

# Scapular Novena to Our Lady of Mt Carmel

Courtesy of  
[thelittleflower.org](http://thelittleflower.org)



## Day 1

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

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

**O** BEAUTIFUL FLOWER OF  
CARMEL, most fruitful vine, splen-  
dor of heaven, holy and singular, who  
*(Continued on page 2)*

*(Continued from page 1)*

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!  
(pause and mention petitions)

Our Father, Hail Mary, Glory, etc.

Our Lady of Mount Carmel, pray for us