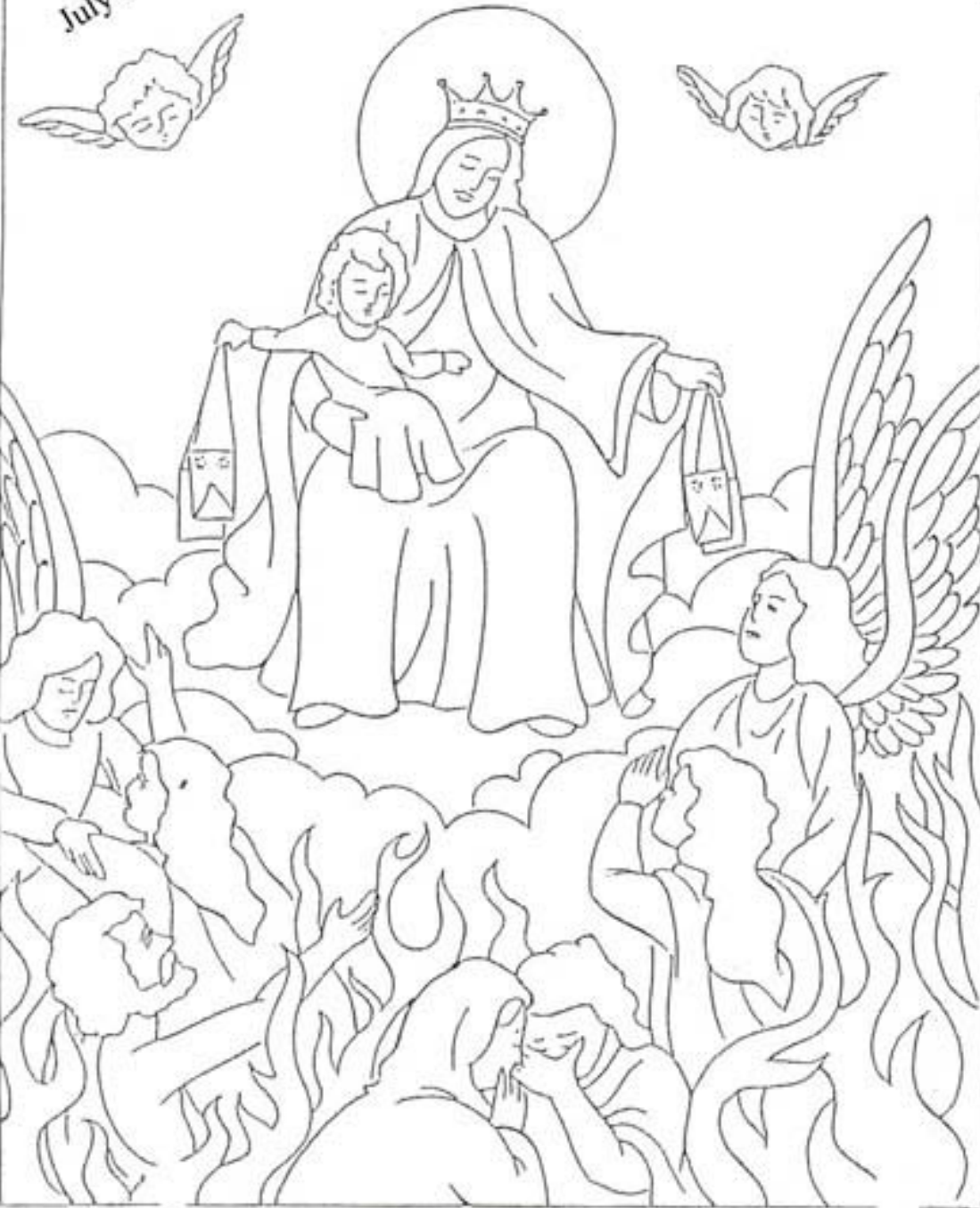


# OUR LADY OF MOUNT CARMEL

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July 16



## THE SCAPULAR IS A SIGN OF MARY

One of the signs in the tradition of the church from many centuries ago is the Brown Scapular of Our Lady of Mount Carmel. It is a sign approved by the church and by the Carmelite Order as an external sign of love for Mary, of the trust her children have in her and of commitment to live like her.

The word scapular indicates a form of clothing which monks wore when they were working.

With the passage of time, people began to give symbolic meaning to it: the cross to be borne everyday as disciples and followers of Christ. In some religions, such as the Carmelites, the scapular turned into a sign of their way of life. The Scapular came to symbolize the special dedication of Carmelites to Mary, the Mother of God, and to express trust in her motherly protection as well as the desire to be like her in her commitment to Christ and to others. Thus it became a sign of Mary.

### *Some Practical Rules*

- > People are enrolled in the Scapular only once, by a priest or authorized person.
- > The scapular can be replaced afterwards by a medal which has on one side the image of the Sacred Heart of Jesus and on the other, the image of Mary.
- > The scapular holds us to live as authentic Christians in line with teaching the Gospel, to receive the sacraments, to profess our special devotion to the Blessed Virgin, which should be expressed each day, at least by saying the Hail Mary three times.

### **Short form of giving the Scapular**

Receive this Scapular, a sign of your special relationship with Mary, the Mother of Jesus, whom you pledge to imitate. May it be a reminder to you of your dignity as a Christian, in serving others and imitating Mary. Wear it as a sign of her protection and of belonging to the family of Carmel, voluntarily doing the will of God and devoting yourself to building a world true to his plan of community, justice and peace.

