

Saints of Aylesford: Carmelite Saints



Aylesford is a Carmelite Priory. The Carmelites are a religious order which began on Mount Carmel in the Holy Land in the 12 century.

Some Carmelite saints are honoured in the Carmelite Saints' chapel



Suggested programme

Fuller experience

- Look in the chapel for the relic of St Simon Stock
- Find the wooden carvings of St Teresa of Avila and St Thérèse of Lisieux. Their symbols are a quill and rose. Find out why.

Basic experience

- Visit the chapel of the Carmelite Saints
- Look for the clues that the artist, Adam Kossowski, has used to help understand and honour these women and men.
- Use the yellow sheet to help.

These women and men chose to live the Carmelite way of life. Find a quiet space somewhere in the chapel to spend a few moments reflecting on the personal choices that might be made.

Extended experience Investigate the life of one of these Carmelite Saints

Further reading See www.carmelite.org