



Flos Carmeli "Flower of Carmel"

This prayer is often prayed on the Feast of Our Lady of Mount Carmel (July 16), but it can be prayed at any time! These are the first two verses of a longer sequence believed to have been written by Saint Simon Stock. The sacred art is "Our Lady of Mount Carmel and Saints by Pietro Novelli (1641).

O beautiful Flower of Carmel, most fruitful vine,
Splendor of Heaven, holy and singular,
who brought forth the Son of God,
still ever remaining a Pure Virgin,
assist me in this necessity.

O Star of the sea, help and protect me!
Show me that Thou art my Mother.

O Mary, conceived without sin,
pray for us who have recourse to Thee!

Mother and Beauty of Carmel, Pray for us!
Virgin, Flower of Carmel, Pray for us!
Patroness of all who wear the Scapular, Pray for us!
Hope of all who die wearing the Scapular, Pray for us!
St. Joseph, Friend of the Sacred Heart, Pray for us!
St. Joseph, Chaste Spouse of Mary, Pray for us!
St. Joseph, Our Patron, Pray for us!
O sweet Heart of Mary, Be our salvation!

Amen.

