

Thursday July 16, 2026
Solemnity of OUR LADY OF MOUNT CARMEL
(LOTH) Mid afternoon Daytime Prayer

INTRODUCTION:

God, + come to my assistance.
— Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

HYMN: Virgin Mary of Mount Carmel (loose Music sheet)

PSALMODY

Cantor 1: (1)

**Ant. How great are the signs of the Most High, how mighty
His wonders! It is my pleasure to make them known.**
(Carmelite Proper 1993 P 174)

Psalm 125 (126) (Carmelite Proper 1993 p 33)

*Just as you are sharing in our suffering,
So also will you share our consolation (2 Cor 1:7)*

**When the Lord delivered Sion from Bondage,*
It seemed like a dream.**

Then was our mouth filled with laughter,*
on our lips there were songs.

The heathens themselves said : “What marvels*
the Lord worked for them! *
What marvels the Lord worked for us! *
Indeed we were glad.

Deliver us, O Lord, from our bondage*
As streams in dry land.
Those who are sowing in tears*
Will sing when they reap.

They go out, they go out, full of tears,*
carrying seed for the sowing
they come back, they come back, full of song,*
carrying their sheaves.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Psalm 130 (131) (Carmelite Proper 1993 p 34)
Learn from me, for I am gentle and humble in heart (Mt 11:29)

Cantor 2: (1)

**O Lord, my heart is not proud*
Nor haughty my eyes.**

I have not gone after things too great*
Nor marvels beyond me.

Truly I have set my soul*
In silence and peace.
As a child has rest in its mother’s arms,*
even so my soul.

O Isreal, hope in the Lord*
Both now and forever.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Psalm 127 (128) (Carmelite Proper 1993 p 35)

"May the Lord bless you from Sion", that is,
from his Church (Arnobius).

Cantor 1: (1)

**O blessed are those who fear the Lord*
And walk in his ways!**

By the labor of your hands you shall eat. *
You will be happy and prosper;
Your wife like a fruitful vine *
In the heart of your house;
Your children like shoots of the olive,*
Around your table.

Indeed thus shall be blessed *
The man who fears the Lord.
May the Lord bless you from Sion *
All the days of your life!
May you see your children's children *
In a happy Jerusalem!

On Isreal, peace!

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Cantor 1:

**Ant. How great are the signs of the Most High, how mighty
His wonders! It is my pleasure to make them known.**

(Carmelite Proper 1993 p 174)

READING: Sir 24:23-25 (Carmelite Proper 1993 p 174)

Reader:

**No vine ever yielded fruit so fragrant; the enjoyment of honor
and riches is the fruit I bear. It is I that gives birth to all noble
loving, all reverence, all true knowledge, and the holy gift of
hope. From me comes every grace of faithful observance, from
me all promise of life and vigor.**

**Look down from heaven and see, and visit this vine.
--The vine your right hand has planted.**

Leader:

Concluding Prayer (Carmelite Proper 1993 p 154)

Lord God,
You willed that the Order of Carmel
Should be named in honor of the Blessed Birgin Mary,
Mother of your Son.
Through her prayers as we honor her today
Bring us to your holy Mountain.
Christ our Lord,
Who lives and reigns with you and the Holy Spirit, one God, forever
and ever. Amen.

Notes:

- (1) CANTER 1 MUST BE SITTING ON RIGH SIDE FACING STAGE,
CANTER 2 MUST BE SITTING ON LEFT SIDE FACING S TAGE.