

03 March 2024

Third Sunday of Lent

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

**Text** [mountcarmel](tel:757-84576) to 84576 and follow the link sent to subscribe.

## **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

## Mass and Sacrament of Reconciliation

**Saturday:** 3:00 pm Confessions; 5:00 pm Mass

**Sunday:** 8:00 am Mass, 10:00 am Mass, 2:00 pm Mass (en Español), 5:00 pm Mass

**Weekdays:**

**Monday** - 5:30 pm Mass

**Tuesday** - 9 am Mass

**Wednesday** - 5:00 pm Adoration and Confessions, 6:30 pm Mass

**Thursday** - 8:05 am (School Mass), Eucharistic Adoration 9 am ~ 6:30 pm,  
5:30 pm Confesiones (en Español solamente); 6:30 pm Mass (en Español)

*Thirst: Adoration and Praise (Monthly on the first Thursday 7:30 ~ 8:30 unless otherwise posted)*

**Friday** - 7 am Mass

\* Scheduled Mass times unless indicated on the Mass Intentions Calendar



### *Mass Intentions*

**Saturday, March 2, 2024**

5:00 – +Patrick Glaude                      Toni Francis

**Sunday, March 3, 2024**

8:00 – +Christopher Adams              Frank & Faye Dougherty  
10:00 – +Manolo & Clotilde Cano        The Cano Family  
2:00 – The People of the Parish  
5:00 – +Eddie Goff                          Janet Gorman  
Mon – (5:30pm) +Eddie Goff              Circle of Hope  
Tues – (9am) +Ed Cluen                    Jack & Ann Svelan  
Wed – (6:30pm) Int’s of Cristy Barton    Eileen Mazary  
Thur – (8:05am) +Norma Peñalosa        The May Family  
          (6:30pm) +Sue Smith                Bonnie Tingle  
Fri – (7am) +Ethelann Ponzo              Family

**Saturday, March 9, 2024**

5:00 – +Robert Rutherford                Family

**Sunday, March 10, 2024**

8:00 – +Linda Taylor                      Frank & Faye Dougherty  
10:00 – +Eddie Goff                        Jack & Ann Svelan  
2:00 – The People of the Parish  
5:00 – +Grant Scott                         The May Family

### Contact Us

**Pastor**

**Rev. Dan Beeman**                      frdbeeman@olmc.org    112

**Parochial Vicar**

**Rev. Saúl Anleu**                          frsaul@olmc.org        111

**Priest in Residence**

**Rev. Peter T. Tran**                        frpeter@olmc.org      101

**Deacons**

**Deacon Anton Siochi**                  deaconanton@olmc.org    129

**Deacon Francisco Anleu**                fanleu@olmc.org        123

**Adult Faith Formation**

Lisa Wienhoff                              lweinhoff@olmc.org    131

**Baptism & Children’s Faith Formation**

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**Hispanic Ministry**

Deacon Francisco Anleu                  fanleu@olmc.org        123

**Liturgy & Worship**

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**Pastoral Care**

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**Sacred Music**

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**Social Ministry**

Kim Taylor                                    ktaylor@olmc.org      118

**Youth (High School) & Young Adult Ministry**

Gregory Walsh                                gwalsh@olmc.org      106

**Youth (Middle School)**

Elena Adinaro                                eadinaro@olmc.org

**Bookkeeper**

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**Office Manager**

Eileen Mazary                                emazary@olmc.org    116

**CNU Campus Ministry**

Chris Roy                                        ccm@cnu.edu

**OLMC School Principal**

Sr. Anna Joseph, O.P.                      sajoseph@olmc-school.com    135

### Weekly Collection

**February 24 & 25**

\$17,766 (E-Giving \$8903, Sunday \$8863)

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### Weekend Mass Parking

Many of our elderly and handicapped parishioners have been unable to find parking at St Michael Hall for the weekend Masses for several weeks in a row. It is dangerous, and sometimes impossible, for them to park in the main lot and walk over. Please be considerate and remember that, if you are able-bodied, you should try to park in the main church/school parking lot and use one of the sidewalks to get to St Michael Hall to allow those who really need them to use the SMH spaces.



**Presence: The Mystery of the Eucharist** explores the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members. It is the crescendo of the entire story of salvation.

**The following opportunities are available to watch the series and experience the power of God's mercy in a new way:**

#### Men of the Parish:

Saturdays at 7 am

March 9

#### CCD Families:

Sundays at 9 am

March 3

March 10

#### Men and Women of the Parish:

Wednesdays at 7 pm

(after Mass)

March 6

March 13

OR

Thursdays at 1:30 pm

March 7

March 14

## 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 contact Lisa Wienhoff at 757-595-0385 ext. 131**

### **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.

**Contact Lisa Wienhoff at 757-595-0385 ext 131 or email her at [lwienhoff@olmc.org](mailto:lwienhoff@olmc.org) for more information.**



### 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.

**For more information contact Lisa Wienhoff at 757-595-0385 ext 131 or email her at [lwienhoff@olmc.org](mailto:lwienhoff@olmc.org)**

## Pastoral Care



### Pastoral Care

**Is the Holy Spirit calling you? We have a current need for several Extraordinary Ministers of Holy Communion to serve the sick. The commitment is one Sunday per month.**

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 at Our Lady of Mount Carmel is an outreach to those who are:

- Home Bound
- Living in Assisted Living Communities
- Receiving Rehabilitation

**Please contact Christa at the parish office to inquire. Training is provided.**

### Nourish for Caregivers

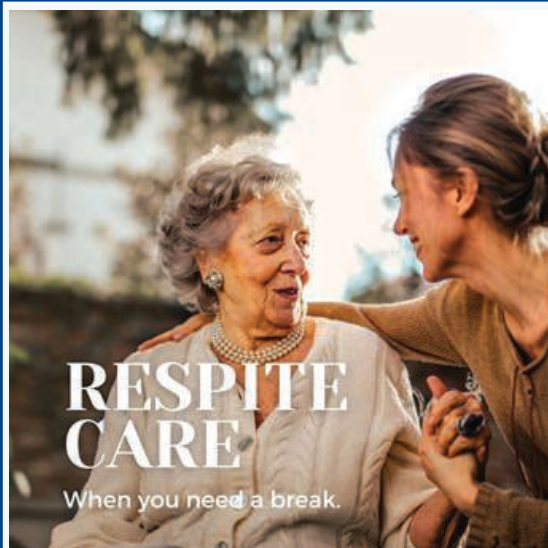
Wednesday, March 6  
5:30pm at Manion Hall

#### **NEXT TOPIC: The Spirituality of Asking For and Receiving Help**

**Nourish for Caregivers** is for anyone juggling the challenges of life, health and career while caring for a disabled child, an aging or ill 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.

Asking for and receiving help is as important as giving to and helping others.

**Please contact Christa at the parish office to inquire.**



### When you need a break. The Respite Ministry is there to help.

Your role as a family caregiver is an important one. The Respite Ministry offers compassionate care provided by trained parishioners who provide safety, supervision, and companionship to the home-bound loved one. If you are a full-time caretaker of a home-bound loved one, call the parish office to inquire about Respite Care.

#### **How can respite care help the family caregiver?**

##### **Take regular breaks for better health.**

Family caregivers often don't have enough time to take care of their own health. If this sounds like you, a couple of hours of respite care can free up time for you to visit your doctor, meet a friend for coffee or take a walk. These small steps can lower your stress level.

##### **Build trust with a backup caregiver.**

**Please contact Christa at the parish office to inquire.**

## LENT — AN ACCEPTABLE FAST

THE LORD SAID TO THE PROPHET ISAIAH:

*Is this the manner of fasting I wish, of keeping a day of penance: that a man bow his head like a reed, and lie in sackcloth and ashes? Do you call this a fast, a day acceptable to the Lord?*

*This, rather, is the fasting I wish: releasing those bound unjustly, untying the thongs of the yoke, setting free the oppressed, breaking every yoke. Is it not sharing your bread with the hungry, sheltering the afflicted and the homeless; Clothing the naked when you see them and not turning your back on your own flesh.*

*Then your light shall break forth like the dawn, and your wound shall quickly be healed. Your vindication shall go before you, and the glory of the LORD shall be your rear guard. Then you shall call, and the LORD will answer, you shall cry for help, and He will say: "Here I am!"* Is 58: 5-10.

Our Lady of Mt Carmel's social ministries are truly the fruit of the entire parish — a fast we dearly hope is acceptable to the Lord. Sometimes, however, the efforts of some should be highlighted as an example to others.

St. Martha's Guild spent a pleasant morning sorting baby clothes — although some disagreements arose regarding whether an outfit was for a boy or a girl. Their efforts saved me about 10 to 15 hours. The women's bible study showered us with clothes and diapers. The Ladies of Carmel, as well as the individual Guilds, are faithful supporters of all the Outreach ministries.

About 2 weeks ago, gusting winds blew a pride (a herd? a flock?) of fifth graders through Outreach. In 29 minutes, they packed 200 lunch bags for PORT, cleaning up after themselves (even breaking down boxes) so there was no trace of them — **except for the fruit of their labors.** I caught a glimpse of Sr. Anna Joseph and Sr. Anna Ruth in the forward and rear positions. I am so grateful to them and to the entire staff and student body of OLMC School. Our school continues to play an integral role in OLMC's outreach to the poor.

### **PANTRY:**

canned fruit

Jelly

powdered milk

oatmeal

### **PERSONAL ITEMS:**

deodorant and soap

### **PREGNANCY:**

baby wash (shampoo) and lotion

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

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



Estaciones de la Cruz

Cada viernes de Cuaresma

en español a las 8pm



Presencia: El Misterio de la Eucaristía explora la verdad y la belleza de la presencia real de Cristo en la Eucaristía, desde sus orígenes en la Sagrada Escritura, hasta su profundo rol en la vida de la Iglesia y sus miembros. Es el crescendo de la historia de salvación.

Te invitamos a ver esta maravillosa serie a cerca de la presencia real de Cristo en la Eucaristía.

Únase a nosotros en Saint Michael Hall, los lunes a las 7 p.m. en las siguientes fechas:

4 de Marzo

11 de Marzo

### **Bautismo Infantil**

Los bautizos de infantes se llevan a cabo el cuarto domingo de cada mes. Los padres deben asistir a una breve clase de bautismo antes de bautizar a su bebé. Las clases de bautismo se llevan a cabo en el Salón San Miguel de 9:30 a 11:30 horas en las siguientes fechas:

9 de Marzo

13 de Abril

11 de Mayo

8 de Junio



Para obtener más información, comuníquese con la señorita Elizabeth Kassel en la oficina parroquial, 757-595-0385 o envíele un correo electrónico a ekassel@olmc.org.

## Liturgy

## Community

### STATIONS of the CROSS



#### Every Friday during Lent

March 8 at 7 pm  
March 15 at 2:15 pm  
March 22 at 7 pm

Every Lenten Friday in Spanish at 8 pm

#### Married Couples

Why not give yourselves a weekend away from it all. Time away from the pressures of work and everyday responsibilities. A chance to talk and listen to that special someone who loves you. If that sounds good to you, sign up now for a Worldwide Marriage Encounter Weekend.



#### Here are a few upcoming experiences:

April 12-14, 2024 - Herndon, VA  
May 3-5, 2024 - Hickory, NC  
September 27-29, 2024 - Herndon, VA

For more information or to register, go to WWME.org, click "Apply" and search for "Virginia" or your desired location. Feel free to contact Mark and Cathy Stangler at 703-378-4150 or mstang1987@aol.com with any questions.

#### **THIRST: ADORATION & PRAISE** *An hour of worship & rest with our Lord*

Thursday, March 7th  
7:30 ~ 8:30 pm



### BE ONE WITH JESUS *eucharistic adoration*

Every Thursday  
9am ~ 6:30pm

Saint Michael Hall

Adorers are needed at all hours, if you are able to commit to a weekly holy hour, please email [adoration@olmc.org](mailto:adoration@olmc.org).



**Meals on Wheels** is looking for volunteers to help with meal delivery during the week (Monday through Friday). Delivery takes about two hours a day.

If you are interested, please call 757-246-1903 or 757-246-1905.

## JOIN OUR TEAM

Our Lady of Mount Carmel School is now hiring Catholic educators and staff to serve immediately and in the 2024 - 2025 school year.

Find all our job openings at:

<https://www.olmc-school.com/about/employment-opportunities/>

...and help us spread the word!



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