

Practical Rules of Enrollment and Devotion

- People are enrolled in the Scapular by a priest only once. Worn Scapulars are simply replaced.
- Once a person is enrolled in the cloth Scapular, it can be replaced afterwards by a Scapular Medal which has the images of Our Lady of Mount Carmel and the Sacred Heart of Jesus.
- The Scapular requires us to live as authentic Christians in line with the teaching of the Gospel, to receive the sacraments, to profess our special devotion to the Blessed Virgin, which should be expressed each day through penance, prayer and chastity in accordance with one's state in life.

Receiving the Scapular

(This is an approved form for giving the Scapular. It can be used by any priest.)

Receive this Scapular. (Through this Scapular you become a member of the Confraternity of the Blessed Virgin Mary of Mount Carmel.) Full of faith in the love of such a great Mother, dedicate yourself to imitating her and to a special relationship with her. Wear this sign as a reminder of the presence of Mary in your daily commitment to be clothed in Jesus Christ and to manifest him in your life for the good of the Church and the whole of humanity, and to the glory of the Most Blessed Trinity.
R/ Amen.

The Carmelite Scapular... A Sign of Christian Faith and Commitment

The Carmelite Scapular is a sign for all people:

- The Scapular has been approved by the Church for many centuries.
- It introduces people into the family of Carmel.
- It points to a renewed hope of encountering God in eternal life with the help of Mary's protection and intercession.
- It stands for the decision to follow Jesus and imitate Mary, calling us to be...
 - open to God and His will
 - guided by faith, hope and love
 - close to the needs of the people
 - prayerful, penitent and chaste
 - conscious of God present in all that happens around us

Prayer to Our Lady of Mount Carmel: FLOS CARMELI

O Beautiful Flower of Carmel, most fruitful vine, splendor of heaven, holy and singular, who brought forth the Son of God, still ever remaining a pure virgin, assist us in our necessity!

O Star of the Sea, help and protect us! Show us that you are our Mother! (*Mention your petitions.*) Amen.

The prayer Flos Carmeli (Flower of Carmel) was composed by the Carmelite Saint Simon Stock and in answer, he received the Scapular from Our Blessed Mother.



Brown Scapular of Our Lady of Mount Carmel

Text Abridged From:
The Scapular of Our Lady of Mount Carmel: Catechesis and Ritual

Prepared under the direction of the
North American Provincials of the Carmelite Orders

Carmelite Monastery of Our Lady and St. Thérèse
27601 Highway 1, Carmel, CA 93923
carmelitesistersbythesea.org



Introduction*

For centuries, the Scapular has been one of the most popular Marian Devotions, second only to Our Lady's Rosary. As a sacramental, it has been enriched by the Church with many spiritual benefits. The Brown Scapular consists of two small panels of cloth joined by strings and worn over the shoulders. Generally, one panel bears a woven or printed image showing the vision of Our Lady of Mount Carmel to Saint Simon Stock, while the other panel bears the image of Our Lady with the Child Jesus.

On July 16, 1251, at Aylesford in Kent, England, according to a tradition, Our Lady appeared to Saint Simon Stock, a Carmelite, and made the Scapular the sign of her protection. With it came the promise that whoever wore her "habit" devoutly would be assured of eternal salvation. This is the Scapular promise of final perseverance.

Carmelites have always regarded themselves as "Brothers of Our Lady of Mount Carmel," and place their Christ-centered lives of prayer under her patronage.

- Rev. Eamon R. Carroll, O. Carm.

*Introduction from the leaflet, "Scapular of Our Lady of Mount Carmel", by the Carmelite Friars of Middletown, NY 10940

The Importance of Signs

The world is full of material things which have symbolic meaning to us, such as light, fire and water.

Relationships between human beings also symbolize deeper meanings. Sharing a meal is a sign of friendship; joining together in a national celebration is a sign of our identity.

Christian life also has its signs. Our celebrations, particularly the sacraments, are signs with special meaning.

At the Eucharist, the sign is bread and wine; during Baptism, it is water; as hands are laid on the sick, it is the anointing with oil; and in the marriage ceremony, it is the giving and receiving of rings.

Each of these signs brings us into communion with God, Who, in different ways, is present in each of them.

The Church also has signs related to special events, traditions, or people. One of these is the Brown Scapular of Our Lady of Mount Carmel.

The Scapular is a Sign of Mary

The Brown Scapular of Our Lady of Mount Carmel is a sign approved by the Church and endorsed by the Carmelite Order as an external sign of Mary's love for us. It confirms our love and trust in her, and our commitment to live like her.



The Spiritual Meaning of the Scapular

The Scapular finds its roots in the traditions of the Carmelite Order, which has seen in it a sign of Mary's motherly protection. It has a centuries old spiritual meaning approved by the Catholic Church.

The Scapular has an important place in our lives:

- It is a symbol of Mary's motherly love for us. Mary always takes the initiative. The Scapular links us with the contemplative and prophetic spirituality of Carmel.
- It stands for a commitment to follow Jesus as Mary did. She is the perfect model of all the disciples of Christ. This commitment finds its origin in Baptism by which we become children of God.
- It leads us into the family of Carmel, a community of religious men and women, which has existed in the Church for over eight centuries. It calls on us to live out the ideal of this religious family... an intimate friendship with God in prayer.
- It reminds us of the example of the saints of Carmel, with whom we establish a close bond as brothers and sisters to one another and in Christ.
- It is an expression of our belief that we will meet God in eternal life, aided by the intercession and prayer of Mary.