

HOW CAN I HELP?

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Checks should be made out to "Carmelite Nuns".

Email us:
arlingtoncarmel@carmelnuns.com



Please remember us when revising or making your Will.

Our legal name is:
Discalced Carmelite Nuns
Our Federal ID # is:
35-2516195



Discalced Carmelite Nuns
Associated with the SSPX
5801 Mt. Carmel Drive
Arlington, TX 76017

Visit our website:
www.carmelnuns.com

Novena Prayer to Our Lady of Mt. Carmel

O MOST beautiful Flower of Mount Carmel, Fruitful Vine, Splendor of Heaven, who brought forth the Son of God, still remaining a Virgin, assist me in this my necessity. O Star of the Sea, help me, and show me that you are my Mother.

O Holy Mary, Mother of God, Queen of heaven and earth, I humbly ask you from the depths of my heart to help me in this necessity. There are none who can withstand your power. O show me that you are my Mother.

O Mary, conceived without sin, pray for us who have recourse to you. Sweet Mother, I place this cause in your hands.
Amen.

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Novena to Our Lady of Mount Carmel



July 8 ~ 16,
2026



Monastery of the Most Holy Trinity
Arlington, Texas



July 2026

Dear Friend of Carmel,
Praised be Jesus Christ.

Please join with us in our novena to Our Lady of Mt. Carmel from July 8 - 16th. Mary truly is our Mother and it is a tremendous privilege to be called her children. She cares for our souls with the greatest maternal solicitude. Our Carmelite Sister, Saint Teresa Benedicta of the Cross, beautifully describes the role of Mary as the Mother of God and our Mother:

“The title of Mary as our Mother is not merely symbolic. Mary is our Mother in the most real and lofty sense, a sense which surpasses that of earthly maternity. She begot our life of grace for us because she offered up her entire being, body and soul, as the Mother of God. That is why an intimate bond exists between Mary and ourselves. She loves us, she knows us, she exerts herself to bring each one of us into the closest possible relationship with the Lord ~ that which we are above all supposed to be.”

We can take comfort from her words about Our Lady, knowing that Mary is constantly trying to bring us closer to Her Son and Our Lord, Jesus Christ. Our whole aim in life should be to grow in deeper union with Our Lord. Let us take great consolation in the fact that His Mother acts as our Advocate, assisting us and guiding us at each step in our journey of faith.

Please be assured of our prayers for you and your loved ones during this Novena to Our Lady of Mt. Carmel. The donations we receive from this mailing help us to pay our monthly expenses and the upkeep of our heating/air conditioning system. We thank you for your generosity and ask God to bless and reward you always.

Your grateful and devoted Carmelites

Flower of Carmel

FLOWER of Carmel,
Tall vine blossom laden;
Splendor of heaven,
Childbearing yet maiden.
None equals thee.

Mother so tender,
Who no man didst know,
On Carmel's children
Thy favors bestow.
Star of the Sea.

Strong stem of Jesse,
Who bore one bright flower,
Be ever near us
And guard us each hour,
who serve thee here.

Purest of lilies,
That flowers among thorns,
Bring help to the true heart
That in weakness turns
and trusts in thee.

Strongest of armor,
We trust in thy might:
Under thy mantle,
Hard press'd in the fight,
we call to thee.

Our way uncertain,
Surrounded by foes,
Unfailing counsel
You give to those
who turn to thee.

O gentle Mother
Who in Carmel reigns,
Share with your servants
That gladness you gained
and now enjoy.

Hail, Gate of Heaven,
With glory now crowned,
Bring us to safety
Where thy Son is found,
true joy to see.

Mary is Our Mother

From the first syllable of the Archangel Gabriel's message to Our Lady we feel that we are in the presence of a transcendent holiness: Hail, thou who art full of grace; the Lord is with thee; blessed art thou among women. And this holiness was to become still greater in the few short moments enshrined in the Mystery of the Annunciation: Thou shalt conceive in thy womb, and shalt bear a son, and shalt call him Jesus... this holy offspring of thine shall be known as the Son of God. And our faith tells us that when Mary uttered her awe-inspiring Fiat, she became there and then the Mother of God. She had indeed found favour with God.

But this was only the beginning. For Mary's Motherhood of Jesus Christ, the Son of God, involved as well the Motherhood of a redeemed humanity of which Christ was to be Saviour and King and Elder Brother. This was the full implication of our solidarity in the Mystical Body of Christ. And after a soul stirring lifetime of showing us how to live as becomes our dignity as children of God, our Blessed Lord crowned those years of impelling example by stressing for us at the psychological moment of His death Mary's Motherhood of our souls: And Jesus, seeing His Mother there, and the disciple, too, whom He loved, standing by, said to His Mother: Woman, this is thy Son. Then He said to the disciple: This is thy Mother.

St. Bernardine of Siena witnesses the Catholic mind when he comments: In John we mystically recognize all the souls of the elect whose Mother the Blessed Virgin has become by love. As a Carmelite writer of today puts it: He made this the last thing for Him to preach because He knew it is the first thing for us to practice. from Carmel is All Mary's

