

Why do you wear the Carme Scapular?

On July 16, the feast of Our Lady of Mount Carmel, patron saint of seafarers, is celebrated. A deep-rooted devotion among Christians is to wear the Mount Carmel medal, an external sign of Marian devotion. But what does it mean? Why should it be imposed? Why is it called a scapular?

What is this?

The medal or scapular of Our Lady of Carmel is a sign of Marian devotion that has on one side the image of the Sacred Heart of Jesus and on the other an image of the Virgin Mary. It is a sacramental, according to the Second Vatican Council, "a sacred sign according to the model of the sacraments, by means of which are signified effects, especially spiritual, which are obtained through the intercession of the Church" (S.C.60).

Why is it called a scapular?

From the monastic scapular, which was originally a piece of brown clothing that some religious wore slung over the shoulders and chest, the devotional scapular was derived, much smaller, consisting of two small pieces of clothing joined by cords . Once the scapular is worn, it is usually replaced by a medal.

And what does it mean to be imposed?

A person's first scapular must be blessed by a priest and imposed, which is a very short ceremony in which the priest says: "Receive this blessed scapular and ask the Blessed Virgin that for its merits, wear it without any stain of sin and may he protect you from all evil and lead you to eternal life."

Can everyone wear it?

Yes. The scapular is a sign of the motherhood of the Virgin Mary, and she is the mother of all. Many non-Catholics have been converted after deciding to practice devotion to the scapular.

And what is it for?

In addition to a promise of Our Lady's protection and salvation, the scapular carries a sabbatical privilege, which means that Our Lady will remove from purgatory as soon as she can, on the Saturday after her death, those who have died with the scapular and during their life have kept chastity according to their state and prayed regularly with devotion, especially to the Virgin Mary, for example with the rest of the Rosary, the three Hail Marys before going to sleep , etc.

And where does that come from?

According to tradition, the scapular, as it is now known, was given by Our Lady herself to [Saint Simon Stock](#) on July 16, 1251. Our Lady told him: "it must be a sign and privilege for you and for all the Carmelites: whoever dies wearing the scapular will not suffer eternal fire." Later the Church extended this scapular to the laity.