

# Week of Prayers and Meditations Honoring Our Lady of Mount Carmel

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National Shrine  
of  
Our Lady of Mount  
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## Day 7

***Our Lady Of Mount Carmel...  
Pray For Us.***

**Y**ou will sin as on a night when a feast is observed, and be merry of heart, as one marching along with a flute toward the mountain of God.

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-Isaiah 30:29

## **Reflection:**

Rejoice and be glad, for you have the Blessed Virgin for your Mother. Serve her with great joy, for she is very deserving of it. Have recourse to her in all difficulties, and you will always be helped.

-St. Joachima Vedruna de Mas

## **Prayer:**

O Mary, I thank God for giving you to us as our Mother. I will rejoice in all the rewards I receive through your intercession. I will strive to always open my heart to you and your Son, Jesus, so that you can dwell within it forever. Amen.