



CARMEL HILL

Carmelite spirituality is characterized by an intense thirst for an immediate and direct experience of God. Reduced to its most fundamental expression, Carmelite spirituality is centred on prayer, understood as loving friendship with God, and contemplation as the free gift of God. Hence, Carmelite spirituality is focused on attention to one's relationship with Jesus. This is expressed in various ways in the major sources of Carmelite spirituality, such as the Rule of St. Albert, the writings of the founders of Discalced Carmel, Sts. Teresa and John of the Cross, and indeed in the writings of all our Carmelite saints.

Little Flower Monastery at Carmel Hill is a place of prayer, meditation and contemplation in the bosom of nature surrounded with beautiful mountains and lush green trees; a natural habitat of flora and fauna, open fields and farms, and fishes in the neighbouring river streams. In our comfortable and silent atmosphere you can find God's presence, an ambience of peace and serenity for spending time "alone with God".

It is located at North Deroche Road (Fraser Valley). For more details refer to our website: www.carmelhill.ca

We are able to accommodate approximately 40 people with self contained spacious rooms.

Discalced Carmelites operate this place of prayer and contemplation, which is also a House of Formation in the Archdiocese of Vancouver.

CONTACT US

For information & retreat bookings:

Tel: 604-820-2400

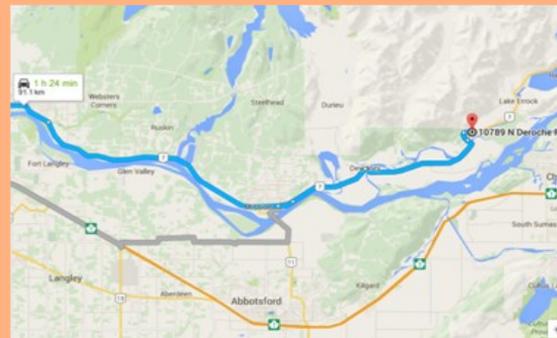
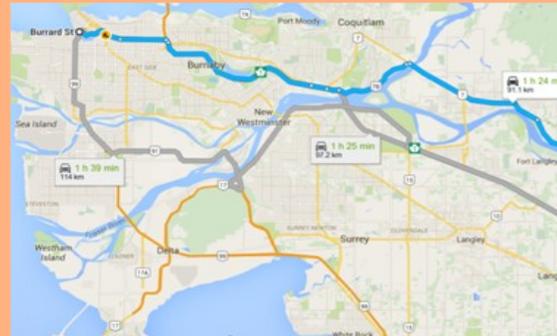
e-mail: carmelhillcod@gmail.com

Website: www.carmelhill.ca

Address:

10789 North Deroche Road, Deroche

British Columbia V0M 1G0



DIRECTIONS FROM BURRARD STREET, VANCOUVER

Get on Trans-Canada Hwy/BC-1 E from Pacific St, Terminal Ave and E 1st Ave - 18 min (8.7 km)

Continue on Trans-Canada Hwy/BC-1 E to Coquitlam. Take exit 44 from Trans-Canada

Hwy/BC-1 E - 11 min (17.6 km)

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Hwy/BC-1 E - 11 min (17.6 km)

Get on Lougheed Hwy/BC-7 E in Port Coquitlam from Mary Hill Bypass/BC-7B - 6 min (7.4 km)

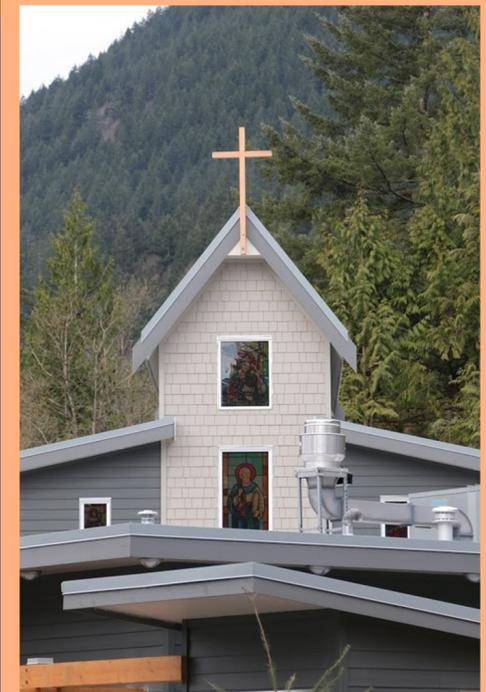
Follow BC-7 E to N Deroche Rd -50 min (55.8 km)

Drive to N Deroche Rd in Fraser Valley G -4 min (1.6 km)



*The Order of
Discalced Carmelites
Canada*

*Little
Flower
Monastery*



Facilities Rates

GROUP RATES - DAY

\$35.00 per person (includes Lunch)

GROUP RATES – ONE-NIGHT

\$45 per person (no meals)

GROUP RATES – ONE-NIGHT

\$90.00 per person (includes 3 meals)

GROUP RATES - TWO-NIGHT

\$180.00 person (includes 6 Meals)

GROUP RATES – THREE -NIGHT

\$240.00 person (includes 9 Meals)

GROUP RATES – MORE THAN THREE NIGHTS Contact us

Note: A 10% deposit of the total group rate is required to confirm each reservation. We give preference to religious groups.

Do not hesitate to contact us to discuss your retreat requirements. The above rates are for use of the facilities at the Monastery and are not guided retreats. For guided retreats, special arrangements may be made with our Monastery Superior, Fr. Alwyn Sequeira OCD

April 25, 2016



Our Lady of Mt. Carmel
Patroness of the Order of
Discalced Carmelites



St. Teresa of
Jesus



St. John of the
Cross



“My whole strength lies in prayer and sacrifice, these are my invincible arms: they can move hearts far better than words. I know it by experience.”
Saint Thérèse of Lisieux
(The Little Flower)

Monastery

Mass and Prayer Schedule

Visitors and guests are welcome to join us for Mass and daily prayers.

6:30 a.m. Morning Prayer
Meditation

7:30 a.m. Mass

6:00 p.m. Evening Prayer &
Meditation

7:00 p.m. Office of the Readings &
Compline

At the foot of Nicomen Mountains in Deroche, BC there flows a stream called Nicomen Slough that joins the great Fraser River, reminiscent of Brook Cherith on Mount Carmel where God fed his great Prophet Elijah who brought torrential rains on the parched land hit by three years of drought. Drawing inspiration from this zealous and fiery prophet, the Carmelites nestled themselves in this natural sanctuary a couple of years ago and they are all set to share their life and spirituality with the laity and religious of this blessed land...

