

Our Lady of Mount Carmel Thursday 16 July



About the Feast of Our Lady of Mount Carmel

Mount Carmel is 531 metres high and overlooks Israel's Mediterranean coastline. The prophet Elijah lived there. In the 12th century, some hermits took up residence on the mountain. In the 13th century, Saint Simon Stock joined these hermits during a pilgrimage to the Holy Land. He had a vision of the Blessed Virgin Mary. The community became the Carmelite Order which is dedicated to living a contemplative life under the patronage of the Blessed Virgin Mary.



How can we apply this feast to our life?

Members of the Carmelite Order dedicate themselves to a life of contemplative prayer. They set an example to all of us showing how important prayer should be in our lives. The feast of our Lady of Mount Carmel is an opportunity for us to look at our lives and recommit ourselves to prayer and to devotion to Our Lady.

[Praying Simply at Home - in the Pandemic and Beyond](#)

The Carmelite Friars' Community at Mount Carmel Retreat Centre are happy to offer you some practical guidelines and resources for praying in your homes during a time which is unsettling but also calls for a positive response. We hope they will open up new possibilities for you.

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Collect

May the venerable intercession of the glorious Virgin Mary
come to our aid, we pray, O Lord,
so that, fortified by her protection,
we may reach the mountain which is Christ.
Who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever. Amen.

Gospel Matthew 12: 46-50

My mother and my brothers are anyone who does the will of my Father in heaven

Jesus was speaking to the crowds
when his mother and his brothers appeared;
they were standing outside and were anxious to have a word with him.
But to the man who told him this Jesus replied,
'Who is my mother? Who are my brothers?'
And stretching out his hand towards his disciples he said,
'Here are my mother and my brothers.
Anyone who does the will of my Father in heaven,
he is my brother and sister and mother.'

Antiphon

Cf. Lk 11: 27

Blessed is the womb of the Virgin Mary,
which bore the Son of the eternal Father.

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Hymn for the Memorial of Our Lady of Mount Carmel

1. On this most high and holy mountain Carmel,
Elijah upheld Israel's faith most pure
in the one God Who always lives among us,
Who teaches truth and in Whom we're most sure.
2. On this most high and holy mountain Carmel,
where there were gathered hermits deep in prayer,
where in the silence, far from all distractions
a life of contemplation they could share.
3. The ones who hear the word of God and keep it
will e'er be blessed and to the Lord belong.
May we who hear that word for ever keep it
and for ever in the Lord remain strong.
4. Let this most sacred Word ever be planted
and that the seeds of Christ's Gospel will grow,
so like Our Lady we will serve Christ her Son
and by our works in this world, His love show.

11.10.11.10

Text: Chris deSilva and Alessio Loiacono

Music Links to the Scripture Readings

[As Mary Did](#) - Michael Herry

[My Soul Rejoices](#)

Published by published by GIA Publications, www.giamusic.com

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