

LADIES OF THE LITTLE FLOWER

Carmelite Prayer & Study

READING SCHEDULE 2026-2027

We will be reading two books this year. The first, *Conversation With Christ*, is a classic Carmelite book on personal prayer according to St. Teresa of Avila. You are highly encouraged to read and reread this one carefully on your own and put it into practice. We will touch upon something in each part, each month, during our discussion. The second book, *Piety and Personality*, will be the main part of our discussion each month except for October where we will mainly discuss Part One of *Conversation With Christ* (in order to get off to a good start on personal prayer!)

Conversation With Christ

The Teaching of St. Teresa of Avila on Personal Prayer

by Peter Thomas Rohrbach

OCTOBER 17th - PART 1: The Nature of Meditation (beginning page 3)

NOVEMBER 21st - PART 2: Explanation of the Method (beginning page 25)

DECEMBER 19th - PART 3: Variations of the Method (beginning page 61)

JANUARY 23rd - PART 4: Difficulties in Meditation (beginning page 73)

**we meet on the 4th Saturday in January due to the Ave Maria March for Life*

FEBRUARY 20th - PART 5: Demonstration of the Method (beginning page 89)

MARCH 20th - PART 6: Indispensable Aids to Meditation (beginning page 101)

APRIL 17th - PART 7: Progress in Meditation (beginning page 123)

MAY 15th - PART 8: The Royal Highway (beginning page 137)

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PIETY AND PERSONALITY

The Temperaments of the Saints

by Rosemary McGuire Berry

OCTOBER 17th - The Temperaments (page ix), Light the Fire: Introduction to the “Why” of this Book (page 1).

NOVEMBER 21st - Francis de Sales Learns Self-Control: Melancholic-Choleric (page 11), Conversion of St. Paul: Choleric (page 31).

DECEMBER 19th - St. Teresa Finds Her Mission: Choleric-Sanguine (page 45), Simon is “Petrified”: Sanguine (page 61).

JANUARY 23rd - The Sensitivity of St. Therese and the Playfulness of St. Philomena: Melancholic and Sanguine (page 75).

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FEBRUARY 20th - St. Mary Magdalene and Her Sister St. Martha: Sanguine-Melancholic and Choleric (page 93).

MARCH 20th - St. Thomas Aquinas: “The Dumb Ox” Phlegmatic (page 135).

APRIL 17th - Another Phlegmatic Thomas - Married with Children Phlegmatic (page 153), Was St. Joseph a Phlegmatic? Phlegmatic-Melancholic (page 167).

MAY 15th - Discouragement & Depression by Temperament (page 179), Fear of Things to Come (page 193) and Ode to Joy (page 197).