



The spirituality of the Carmelite Order is one of the preeminent spiritual traditions of the Catholic Church.

One who wears the scapular should certainly reflect upon the teachings of the great Carmelite saints, three of whom are doctors of the Church.

Those wearing the scapular should be formally enrolled by a Deacon or Priest.

A few basic introductory principles of Carmelite spirituality:

Frequent participation in the Mass and reception of Holy Communion;

Frequent reading of and meditation on the Word of God in Sacred Scripture;

The regular praying of at least part of the Liturgy of the Hours and/or, with permission, praying the Rosary, in its stead;

Imitation of and devotion to Mary, the woman of faith who hears the Word of God and puts it into practice;

The practice of the virtues: notably charity, chastity (according to one's state of life), and obedience to the will of God.

About the Scapular:

The most authentic form for the scapular is simply two pieces of undecorated brown cloth joined by ribbons for over the shoulders. The scapular of the Carmelite Religious is either totally devoid of decoration or has only a very small cross embroidered in white or red.

The scapular is to be worn about the neck. Not elsewhere, or in some other manner.

Only the first scapular needs to be formally blessed by a priest or deacon. Should the scapular become worn or damaged, it should be retired by burying or burning, like any other blessed object.

Successive, replacement scapulars need not be blessed but when worn out or damaged; they should also be respectfully retired, as mentioned above.

For more about the Brown Scapular and all that goes with it, visit:

www.askmeaboutgod.org (search term: scapular)

Thanks to the Carmelites for providing all essential information.

