



The Carmelites
Australia & Timor-Leste
PRAYER • COMMUNITY • SERVICE

PRAYER FROM THE CARMELITES

Our Lady Help of Christians

PATRONESS OF AUSTRALIA

O Mary, **Help of Christians,**
Mother of mercy and **Queen of Carmel,**
we place into your hands the needs of our hearts,
our communities, and our world.

You who stood with **courage** at the foot of the Cross,
teach us to remain faithful in times of trial.

You who bore Christ into the world, help us to bear
His light wherever there is darkness.

Wrap your mantle of protection around the Church,
guide us with your wisdom,
and lead us ever closer to your Son, Jesus.

Inspire in us the same trust, humility, and love that
you showed from Nazareth to Calvary. **Be our refuge**
and our strength, now and at the hour of our death.

Our Lady Help of Christians, pray for us.
Our Lady of Mount Carmel, walk with us always.

Amen.

Our Mother Mary,

always wants to walk
with us, to **remain close,**
to help us with her
intercession and her **love.**

Pope Leo XIV



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