

# Want to grow in your spirituality?

Carmelite Spirituality –  
A Deeper Prayer Life,  
according to the teachings of  
Sts. Teresa of Avila, John of the  
Cross and Thérèse of Lisieux.

Mary Queen of Carmel  
community of the Secular Order  
of Discalced Carmelites is offering  
**3 sessions** to learn a little more  
about what Secular Carmelites are.

Join us in the John Bosco Center at  
Espiritu Santo Catholic Church,  
2405 Philippe Parkway in  
Safety Harbor on:

**September 19, 2026**

**October 17, 2026**

**November 21, 2026**

**12:30 – 3:00pm**

Attendance at ALL THREE  
sessions is part of the initial  
discernment process. Please  
contact [mqc.ocds.pinellas@gmail.com](mailto:mqc.ocds.pinellas@gmail.com)  
or (727) 259-3188 if you plan to  
attend or have questions.



*“Listen to  
the whisper.”*  
~ Elijah

