



**Our Lady of Mt. Carmel**  
July 16

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Marian Apparition • 1251

Mt. Carmel is a mountain in the Holy Land whose name means “the Garden.” It is famous because long ago, the prophet Elijah and his follower Elisha stayed there for a time, and God worked a great miracle for Elijah there.

In the Middle Ages, a group of hermits began an order on the mountain to live like Elijah and Elisha and dedicated themselves to Our Lady. They called themselves the Carmelites. The Carmelites spread all throughout Europe, and many of them went to England.

One of the Carmelite priors in England was St. Simon Stock. Simon earned the name “Stock,” which means “tree trunk,” because he lived in a giant hollow tree trunk when he was a boy. When he was much older and the prior general of the Carmelites, Our Lady appeared to Simon and gave him the Brown Scapular. Our Lady promised that whoever died wearing the Scapular would be saved.

From then on, the Carmelites wore the Brown Scapular, which is a brown piece of cloth that hangs on both sides of the habit from the shoulders.

When Our Lady of Fatima appeared to Lucia, Francisco, and Jacinta, she once also came to them in the appearance of Our Lady of Mt. Carmel. She wanted to remind all of us that the Brown Scapular is important and can give us many graces.

We, too, can wear the Brown Scapular!

To receive the promise Mary gave to St. Simon Stock, we must do three things: 1. Wear the Brown Scapular. 2. Live lives of chastity. 3. Pray the Little Office of the Blessed Virgin Mary or the Rosary.

Our Lady of Mt. Carmel, pray for and preserve us!