

# Our Lady of Mt. Carmel Novena

## First Day

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

**O Beautiful Flower Of Carmel,  
most fruitful vine,  
splendour 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!**

(here pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.

## Second Day

**Most Holy Mary, Our Mother,  
in your great love for us you gave us the holy Scapular of Mount Carmel,  
having heard the prayers of your chosen son St. Simon Stock.  
Help us now to wear it faithfully and with devotion.  
May it be a sign to us of our desire to grow in holiness.**

(pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.

## Third Day

**O Queen of Heaven,  
you gave us the Scapular as an outward sign  
by which we might be known as your special children.  
May we always wear it with honour by avoiding sin and imitating your virtues.  
Help us to be faithful to this desire of ours.**

(pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.

#### **Fourth Day**

**When you gave us, Gracious Lady,  
the Scapular as our Habit,  
you called us to be not only servants,  
but also your own dear children.**

**We ask you to gain for us from your Son  
the grace to live as your children in joy, peace and love.**

(pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.

#### **Fifth Day**

**O Mother of Fair Love,  
through your goodness we are not only your children  
but persons called to live in the spirit of Carmel.**

**Help us to live in charity with one another,  
prayerful as Elijah of old,  
and mindful of our call to minister to God's people.**

(pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.

### **Sixth Day**

**With loving provident care, O Mother Most Admirable,  
you covered us with your Scapular  
as a shield of defence against the Evil One.  
Through your assistance,  
may we bravely struggle against the powers of evil,  
always open to your Son Jesus Christ.**

(pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.

### **Seventh Day**

**O Mary, help of Christians,  
you assured us that wearing your Scapular  
worthily would keep us safe from harm.  
Protect us in both body and soul  
with your continual aid.  
May all that we do be pleasing to your Son and to you.**

(pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.

### **Eighth Day**

**You give us hope, O Mother of Mercy,  
that through your Scapular promise  
we might quickly pass through the fires of purgatory  
to the Kingdom of your Son.  
Be our comfort and our hope,  
grant that our hope may not be in vain but that,  
ever faithful to your Son and to you,  
we may speedily enjoy after death  
the blessed company of Jesus and the saints.**

(pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.

### **Ninth Day**

**O Most Holy Mother of Mount Carmel,  
when asked by a saint to grant privileges to the family of Carmel,  
you rather granted an assurance of salvation to the whole world.  
Behold us your children, kneeling at your feet.  
We glory, dearest Mother,  
in wearing your holy habit,  
that habit which makes us members of your family of Carmel,  
that habit through which we shall have your powerful protection in life,  
at death and even after death.  
Look down with love, O Gate of Heaven,  
on all those now in their last agony! Look down graciously,  
O Virgin, Flower of Carmel, on all those in need of help!  
Look down mercifully, O Mother of our Saviour,  
on all those who do not know that they are numbered among your children.**

**Look down tenderly, O Queen of All Saints,  
on the poor souls!**

(pause and mention petitions)

Our Father,  
Hail Mary,  
Glory, etc.

Our Lady of Mount Carmel, pray for us.