



NICCSJ 2026 Novena to Our Lady of Mount Carmel **(Feast Day, July 16th)**

Mount Carmel is the biblical site where the prophet Elijah battled with the 450 priests of Baal, which led to their defeat and ruin. It was also where Elijah sent his servant seven times to the mountaintop to look for rain after years of drought which ended as he proclaimed (1 Kings 18:19-44). The title of Our Lady of Carmel can be traced back to the hermits (Carmelites) who used to live in the renowned and blessed Mount Carmel. These pious and austere Carmelites prayed in expectation of the advent of a Virgin-Mother. Thousands of years later, our Lady, Mary appeared to St. Simon Stock, a Carmelite priest, in the exact same location on July 16th, 1251. In this appearance of Mary, she is known as Our Lady of Mount Carmel. She appeared holding Jesus as a child in one arm and on her other arm, a Scapular. She promised that all those who wear Scapular and follow Christ faithfully will be brought by Our Mother Mary into heaven at their deaths. Praying the Novena to Our Lady of Mount Carmel has been an age-long practice through which Christians have entrusted their intentions to God through the powerful intercessions of our Mother Mary. Let us continue to share in the maternal love of our Mother Mary by praying this Novena with devotion and attention. Amen

Wednesday, July 8th to Thursday, July 16th, 2026

Modality: Daily at 8.00PM: Through Community Zoom- <https://us02web.zoom.us/my/niccsj>, ID- 9206647431, Passcode- 424258

Steps:

1. **Begin-** In the name of the Father, And of the Son, And of the Holy Spirit. Amen (Pray the prayer for a particular day (like Day 1 or Day 2...))
2. Mention the intentions:
 - a. Thanksgiving to God for all our answered prayers
 - b. For Marital Blessings and Job Opportunities for all our young adults & young professionals
 - c. For vocations to priestly, religious and diaconate life from our Igbo Community
 - d. For families praying for the blessings of the fruits of the womb
 - e. For peace, security, and respect for human life in our home country Nigeria, especially in the Igbo Land
 - f. For God's guidance, wisdom, & strength on our executives and appointed group leaders.
 - g. Peace & Progress for all the Igbo Catholic Communities, especially the Igbo Catholic Communities of the Bay Area
 - h. For God's protection & healing on all of us and for those who are sick, especially Chief Charles Ndekwe, Chief Adolph Obilor, Chief Goddy Duru & Kate Diru
 - i. For deceased members of our families, especially all the names in our virtual book of remembrance & for God's consolation & strength on all the bereaved families.
 - j. For other private intentions.
1. Pray the Divine Mercy Chaplet (Monday to Friday) or Rosary of Blessed Virgin Mary (Saturday & Sunday)
2. Pray the Daily Prayer for Priests
3. Pray the Prayer for the Family
4. Pray the Prayer for St. Michael the Archangel
5. Pray the Prayer for the Sick
6. Conclusion

General Opening Prayer for Each Day

Blessed and Immaculate Virgin, splendid beauty of Carmel, you look with love on all who wear your blessed habit; look kindly on us and spread the mantle of your loving protection over all humanity. By the power of your intercession strengthen our weakness, and by your wisdom light up the darkness of our minds. Increase in us those virtues in which you excelled—faith, hope and love; adorn our soul with such graces and virtues that it may ever be pleasing to your divine Son. Assist us in all the activities of life, and, by your presence console us at the time of our death. In that hour present us to the Blessed Trinity as your child redeemed by the blood of your Son, Jesus Christ, our Lord. Amen.

DAY ONE: Wednesday July 8th, 2026

O Beautiful Flower of Carmel, most fruitful vine, splendor of heaven, holy and singular, who brought forth the Son of God, still ever remaining a pure virgin, assist us in our necessity! O Star of the Sea, help and protect us! Show us that you are our mother. *Intentions*

DAY TWO: Thursday July 9th, 2026

Most Holy Mary, Our Mother, in your great love for us you gave us the Holy Scapular of Mount Carmel, having heard the prayers of your chosen son Saint Simon Stock. Help us now to wear it faithfully and with devotion. May it be a sign to us of our desire to grow in holiness. *Intentions*

DAY THREE: Friday July 10th, 2026

O Queen of Heaven, you gave us the Scapular as an outward sign by which we might be known as your faithful children. May we always wear it with honor by avoiding sin and imitating your virtues. Help us to be faithful to this desire of ours. *Intentions*

DAY FOUR: Saturday July 11th, 2026

When you gave us, Gracious Lady, the Scapular as our Habit, you called us to be not only servants, but also your own children. We ask you to gain for us from your Son the grace to live as your children in joy, peace and love. *Intentions*

DAY FIVE: Sunday July 12th, 2026

O Mother of Fair Love, through your goodness, as your children, we are called to live in the spirit of Carmel. Help us to live in charity with one another, prayerful as Elijah of old, and mindful of our call to minister to God's people. *Intentions*

DAY SIX: Monday July 13th, 2026

With loving provident care, O Mother Most Amiable, you covered us with your Scapular as a shield of defense against the Evil One. Through your assistance, may we bravely struggle against the powers of evil, always open to your Son Jesus Christ. *Intentions*

DAY SEVEN: Tuesday July 14th, 2026

O Mary, Help of Christians, you assured us that wearing your Scapular worthily would keep us safe from harm. Protect us in both body and soul with your continual aid. May all that we do be pleasing to your Son and to you. *Intentions*

DAY EIGHT: Wednesday July 15th, 2026

You give us hope, O Mother of Mercy, that through your Scapular promise we might quickly pass through the fires of purgatory to the Kingdom of your Son. Be our comfort and our hope. Grant that our hope may not be in vain but that, ever faithful to your Son and to you, we may speedily enjoy after death the blessed company of Jesus and the saints. *Intentions*

DAY NINE: Thursday July 16th, 2026

O Most Holy Mother of Mount Carmel, when asked by a saint to grant privileges to the family of Carmel, you gave assurance of your Motherly love and help to those faithful to you and to your Son. Behold us, your children. We glory in wearing your holy habit, which makes us members of your family of Carmel, through which we shall have your powerful protection in life, at death and even after death. Look down with love, O Gate of Heaven, on all those now in their last agony! Look down graciously, O Virgin, Flower of Carmel, on all those in need of help! Look down mercifully, O Mother of our Savior, on all those who do not know that they are numbered among your children. Look down tenderly, O Queen of All Saints, on the poor souls! *Intentions:*

Novena Prayers adapted from <https://catholicnovenaapp.com/novenas/our-lady-of-mt-carmel-novena/#day-9-prayer>

The Daily Prayer for Priests by St. Therese of the Child Jesus (St. Therese of Lisieux)

O Jesus, we pray for your faithful and fervent priests;
For your unfaithful and tepid priests;
For your priests laboring at home or abroad in distant mission fields.
For your tempted priests; for your lonely and desolate priests;
For your old and young priests; for your dying priests;
For the souls of your priests in Purgatory.

But above all, we recommend to you the priests dearest to us:
the priests who baptized us; the priests who absolved us from our sins;
the priests at whose Masses we participated and who gave us Your Body and Blood in Holy Communion; the priests who taught and instructed us; all the priests to whom we are indebted in any other way. O Jesus, keep them all close to your heart, and bless them abundantly in time and in eternity. Amen.



Prayer for the Family

Heavenly Father, most good and gracious God sustain our family in your love. Make it a place where holiness can abound. Help us to learn to be like Jesus in all our actions. Aid our family to imitate the Holy Family of Jesus, Mary, and Joseph. Help us to learn from the good example of others and to give good examples to others. Assist us in learning to bear our pain and suffering as Jesus did. Aid us in overcoming difficulties and carry our crosses. Help our family life to lead only to Jesus, the source of true happiness. Please give wholesome habits to our family. We ask this through Christ our Lord. Amen.



Prayer to Saint Michael the Archangel.

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen



Prayer For the Sick

O God of the heavenly virtues, who from the bodies of men and women drives forth all sickness and all infirmities by the power of thy word: draw graciously upon all our brothers and sisters who are sick that with weakness put to flight and health and strength continually renewed, they will continue to bless your holy name. We ask this through Christ our Lord. Amen.

O Mary health of the Sick- Pray for us
O Mary help of Christians- Pray for us
O Mary Comforter of the afflicted- Pray for us

Conclusion

We fly to your patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen

