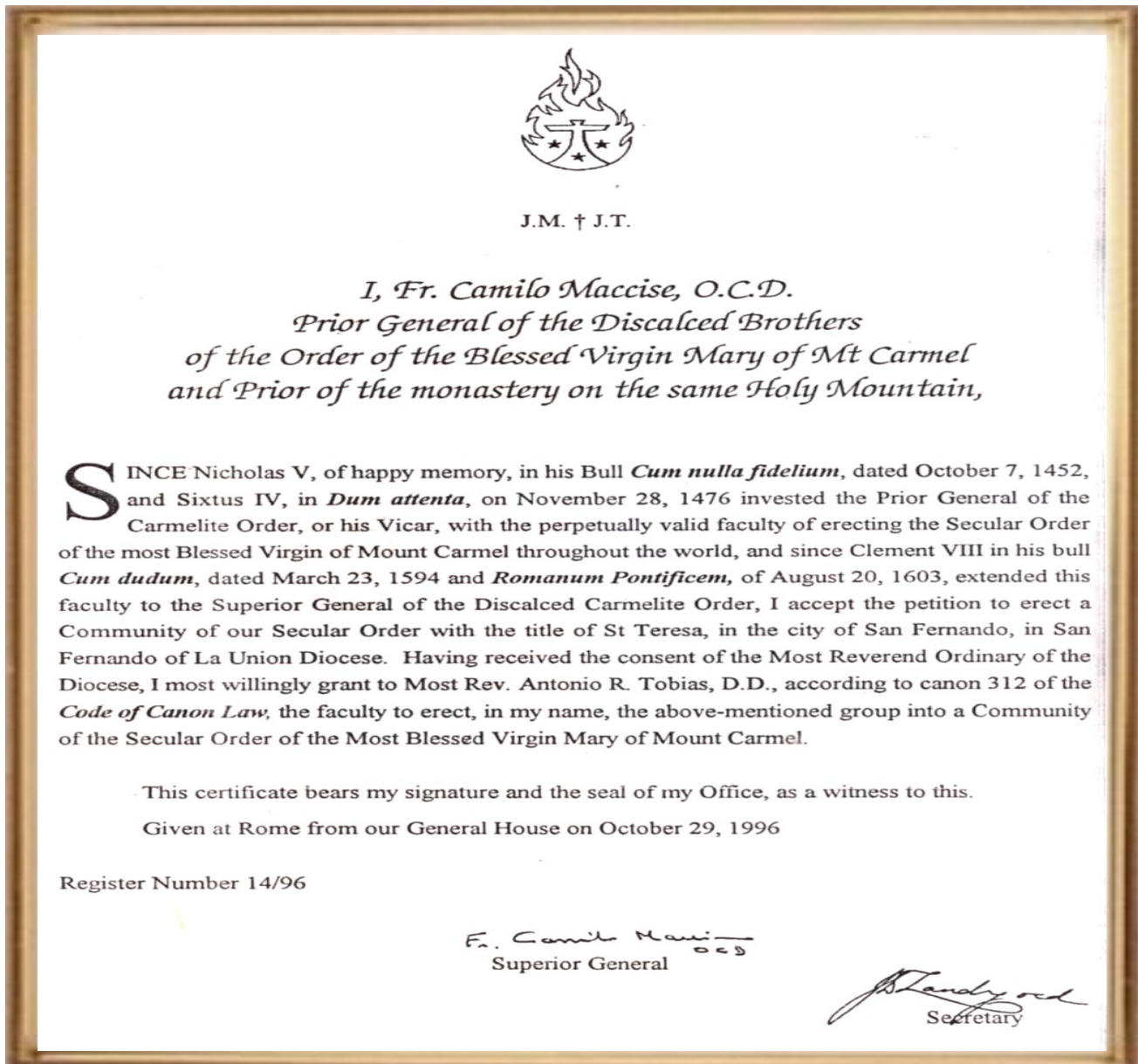


## XI. ORDER OF DISCALCED CARMELITES

### 11.1 Erection of St. Teresa of Avila Community in October 29, 1996



The Prior General pays tribute to Fr. Camilo Maccise, O.C.D.

The Prior General of the Carmelite Order, Fr. Fernando Millán Romeral, O.Carm., has sent his deepest condolences to the Discalced Carmelite family on the loss of their former Superior General, Fr. Camilo Maccise who died on 16th March, 2012.

Fr. Fernando underscored the great loss for all the Carmelite family that Fr. Camilo's death represents. He emphasised Father Camilo's powerful sense of evangelism, of prophetic valour and true spirituality.... "I have always greatly enjoyed his optimism and sense of humour, his sensitivity for the poor, and his love for Carmelite spirituality."

Fr. Camilo was born in 1937 in Mexico and made his first profession as a Discalced Carmelite in 1955. He served as Prior Provincial of the Mexican Province and was elected Prepositus General (Superior General) of the Discalced Carmelites for two terms from 1991-2003.

During the 12 years as Superior General, Fr. Camilo together with Fr. John Malley, O.Carm, former Prior General who died a months ago, jointly built a strong bond between the two Orders of Carmel. They worked closely together.



In gratitude to the late Lourdes Florentino, prioress of The Tertiary for the construction of the House of Prayer during her term.

Her legacy to the OCDS members of the St. Teresa of Avila Community (La Union).



Blessing of OCDS HOP by Rev. Fr. Alfonso Lacsamana and cutting of the ribbon by Mrs. Mary Jane Ortega.



Mutual admiration \_ Luz admires Mo. Mary and vice-versa.



Ma. Luz in white dress in front of the Our Lady of Mediatrix statue, Lipa City. She brought three dresses \_ white (Our Lady of Lourdes), blue (Our Mother of Perpetual Help), and brown (Our Lady of Mount Carmel).



Ma. Luz permitted to join the nuns in their retreat with Fr. Kavanaugh.



Carmelite Family Day at Mandaluyong





L-R: Mr. & Mrs. Nonong Florentino unveil the marker commemorating the 16th Canonical Erection of St. Teresa of Avila on May 3, 2013; Fr. Angelo Madelo, OCD blesses the marker; and Viewing of Exhibits by OCDS Philippine Council and Officers.

## Carmelite Vocation



December 3, 2017 - First Sunday of Advent

We want to reflect on the meaning of a Secular Carmelite; a life lived in prayer, silence and simplicity!

Superior General Fr. Saverio Cannistra, OCD on his message to the Order for the Feast of St. Teresa 2010 said, "When Teresa speaks of prayer, she doesn't speak of it as a simple act or a spiritual exercise. A most committed Spiritual life leads us to its final aim to recite the Our Father with full adhesion of mind and heart\_ her comment in the last sixteen chapters of her book bears witness to this. Perfection therefore is to be so adult as to be able to pronounce as one's own the words that Jesus pronounced talking of God: Our Father!"

Have we wasted ourselves during these 15 years when we started attending monthly meetings at the OCDS House of Prayer at Pindangan? Nila based at Vigan City has to come to San Fernando City to attend our regular monthly meetings. Ilocos Sur province where Nila resides is the next province from La Union so it is easy for Nila to travel. Besides, this arrangement has brought us twins closer to each other.

Jesus has furnished us with the answer in the Gospel. He said, "I bless you Father, Lord of heaven and earth, for hiding these things from the learned and the clever and revealing them to mere Children". Carmelite way of life remind us how worthless are all our human ambitions when placed next to the glory of God. God is reminding us, that the end of the day we shall live with only one important project: "to live in the presence of the Lord\_ and to praise Him all our life." We twins enjoy having a mixed life\_ that is, both married and Secular Carmelites.

Fely Ortega narrated to Luz that our Papa Evaristo 'Bisting' Ortega was very happy to relay to his mother, Dona Francisca Lacsamana - Ortega that our mother Rosa just gave birth to us twins. His remark was twins are "swerte" meaning brings luck. Aware that the name given to Luz means light, she (Luz) tries her best to live up to the expectation to be the light in our family with a smile on her face adding, "it is a great responsibility. One must not be afraid to go against the general trend and current mentality. You have only this life, try to live it to the full." On our Marian Pilgrimage at Lourdes in 2002, Luz recalls the priest at the Confessional box quoting John 10:10 to her, "I have come that you may have life to the full."

We have seen God's mighty hand to work in our lives, and for this we give HIM glory and praise. We are very grateful for all that has shaped our lives so far. Avila 2015 Pilgrimage, a two-month spiritual journey of us twins that has brought us to Europe and Africa, was in honor to La Madre's 5th Birth Centenary. Sr. Mary Lucy of Jesus and of the Immaculate Heart, OCD, formerly Sr. Lucia of Fatima led us to attend the 100th Anniversary of the Miracle of the Sun. Fatima 100 Pilgrimage 2017 is an 84 Days "Around the World" that brought us to the seven continents of the world.

Our holy parents, St. Teresa of Jesus and St. John of the Cross through their lived experiences have contributed to the deepening of our own experience of the Carmelite life. "They acknowledge Mary as 'Lady' and 'Mother' of Carmel and propose her to us as model of prayer and surrender of self on our pilgrimage of faith" (Discalced Carmelite Constitutions, 48). We see our lives as a tapestry made from different pieces, woven by the loving hand of God to make a beautiful whole.



*Nila sits on the lap of Papa Bisting and Luz on Mama Rose.*



## God's Plan \_ Second Lease of Life

### AT MY TWIN'S BEDSIDE

On October 2, 2011, Sunday, a day before our presentation of a stage play "Born For You \_ the Life of Teresa of Avila at Armed Forces of the Philippines Camp Aguinaldo Theater, Quezon City, I was rushed by my twin sister Ma. Luz at Salve Regina General Hospital at Mandaluyong, Quezon City because of severe stomach pains. Unmindful, I suffered a heart attack. The following morning at around 9 o'clock, I was feeling better and my twin sister asked the cardiologist that I be discharged from the hospital because of the stage play. I even recited a part of my dialogue, "Such joy and pain....untan alegria y allavezn dolor!...overwhelming joy and pain as if I were drowning... Oh Juana.....how can I explain this?"

I was discharged from the hospital and we twins were on stage performing as if nothing had happened. After the stage play we went home to San Fernando, forgetting the doctor's advice to go back to the hospital after.

At midnight at the Twins Haven, my twin saw me sitting at our sala in front of the image of Our Lady of Namacpacan. She figured I was breathing, so she went to sleep. After a while I told her I felt severe pain. Our doctor sister, Dr. Rose Martinez instructed her to bring me to Lorma Hospital.

Fr. Sammy Banayat administered the blessing of the sick. Then, my twin rushed to the Carmelite Monastery to ask for prayers. Luz left the bouquet of flowers given to us twins during the stage play at Camp Aguinaldo Theater, Manila. Dr. Brenda Espinosa, the attending physician wrote a medical abstract.



October 2\_ Ma. Nila confined at hospital




Our Lady of Namacpacan spandex statue

### MEDICAL ABSTRACT

I have attended to Ma. Nila Argel, 57 years old who was admitted to Lorma Medical Center last October 6, 2015 at 2:30 AM because of chest pain and difficulty of breathing. She had been having chest pains for the past two days while in Manila and was advised confinement which she refused. Instead she traveled back to San Fernando, La Union

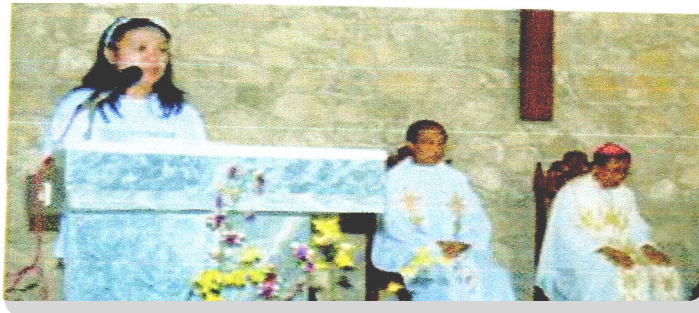
Her BP at the ER was 90/60 which further dropped to 60/40 and hence was started on Dopamine, Dobutamine and Norepinephrine yet remained unresponsive, ECG showed Sinus Tachycardia, Normal axis, Poor R wave Progression, Diffuse Ischemia. She was initially treated as a case of Non ST elevation Myocardial Infraction, Killips IV. Her "toxic" condition of incessant chest pain, pulmonary congestion necessitating intubation and shock prompted me to review the ECG. I recognized the elevated ST segment in AVR, termed "sign of heaven" which speaks of very poor prognosis as it is associated with a left main coronary artery lesion or a 3-vessel coronary artery disease.

I then decided to transfer her to a higher center for immediate coronary revascularization, the nearest being Notre Dame, Baguio City. Unfortunately the receiving hospital notified me during transport that their respirator is not working. Dr. J. Calibuso, the invasive cardiologist opted to receive the patient in Baguio and transport and accompany her to Philippine Heart Center. Despite the hemodynamic instability, the patient made it to Manila to have her coronary artery bypass. That provided her with a new lease of life.

  
Dr Brenda M Espinosa FPCP FPCC FACP  
Adult Cardiologist  
July 31, 2013



*Nila with the relic of St. Therese immediately after her more or less 3 hours of operation at the Heart Center. Here is her loving twin sister, Luz delighted to know the operation was successful!*



*Luz at the Carmel of the Holy Family Monastery Chapel, Pindangan.*

#### EXCERPT: Luz' reflection on St. Teresa Feast Day

The death last October 5 of Apple's founder, Steve Jobs, at age 56 is shocking. It is as if brilliant ideas that might have been coming henceforth has been nipped in the bud too early.

My twin Nila's new life at 57 after under going bypass surgery last October 7, the Feast of Our Lady of Holy Rosary, is a welcome relief. It is for this reason that I offer this piece of message to help Nila be bold and fearless in this critical time to her life, and in sharing our dreams. And what could be that dream? Like St. Teresa \_ a great woman whose feast we honor today, Nila and all of us present here remember that we, too, are born for God and God alone.

Nila suffered a heart attack on October 2. it was foolish on our part to beg to the cardiologist to be discharged from the hospital the next day, October 3. It was the first day of the stage play. At times, our love for God is so extreme that we are branded as crazy or fools. When St. Teresa started her reformation, the nuns ridiculed her believing she was crazy. But the Dominican Father Pedro Ibanez gave her the greatest encouragement and affirmation to go ahead with the work of reformation.

Anyone who has stared death in the face like Steve Jobs adds, "there is no reason not to follow your heart." And so, with Nila, there was no other way but to follow her (sick) heart. Those who have heard about Nila's condition declare in unison a parallelism between Nila and St. Teresa's life occurrences. On October 6, Thelma Antonio, past president of OCDS Philippines said that Nila is blessed by God to experience Our Holy Mother Teresa's Transverberation. Nila's heart was pierced by the heart surgeon \_ an angel in disguise. It is the Glory of God through her Transverberation which the play brought to life in a most amazing way.



## Visit of General Superior Saverio Cannistra, OCD /7th Provincial Congress



Thank you very much Our Lady of Mount Carmel for the wonderful encounter with our Carmelite Superiors—Rev. Fr. General Saverio Cannistra, OCD and Fr. Rafael Wilkowsky, OCD, Personal Secretary to the General on November 6, 2016 at the Seminary, Gilmore, Quezon City. Twins gave Fr. General, copy of our Around the World Books.

2019 — April 25-28, 2019

7th Provincial Congress

St. Scholastica's Center of Spirituality  
Tagaytay City



Camera used to take our picture with Fr General Delegate Alzinir Debastiani, OCD in 2015 during our visit to OCD General House at Rome was lost at the St. Peter's Square.



Homily of Fr. Benedict Piangco, OCD  
Provincial Delegate to OCDS.



Luz is thrilled with her picture wearing a white scapular with Fr. Gen Delegate Debastiani. She is holding our gift, an album of the 7th Congress and visit of Luz to Carmel monastery and OCDS community at Europe during her Danube River Cruise.

## Rev. Fr. Rafael Wilkowsky, OCD, audience with OCDS

November 9, 2019

Rev. Fr. Rafael Wilkowsky, OCD

Secretary to the OCD Nuns and Personal Secretary to Very Rev. Fr. Saverio Cannistra, OCD, General Superior of Carmelite Order had an audience with the OCDS at the House of Prayer on New Manila, Quezon City.



Fr. Rafael's talk was on his reflections on Family and Community — a matter that greatly impacts on Fraternal Communion.

His talk revolved around the OCDS growth in vocation, witnessing beyond one's personal life, i.e., being visibly present in the community and the Church— in love, prayer and works.



Provincial Superior Fr. Rey Sotelo, OCD  
Rev. Fr. Rafael Wilkowsky, OCD  
Provincial Delegate Fr. Benedict Piangco, OCD



MA. NILA O. ARGEL, OCDS  
St. Teresa of Avila Community President  
gives their 10 Years Accomplishment  
report, entitled "*In the Footsteps of La  
Madre*" to Fr. Wilkowsky.

# A work of love in honor of St. Teresa of Avila



## 11.2 505TH BIRTH ANNIVERSARY OF ST. TERESA OF AVILA MARCH 28, 2020

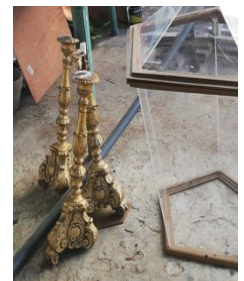
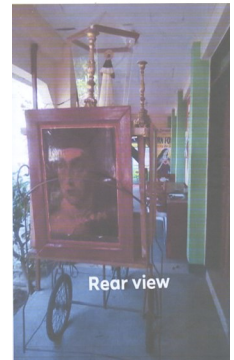
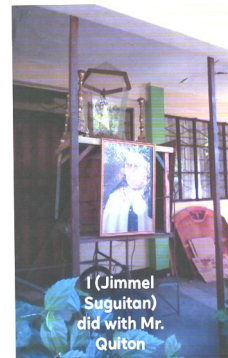
### Testimonies on Shooting held February 7, 2020

Fr. Provincial Delegate Benedick Piangco, OCD gave each of the Communities, copies of the photo of St. Teresa used during her centenary at Avila, Spain. I got two copies of the image and had it framed using 2442-8 gold moldings on December 16, 2019.

Last February 5, 2020, I (Jimmel Suguitan) and JR Quiton went to the OCDS House of Prayer to install the additional platform for the St. Teresa carosa and it was satisfactorily done. The picture frame that was placed at the rear side was really huge so we placed a counter weight at the front of the lower platform.

Divine Lumen's written testimony of what transpired at the OCDS House of Prayer on February 6, 2020.

The artist saw that a thick slab of brick was left on the flooring of the carosa. When the artist took the slab of brick in his hands and put it down, the carosa tumbled backwards, the wheel of the bicycle went up the air and the two candle holders were thrown down on the ground with the base broken while the other one remained lying on the roof. The pentagon's roof opened throwing St. Teresa's statue to the ground. The face and body of St. Teresa statuette suffered no scratches or deformity. The frame suffered no breakage, not even nail disengagement. Luz went to check on Feb. 19 what material was used for the



Jimmel Suguitan fixed the protecting flexi glass pentagon by putting adhesive. SASC students decorated the carosa beautifully. St. Teresa saved these holy objects not only for the shooting of the Ortega twins but preserve them as loving mementos to her children who will continue to follow in her footsteps in living the life and spirit of Carmel.



Regular Monthly Meeting / Election 2020



Greetings — Birthday celebrants  
Ortega twins



Arrival of North Luzon Secretariat to conduct

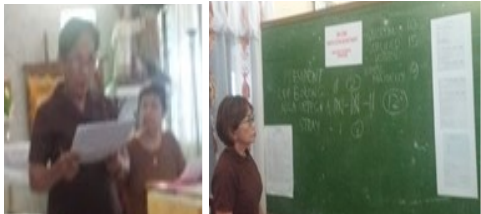
Council meeting before holding elections



Election Officers:  
Chairperson  
Board Tallyist  
1 Documenter



Voter signs in the Official  
List of Registered Voters.



The secretary, Remy Mamuyac declares the number of qualified and registered voters and declare the presence of a quorum. The Board



Prayer before the election



The Marshals distribute ballot and then collect after qualified members had cast their votes.  
Tallyist writes on the board the nominees;





## Election Results for Triennium 2020-2023



Tess Tayag inducts the newly elected council of St Teresa of Avila Community for 2020-2023. President Maria Nila Arge Re-elected President for 2nd term. I accept for love of Carmel;

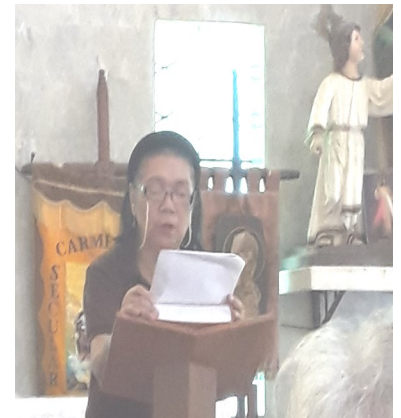
1st Councilor\_ Erlinda Laron; 2nd Councilor\_ Remedios Mamuyac; 3rd Councilor\_ Sylvia de Guzman; Director of Formation \_ Caridad Sobejana.



North Luzon Secretariat congratulates the newly elected council



Gift of Ortega twins to OCDS Philippines



Nila delivers accomplishment report of the St. Teresa of Avila Community



Group picture with St. Teresa of Avila in a pentahendron enclosure. Triennium 2020-2023 elections with North Luzon Secretariat

Ma. Nila Ortega-Argel, ocds, re-elected president is holding an image of St. Teresa from Spain which was given by Provincial Delegate Benedick Piangco, ocd for the Community. Twin Ma. Luz Ortega-Bolong is holding a bouquet of flowers given by Luz' husband, Danny Bolong Jr. as birthday gift, which in turn, Luz offered to St. Teresa.

## Posthumous Tribute To OCDS Past President Thelma Antonio

First of all, we greet you Happy Easter in heaven!

Second, we thank you for the article you wrote on September 21, 2011. We don't remember having read it so certainly you are with us twins in writing our life in a book entitled, In the "Footsteps of La Madre."

Third, I, Nila chose your picture taken at Burgos during your pilgrimage in 2018. We had a faith experience in Burgos during our Avila 2015 Pilgrimage.

We took a taxi going to the Carmelite Nun Monastery. Unfortunately, it was still closed. We decided to visit the Monastery of San Juan de Ortega while waiting for the 4 p.m. opening.

Before leaving the monastery, Luz asked Fernando, the taxi driver to take our pictures, using her cellphone. She also inquired if the driver knew Hotel Rice Maria Luisa where we are staying.

Then the driver brought us to the monastery and back to the Carmelite monastery. The driver had just left when Luz realized her cellphone was not with her. We prayed to St. John for intercession. When we arrived at the hotel, the front office desk clerk asked if few lost something. She said the taxi driver had just left to return the cellphone. Luz sent a certificate of Commendation to the Abutaxi thru email.

Thelma, I greatly thank you for bringing the relic of St. Therese at the hospital. I was given a second lease of life thru St.



**Virgil S. Antonio ►  
Thelma Antonio**  
Oct 6, 2011 at 9:36 PM •

Nila needs our prayer. Right now she awaits a heart bypass operation. According to the doctors she has 50/50 chance due to complications. `Please join us in praying for her.

Lord Jesus! Heal her! Come Holy Spirit! Let her do more work for you. We say this prayer thru Christ our Lord thru the intercession of Our Lady, Queen of Carmel and OHM Teresa and all the Saints of Carmel!

Nov. 23, 2011 at 8:22 AM \*

She is now being operated on to fix the infected wound from her bypass operation more than a month ago. Lord have mercy!

Therese's intercession.



Thank God and thanks for prayers. Nila's operation was successful! Here she is kissing the relic of St. Therese with her loving twin sister Luz. I was telling Luz how Bishop Artemio must be praying for Nila's complete recovery now.



Burgos on our way to Avila  
14 October 2018

Pilgrimage Chaplain, Fr.  
Cornelio KUNI Jaranilla, OCD



Luz' cellphone used inside  
St. John Ortega monastery







**Virgil S. Antonio**

Sep 21, 2011 at 2:35 PM • 🧑

Our Final Promise!! Sancta Maria, Mater Dei, ora pro nobis peccatoribus, nunc, et in hora mortis nostrae.



Thank God and thanks for the grace of witness dear Luz, Nila and the Community of St. Teresa of Jesus San Fernando La Union. Indeed God has confirmed, affirmed and assured you of His calling and sending you out to bear much fruit for the good of His Kingdom on earth! For who among us have been able to propagate Carmelite spirituality ad the life of OHM Teresa of Jesus while yet in Temporary Promise. You have accessed the Elijahan Spirit in the company of your Patron Saint none other than the Our Holy Mother St Teresa, who is the Mother of our Order.

I was truly speechless in awe as I went through the ceremonials. Thank you very much for your gracious hospitality making us too comfortable in Sea and Sky. Unfortunately, Virgil has a commitment in the evening so we had to go back home immediately after. I was so amazed at your Community report and at the same time I knew



**"Viva Señor Santo Niño"**

STASFLU will not be the same again.



Definitely you have gone beyond the box from the very start! I have been always looking for a representative of STASFLU during OCDS national activities so you can just imagine when you came for the February 7-9 2003 "NADA DE TURBE Retreat at St. Michael Retreat House with Fr. Kieran Kavanaugh.

Little did I know that were just generously bringing our OCD nun in your van to the retreat venue. But thinking you were an OCDS form STASFLU, Fr. Cornelio "Kuni" Jaranilla, OCD somehow scolded you for not attending important activities.

Then upon learning who you were, he graciously invited you to stay and even offered to pay for your retreat fee. Without any provisions for the occasion like clothes and personal necessities, you responded also graciously.

Does this sound familiar and yet unique in the Kingdom of God? Sheer grace and synchronicity it was indeed! The rest have been God's eternal moment to moment calling eliciting from you your loving response. Somehow I have been one of your companions in the journey from the north to the south: Jaro Ordination of Fr. Neil, Golden Jubilee of Jolo Carmel,



**Thelma Antonio**

Feb 6, 2011 at 8:29 PM • 🧑

Overflowing Graces for our OCD Golden Jubilee in Jolo today.



OCD Jolo Golden Jubilee Eucharistic Celebration with our Papal Nuncio, Most Reverend Edward Adams, Bishops, priests and the faithful on February 6, 2011. A very blessed, blissful, memorable and momentous

Born for You amazing project with Teresa of Jesus Foundations, Inc., heart bypass of Nila, special encounter after the OCDS East Asia Congress, Carmel Hue Vietnam Centennial Jubilee celebration etc., etc. There seems to be a pattern that I have discovered along the announcements and invitations I have posted... You and Nila have always been the generous ones who had always responded with a wholehearted "YES". These packets of meetings have given us chances to share and sing the graces of God in our journey.

Virgil and I almost didn't make it to your ceremonial rites if God didn't provide us with a helper for our daughter-in-law with the twins to look after. You know I am the "home maid" when the need arises. Gracious is the Lord who brings us towards a special encounter with Him through His special friendship. This post is truly a fifth gospel pronouncing the good news of our baptismal grace which we continue to live out by our OCDS life and life in the domestic and big Church, Christ body.

From 2003 to the present you can truly write your journey with the Lord's awesome grace. God is never outdone in generosity. See how He has carried the two of you through the special and specific calling you have in OCDS. Exciting it is for the best is yet to come for the increase of the Order and the Church Indeed we continue to actualize our initial vision we have had in OCDS Philippines as pronounced by our Father Provincial in 2001; FAITHFUL, CREATIVE, RESPONSIVE OCDS IN THE PHILIPPINES FOR THE THIRD.



Twins with Thelma

OCDS East Asia Congress



Froilan Toress —OCDS Councilor of St. Edith Stein Makati Community, Head of National Formation Roving Team, played the role of St. John of the Cross and Editha Burgos as Mo. Maria de Cimbron in the stage play Avila BORN FOR YOU.

June 21, 2019 at 10:11 AM

Our text to Virgil Good day

We are here in Manila and would

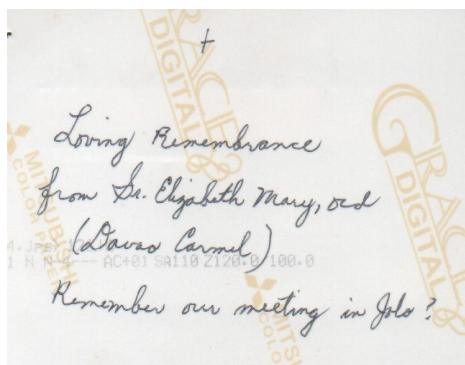
like to visit Thelma.

Please text the address.

Thanks.

Ortega twins

UERM sta mesa QC...room





## Five Carmelite Saints Named Teresa



**Ma Luz Nila Ortega Bolong Argel**

Apr 5 at 7:57 PM • 🌐

Fr. Aloysius Deeney OCD says,  
"Being a Carmelite is a responsibility.  
Make known what you know".  
According to my research there are  
five Carmelite Saints named Teresa.

### List of St. Teresa's

- 1) Saint Teresa of Avila
- 2) Saint Therese of Lisieux
- 3) Saint Teresa Benedicta of the Cross
- 4) St. Teresa Margaret (Redi) of the Sacred Heart
- 5) St. Teresa de los Andes



1) Saint Teresa of Avila  
Our Holy Mother of the Carmelite Order,  
Doctor of the Church  
Spanish  
Inspired by the Confessions of St. Augustine  
28 March 1515 4 October 1582 at 67 years old  
October 15 feast day



Twins at the Shrine of St. Therese



Carmelite nun receives statuette from Nila

2) Saint Therese of Lisieux  
Teresa of the Child Jesus, The Little Flower,  
Doctor of the Church  
French  
2 January 1873 — 30 September 1897 at 24 years old  
October 1 feast day



3) Saint Teresa Benedicta of the Cross  
Edith Stein  
German  
Influenced by St. Teresa of Avila, St. John of the Cross  
12 October 1891 — 9 August 1942 at 51 years old  
August 9 feast day



4) St. Teresa Margaret (Redi) of the Sacred Heart  
Anna Maria  
Patron Saint of Headaches, Sufferers  
Italian  
15 July 1747 — 7 March 1770 at 23 years old  
September 1 feast day



5) St. Teresa of the Andes  
Juana Fernandez del Solar  
Flower of Andes  
Chilean  
Influenced on "The Story of a Soul" by Therese of Lisieux  
13 July 1900 — 12 April 1920 at 20 years old  
13 July (Discalced Carmelites) feast day

## St. Teresa de los Andes

### Former Convent of the Discalced Carmelites



Declared a National Monument because of its incalculable Heritage value, the original Convent was inaugurated in 1925 and consists of the old cloister and an adjacent church with certain Gothic influences in its architecture. This is where the first Chilean saint, Teresita de los Andes, lived as a Carmelite nun.



We were not able to see the Carmelite nuns but was allowed to pray at their chapel and had shooting.

### Sanctuary of St Teresa de los Andes



The most important Catholic Church in this area, located a few kilometers southeast of Los Andes, where the remains of St. Teresa of Los Andes are interred. The Sanctuary was built in 1988 for a 20th century saint, simple and modern with a beautifully painted allegory of light, with geometric details. In front of the painted geometric light is the image of Our Lady of Carmen. Underneath is the Tabernacle with the Blessed Sacrament. The crypt holds the remains of Santa Teresa de Los Andes. The grounds of the sanctuary is extensive with a large parking area, lawn area for picnics and bathroom facilities.



*Regal Wax Palm trees  
standing tall and proud*

### St. Teresa of Los Andes' Story

One needn't live a long life to leave a deep imprint. Teresa of Los Andes is proof of that. As a young girl growing up in the early 1900's in Santiago, Chile, Juana Fernandez read an autobiography of a French-born saint — Therese, popularly known as the Little Flower. The experience deepened her desire to serve God and clarified the path she would follow. At age 19 Juana became a Carmelite nun, taking the name Teresa.



The convent offered the simple lifestyle Teresa desired and the joy of living in a community of women completely devoted to God. She focused her days on prayer and sacrifice. "I am God's," she wrote in her diary. "He created me and is my beginning and my end."

Toward the end of her short life, Teresa began an apostolate of letter-writing, sharing her thoughts on the spiritual life with many people. At age 20 she contracted typhus and quickly took her final vows. She died during Holy Week.

*St. Teresa de los Andes  
known as the "Flower of the  
Andes," canonized in 1993*



**Mother Therese “I would not miss Holy Communion  
for anything in the world.”**

Luz read the book of Mother Therese in Allentown, Pennsylvania, an incorrupt American nun, for beatification. These Carmelite nuns have an exact replica of the icon of Mary, Mother of God. The artist sees Our Lady of Fatima as appearing this way in her last appearance as Our Lady of Mount Carmel



Mother Therese of Jesus —  
Foundress of the Allentown  
Carmelite Monastery

Mother Therese, known in the world as Anna Marie Lindenberg, was born of Joseph and Marianna Lindenberg, in Muenster, Westphalia, on May 20, 1877, the youngest of four children. Four days later, she was brought to the Cathedral of Muenster for baptism. A victim of cancer, Mrs. Linderberg had but one desire she wished fulfilled before her death, that her little Anna Marie might have her First Holy Communion advanced one year. Her request was granted for Anna Marie was permitted to receive Holy Communion on April 13, 1890.

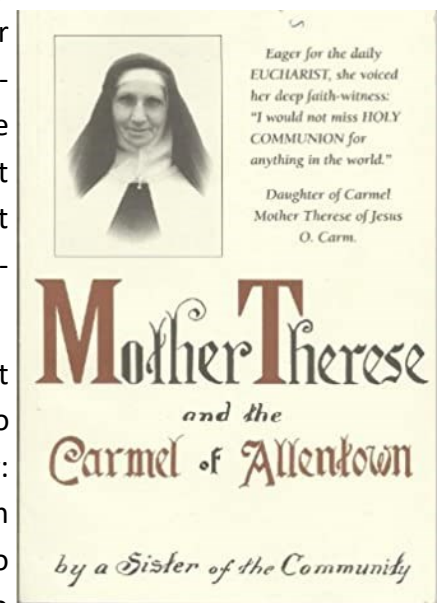
On Easter Monday after the Holy Sacrifice, she had a slight heart attack. The nuns with filial affection, said: “You ought to rest, dear Mother.” And she replied, almost prophetically: “Tomorrow, I will rest all day.” On that memorable morning an acute attack of pain in her chest made it difficult for her even to move from her bed. One of the nuns tried to persuade not to come to the choir for Mass. She replied simply: “Sister, I would not miss Holy Communion for anything in the world.”

Words spoken by Mother Therese while very ill, and just shortly before her death clearly is a manifestation that she hungered after Holy Communion.

When the body of Cloistered U.S. Nun Mother Therese’s was exhumed in August of 2001, who died 63 years ago—in 1939 it appears to be “intact” and holding a palm that remains green. St. Teresa of Avila wrote, “Unless we forget this body of ours we will never make any progress in perfection,” and Mother Therese lived according to the maxim that “we must forget self.”

Twin Luz follows the Saints Examples

Letter of Luz to husband Danny. By now you should know that I am a brave person who loves God so much \_ for 20 long years goes to mass daily



### OCD Friars 'Spiritual Fathers' of OCDS

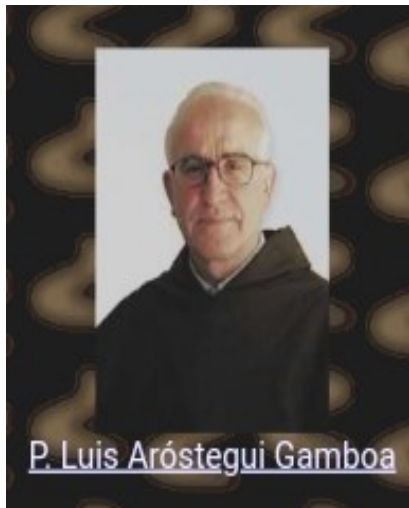
The first tertiary group in San Fernando, La Union was established on August 14, 1975 by then Bishop Victorino Ligot, DD under the guidance and inspiration of Mother Mary of St. Joseph and the nuns of the Carmelite Monastery of the Holy Family.

Most of them were "retired teachers - many of them "missed" or widows"; but, they were "a very select group". They were called, "The Tertiaries of Carmel".

Through the initiative of Bishop Antonio Tobias, DD on October 29, 1996, the group was canonically instituted into a Community by Rev. Fr. Camilo Machise, OCD, the prior general of the Discalced Carmelites of the Order of the Blessed Virgin Mary of Mount Carmel in Rome.



Rev. Fr. Camilo Machise, OCD,



P. Luis Aróstegui Gamboa

At Carmel, there are fraternal and pastoral visits of our superiors. As professed members of the OCDS, we are greatly happy for having been visited by our Fr. Generals, based in Rome. It was a joy to listen to Fr. General Luiz Arostegui Gamboa, OCD during his first Pastoral Visit to the Philippines on October 2, 2004. We OCDS communities were invited by the OCD Nuns at Gilmore, Manila.

We first saw Italian Fr. General Saverio Cannistra, OCD when we attended the 5th birth centenary of St. Teresa at Avila, Spain. In fact, we had a joint celebration for we were also celebrating our Baptismal day on March 28, 2015. Then he visited the Philippines twice. First in October 23, 2010, wherein we twins gave a copy of our video. Second, in 2016 with Fr. Rafal Wilkowski, OCD, Polish General Delegate and gave a copy of our Around the World, Teresa Forever documentary.



Procession Fr. Saverio Cannistra,



Ma. Nila Argel, Fr. Rafal Wilkowski, OCD, General Delegate, Ma. Luz Bolong, and Superior General, Fr. Saverio Cannistra, OCD.



We were very happy that Fr. Delegate Alzinir Debastiani, OCD was at his office when we visited him without notice at Rome during our Avila 2015 Pilgrimage. Our request for permission to visit the foundations of St. Teresa was granted. He came to the Philippines in 2019 during the 7th Provincial Congress at Tagaytay and gave him a copy of our 84 Days Around the World —Teresa Forever! Documentary movie.



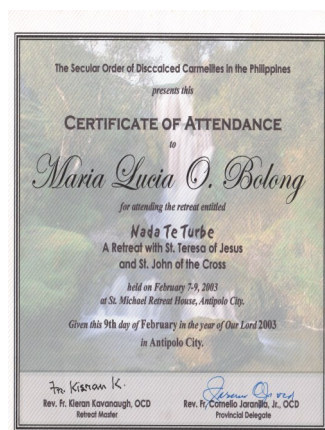
Fr. Gen Delegate Wilkowski, OCD came back in 2019 and we gave him our St. Teresa of Avila Community (La Union) 10 years accomplishment, personal secretary of Gen. Superior Cannistra.



Fr. Aloysius Deeney, OCD currently serves the Secular Order of Discalced Carmelites as the general delegate for the East Asia and Oceania Region. He was the main architect in formulating and implementing the Constitutions of the Secular Order. He has worked in the Commissariat of Indonesia since 2012.



Fr. Deeney at the Sea and Sky Hotel



Left to Right: OCDS Past President Celia Timbol, Ma. Nila, Ma. Luz, Fr. Alan Rieger, OCD and OCDS Past President Thelma Antonio at Sea and Sky Hotel, San Fernando City, La Union. The late Thelma accompanied Luz to Camp Aguinaldo to book the play "Born For You\_ the Life of St. Teresa of Avila". *Gracias, Adios, Rest in Peace.*





## New Provincial Council of the Order of the Discalced Carmelites - Philippine Province

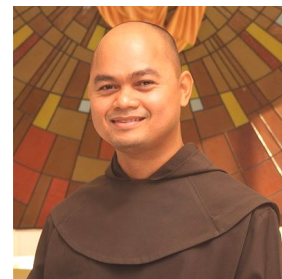
Provincial - Fr. Danilo Lim, OCD



OCDS Provincial Delegate, Fr. Alex Colera, OCD



1st Councilor - Fr. Ramil Oraiz, OCD



2nd Councilor - Fr. Francis Nguyen Quach Tien, OCD



3rd Councilor - Bro. Rodolfo Jimenea Jr., OCD



4th Councilor - Fr. Reynaldo Sotelo Jr., OCD



 *Congratulations and Thank you!* 



**Order of Discalced Carmelites**  
**SECOND ORDINARY PROVINCIAL CHAPTER**

**PHILIPPINE PROVINCE OF ST. TERESA OF JESUS**

**Fr. FRANCIS NGUYEN QUACH TIEN, OCD**  
 SECOND COUNCILOR

**Fr. RAMIL ORAIZ, OCD**  
 FIRST COUNCILOR

**Fr. REYNALDO SOTELO, JR., OCD**  
 FOURTH COUNCILOR

**Fr. DAN LIM, OCD**  
 PROVINCIAL

**Bro. RODOLFO JIMINEA, OCD**  
 THIRD COUNCILOR





ORTEGA TWINS GAVE AWAY STATUETTES OF ST. TERESA MADE OF TIN TO THE DELEGATES FROM FOREIGN COUNTRIES: HONGKONG, JAPAN, MALAYSIA, SINGAPORE, INDONESIA, TAIWAN AND KOREA. ALSO TO SOME HERE IN THE PHILIPPINES.

**'Many Cultures, One Order'**

**SOUVENIR MAGAZINE**

**OCDS**  
**East Asia**  
**CONGRESS**

November 21-27, 2007







## COUNTRIES

1. Tamale, Ghana from the airport we dropped by a house before proceeding to the Carmelite Monastery. The following morning, after mass at the chapel, we were greeted by three OCDS members that included the President and the Secretary whom we met at her house during our arrival.



2. Mityana, Uganda The Mother prioress has a sister who is the OCDS President of their community. After breakfast she left for their meeting. She surprises us with her arrival together with her co-members, few minutes before we left the monastery for Tanzania.



3. Managua, Nicaragua - The mother prioress requested Rodrigo Chamorro, OCDS to act as interpreter. The OCDS' hospitality warmed our hearts, making our visit a memorable one. They provided us a place in a hostel, a tour to the city and a visit to the Chapel of St. Teresa of Avila.



4. Bajawa, Indonesia While we were talking with the OCD friars in the Sminary at Bogenga, Bajawa, an OCDS member arrived to our delight. In Indonesia we saw the complete Carmelite family: nuns, friars and OCDS



Dearest Mo. Prioress,

I am Ma. Luz Ortega, definitive professed secular Carmelite of the St. Teresa of Avila Community (La Union), of the newly established province of St. Teresa de Jesus, Philippines.

My family will attend the graduation of our daughter, Luz Danielle on May 26, 2016 at Harvard Law School, Cambridge, Massachusetts. On our trip, we as a family will also go to Utah. Alabama.

I have a twin sister and like me she is also a secular Carmelite. During our past AVILA 2015 Pilgrimage, which included a visit to all 17 foundations established by St. Teresa of Avila, we also visited and stayed at the Carmelite Monasteries in Prague and South Africa. We treasure those memories which are instrumental on our on-going spiritual growth.

I received my vocation in a visit to Carmel Monastery at Lipa, Philippines. Being privileged to be a secular Carmelite, I would like to share the joy to my two lawyer daughters.

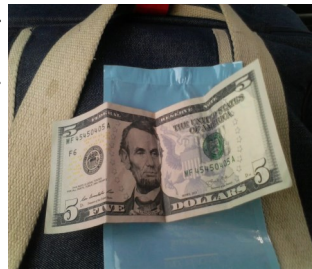
May I know if you will allow us to drop by at your monastery? A short talk to the nuns ? What time is your visitation hours. A note acknowledging my letter is much appreciated which I could show to my family.

Who knows what the fruit of such short visit will give them? Maybe they will also receive the grace to be secular Carmelites?

My husband and I will proceed to EWTN, Alabama while my children to New York.

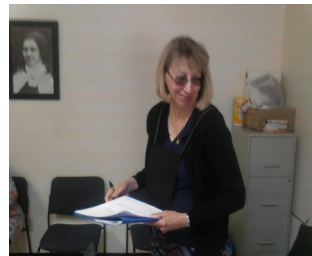
In closing, please log on to our website, [www.ortegatwins@yahoo.com](http://www.ortegatwins@yahoo.com) for more information about our Carmelite membership. Our stage play entitled "Born For You the Life of St. Teresa" and movies entitled "Lights, Camera, Action" and "Avila 2015

Peace of Christ

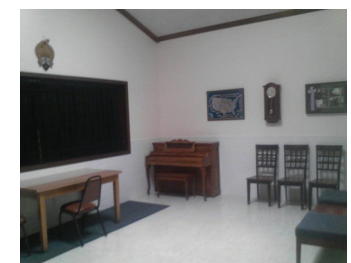
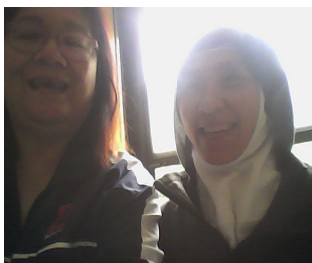


Dear Ma. Luz Ortega,

May God reward you for your e-mail. How wonderful that you are a secular Carmelite... We'll be happy to visit with you and your family when you come to Utah.

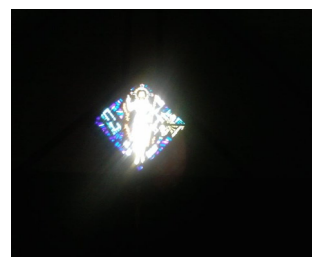
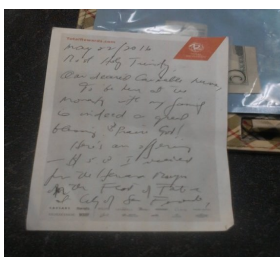


Please send our congratulations to your daughter on her graduation.



United in prayers

Lovingly in Carmel,



Pilgrimage" can be viewed at YouTube



## Visit to Slovakia

Luz visit an OCDS Community alone. A warm welcome. Served with chocolates, biscuits, cola and tea. Received an angel candle. Glad for the opportunity to witness their council meeting.



## Budapest

At Prestige Hotel while Bolong Family, busy arranging where to go, Luz determined to visit a Nun Discalced Carmelite Monastery alone took hotel taxi. She arrives but the chapel is under renovation.



Philippine Province of  
St. Teresa of Avila

April 20, 2019  
**Holy Saturday — Easter Vigil**  
Holy Saturday commemorates the day that Jesus (sculpture of him pictured above) lay in his tomb after he died. He was resurrected on Easter Sunday, the day after Holy Saturday, according to Christian belief.

I, Maria Lucia of God Our Father  
of the ST. TERESA OF AVILA COMMUNITY (LA UNION)  
desiring to follow the Crucified and Risen Christ in the Secular Order of Carmel, renew my profession/vows, and I promise to tend toward evangelical perfection in the spirit of the evangelical counsels of chastity, poverty and obedience, and of the Beatitudes, according to the Constitutions of the Secular Order of Discalced Carmelites. I confidently entrust my promise to the Virgin Mary, Mother and Queen of Carmel.

*L. Bolong*  
Ma. Luz Ortega-Bolong, ocds

TERESA FOREVER!  
Teresa Forever!

I, Maria Nile of God Our Father

*N. Argel*  
Ma. Nila Ortega Argel, ocds

## Baptized and Sent to the World

The two General Councils of the Friars O. Carm. and O.C.D., met in Gort Muire, the Provincial house of the Irish Province of the Carmelites (O. Carm.) located in Dublin, Ireland, to reflect on “Baptized and Sent: the Church of Christ on Mission in the World.” Pope Francis reminds us that mission is rooted in Baptism and is the call to all the Baptized. Pope Francis’ invites us to see mission from a deeper and broader perspective: “We ARE mission because we are God’s love poured out, God’s holiness created in his own image. How can we as Carmelites respond to the challenges our world and Churches faces in this 21st century? We must strive to be: a) authentic men and women of prayer, b) to live an evangelical community life, open to dialogue and building relationships in the areas we live and serve, and c) to be prophetic in our ministries.

On July 2007, we twins attended a retreat at the Center of Spirituality of Our Lady’s Hill of the Order of Discalced Carmelite Friars at Bacolod with the late Fr. Bernard Ybiernas Mapa, OCD as retreat master. Fr. Bernard was then 82 years old, the first Filipino called to Carmel. He underscored that “Life is a response” and “Everything is a grace”. Indeed, it was a grace that we were among the 18 participants. He said that somewhere in a man’s life you have a fun-



Fr. Bernard Ybiernas Mapa, OCD

damental action, that is a decision that you make and will follow until you die. It was a reawakening experience to know that we just follow God’s Will but leave it to God to bear fruit. We just show our perseverance and God will do the rest. One day, Fr. Bernard brought to class someone who has a gift of discerning the gifts of others. Laying his hand on our shoulders, he said Luz has the gift of sizing up situations while Nila has the gift of healing.



*St. Peter’s Basilica, Rome. The image of the Holy Spirit helps her discern God’s Will.*

Fr. Ybiernas has gone ahead of us on April 20, 2019 to the eternal life. St. Teresa espoused during her life that if we commit ourselves to Christ, and follow in His way, He will give us life that satisfies, with purpose for each day. A fulfilled life is a life full of love for the Lord and others. Lord, let me burn out for You. Fr. Ybiernas has left a legacy of doing God’s word.

We twins have been living in the Divine Will. We have read the writings on Divine Will given to Luisa Piccarreta. “They unlock the doors of knowledge in order to receive this inestimable gift.”

We have personal experiences on this statement, “Whoever lives in my Will enjoys intimate union with me, not just for a quarter of an hour but always, always. Since my will is in continuous communion with the soul, not only once a day, but at every hour and in every word, it is always communion for him who lives in my Will.”

We twins have different tasks assigned. Twin Luz, was inspired to have statues made and she followed. Twin Nila is author of our books

Moreover, we have read that those who refuse to learn how to live in the Divine Will places an insurmountable roadblock before God’s loving designs, preventing Him from accomplishing what He really intends to do in us from the beginning, frustrates and defeats God’s original purpose of Creation.



## Documentation

Luz was inspired to go around the world, doing a very detailed itinerary while Nila does documentation being knowledgeable and skilled in computer.

Since 1999, we twins have been doing documentary photography - which is a popular form of photography to chronicle events in everyday life - during our pilgrimages as well as travels. The following pictures show that when we went out for the 84 DAYS AROUND THE WORLD travel it was done with, foremost, a mission and not just simply sightseeing. We had been to these beautiful, historical places, grateful to see God's wondrous creation but it shows the generosity of God to make us experience all these beauty that touches mind, body and soul

In Copenhagen, Denmark, we stayed at the house of our niece Ericka Peralta with husband Anders Boenaes and sweet daughters Alexandria, Arianna and Andrea. Anders let me (Nila) use his laptop computer to document our experiences. In fact, in every place we went to, Nila would document every time she had a chance with a computer.

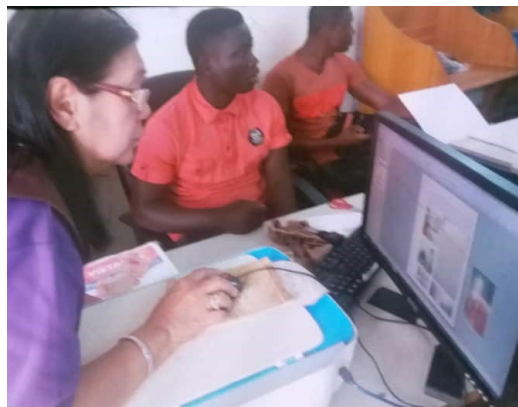
In Scotland, we used the computer at the front office lobby of the Airport Hotel and the following day, after hotel transfers, we sought out a computer shop. In Ghana – this country has given a unique dimension of our travel to Africa – we asked a driver who delivers bread and juice to the community of the Carmelites to drive us to a computer shop.



Copenhagen,  
Denmark



Scotland



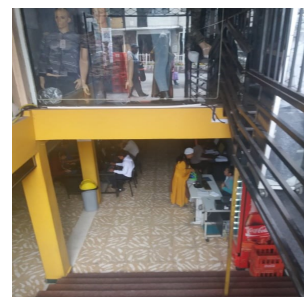
Ghana, Africa

We were excited leaving for our next destination but while at the airport at Chile we were informed that our flight to Oceana, New Zealand has been cancelled?

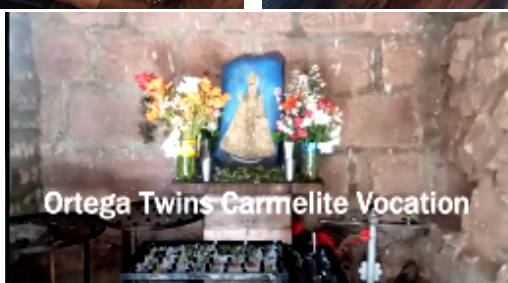
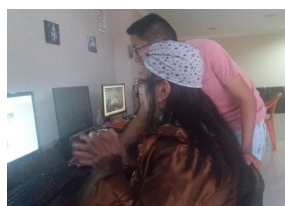
We could not understand the reasons given by the grounds flight attendant, but we can't do anything. A driver took us to a hotel where we stayed for the night.

Well, instead of feeling bad, with free good accommodation that includes lodging and food with a computer to work on, we took it as one of those "it happens". We continued with our documentation work and after a days work get ready for the flight the next day.

But something happened again. We couldn't understand that our flight is still cancelled. We were given free food at the hotel food court and then brought to another lodging place. During our stay there, we looked for an internet café. Finishing our documentation for submission to Fr. Aloysius Deeney, ocd at Indonesia makes us realize that God makes good out of evil.



Sucre, Bolivia



we twins bid farewell to the Carmelite Nuns a guard gave us an envelope with Christmas greetings and money for taxi.

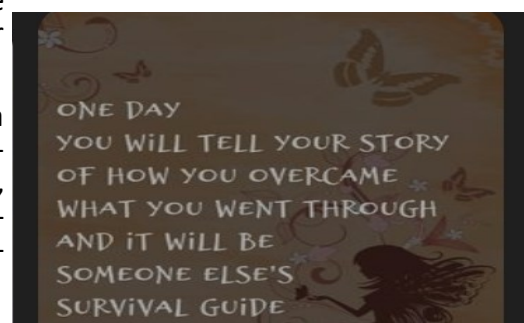
The lady taxi driver was kind enough to bring us to a mall where we had our report for submission to Fr. Aloysius Deeney, ocd at Indonesia was printed.



(L-R) Luz is assisted by Fr. Deeney in opening the statue. Luz beams as Fr. Deeney, OCD is holding our report.

Kupang, Indonesia

The twins were glad with the unexpected welcome of an OCD friar at the airport. Fr. Aloysius Deeney, OCD, in-charge of Secular Carmelites in East Asia including the Philippines, received the 7th and last statue the twins brought for their Fatima 100 Pilgrimage at the monastery of Kupang, Indonesia and our



report.

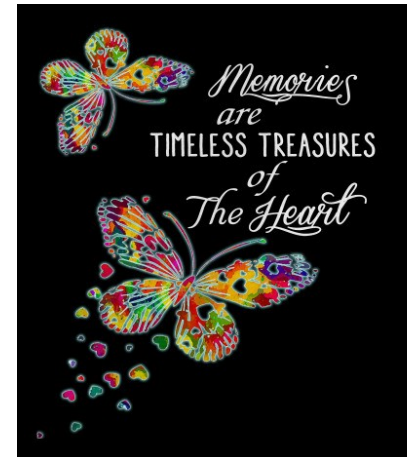
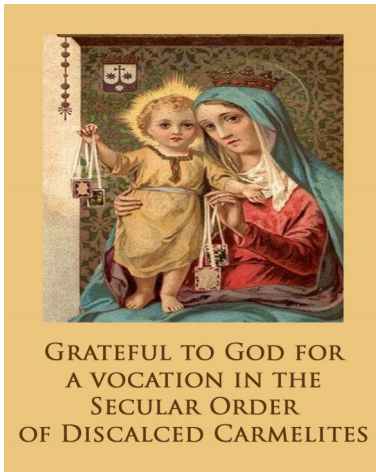


## 12.5 Feast of Our Lady of Mt. Carmel



Even in COVID-19 pandemic, the feast of Our of Mt. Carmel was celebrated at the Carmel of the Holy Family, Pindangan, City of San Fernando, La Union with a mass celebrated by Bishop Daniel O. Presto.

After the mass, there were receptions in two places: Parlor of the nun monasteries and a couple, who lives just outside the monastery, Mr. & Mrs. Reynaldo Nisce.



## THE SECULAR ORDER OF DISCALCED CARMELITES



**Cordially Invites Your Excellency, Most Rev. Daniel O. Presto, DD**  
**to do the honors of**  
**Unveiling the Ortega Twins Book**  
**"In the Footsteps of La Madre" (3<sup>rd</sup> Edition) and Blessing of OCDS@45**



**REACHING A MILESTONE!**  
**Most Rev. Daniel O. Presto,**



### AGENDA:

Blessing of OCDS @ 45 Marker  
Most Rev. Daniel O. Presto, D.D.  
Opening Remarks  
PP Ma. Luz Ortega-Bolong, OCDS  
Presentation of Awards  
Pres. Ma. Nila Ortega-Argel, OCDS  
assisted by PP Monette O. Prieto, OCDS  
& Treasurer Leonora C. Cacanindin, OCDS  
Response on behalf of Awardees  
DOF Caridad B. Sobejana, OCDS  
Inspirational Talk  
Bishop Presto  
Closing Prayer  
Erlinda M. Laron, OCDS  
Snacks

### Loyalty Award:

1. MONICA C. ABUAN, OCDS
2. FLORENTINA G. BERNARDO, OCDS
3. PRECILLA O. COSTELO, OCDS
4. EDITHA E. DAODAOEN, OCDS
5. LEONORA P. FABRO, OCDS
6. ERLINDA M. LARON, OCDS
7. CARIDAD B. SOBEJANA, OCDS

### Meritorious Service:

1. PP Ma. Luz Ortega-Bolong, OCDS
2. Councilor CARIDAD B. SOBEJANA, OCDS
3. Secretary REMEDIOS R. MAMUYAC, OCD
4. Treasurer ANITA G. ABELLERA, OCDS