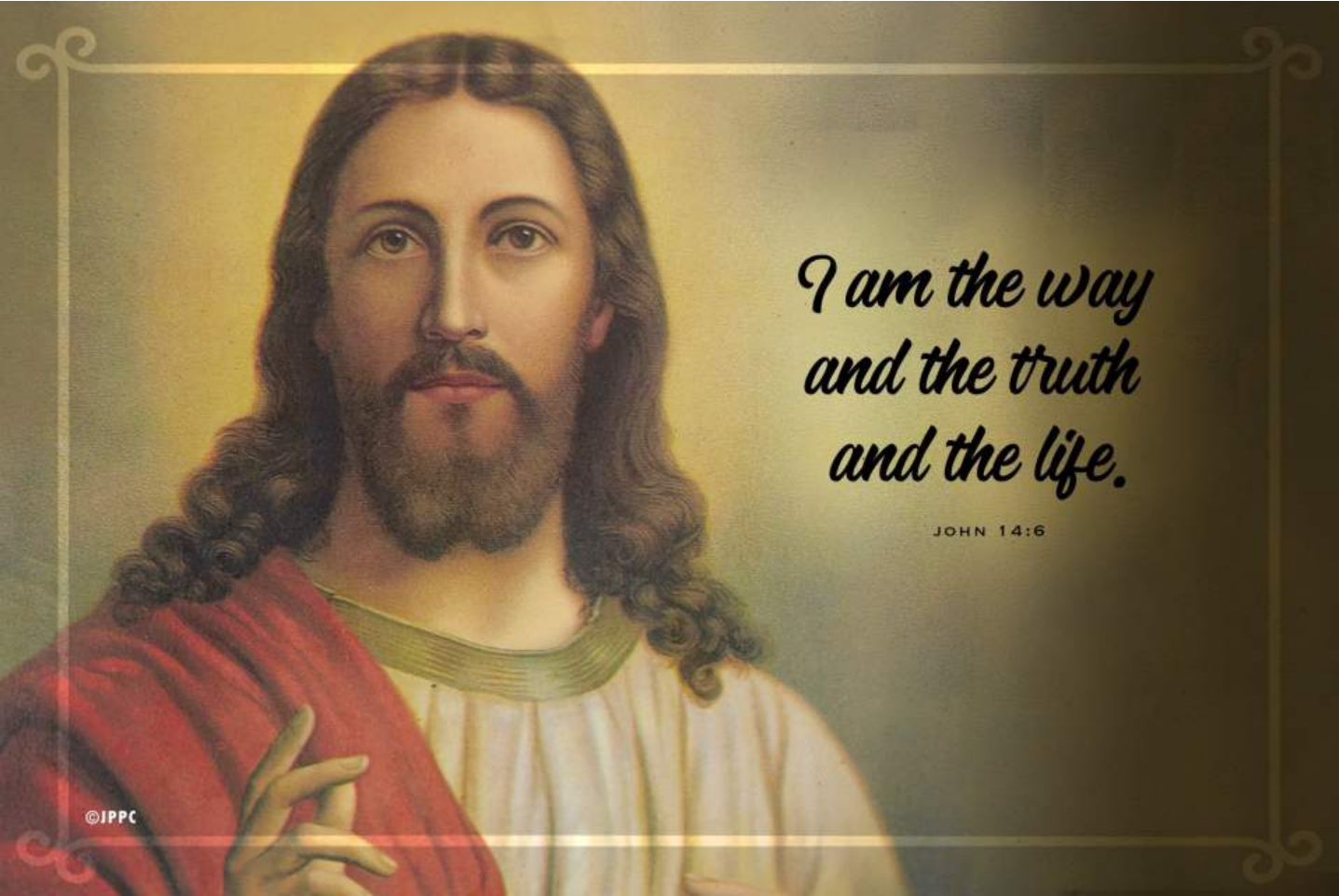


OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH



NEWPORT NEWS, VA

We find Christ here. We bring Christ to the world.



*I am the way
and the truth
and the life.*

JOHN 14:6

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100 Harpersville Road, Newport News, VA 23601

Phone: 757-595-0385 - www.olmc.org

Parish Office Hours: Monday - Thursday: 9 am - 5 pm; Friday: 9 am - 3 pm

Outreach Office Phone: 757-596-1727

Outreach Office Hours:

Monday, Wednesday & Thursday: 12 noon - 2 pm

Tuesday & Friday: 9 am - 11 am

Pregnancy Helpline: 757-870-3131

Connect With Us

Parish Website www.olmc.org

Facebook www.facebook.com/olmcnva

Parish Email ~ Flocknote Subscribe on Parish Website or Select the ministries from which you would like to receive notices.

Text [mountcarmel](https://www.10text.com) to 84576 and follow the link sent to subscribe.

Initiation Programs and Adult Formation



The RCIA process is one of conversion and spiritual formation for individuals interested in living the Christian life in the Catholic tradition. It is a time of prayer, reflection, study, faith sharing, discernment and participation in the life of the parish. This process is for adults and children (age 7-17) who have never been baptized, those who were baptized in another faith tradition, or those who were baptized Catholic and seek full initiation.

For more information or to schedule an appointment contact Crisly at ext. 131 or cbarton@olmc.org

Have you been away from the active practice of your Catholic faith?

Would you like to feel more connected with your childhood faith or learn more about it as an adult? Consider attending the Awakening Faith Series.

Awakening Faith – Reconnecting with Your Catholic Faith is a small group process that helps inactive Catholics return to the Church. The group meets once a week for six weeks of conversation and socializing. The conversations are based on short, easy to read essays about spirituality, Jesus, the Holy Spirit, God’s mercy, the Mass, and the Church.

The meetings foster reflection, prayer, and honest sharing in a setting of hospitality and acceptance. A small community is formed and over the six weeks becomes a bridge to the larger Church community.

We can assist your return to the active practice of your faith and welcome you back to the Lord’s Table.

Schedule a quick meeting with Crisly Barton at ext. 131 or cbarton@olmc.org for more information.

New sessions starting May 30th, 7pm at Saint Michael Hall



Adult Confirmation

Are you an active practicing Catholic adult who “missed” participating in the Sacrament of Confirmation? We invite you to enter the process of preparation at the parish. **A new 6 week session has just begun, please contact Crisly at ext. 131 or cbarton@olmc.org for more information.**



Walking With Purpose ~ Enabling Women to know Christ through Scripture

****New Study:****

Reclaiming Friendships meets on **Fridays** from **1-2:30 PM** at Saint Michael Hall Room A. It’s not too late to sign up, invite a friend! Register at olmc.org

Ordering Your Priorities is the next study **if you have already done Opening your Heart**. This study takes place on **Wednesdays**, at **7pm** at Saint Michael Hall (room C). It’s not too late to register, invite a friend! Register online at olmc.org

For more information contact Crisly at ext. 131 or cbarton@olmc.org



Small groups are life changing – join one at Our Lady of Mount Carmel Church this fall! Our small groups offer men and women an opportunity to pray, study and grow in their faith together. Small groups journey together in discipleship. To learn more about being a part of a small group or to receive training to start a small group find us online at olmc.org.

For more information contact Crisly at ext. 131 or cbarton@olmc.org



Men’s Ministry

Saturday Mornings, 7am - 8:30am
at Saint Michael Hall

Register at tinyurl.com/TMIYolmc, call the Parish

Office at 757-595-0385, or use the QR code



Pastoral Care

Pastoral Care

Will you consider serving one Sunday a month at one of our nursing/rehab communities? We have a current need for two new ministers. Training is provided.

The faithful who are ill are often separated from their place in the Eucharistic community. **The Pastoral Care Minister** represents Christ by bringing **Holy Communion and sacred scripture to the sick**, and in so doing, reflects the love and support of the Eucharistic community of Our Lady of Mount Carmel Catholic Church. The Pastoral Care Ministry to the Sick is carried out by our priests, deacons and lay pastoral care ministers.



The Pastoral Care Ministry at Our Lady of Mount Carmel is an **outreach** to those who are:

- Home Bound
- Living in Nursing Homes or Assisted Living Facilities
- Hospitalized
- Receiving Rehabilitation
- Grieving the loss of a loved one through the Bereavement Ministry

Please contact Christa at the parish office to inquire about Pastoral Care for yourself or a loved one or to offer your service.

SEASONS OF HOPE – Catholic Grief Support

A 6-week faith sharing group for those who mourn.

When you or someone you care about is suffering from the loss of a loved one, is a natural part of healing. Grief, however natural, can be intense and experiential. It is sometimes hard to know, “Is what I’m going through ‘normal’ or natural?”

Seasons of Hope offers a safe and understanding environment for adults whose loved one has died. Seasons of Hope, rooted in Catholic tradition, conveys God’s consolation through scripture, prayer, reflection and sharing our faith. Seasons of Hope meets for six consecutive weeks.

Are you grieving the loss of a husband, wife, son, daughter, parent or other loved one?

To register contact Christa at the Parish Office or at cblomstrom@olmc.org.



Nourish for Caregivers – Monthly on the first Wednesday

Nourish for Caregivers is a ministry created specifically to offer support to the unique challenges of in-home caregivers. This Christ-centered program brings resources and support to family caregivers who carry both the blessing and burden of providing comfort and healing to people who are ill, suffering, and need special care. We meet at 6:30pm monthly at Saint Michael Hall on the first Wednesday.

Contact Christa at 757-595-0385 x 107 or cblomstrom@olmc.org for more information. www.nourishforcaregivers.com

SPRED



SPRED prepares individuals with intellectual disabilities to fully belong in the liturgical life of the parish. Adults with and without disabilities form a small faith community. The SPRED sessions are designed to lead all closer to Jesus by developing a sense of the sacred, sharing the Word of God and being present to the movement of the Holy Spirit in our daily lived experiences. Our SPRED small group meets on Wednesdays at the parish.

Contact Christa at ext. 107 or cblomstrom@olmc.org for more information.



Respite Ministry

Are you a caregiver who is seeking some respite time for yourself? The Respite Ministry provides parishioners who are full time caretakers of a home-bound loved one, a break of a few hours’ time to use as he or she sees fit. During that time, a trained parish Respite Minister will provide safety, supervision, and companionship to the homebound family member.

Contact Christa at ext. 107 or cblomstrom@olmc.org for more information.

**CHRIST IS RISEN!
INDEED HE IS RISEN!**

PAYING IT FORWARD

As He continued his journey to Jerusalem, He traveled through Samaria and Galilee. As he was entering a village, ten lepers met [Him]. They stood at a distance from Him and raised their voice, saying, “Jesus, Master! Have pity on us!”

And when he saw them, he said, “Go show yourselves to the priests.” As they were going they were cleansed. And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and he fell at the feet of Jesus and thanked him. Lk 17:11-16.

Gratitude is one of the most beautiful virtues we can cultivate. It is deeper than thankfulness, which may consist only of words. Gratitude is a thankful disposition of mind and heart. It is shown in actions. The tenth leper demonstrated his gratitude to Jesus and recognized God as the source of healing.

The more we strive to fully rely on God, the easier it becomes to see everything as God’s gift to us. Our return to God is praise and thanksgiving. But, as God needs nothing from us, a desire often arises to “pay it forward.”

We see this, at times, in clients we have served in the various outreach ministries. A couple of weeks ago, a young woman with a beautiful little girl dropped off three large bags of lovely baby clothes. Only later did I see the message written on all three bags: “Thank you so much for helping me in my hard days.”

Several months ago, a bag of sundry items was left on the doorstep with a note on a torn piece of cardboard: “Ya’ll helped me when I needed it most. I’m able to pay it forward a little, so here’s what I can give for now. Thanks so much. Keep doing what you’re doing. Love.”

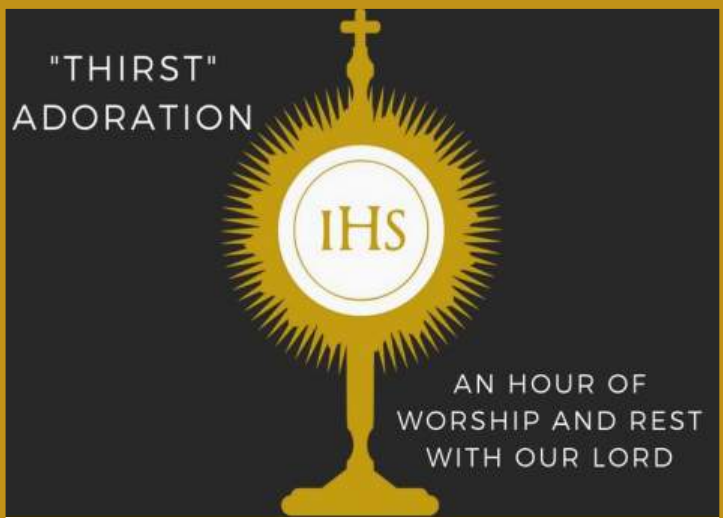
Last week, a woman brought her sister Mary in for assistance with her rent. Mary has some cognitive difficulties, and her sister helps her month to month to meet the expenses not covered by her meager SSI. On her way out, the sister said that we had helped her out years ago and it changed her life.

Give Glory to God and Serve His People.

Pantry Needs: Meats week: canned chicken, salmon, tuna, Vienna sausages and Spam. As always, chicken helper.

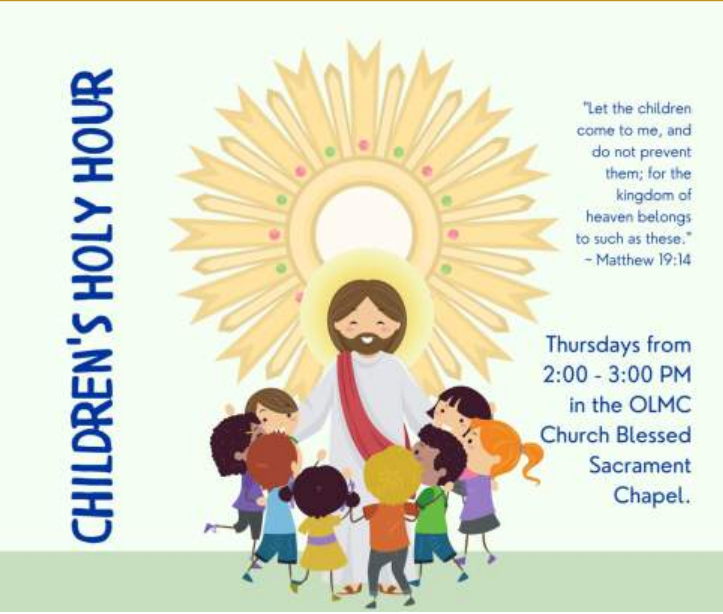
Personal item of the week: tooth brushes.

Contact: Kim Taylor
ktaylor@olmc.org or 757-595-0385 ext. 118



Thirst: Adoration & Praise will take place on Thursday, ****May 11th** from 7:30 pm ~ 8:30 pm in the Church.

****DATE HAS BEEN CHANGED, MARK YOUR CALENDAR!**



"Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these." - Matthew 19:14

Thursdays from 2:00 - 3:00 PM in the OLMC Church Blessed Sacrament Chapel.

Ministerio Hispano

Director - Diácono Francisco Anleu

Oficina - (757) 595-0385 Ext. 123

Email - fanleu@olmc.org

Misas en Español: Domingos 2:00 PM, Jueves 6:30 PM

Confesiones: Sábados, 3 PM, Miércoles, 5 PM,

Jueves 5:30 PM en Español solamente

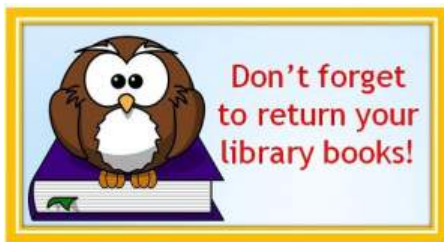


“Yo soy el camino, la verdad y la vida”. ¿Cómo manifestarás tu discipulado? Considere traer a otros al Señor como un sacerdote, diácono, hermana o hermano. Llame al Padre Brian Capuano al 804-359-5661 o envíe un correo

Community



The Ladies of Carmel will be handing out baby bottles after Mass on Mother's Day weekend, May 13/14. Please take one, fill it with spare change, cash or checks and return it Father's Day weekend, June 17/18. All proceeds will support OLMC Pregnancy Outreach Ministry which lovingly supports expectant mothers, fathers and their infants.



Spring Cleaning Reminder

The parish library has a significant number of overdue and missing books. Please promptly return any parish library books that you happen to have on hand, unless they were properly checked out and are not yet due for their return. Thank you!



"I am the way, and the truth, and the life." How will you manifest your discipleship? Consider bringing others to the Lord as a priest, deacon, sister or brother.

Call Father Brian Capuano 804-359-5661 or e-mail: vocations@richmonddiocese.org.



The Ladies of Carmel thank all who donated items as well as those who drove to deliver them to the Poor Clares in Barhamsville. The response to the Pantry Drive was wonderful. Be assured that you are in the prayers of these holy women!

SAVE THE DATE FOR THE LADIES OF CARMEL GARAGE SALE!

The Ladies of Carmel Garage Sale will be held on Saturday, **July 22 from 7:30 - 11:30** in the OLMC School cafeteria and gym.

Start saving your donations and check the bulletin in the coming weeks for more details!



Our Lady of Mount Carmel Catholic School

MAY IS THE MONTH OF MARY

MAY IS MARY'S MONTH! WE HONOR HER BY RECOGNIZING HER AS QUEEN OF HEAVEN AND EARTH. AS THE END OF THE SCHOOL YEAR NEARS, WE CONTINUE TO HELP OUR STUDENTS GROW IN FAITH AND DEVOTION. WE CALL ON MARY, THE MOTHER OF CHRIST, FOR HER CONSTANT INTERCESSION AND LOVING, STEADFAST GUIDANCE...

"Mary was not full of grace because she was beautiful; she was beautiful because she was full of grace." ~ Venerable Fulton Sheen



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