

February 26, 2023

OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH

NEWPORT NEWS, VA

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



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: M,W,Th: 12 noon - 2 pm;
T, F: 9 am - 11 am

Pregnancy Helpline: 757-870-3131

Pharmacy Outreach: ext. 125

Connect With Us

Parish Website www.olmc.org

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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/84576) to 84576 and follow the link sent to subscribe.

Initiation Programs and Adult Formation



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



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 Cristy Barton at ext. 131 or cbarton@olmc.org for more information.



All women of the Parish are invited to come to our Connect Coffee talk: **Jesus, Our Restorer** Wednesday, March 22nd, 7 pm in Saint Michael Hall (room C). Come and meet some of our Walking with Purpose group, feel free to bring a Friend!

Two New Book studies, one began February 24 (day time) and the other will begin March 1 at 7pm, for more information contact Cristy at ext 131 or cbarton@olmc.org

Mysteries of the Rosary

Enter into the Mysteries of Christ and Rediscover the Power of the Rosary



Come and join us and learn more about the mysteries of the Rosary and pray as a community on Wednesday evenings during lent after the 6:30 PM Mass in Saint Michael Hall. An authentic encounter with Christ leads to our transformation and sanctification. Mysteries of the Rosary integrates deeply reflective insights on the life of Christ, theological truths, and captivating stories together with breathtaking scenery, illuminating sacred art, and inspiring music. By filming on location in the Holy Land, Paradisus Dei's aspiration is to make the Rosary come alive in the hearts and minds of the participants. Encounters with Christ in the episodes and discussions will lead to even deeper encounters with Him in personal prayer and contemplation.

Wednesdays at 7 pm

Contact Cristy at ext, 131 or cbarton@olmc.org if you have questions. **RSVP** at olmc.org (scroll down , below Mass schedule).

Walking With Purpose ~ Enabling Women to know Christ through Scripture

****New Study:****

Living in the Father's Love meets on **Fridays** from 1-2:30 PM at Saint Michael Hall Room A
Please register online at olmc.org.

Opening Your Heart takes place on Wednesdays at **7 pm** at Saint Michael Hall (room A) all women of the parish are welcome to join.

Touching the Divine is the next study **if you have already done Opening your Heart**. This study also takes place on Wednesdays, at **7pm** at Saint Michael Hall (room C). Register online at olmc.org

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



Pastoral Care

Emmaus Journey: Serving the Spiritual Needs of Grieving Parents

Of all the pains that life can hand us, arguably the most searing is the death of a child. A parent's world irrevocably changes forever. As Jesus joined his distraught disciples on the road to Emmaus, we ask him to join us as we struggle through this journey of grief.

The Emmaus Journey is a faith-based, day-long, spiritual retreat for grieving parents led by a team that includes grieving parents, spiritual directors, clergy, and parish leaders. The Emmaus Journey offers a safe place to seek peace, comfort, and hope.

Join us in a warm and loving environment with others who know something of your pain.

Next Retreat Dates:

March 4, 2023 – Church of the Redeemer, Mechanicsville
August 12, 2023 – Our Lady of Mount Carmel Church, Newport News
October 21, 2023 – Saint Edward the Confessor, North Chesterfield

Pick up a brochure after Mass at the Welcome Desk for an outline of the retreat.
To register, contact Christa at the parish office or see the link at olmc.org.

Circle of Hope ~ Saturday, March 4th at 10:30 am

HOW BEST CAN WE PRAY FOR YOU?



Are you going through or have gone through a health issue, cancer diagnosis, or chronic illness?

Come join a **Catholic faith-based, spiritually uplifting group of OLMC men and women** who gather on the first Saturday of every month for fellowship, prayer and support. We learn how Jesus, Our Blessed Mother Mary, and our Saints all give us a perfect example of how to persevere during difficult times.

You're invited to **come fellowship with us over refreshments** at our next meeting on **SATURDAY, March 4 at 10:30 am** at Saint Michael Hall. We look forward to meeting you!

Contact Christa at 757-595-0385 x107 or cblomstrom@olmc.org for more information.

Nourish for Caregivers
6:30pm Wednesday
March 1, 2023

This month's topic:
The Realities of Stress and Learning to Cope

Are you handling stress well? Find out! We'll use tools to measure actual levels and discuss practical ways to reduce it. The physical and emotional strains of caregiving can place you at higher risk for memory problems, heart disease and depression. Can faith, worry and stress co-exist? Be nourished.



REALITIES OF STRESS & LEARNING TO COPE

Nourish is for anyone juggling the challenges of life, health and career while caring for a disabled child, an aging parent, grandparent, or spouse, either in your home, in town or at a distance. Nourish provides family caregivers practical and emotional supports, shared experiences and useful tools, all with a Christ-centered view.



www.nourishforcaregivers.com

Contact Christa at 757-595-0385 x107 or cblomstrom@olmc.org for more information.

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.

Social Ministry

Liturgy

Lenten Solidarity and Prayer

Walking with our neighbors

Who is my Neighbor?

Lawyer: “Teacher, what must I do to inherit eternal life?”

Jesus: “**What is written in the law?**”

Lawyer: “You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself.”

Jesus: “**You have answered correctly; do this and you will live.**”

Lawyer: But who is my neighbor? Luke 10:25-29

Jesus answers the question with a parable — the Parable of the Good Samaritan. Read Luke 10: 29-37. He showed us that our neighbor is the person in need who God sets in our path. What “loving our neighbor” means in that circumstance is to meet the need presented to us in the best way that we can.

This Lent, we walk with people who have come to our doors for assistance this past year. They are truly our neighbors; they live in our community and need our help.

What do we do?

Walking in solidarity with your neighbor requires a resolute determination to commit yourself to praying for him or her. Do not take a card unless by that act you are willing to commit.

One of the first steps is to soften our attitudes and open our hearts to them. St. Paul tells us to “**Rejoice with those who rejoice, weep with those who weep.**” Rom 12:15. Ask the Holy Spirit to keep your neighbor ever in your mind. When you think of him, a simple “Lord, bless Carl” is one appropriate way to respond. Pray more specifically for him when you wake in the morning, go to sleep at night and before every meal.

Praying for someone regularly is a way to open our hearts. The more you pray for them, the more real they will become to you — a real, whole person, not just a type (“the poor”) or a collection of facts. Your neighbor is a child of God whom you may one day meet in Heaven and discuss this Lenten journey.

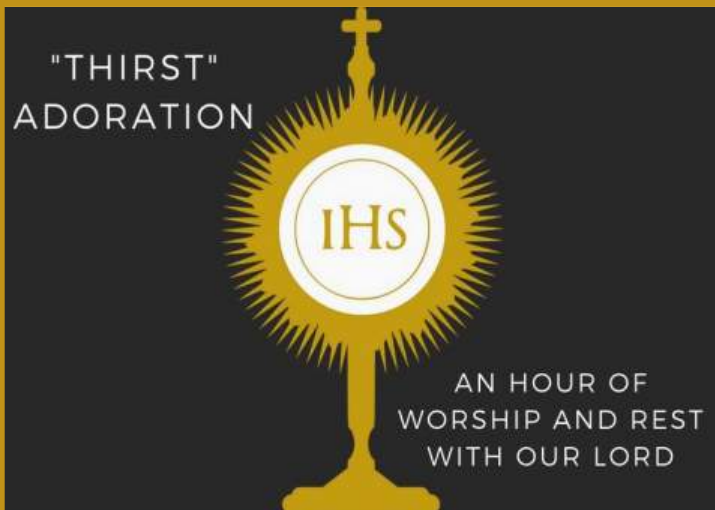
“Prayer does not change God; prayer changes us.”

Soren Kierkegaard.

Pantry Needs — We are running low on everything: fruit, rice, soups, Spam, Vienna sausages, tuna and chicken helper, pasta and sauce, canned tomatoes, cereal and oatmeal and mac & cheese. Please make it a habit this Lent to always bring something for the Pantry.

Contact: Kim Taylor

ktaylor@olmc.org or 757-595-0385 ext. 118



Thirst: Adoration & Praise will take place on Thursday, March 2nd from 7:30 pm ~ 8:30 pm in the Church.



Children's Holy Hour

Thursdays from 2– 3 pm

OLMC Church Blessed Sacrament Chapel

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

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

CUARESMA 2023 OLMC
MINISTERIO HISPANO

“USTEDES SON LA SAL Y LA LUZ
DE LA TIERRA”

TODOS LOS VIERNES DE
CUARESMA VIACRUCIS A LAS
8:00PM



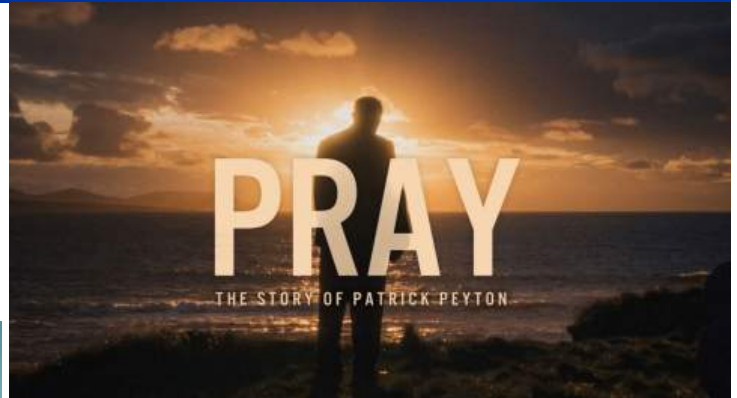
Jesús fue guiado por el Espíritu Santo al desierto por cuarenta días de oración y ayuno. ¿Estás dispuesto a ser guiado por el Espíritu Santo al estado de vida que Dios ha preparado para ti? Si estás considerando una vocación al sacerdocio o la vida consagrada, llame al Padre Brian Capuano al 804-359-5661 o envíe un correo electrónico a: vocations@richmonddiocese.org.

Community

De Colores!



Greater Hampton Roads Cursillo Community will be hosting the 2023 **Men's and Women's Cursillo Weekends** in March and October. For more information please contact: Neil Tallent at tallentn@gmail.com (men's POC) Paula Krewinghaus at paulakrew@gmail.com (women's POC)



ALL WOMEN OF THE PARISH

You are invited to enjoy soup, dessert, and a movie hosted by the Ladies of Carmel on Thursday, March 23rd, 6 pm at Saint Michael Hall. The one hour award winning documentary is **Pray - the story of Father Patrick Peyton**. It is the true story of an Irish immigrant who dreams of becoming a millionaire but ends up internationally famous for championing the message "The Family Who Prays Together - Stays Together." There is no charge. Please RSVP by March 19th at the Welcome Desk after Mass, call the church office or email loc@olmc.org.

Male and female, He created them.

UNDERSTANDING THE CATHOLIC RESPONSE TO GENDER IDENTITY:
A SESSION FOR PARENTS.



Wednesday, 8 March

Holy Mass at 6:30pm
Session Following in
Saint Michael Hall

Our Lady of Mount
Carmel Catholic Church
Newport News, Virginia

Featuring Mary Rice Hasson

event sponsored by the Office for Evangelization
of the Catholic Diocese of Richmond



GIVE BLOOD

American Red Cross You can make a difference.

Wednesday, March 1, 2023
Saint Michael Hall
11 am ~ 4 pm

To schedule an appointment, visit redcrossblood.org
and enter OurLady.

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757-596-2754 ext. 166



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