

JULY 16th

OUR LADY OF MOUNT CARMEL

Memorial

The Bible sings of the beauty of Mount Carmel (Song of Songs) and this mountain, for Jeremiah (Jer 46: 13), already evoked the coming of God. This is where the prophet Elijah bore witness to the one God against the prophets of Baal, and it is also where numerous hermits attracted by its caves, came to seek refuge. The monks later became more numerous and received there, in 1212, a rule that is at the origin of the Carmelite Order.

On July 16, according to Carmelite tradition, we celebrate the memory of the day when St. Simon Stock, the first General of the Order, received the "scapular" from the hands of the Virgin . Many Christians have worn this scapulary after him, as a tangible sign of the invisible protection of the Virgin Mary over them.

Let us not hesitate to turn to Mary, the mother of all men, and "take her to our home" as John the Apostle says.

ENTRANCE ANTIPHON:            Isa 35, 2b

The glory of Lebanon will be given to them, the splendor of Carmel and Sharon; They will see the glory of the LORD, the splendor of our God.

COLLECT

Lord, may the glorious Virgin Mary, glory of Mount Cannel, intercede for us. We pray that, under her protection, we may reach the true mountain which is Christ.  
Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

FIRST READING

A reading from the First Book of Kings    18: 42-45

In the valley that is at the foot of Mount Carmel, the prophet Elijah said <sup>[L]</sup>to King Ahab, "Go up, eat and drink, for there is the sound of a heavy <sup>[SEP]</sup>rain." So Ahab went up to eat and drink, while Elijah climbed to the top <sup>[SEP]</sup>of Carmel, crouched down to the earth, and put his head between his <sup>[SEP]</sup>knees. "Climb up and look out to sea," he directed his servant, who <sup>[SEP]</sup>went up and looked, but reported, "There is nothing". Seven times he <sup>[SEP]</sup>said, "Go look again!" And the seventh time the youth reported, <sup>[SEP]</sup>"There is a cloud as small as a man's hand rising from the sea." Elijah <sup>[SEP]</sup>said, "Go and say to Ahab, 'Harness up and leave the mountain before <sup>[SEP]</sup>the rain stops you'." In a trice, the sky drew dark with clouds and wind, <sup>[L]</sup>and a heavy rain fell.  
This is the Word of the Lord.

RESPONSORIAL PSALM    Luke 1: 46-55

R. Blessed are you, Virgin Mary, you carried in your womb the Son of the <sup>[L]</sup>Eternal Father.

1. My being proclaims the greatness of the Lord, my spirit finds joy in God <sup>[L]</sup>my saviour,

2. Blessed are you, Virgin Mary, you carried in your womb the Son of the <sup>[L]</sup>Eternal Father.  
For he has looked upon his servant in her lowliness; All ages to come <sup>[L]</sup>will call me blessed. God who is mighty has done great things for me, Holy is his name;

3. Blessed are you, Virgin Mary, you carried in your womb the Son of the <sup>[L]</sup><sub>[SEP]</sub>Eternal Father.  
His mercy is from age to age on those who fear him.  
He has shown might with his arm. He has confused the proud in their <sup>[L]</sup><sub>[SEP]</sub>inmost thoughts.

4. Blessed are you, Virgin Mary, you carried in your womb the Son of the <sup>[L]</sup><sub>[SEP]</sub>Eternal Father.  
He has deposed the mighty from their thrones and raised the lowly to <sup>[L]</sup><sub>[SEP]</sub>high places.  
The hungry he has given every good thing, while the rich he has sent <sup>[L]</sup><sub>[SEP]</sub>empty away.

5. Blessed are you, Virgin Mary, you carried in your womb the Son of the <sup>[L]</sup><sub>[SEP]</sub>Eternal Father.  
He has upheld Israel his servant, ever mindful of his mercy; <sup>[L]</sup><sub>[SEP]</sub>Even as he promised our fathers,  
promised Abraham and his <sup>[L]</sup><sub>[SEP]</sub>descendants forever.

GOSPEL ACCLAMATION                      Luke 2: 19

R. Alleluia. Alleluia.  
Mary remembered all these things and meditated on them in her heart.  
R. Alleluia.

or                      Luke 11: 28

R. Alleluia. Alleluia.  
"Rather, blessed are those who hear the word of God and observe it."  
R. Alleluia.

GOSPEL

A reading from the holy Gospel according to John.                      19: 25-27

Standing close to Jesus' cross were his mother, his mother's sister, <sup>[L]</sup><sub>[SEP]</sub>Mary the wife of Cleopas, and  
Mary Magdalene. Jesus saw his mother and <sup>[L]</sup><sub>[SEP]</sub>the disciple he loved standing there; so he said to his  
mother, "He is your <sup>[L]</sup><sub>[SEP]</sub>son." Then he said to the disciple, "She is your mother." From that time the  
<sup>[L]</sup><sub>[SEP]</sub>disciple took her to live in his home.  
This is the Gospel of the Lord.  
The Gospel of the Lord.

PRAYER OVER THE OFFERINGS

Lord, as we humbly offer these gifts as we celebrate the memory of the patronage of the Virgin Mary,  
grant us, through the example of her loving service of you, that we too may be privileged to share in  
the work of redemption.  
Through Christ our Lord.

PREFACE

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord,  
holy Father, almighty and eternal God and to praise, bless and glorify your name on this memorial day  
of the Blessed Virgin Mary, Mother of Mount Carmel.  
For she has faithfully kept your word, and put it into practice; being uniquely associated with the  
mystery of salvation, she became, in the Spirit, the mother of all men.  
With maternal solicitude, she looks over the brothers of her Son, and while we journey on this earth,  
our eyes fixed on the mountain of your glory, she is for us a sign of hope and of radiant consolation.  
In her, as in a most pure mirror, we joyfully contemplate the image of the Church, as we desire and  
hope it to become.

Therefore, with all the saints and all the angels, we sing the hymn of your glory and without end we acclaim:

Holy, Holy, Holy Lord God of hosts...

COMMUNION ANTIPHON Jer 2: 7

I lead you into the country of Carmel to eat its luxuriant fruit.

PRAYER AFTER COMMUNION

Lord, in your goodness, come and strengthen us who have been renewed by <sup>[ ]</sup><sub>[SEP]</sub>the precious sacrament of the Body and Blood of your Son, that we may <sup>[ ]</sup><sub>[SEP]</sub>imitate the virtues of the Virgin Mary, our heavenly patroness.

Through Christ our Lord