

LADIES OF THE LITTLE FLOWER

Carmelite Prayer & Study

MORNING PRAYER

In honor of the Blessed Virgin Mary, Our Lady of Mount Carmel

All stand and silently and make the Sign of the Cross as the Leader prays:

LEADER: God, come to my assistance.

ALL: Lord, make haste to help me.

LEADER: (*all bow*) Glory to the Father, and to the Son, and to the Holy Spirit:

ALL: as it was in the beginning, is now, and will be forever. Amen.

Daily, Daily Sing to Mary (verses 1 & 2)

1. Daily, daily sing to Mary,
Sing, my soul, her praises due:
All her feasts, her actions honor
With the heart's devotion true.
Lost in wond'ring contemplation,
Be her majesty confessed:
Call her Mother, call her Virgin,
Happy Mother, Virgin blest.

2. She is mighty in her pleading,
Tender in her loving care;
Ever watchful, understanding,
All our sorrows she will share.
Advocate and loving mother,
Mediatrice of all grace:
Heaven's blessings she dispenses
On our sinful human race.

PSALMODY

Antiphon 1:

CANTOR 1: Blessed are you, O Mary, for the world's salvation came forth from you; now in glory, you rejoice forever with the Lord. Intercede for us with your Son.

(Be seated)

Psalm 63:2-9

CANTOR 1: O God, you are my God, for you I long;

SIDE 1: for you my soul is thirsting.

My body pines for you

like a dry, weary land without water.

So I gaze on you in the sanctuary

to see your strength and your glory.

SIDE 2: For your love is better than life,
my lips will speak your praise.

So I will bless you all my life,

in your name I will lift up my hands.

My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

SIDE 1: On my bed I remember you.

On you I muse through the night

for you have been my help;

in the shadow of your wings, I rejoice.

My soul clings to you;

your right hand holds me fast.

SIDE 2: Glory to the Father, and to the Son,
and to the Holy Spirit:

SIDE 1: as it was in the beginning,
is now, and will be forever. Amen.

Psalm Prayer

LEADER: Father, Creator of unfailing light, give that same light to those who call to you. May our lips praise you; our lives proclaim your goodness; our work give you honor, and our voices celebrate you forever.

Antiphon 1

ALL: Blessed are you, O Mary, for the world's salvation came forth from you; now in glory, you rejoice forever with the Lord. Intercede for us with your Son.

Antiphon 2

CANTOR 2: You are the glory of Jerusalem, the joy of Israel; you are the fairest honor of our race.

Canticle of Daniel 3:57-88,56

CANTOR 2: Bless the Lord, all you works of the Lord.

SIDE 2: Praise and exalt him above all forever.

Angels of the Lord, bless the Lord.

You heavens, bless the Lord.

All you waters above the heavens, bless the Lord.

All you hosts of the Lord, bless the Lord.

Sun and moon, bless the Lord.

Stars of heaven, bless the Lord.

SIDE 1: Every shower and dew, bless the Lord.

All you winds, bless the Lord.

Fire and heat, bless the Lord.

Cold and chill, bless the Lord.

Dew and rain, bless the Lord.

Frost and chill, bless the Lord.

Ice and snow, bless the Lord.

Nights and days, bless the Lord.

Light and darkness, bless the Lord.

Lightnings and clouds, bless the Lord.

SIDE 2: Let the earth bless the Lord.

Praise and exalt him above all forever.

Mountains and hills, bless the Lord.

Everything growing from the earth, bless the Lord.

You springs, bless the Lord.

SIDE 1: Seas and rivers, bless the Lord.

You dolphins and all water creatures, bless the Lord.

All you birds of the air, bless the Lord.

All you beasts, wild and tame, bless the Lord.

You sons of men, bless the Lord.

SIDE 2: O Israel, bless the Lord.
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord.
Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord.
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord.
Praise and exalt him above all forever.

SIDE 1: Let us bless the Father, and the Son, and the Holy Spirit.
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven.
Praiseworthy and glorious and exalted above all forever.

Antiphon 2

ALL: You are the glory of Jerusalem, the joy of Israel; you are the fairest honor of our race.



Antiphon 3

CANTOR 1: O Virgin Mary, how great your cause for joy; God found you worthy to bear Christ our Savior.

Psalm 149

CANTOR 1: Sing a new song to the Lord,

SIDE 1: his praise in the assembly of the faithful.

Let Israel rejoice in its maker,

let Zion's sons exult in their king.

Let them praise his name with dancing
and make music with timbrel and harp.

SIDE 2: For the Lord takes delight in his people.

He crowns the poor with salvation.

Let the faithful rejoice in their glory,
shout for joy and take their rest.

SIDE 1: Let the praise of God be on their lips

and a two-edged sword in their hand,

to deal out vengeance to the nations

and punishment on all the peoples;

to bind their kings in chains

and their nobles in fetters of iron;

to carry out the sentence pre-ordained;

this honor is for all his faithful.

SIDE 2: Glory to the Father, and to the Son,

and to the Holy Spirit:

SIDE 1: as it was in the beginning,

is now, and will be forever. Amen.

Psalm Prayer:

LEADER: Let Israel rejoice in you, Lord, and acknowledge you as Creator and Redeemer. We put our trust in your faithfulness and proclaim the wonderful truths of salvation. May your loving kindness embrace us now and forever.

Antiphon 3

ALL: O Virgin Mary, how great your cause for joy; God found you worthy to bear Christ our Savior.

READING

Isaiah 61:10

LEADER: I rejoice heartily in the Lord,
In my God is the joy of my soul;
For he has clothed me with a robe of salvation, and wrapped me in a mantle of justice,
like a bride bedecked with her jewels.

(Silent pause for reflection)

RESPONSORY

CANTOR 1: The Lord has chosen her, his loved one from the beginning.

ALL: The Lord has chosen her, his loved one from the beginning.

CANTOR 1: He has taken her to live with him,

ALL: his loved one from the beginning.

CANTOR 1: Glory to the Father and to the Son and to the Holy Spirit.

ALL: The Lord has chosen her, his loved one from the beginning.

(Stand)

BENEDICTUS - Canticle of Zechariah

Antiphon

CANTOR 2: I have openly sought wisdom in my prayer, and it has blossomed like early grapes.

All silently make the Sign of the Cross as the Cantor says:

CANTOR 2: Blessed be the Lord, the God of Israel;

SIDE 2: he has come to his people and set them free.

He has raised up for us a mighty savior,
born of the house of his servant David.

SIDE 1: Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.

SIDE 2: He promised to show mercy to our fathers
and to remember his holy covenant.

SIDE 1: This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.

SIDE 2: You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.

SIDE 1: In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

SIDE 2: (*all bow*) Glory to the Father, and to the Son,
and to the Holy Spirit:

SIDE 1: as it was in the beginning, is now, and will be forever. Amen.

Antiphon:

ALL: I have openly sought wisdom in my prayer, and it has blossomed like early grapes.

INTERCESSIONS

LEADER: Let us glorify our Savior, who chose the Virgin Mary for his mother. Let us ask him:

ALL: May your mother intercede for us, Lord.

LEADER: Savior of the world, by your redeeming might you preserved your mother
beforehand from all stain of sin,

ALL: keep watch over us lest we sin. May your mother intercede for us, Lord.

LEADER: You are our Redeemer, who made the Immaculate Virgin Mary your purest
home and a sanctuary of the Holy Spirit:

ALL: make us temples of your Spirit forever. May your mother intercede for us, Lord.

LEADER: Eternal Word, you taught your mother to choose the better part,

ALL: grant that in imitating her we may seek the food that brings life everlasting. May your
mother intercede for us, Lord.

LEADER: King of kings, you lifted up your mother, body and soul, into heaven,
ALL: help us to fix our thoughts on things above. May your mother intercede for us, Lord.

LEADER: Lord of heaven and earth, you crowned Mary and set her at your right hand as queen,

ALL: make us worthy to share this glory. May your mother intercede for us, Lord.

ALL: Our Father...

CONCLUDING PRAYER

LEADER: Father,
may the prayers of the Virgin Mary protect us
and help us to reach Christ her Son,
who lives and reigns with you and the Holy Spirit,
God, for ever and ever.

ALL: Amen.

All silently make the Sign of the Cross as the Leader says:

LEADER: May the Lord bless us, protect us from all evil and bring us to everlasting life.

ALL: Amen.

Daily, Daily Sing to Mary (verses 3 & 4)

3. Sing, my tongue, the Virgin's honors
Who for us her Maker bore.
For the curse of old inflicted,
Peace and blessing to restore.
Sing in songs of peace unending,
Sing the world's majestic Queen.
Weary not nor faint in telling.
All the gifts that earth has seen.

4. All our graces flow through Mary;
All then join her praise to sing:
Fairest work of all creation,
Mother of creation's King.
Sing in songs of peace unending,
Call upon her lovingly:
Seat of Wisdom, Gate of Heaven,
Morning Star upon the sea.

(Be seated)

Flos Carmeli

CANTOR 1: “Flos Carmeli” is Latin for “Flower of Carmel.” Tradition tells us that Saint Simon Stock was praying with a passionate intensity to Our Lady of Mount Carmel during a time of great distress and hardship for the Carmelite order. With fervor and faith, he prayed for the first time the “Flos Carmeli” prayer, which he composed. Our Lady answered his prayer by appearing to him, consoling him and presenting him with the Carmelite brown scapular. With fervor and faith, we too pray:

ALL: Flower of Carmel,
Tall vine blossom laden;
Splendor of Heaven,
Childbearing yet maiden.
None equals thee.

Mother so tender,
Who no man did 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-pressed 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.
Amen.

Special Prayer Intentions

LEADER: Lord Jesus, we now bring You our special prayer intentions. We know that You love us, You hear us and will answer each of our prayer intentions in the very best way.

(All are invited to say out loud any special prayer intentions)

We also ask for ourselves – for all the graces that each of us needs, especially for the grace of final perseverance and a happy death.

Together we offer this prayer as composed by Saint John of the Cross:

ALL: Mine are the heavens and mine is the earth. Mine are the nations; the just are mine and mine the sinners. The Angels are mine and the Mother of God and all things are mine; and God Himself is mine and for me - because Christ is mine and all for me. What do you ask, then, and seek, my soul? Yours is all of this and all is for you. Do not engage yourself in anything less or pay heed to the crumbs that fall from your Father's table. Go forth and exult in your glory! Hide yourself in it and rejoice - and you will obtain the supplications of your heart. Amen.

Saint Joseph

CANTOR 2: In her Autobiography, Saint Teresa of Jesus relates the following regarding the glorious Saint Joseph:

“Would that I could persuade all men to be devoted to this glorious Saint, for I know by long experience what blessings he can obtain for us from God. I have never known anyone who was truly devoted to him and honored him by particular services who did not advance greatly in virtue: for he helps in a special way those souls who commend themselves to him. It is now very many years since I began asking him for something on his feast, and I have always received it. If the petition was in any way amiss, he rectified it for my greater good... I ask for the love of God that he who does not believe me will make the trial for himself - then he will find out by experience the great good that results from commending oneself to this glorious Patriarch and in being devoted to him.”

LEADER: *Litany of St. Joseph*

LEADER: Lord, have mercy on us.

ALL: Christ, have mercy on us.

LEADER: Lord, have mercy on us. Christ, hear us.

ALL: Christ, graciously hear us.

LEADER: God the Father of Heaven,

ALL: Have mercy on us.

LEADER: God the Son, Redeemer of the world,

ALL: Have mercy on us.

LEADER: God the Holy Spirit,

ALL: Have mercy on us.

LEADER: Holy Trinity, One God,

ALL: Have mercy on us.

LEADER: Holy Mary,

ALL: Pray for us.

LEADER: Saint Joseph, **ALL:** Pray for us.

LEADER: Illustrious son of David, **ALL:** Pray for us.

LEADER: Light of the patriarchs, **ALL:** Pray for us.

LEADER: Spouse of the Mother of God, **ALL:** Pray for us.

LEADER: Chaste guardian of the Virgin, **ALL:** Pray for us.

LEADER: Foster-father of the Son of God, **ALL:** Pray for us.

LEADER: Watchful defender of Christ, **ALL:** Pray for us.

LEADER: Head of the Holy Family, **ALL:** Pray for us.

LEADER: Joseph most just, **ALL:** Pray for us.
LEADER: Joseph most chaste, **ALL:** Pray for us.
LEADER: Joseph most prudent, **ALL:** Pray for us.
LEADER: Joseph most valiant, **ALL:** Pray for us.
LEADER: Joseph most obedient, **ALL:** Pray for us.
LEADER: Joseph most faithful, **ALL:** Pray for us.
LEADER: Mirror of patience, **ALL:** Pray for us.
LEADER: Lover of poverty, **ALL:** Pray for us.
LEADER: Model of workmen, **ALL:** Pray for us.
LEADER: Glory of domestic life, **ALL:** Pray for us.
LEADER: Guardian of virgins, **ALL:** Pray for us.
LEADER: Pillar of families, **ALL:** Pray for us.
LEADER: Solace of the afflicted, **ALL:** Pray for us.
LEADER: Hope of the sick, **ALL:** Pray for us.
LEADER: Patron of the dying, **ALL:** Pray for us.
LEADER: Terror of demons, **ALL:** Pray for us.
LEADER: Protector of Holy Church, **ALL:** Pray for us.

LEADER: Lamb of God, Who takes away the sins of the world,
ALL: Spare us, O Lord.
LEADER: Lamb of God, Who takes away the sins of the world,
ALL: Graciously hear us, O Lord.
LEADER: Lamb of God, Who takes away the sins of the world,
ALL: Have mercy on us.

LEADER: He made him the lord of His household,
ALL: And prince over all His possessions.

LEADER: Let us pray,
ALL: O God, Who in Your ineffable providence did choose Blessed Joseph to be the spouse of Your most Holy Mother, grant that as we venerate him as our protector on earth, we may deserve to have him as our intercessor in Heaven, You who lives and reigns forever and ever. Amen.



Praying For Priests

CANTOR 1: Lord Jesus, praying for priests is central to Carmelites. We now pray for all priests, especially (*say out loud the names of priests that come to mind*). We offer the following prayer:

ALL: O Jesus, I 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 young priests; for Your dying priests; for the souls of Your priests in purgatory.
But above all, I recommend to You the priests dearest to me:
the priest who baptized me; the priests who absolved me from my sins; the priests at whose Masses I assisted and who gave me your Body and Blood in Holy Communion;
the priests who taught and instructed me; all the priests to whom I am indebted in any other way. O Jesus, keep them all close to Your Heart and bless them abundantly in time and in eternity. Amen.

Preparation for Mental Prayer

CANTOR 2: Saint Teresa of Jesus said: “Give me the grace to recollect myself in the little heaven of my soul where You have established Your dwelling. There You let me find You. There I feel that You are closer to me than anywhere else. And there You prepare my soul quickly to enter into intimacy with You. Help me, O Lord, to withdraw my senses from exterior things. Make them docile to the commands of my will so that when I want to converse with You, they will retire at once, like bees shutting themselves up in the hive in order to make honey.”

Saint John of the Cross said: “O Blessed Jesus, give me stillness of soul in You. Let Your mighty calmness reign in me. Rule me, O King of Gentleness, King of Peace.”

Saint Therese of the Child Jesus said: “I (pray) like children who do not know how to read, I say very simply to God what I wish to say, without composing beautiful sentences, and He always understands me.”

We will now have 30 minutes of mental or quiet prayer time.

(30 minutes quiet prayer)

LEADER: We now end our time of prayer together with our Morning Offering composed by Saint Therese and our final prayer by Saint Teresa of Jesus:

ALL: O my God! I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to Your infinite merits; and I wish to make reparation for my sins by casting them into the furnace of Your Merciful Love. O my God! I ask of You for myself and for those whom I hold dear, the grace to fulfill perfectly Your Holy Will, to accept for love of You the joys and sorrows of this passing life, so that we may one day be united together in heaven for all eternity. Amen.

ALL: Let nothing disturb you,
let nothing frighten you,
all things are passing.
God never changes;
patience obtains all things,
whoever has God lacks nothing.
God alone suffices. Amen.

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

(We leave the Chapel and continue our time together.)

