

# How to Wear the Brown Scapular

A brown scapular is worn by Catholics to show your devotion to a life of faith. It's essentially a necklace with two pictures on it on opposite ends, and it's said that anyone who dies wearing it 'shall not suffer eternal...

Method 1 of 2:

## Upholding Its Religious Meaning

1. **Enroll in the Confraternity of the Brown Scapular.** The Confraternity of the Brown Scapular is affiliated with the Carmelite Order, and the brown scapular is what they wear to show their devotion. To enroll in the confraternity, talk to your priest and go through a short ceremony so that you're officially part of the Brown Scapular.<sup>[2]</sup>
  1. You need to be Catholic to become a part of the Confraternity of the Brown Scapular.
2. **Have your first scapular blessed by a priest.** This will happen during the ceremony when you enroll in the Confraternity of the Brown Scapular. Bring your brown scapular with you to this ceremony, and once it's blessed, it's ready to be worn. Having the scapular blessed will help ensure you get the benefits of it when you wear it.<sup>[3]</sup>
  1. If you get another scapular after your first one wears out, the new one doesn't need to be blessed. When your first scapular is blessed, you as the wearer of the scapular are blessed for life.
3. **Commit to living a life of faith and devotion.** Wearing the brown scapular will only help you get to heaven if you also have a strong faith. As you wear the brown scapular, commit to living a life of devotion and prayer so the scapular will have its given effect.<sup>[4]</sup>
  1. Recite a prayer each day, such as the Morning Prayer, Evening Prayer, or Night Prayer.

Method 2 of 2:

## Situating the Scapular on Your Body

1. **Wear the brown scapular like a necklace around your neck.** The brown scapular has two pieces of wool with pictures or wording on it that are attached by a thick string. Place the necklace over your head to wear it correctly.<sup>[5]</sup>
2. **Position one end on your chest and the other on your back.** The two pieces of wool on the brown scapular are on opposite ends, positioned across from one another on the string. When the scapular is around your neck, place one woolen picture on the front of your chest and the other on your back so the scapular is hanging and balanced.<sup>[6]</sup>
  1. If you wear the scapular any other way, it won't work properly.
3. **Hide the scapular under your clothes so it's not visible.** While it's not necessary for the brown scapular to be touching your skin for it to work, it should be under your shirt or other clothing so it's not immediately visible. Situate the two woolen ends under your clothing, but don't worry if the strings are visible near your neck.<sup>[7]</sup>

4. **Avoid pinning or fastening the scapular to you instead.** Wearing the brown scapular in any other way besides around your neck won't give you any of the promises it holds. If your scapular is worn out or breaks, it's best to replace it with a new one.<sup>[8]</sup>
  1. A worn out brown scapular should be buried or burned because it's a sacred object. Never put a brown scapular in the trash.

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