

Contemplating, listening, following...

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FEAST of Our Lady of Mt. Carmel*

*Title given to the Blessed Virgin Mary,
in her role as patroness of the Carmelite Order

July 16

The Carmelites see in the Blessed Virgin Mary a perfect model of the interior life of prayer and contemplation to which Carmelites aspire, a model of virtue, as well as the person who was closest in life to Jesus Christ. She is seen as the one who points Christians most surely to Christ, saying to all what she says to the servants at the wedding at Cana, "**Do whatever He [Jesus] tells you.**" Carmelites look to Mary as spiritually their mother and sister.



"Contemplating Mary, we will **understand better** the **transforming force** that the **Eucharist** possesses. Listening to her, we will **find in the Eucharistic** mystery the **courage and strength** to follow Christ the Good Shepherd and **to serve Him in our brothers.**"

Pope St. John Paul II

June 10, 2004

Devotion to Our Lady of Mount Carmel is expressed through the scapular.

“The scapular is an external sign of the filial relationship established between the Blessed Virgin Mary, Mother and Queen of Mount Carmel, and the faithful who entrust themselves totally to her protection, who have recourse to her maternal intercession, and who are mindful of the primacy of the spiritual life and the need for prayer” (*Directory on Popular Piety and the Liturgy, 205*).



[Click here: Devotion to Our Lady of Mount Carmel - YouTube \(CNA - 2 mins\)](#)

[Click here: Our Lady of Mt. Carmel - YouTube \(Apostleship of Prayer - 2 mins\)](#)

[Click here: Spiritualdirection.com | Flos Carmeli - Flower of Carmel -](#)

More info on scapulars and use, incl where to obtain one for yourself: <http://www.fisheaters.com/scapulars.html>

**Blessed Feast Day to all Carmelites
and all scapular wearers!**

**Our Lady of Mt Carmel,
pray for us and lead us to
your Son!**

