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JULY 16- FEAST OF MOUNT CARMEL

St. Simon Stock and the scapular Devotion, Mount Carmel



St. Simon Stock was an early Carmelite who received a vision of Mary on this date in 1251 in which she gave him the brown scapular. The scapular comes from a two-sided apron that monks wear while they work—a skinny poncho of sorts. In the vision, Mary handed Simon a scapular and told him that she would protect whoever wore it. The garment became part of the Carmelite habit, and appears in many other religious habits as well.



Many people wear a small version of the scapular under their shirts, which looks like two brown, square pieces of cloth that hang on the breast and back, connected by strings around one's neck. It is worn as a devotional practice—as a way to call to mind Mary's motherly protection and to ask for her prayerful assistance.



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