

## THE BROWN SCAPULAR

The Brown Scapular is a most powerful sacramental given to us by Our Blessed Mother Mary.

Our Lady of Mount Carmel appeared to Saint Simon Stock on July 16, 1251, in Aylesford, England. Our Blessed Mother handed him a brown woolen scapular and said, "This shall be a privilege for you and all Carmelites, that anyone dying in this habit shall not suffer eternal fire." In time, the Church extended this magnificent privilege to all the laity who are willing to be invested in the Brown Scapular of the Carmelites and who perpetually wear it. To be eligible for the Brown Scapular promise, one must be enrolled in the Brown Scapular Confraternity. This is a simple ceremony which can be performed by a priest. The members of the Confraternity have the added benefit of sharing in all the spiritual benefits of the Carmelite Order. According to a statement made by the Carmelite Fathers at the National Scapular Center, every priest now has the right invest the faithful in the Brown Scapular and to substitute the Rosary in lieu of the Little Office. The Brown Scapular must be 100% wool without plastic casing and should not be pinned or affixed to clothing. It is worn over the head, under one's clothes, with one square of wool hanging on the chest and the other on the back.

The Blessed Virgin of Mount Carmel has promised to save from the fires of Hell those who wear the scapular. She also will shorten their stay in Purgatory if they should pass from this world still owing some debt of punishment. This promise is found in a Bull of Pope John XXII. The Blessed Virgin appeared to him and, speaking of those who wear the Brown Scapular, said, "I, the Mother of Grace, shall descend on the Saturday after their death and whomsoever I shall find in Purgatory I shall free so that I may lead them to the holy mountain of life everlasting."

The Blessed Virgin assigned certain conditions which must be fulfilled:

- 1) Wear the Brown Scapular continuously.
- 2) Observe chastity according to one's state in life (married/single).
- 3) Recite daily the Little Office of the Blessed Virgin or observe the fasts of the Church. Together with abstaining from



meat on Wednesday and Saturday or with permission of a priest, pray five decades of Our Lady's Holy Rosary or with permission of a priest substitute some other good works.

On October 13, 1917, Our Lady of Fatima during the Miracle of the Sun held the Brown Scapular. Our Lady's message at Fatima was that the world must pray, do penance, and be consecrated to her Immaculate Heart!

## THE MIRACULOUS MEDAL

The Miraculous Medal was originally called the Medal of the Immaculate Conception. In 1830 during the apparitions in the chapel on Rue du Bac in Paris, our Blessed Mother presented the Miraculous Medal to Saint Catherine Laboure. "Those who wear it blessed around their necks will receive great graces." "The whole world will be overwhelmed by misfortunes of all kinds...All will seem lost, but I shall be with you," the holy Virgin promised Saint Catherine, who repeated this prophecy until the end of her life. At the time of Saint Catherine, distribution of the medal surpassed one billion. The innumerable conversions, cures, and cases of extraordinary protection quickly led to the medal being called "The Miraculous Medal."



### Consecration to Our Lady of the Miraculous Medal

Our Virgin Mother of God, Mary Immaculate, we dedicate and consecrate ourselves to thee under the title of Our Lady of the Miraculous Medal. May this medal be for each one of us a sure sign of thy affection for us and a constant reminder of our duties toward thee. Ever while wearing it may we be blessed by thy loving protection and preserved in the grace of thy Son.

O most powerful Virgin, Mother of our Savior, keep us close to thee every moment of our lives. Obtain for us, thy children, the grace of a happy death; so that, in union with thee, we may enjoy the bliss of Heaven forever. Amen.

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## SACRAMENTALS THE HOLY ROSARY



The Rosary was given by Our Lady in 1214, to Saint Dominic who is the founder of the Order of Preachers. "One day, through the Rosary, and the Brown Scapular, Our Lady will save the world." (*Saint Dominic*)

"The Rosary is the weapon for these times." (*Padre Pio*)

"The Hail Mary is the powerful weapon which puts the devils to flight...fills the soul with every grace." (*Saint Louis de Montfort*)

The Most Holy Virgin in these last times in which we live has given a new efficacy to the recitation of the Rosary to such an extent that there is no problem, no matter how difficult it is, whether temporal or above all spiritual, in the personal life of each one of us, of our families... that cannot be solved by the Rosary. There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary." (*Lucia of Fatima*)

# HOW TO PRAY THE ROSARY

1. Make the Sign of the Cross and say the Apostles' Creed.
2. Say the Our Father, three Hail Marys and the Glory Be.
3. Announce the First Mystery; then say the Our Father.
4. Say ten Hail Marys while meditating on the Mystery.
5. Say the Glory Be; then say the Fatima Prayer.
6. Announce the Second Mystery; then say the Our Father. Repeat 4 and 5 and continue with Third, Fourth and Fifth Mysteries in the same manner.
7. Say the Hail Holy Queen.



## THE SIGN OF THE CROSS

In the name of the Father and of the Son and of the Holy Spirit. Amen.

## THE APOSTLES' CREED

I believe in God, the Father Almighty, Creator of Heaven and earth, and in Jesus Christ, His only Son our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into Hell; on the third day He rose again from the dead; He ascended into Heaven, and is seated at the right hand of God the Father Almighty; from thence He will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## THE OUR FATHER

Our Father, Who art in Heaven, hallowed be Thy name. Thy Kingdom come. Thy will be done on earth as it is in Heaven.

Give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

## THE HAIL MARY

Hail Mary, full of grace, the Lord is with thee; blessed art thou amongst women and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

## THE GLORY BE

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

## THE FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of Hell and lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

## THE HAIL HOLY QUEEN

Hail, holy Queen, Mother of Mercy, our life, our sweet-

ness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

*V. Pray for us, O holy Mother of God.*

*R. That we may be made worthy of the promises of Christ.*

O God, Whose only begotten Son, by His life, death, and resurrection has purchased for us the rewards of eternal life, grant, we beseech Thee, that by meditating upon these mysteries in the most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ our Lord. Amen.

## MYSTERIES OF THE ROSARY

JOYFUL MYSTERIES  
(Monday, Thursday,  
Sundays of Advent)

SORROWFUL MYSTERIES  
(Tuesday, Friday,  
Sundays of Lent)

The Annunciation

The Agony in the Garden

The Visitation

The Scourging at the Pillar

The Birth of Jesus

The Crowning with Thorns

The Presentation

The Carrying of the Cross

The Finding of Jesus in the Temple

The Crucifixion

GLORIOUS MYSTERIES  
(Wednesday, Saturday, all Sundays outside of Advent and Lent)

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption

The Coronation of Mary