



The Kids' Catholic Virginian

“Let the little children come to me” – Matthew 19:14

Our Lady of Mount Carmel, St. Simon Stock, and the Scapular

You have probably heard of Our Lady of Guadalupe and Our Lady of Fátima.

But who is **Our Lady of Mount Carmel**? If you read Pages 8-9 of this newspaper and saw the renovation at Our Lady of Mount Carmel parish in Newport News, you might wonder about her story.

Mount Carmel (today, it is in Israel) has been a place of prayer since before Jesus was born. Around 1,000 years ago, a group of hermits started a community on Mount Carmel. Their Carmelite order has a special devotion to the Blessed Mother, Our Lady of Mount Carmel, naming her as their patroness.

The feast of Our Lady of Mount Carmel is on July 16 each year.

SAINT SUPERHERO

St. Simon Stock

•Feast: May 16

•Patron: Carmelite religious order

St. Simon Stock was a Carmelite friar who lived in England in the 1200s. Our Lady of Mount Carmel appeared to him on July 16, and gave him the brown scapular.

In St. Simon Stock's vision, Our Lady was surrounded by angels, she was holding the scapular, and she told him that “whoever dies wearing the scapular will be saved.”

The scapular became part of the Carmelite habit – it looked like a big brown apron that hung in the front and back of their robes.

Today, many Catholics wear a mini-version of the scapular. It looks like a necklace with brown square cloths in the front and back.

St. Simon Stock shows us that we can trust Our Lady to protect us and help us get to heaven!



The Blessed Virgin Mary appears and makes the Scapular Promise to St. Simon Stock in 1251. St. Simon had prayed to the Virgin Mary to preserve the Carmelite Order during a time of great uncertainty and change. (Photo/iStock)

Fun Fact:

There is a relic of St. Simon Stock in the new altar of Our Lady of Mount Carmel parish, Newport News!



Ask the Bishop



Q. Do you like putting together puzzles?
– August DeHaven, 5, St. Olaf, Williamsburg

A. I have enjoyed jigsaw puzzles in the past – I like the challenge of visualizing the completed puzzle, as the pieces slowly come together. There are other sorts of puzzles, like brain teasers and Rubik's cubes, which can be a little frustrating to me, especially when it is not clear I am making any progress in solving them. I don't enjoy those sorts of puzzles. But if I have time, trying to solve a puzzle is a good distraction for me.

Q. Who is your favorite saint?
– Samuel Liam Hillbish, 11, St. Michael, Glen Allen
– Gerardo Alfonso Amaya Rivera, 5th grade, Blessed Sacrament, Harrisonburg

A. The great thing about being a priest is celebrating Mass on the feast days of so many saints throughout the year. Celebrating each saint's feast gives me a chance to learn about their heroic lives and ask their intercessory help with my daily struggles.

I've come to know and appreciate so many of the saints, it is hard to say which one is my favorite. I pray the rosary daily, so Our Lady is one of my favorites, as well as St. Joseph. The chapel in my residence is under the patronage of the Holy Family, so I ask for the help of Mary and Joseph daily.

Kids 12 and younger: make sure to check with your parent/guardian, then email Bishop Knestout [YOUR question.](mailto:YOURquestion@AskTheBishop@catholicvirginian.org)
AskTheBishop@catholicvirginian.org Include your full name, age, and home parish.