

## DIJON CARMEL

### *Blessed Elizabeth of the Trinity*



#### A Brief History of the Carmel of Dijon

The Carmel of Dijon was founded on September 21, 1605. It was the third foundation in France after Paris (1604) and Pontoise (1605). The foundress and first Prioress for fifteen months (until her departure for the foundation in Brussels) was Venerable Mother Anne of Jesus, companion of Saint Teresa of Avila and spiritual daughter of Saint John of the Cross, who wrote the commentary on his *Spiritual Canticle* for her. It was at Dijon, on November 1, 1605, that the first French professed nun, Marie of the Trinity, pronounced her vows.

Since the house, on rue Charbonnerie (now rue de la Préfecture) was soon too small, the Carmelites built a new monastery, on rue Sainte-Anne, which they occupied in 1613. The Sisters were dispersed into public life by the revolutionary laws of 1790.

In January 1866, however, the Carmelites returned to Dijon, after an unsuccessful attempt in Strasbourg. The foundress was then Mother Marie of the Trinity, Sub-Prioress of the Carmel of rue de Messine in Paris. They lived first in a little house, and then built a new monastery on the adjoining property. The blessing of the foundation-stone took place on July 25, 1868. It was this monastery, 4 Boulevard Carnot, that Elizabeth entered more than thirty years later.

For reasons of the greatest importance, the Sisters moved again on March 17, 1979, in order to settle into their new monastery of Flavignerot, some eight miles southwest of Dijon.

#### Dijon Carmel Horarium

4:45 AM	Rise
5:00 AM	Silent prayer
6:00 AM	Little hours (Prime, Tierce, Sext, and None)
7:00 AM	Mass and thanksgiving (about 15 minutes)
8:00 AM	(Never any breakfast) The novices (the Sisters remained in the "novitiate" three years after their final profession) gathered in the novitiate for "visits" (several prayers, particularly to the saints); each novice saw the Novice Mistress for a few minutes to give an account of her prayer.

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	<p>During the morning (preferably at the beginning), the Sisters, and particularly the novices, did "a quarter- hour's reading"; 15 minutes of reading in the Manual, Gospels, Epistles, Psalms, the Imitation of Christ; usually a little from each was read.</p> <p>Work</p>
10:00 AM	Examination of conscience (in the choir, about 10 minutes)
10:15 AM	Meal, always in silence, accompanied by reading aloud. Perpetual abstinence from meat (except for the sick).
11:00 AM	Recreation in common
12:00 PM	Silence (=free time, siesta)
1:00 PM	Work
2:00 PM	Vespers
2:30 PM	<p>Spiritual reading</p> <p>The novices gathered in the novitiate where it was usually the Mistress of Novices who gave a reading with commentary or a conference.</p>
3:00 PM	Work
5:00 PM	One hour of silent prayer
6:05 PM	Meal (called "collation" on the days when the <i>fast of the Order</i> applied, for example on the vigils of feasts and all during the winter horarium, except on Sundays; collation was still more reduced on days when the <i>fast of the Church</i> applied).
6:40 PM	Recreation in common
7:40 PM	Compline
8:00 PM	Silence (as at noon)
9:00 PM	<p>Matins and Lauds (which usually lasted an hour and twenty minutes, or even an hour and forty minutes on feast days).</p> <p>Examination of conscience (15 minutes).</p> <p>Reading of the point of prayer for the next day (about 5 minutes).</p> <p>Prioress's blessing at the doors of the cells.</p>
10:50 PM	<p>Bed (later on feast days)</p> <p>During the winter horarium, rising and everything that followed until after recreation was one hour later. The midday "silence" was removed, and from 1 p.m. on, the horarium was the same as in summer. In Lent, however, the sisters recited Vespers at 11:00 a.m.(in the morning!), before the meal at 11:30, recreation at noon, and work at 1 p.m. At 2 p.m., there was an hour of spiritual reading; the novices gathered in the novitiate from 2 o'clock until 3.</p>