



Our Lady of Mount Carmel

Our Lady of Mount Carmel, is **the title given to the Blessed Virgin Mary in her role as patroness of the Carmelite Order.**

The first Carmelites were Christian hermits living on Mount Carmel in the Holy Land during the late 12th and early to mid-13th century.

In 1251, according to the tradition of the Carmelites Nuns , the Blessed Virgin Mary appeared to Simon Stock, the sixth general, or person in charge of the Carmelite Order, and gave him a scapular. The scapular was a long piece of cloth worn over the shoulders and hanging, in front and in back, down to the ankles. After that, all the members of that Carmelite community wore scapulars. Today some religious men and women still wear the full scapular. Some people wear a small scapular made of two small pieces of cloth connected by narrow cord or braid. It, too, is worn over the shoulders. Wearing a scapular medal or the shortened scapular is a way of honouring the Blessed Mother.