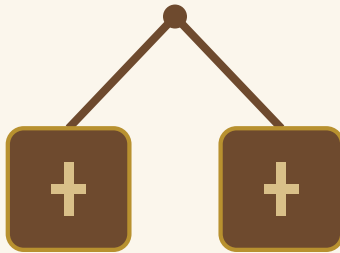


A COMPLETE NINE-DAY DEVOTION

Novena to Our Lady of Mount Carmel



Her history, the Brown Scapular and its promise, nine days of reflection and prayer, the Chaplet of Our Lady of Mount Carmel, and the Litany, closing with the traditional Flower of Carmel Prayer.

Her Feast Day is Celebrated on July 16

What You Will Find in This Booklet



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Before You Begin

Who Is Our Lady of Mount Carmel?



The title Our Lady of Mount Carmel takes its name from a mountain range in the Holy Land, long associated with the prophet Elijah, who defended the worship of the true God there. Centuries later, a community of hermits settled on the same mountain, living lives of prayer and simplicity, and placed themselves under Mary's protection as their mother and patroness. In time, this community became the Carmelite Order.

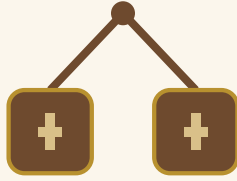
The devotion reached its most enduring form on July 16, 1251, when tradition holds that the Virgin Mary appeared to an English Carmelite named Simon Stock. She presented him with a brown scapular and promised that whoever wore it faithfully until death, remaining devoted to her, would be preserved from eternal fire. This assurance, remembered simply as the Scapular Promise, became the foundation of one of the most widely practiced Marian devotions in the whole Church.

Every year on July 16, the Church celebrates her feast day, and in many communities the celebration includes the blessing and enrollment of new Brown Scapulars, along with processions carrying her image through the streets, a tradition especially cherished in Italian, Filipino, and Latin American parishes.

Her Common Titles

Mother of Carmel • Flower of Carmel • Beauty of Carmel • Star of the Sea • Queen of Carmel • Our Lady of Mount Carmel

The Brown Scapular and Its Promise



The Brown Scapular is a small piece of cloth, two connected squares worn over the shoulders, front and back, and it remains the most visible sign of devotion to Our Lady of Mount Carmel. Wearing it is not a superstition or a good luck charm; it is an outward sign of an inward consecration, a daily renewal of the wish to belong to Mary and to imitate her life of humility, prayer, and faithfulness to Christ.

To carry its full meaning, a person should first be formally enrolled, traditionally by a priest, using a brief rite of blessing. After that first enrollment, a blessed scapular medal may be worn in its place for daily convenience, without needing to be enrolled again.

The Scapular Promise

“Whosoever dies clothed in this Scapular shall not suffer eternal fire.”

How to Pray This Novena



Each of the nine days that follow uses the same simple rhythm: a short verse, a brief reflection on one of Mary's titles under Mount Carmel, a moment of silence, and a closing prayer. Pray it alone or with family, at whatever hour fits your day, though many choose to pray it each evening, beginning on July 7 so that the ninth day falls on her feast, July 16.

To begin each day: make the Sign of the Cross, read that day's verse and reflection slowly, pause for a moment of silence, and then pray that day's closing prayer. If you wish, add one decade of the Rosary, ten Hail Marys preceded by an Our Father, offered for your novena intention.

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Prayers You Will Need



Our Father

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us. O clement, O loving, O sweet Virgin Mary.

The Novena

Nine Days of Prayer



DAY ONE

MARY, MOTHER OF CARMEL

“Woman, behold thy son... behold thy mother.” — John 19:26–27

The Carmelite family has always turned to Mary first as a mother, not as a distant queen. From the earliest hermits who settled on Mount Carmel, she has been the one they looked to for shelter, counsel, and quiet reassurance. Today, we begin this novena the way a child begins any conversation with home: simply, honestly, and without pretense. Whatever we carry into these nine days, we bring it first to her.

A MOMENT OF SILENCE

O Mary, Mother of Carmel, on this first day of my novena I come to you as a child comes to its mother, with full trust and no pretense. You have watched over the Carmelite family for centuries with a mother's tenderness, and I ask you today to watch over my whole life in the same way, my joys, my struggles, and everything still to come. Wrap me in your protection, and teach me to rest in the certainty that I am never outside your care. Amen.

DAY TWO

MARY, FLOWER OF CARMEL

“I am the rose of Sharon, and the lily of the valleys.” — Song of Solomon 2:1

Carmelite tradition has long pictured Mary as a flower growing quietly on the mountainside, beautiful not because she sought attention but because she was rooted so deeply in God. Her beauty was never about being seen; it was about being faithful in hidden, ordinary moments. Today we ask her to teach us that same kind of beauty, the kind that grows in silence and needs no audience.

A MOMENT OF SILENCE

O Flower of Carmel, most beautiful and most humble, today I ask you to shape my soul the way you shaped your own life, in quiet obedience to God rather than in outward display. Free me from pride and vanity, and let whatever beauty grows in me be the kind that reflects your Son. Help me to bloom where I am planted, even in seasons that feel difficult or hidden. Amen.

DAY THREE

MARY, STAR OF THE SEA

“Thy word is a lamp unto my feet, and a light unto my path.” — Psalm 119:105

Sailors once watched for a single steady star to find their way home through storms and darkness, and for centuries they gave that star Mary's name. Most of us are not sailors, but we all know what it feels like to lose our bearings, in a decision, a relationship, or a season of life that feels unclear. Today we ask her to be that fixed point again, the light we return to when everything else feels uncertain.

A MOMENT OF SILENCE

O Star of the Sea, you have guided storm-tossed sailors safely home for centuries, and today I ask you to guide me through a decision that feels uncertain and heavy. Where I cannot see the way forward, be my light. Where I am tempted to act out of fear, give me the patience to wait for clarity. Lead me, as you have led so many others, safely through these waters. Amen.

DAY FOUR

MARY, REFUGE OF SINNERS

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” — Matthew 11:28

It is Christ who offers rest to the weary, and Mary who leads us gently to Him without a hint of judgment along the way. No sin is ever too heavy or too old to bring before her. Today we lay down whatever we have been carrying in shame or silence, trusting that a mother's welcome does not depend on how far we have wandered.

A MOMENT OF SILENCE

O Refuge of Sinners, you never turn away from those who come to you burdened by their own failings. Today I bring you the weight of my own sin, and I ask for the grace of a true and lasting conversion. If there is someone I love who has wandered far from God, I place them in your hands as well, trusting that no soul is ever too lost for your intercession. Amen.

DAY FIVE

MARY, COMFORTER OF THE AFFLICTED

“Now there stood by the cross of Jesus his mother.” — John 19:25

Mary did not turn away from Calvary, even when there was nothing she could do but stand there and stay present to unbearable suffering. That is still her gift to us today: not always an answer, but a presence that does not leave. Whatever sorrow we carry into this novena, we ask her simply to stand near it with us, the way she once stood at the foot of the cross.

A MOMENT OF SILENCE

O Comforter of the Afflicted, you stood at the foot of the Cross and know what it means to suffer without turning away. Today I bring you my own sorrow, whatever form it takes, and I ask you to sit with me in it rather than simply take it away. Let me feel, even in this hardship, that I am not carrying it alone. Amen.

DAY SIX

MARY, HEALTH OF THE SICK

“The Lord will strengthen him upon the bed of languishing.” — Psalm 41:3

Illness touches more than the body; it unsettles the mind and tests the spirit as well. Mary's care for the sick has always reached into all three, comforting fear as readily as she intercedes for physical healing. Today we bring before her anyone we know who is unwell, ourselves included, and ask for whatever form of healing will serve their good most fully.

A MOMENT OF SILENCE

O Health of the Sick, today I turn to you for healing, for myself or for someone I love who is unwell. You know how illness can shake both body and spirit, and I ask you to bring comfort to both. Watch over every doctor and caregiver involved, and grant, according to God's will, a full and gentle recovery. Amen.

DAY SEVEN

MARY, HELP OF CHRISTIANS

“I can do all things through Christ which strengtheneth me.” — Philippians 4:13

Faith rarely wavers over one dramatic crisis; it wears thin, more often, through the slow tiredness of ordinary days. Mary's help is not usually loud or visible; it is the quiet strength to keep praying, keep showing up, keep believing, on the days that feel entirely unremarkable. Today we ask for exactly that kind of help, steady and unseen.

A MOMENT OF SILENCE

O Help of Christians, faith is not always difficult in dramatic ways; more often it is worn down slowly by the ordinary tiredness of daily life. Today I ask you for the strength to persevere in small, faithful things, prayer on the days I do not feel like praying, patience on the days it runs thin, and hope on the days it feels distant. Help me keep going. Amen.

DAY EIGHT

MARY, QUEEN OF CARMEL

“A great sign appeared in heaven: a woman clothed with the sun.” — Revelation 12:1

Mary's queenship was never about earthly power; it was granted because of her complete union with her Son, first in poverty and sorrow, and only afterward in glory. As this novena nears its end, we bring her the intention we have carried through these eight days, trusting her to present it before the throne of God with a mother's authority and a mother's tenderness.

A MOMENT OF SILENCE

O Queen of Carmel, as this novena nears its end, I bring before you once more the intention I have carried through these nine days. You know it fully, even the parts I have struggled to put into words. I ask you to present it to your Son on my behalf, trusting in your intercession more than in my own words. Amen.

The Closing Day



DAY NINE

OUR LADY OF MOUNT CARMEL

“Behold the handmaid of the Lord; be it unto me according to thy word.” — Luke 1:38

On this final day, every title we have prayed through this novena, Mother, Flower, Star, Refuge, Comforter, Health, Help, and Queen, gathers into the one simple word Mary spoke at the Annunciation: yes. We close this novena the same way she opened her whole life to God, in trust rather than certainty. Whatever we have asked for these nine days, we now place fully into her hands.

A MOMENT OF SILENCE

O Our Lady of Mount Carmel, on this final day I give you thanks for walking with me through this novena, for every grace received even before I could see it clearly. I place my intention fully and finally into your hands, trusting your motherly care however this prayer is answered. Cover me always with your Scapular's promise of protection, in life and at the hour of my death. Amen.

Close the novena with the Flower of Carmel Prayer on the following page.

Closing Prayers



The Flower of Carmel Prayer

Also known as the Miracle Prayer or the Unfailing Prayer to Our Lady of Mount Carmel, prayed here to close the novena.

O Most Beautiful Flower of Mount Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power.

O show me herein you are my Mother.

O Mary, conceived without sin, pray for us who have recourse to thee. (three times)

Sweet Mother, I place this cause in your hands. (three times)

Amen.

Renewal of the Scapular Consecration

O Virgin Mary, Mother of Carmel, I renew today my consecration to you, and I place myself once more under the protection of your Holy Scapular. Wearing this sign of your motherly love, I promise to honor you always and to remain faithful to Christ your Son in every circumstance of my life. Cover me under your mantle in life and in death, and grant that I may one day share in the promise you made to your servant Simon Stock, that whoever dies clothed in your Scapular shall not suffer eternal fire. Amen.

The Chaplet of Our Lady of Mount Carmel

A Bonus Devotion



Alongside the novena, many confraternities also pray a shorter chaplet in honor of Our Lady of Mount Carmel. Rather than the five decades of the standard Rosary, this chaplet is built around three sets of one Our Father and seven Hail Marys, modeled on the traditional devotion to the Seven Joys of Mary.

Opening: O Lord, open my lips, and my mouth shall proclaim your praise, together with the praise of Mary, Mother and Beauty of Carmel. Sign of the Cross.

Set	Joys of Mary	Prayers
I	The Annunciation and the Visitation	1 Our Father, 7 Hail Marys
II	The Nativity and the Adoration of the Magi	1 Our Father, 7 Hail Marys
III	The Resurrection and the Assumption of Mary	1 Our Father, 7 Hail Marys

After the third set, two Hail Marys are prayed in thanksgiving for Mary's own life, followed by the Hail Holy Queen (see Prayers You Will Need) and:

V. Pray for us, O Beauty and Flower of Carmel.

R. *That we may be made worthy of the promises of Christ.*

Let Us Pray

O God, who gave the Order of Carmel the singular privilege of honoring the Most Blessed Virgin Mary as its Mother, mercifully grant that we, fortified by her motherly protection, may deserve to reach everlasting joy. Through Christ our Lord. Amen.

The Litany of Our Lady of Mount Carmel

A Prayer of Many Titles



Lord, have mercy.

Christ, have mercy.

Christ, hear us. *Christ, graciously hear us.*

God the Father of Heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God the Holy Spirit, *have mercy on us.*

Holy Trinity, One God, *have mercy on us.*

Holy Mary, *pray for us.*

Mother of Carmel, *pray for us.*

Flower of Carmel, *pray for us.*

Beauty of Carmel, *pray for us.*

Star of the Sea, *pray for us.*

Refuge of Sinners, *pray for us.*

Comforter of the Afflicted, *pray for us.*

Health of the Sick, *pray for us.*

Help of Christians, *pray for us.*

Queen of Carmel, *pray for us.*

Protectress of the Scapular, *pray for us.*

Mystical Rose, *pray for us.*

Gate of Heaven, *pray for us.*

Morning Star, *pray for us.*

Queen of Angels, *pray for us.*

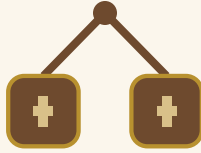
Queen of all Saints, *pray for us.*

Lamb of God, who takest away the sins of the world, *spare us, O Lord.*

Lamb of God, who takest away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, who takest away the sins of the world, *have mercy on us.*

A Final Commendation



Our Lady of Mount Carmel, as this novena comes to its close, we thank you for every grace received along the way, seen and unseen. Keep us always under your Brown Scapular's protection, and lead us, as you have led so many before us, safely home.

Our Lady of Mount Carmel, pray for us.

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