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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**



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 lwienhoff@olmc.org 131

Baptism & Children's Faith Formation

Elizabeth Kassel ekassel@olmc.org 104

Hispanic Ministry

Deacon Francisco Anleu fanleu@olmc.org 123

Liturgy & Worship

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Pastoral Care

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Sacred Music

Johanna Smith jsmith@olmc.org 117

Social Ministry

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Youth & Young Adult Ministry

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Business Administrator

Joyce Kiser jkiser@olmc.org 109

Facilities

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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

Saturday, February 22, 2025

5:00 – +Eugene Kromrey and Int's of Joanne Kromrey
Lisa & Ronald Crowell

Sunday, February 23, 2025

8:00 – +Bao Dinh and Sen Dinh Van Dinh

10:00 – +Nancy Curran Bonnie Tingle

12 CNU – +Donald Murren Pearl Murren

2:00 – The People of the Parish

5:00 – +Jerilyn Mary Tierney Michelle Grau

Mon – (5:30pm) +Ron Ponzio Family

Tues – (9am) +Molly Clarke The Mello Family

Wed – (6:30pm) +Rita Cename Michelle Grau

Thur – (8:05am) Int's of OLMC Teachers OLMC School
(6:30pm) Int's of Cleanda Oncines

Fri – (7am) +Christopher Adams Family

Saturday, March 1, 2025

5:00 – +Dave Taylor Marianne & Steven
Spellman

Sunday, March 2, 2025

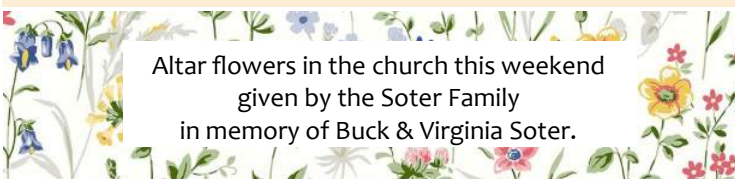
8:00 – +Marilyn Beck Joseph & Ian Beck

10:00 – +Peter & Gemma Cho Jack & Ann Svelan

12 CNU – The People of the Parish

2:00 – +Lidia Bojorquez Flores Familia

5:00 – +Charlotte Schmidgall Carol Allen

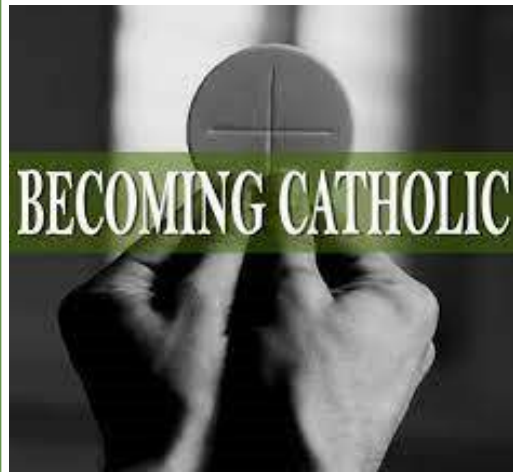


Altar flowers in the church this weekend
given by the Soter Family
in memory of Buck & Virginia Soter.

Altar Flowers

Flowers for the Church may be given as memorials for a loved one or special occasion. To schedule a memorial floral gift, please call Eileen, ext. 116 at least two weeks in advance of the date you wish. The suggested donation to cover the cost is \$100.

Initiation Programs for Adults



Are you or anyone you know interested in exploring the Catholic Church as your church home?

Have you been sitting in the pew next to your Catholic spouse for years wondering what you have to do to become Catholic?

If so, join us for 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.

Contact Lisa Wienhoff at lwienhoff@olmc.org for more information.



Adult Confirmation (adults 18+)

STILL NOT CONFIRMED?

THIS CLASS IS FOR YOU!

Classes have begun, contact Lisa for more information

lwienhoff@olmc.org or 757-595-0385 ext 131

Adult Faith Formation

New Adult Faith Study ~ All adults of the parish are welcome!

Metanoia

Thursdays 1-2pm Saint Michael Hall

Journey With Christ Into Conversion.

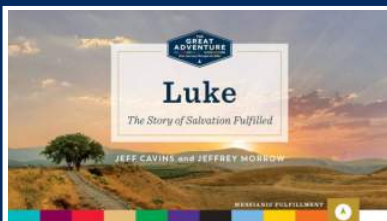


Metanoia is beautifully filmed on location in the Holy Land, highlighting sacred places, such as the Sea of Galilee, the River Jordan, the Desert of Temptations, and many other holy sites in Jerusalem.

Each week we explore areas of life where conversion is so often necessary. Along with the message from Father Dave, Metanoia shares personal testimonies from men and women of all ages and vocations. Their stories inspire and encourage an encounter with Jesus and the new life He is constantly inviting us to. Join us for the most important journey of life, one of grace, hope, repentance, and transformation: the journey of Metanoia.

Register online at olmc.org

Contact Lisa for more information, lwienhoff@olmc.org or (757)595-0385 ext 131.



New Adult Faith Study ~ All adults of the parish are welcome!

Luke: The Story of Salvation Fulfilled

Wednesdays, 7-8:30pm (after 6:30 Mass), Saint Michael Hall

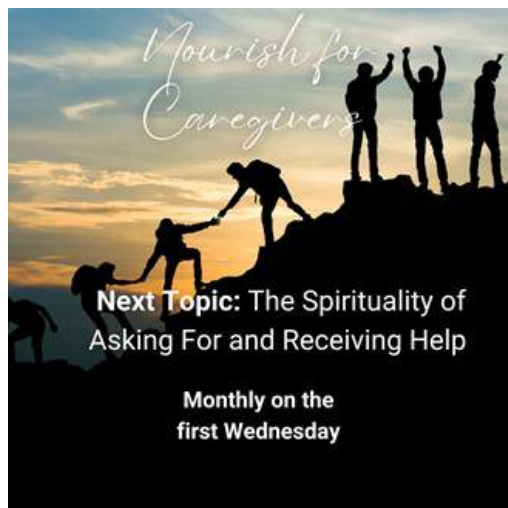
In this 8-part study, Jeff Cavins and Dr. Jeffrey Morrow will show you the beautiful Biblical roots for Mary, the Rosary, and the Mass that are found in Luke, strengthening your prayer life like never before. Study guides can be purchased online at Ascension Press.

Register online at olmc.org

Contact Lisa for more information, lwienhoff@olmc.org or (757)595-0385 ext 131.



Pastoral Care



Nourish for Caregivers ~ Wednesday, March 5 at 5 pm

***Please note, we will meet at 5pm this month only due to Ash Wednesday.**

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.

In the chaotic hustle of the day-to-day juggling of work and home life, caregivers often forget that they don't have to do it all. There is help, and hope, available. Asking for and receiving help is equally as important as giving to and helping others.

Circle of Hope
Saturday, March 1 at 10:30am

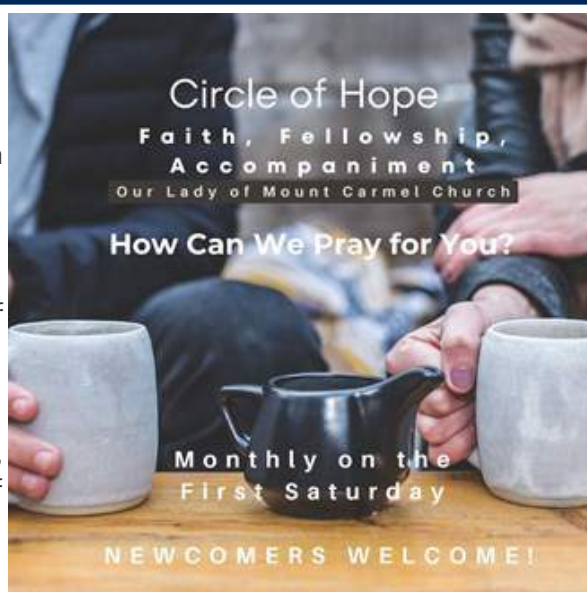
How can we pray for you?

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 men and women who gather on the first Saturday of every month for fellowship, prayer and support.

Newcomers are always welcome.

We place our trust in Jesus and Our Blessed Mother, Mary, and look to the Saints who give us a perfect example of how to persevere during difficult times.



Seasons of Hope ~ Catholic Grief Support

New six week series begins in March . When you or someone you care about is suffering from the loss of a loved one, the process of grieving is a natural part of healing. Grief, however natural, can be intense and experienced in very individual ways. It is sometimes hard to know, "Is what I'm going through 'normal' or natural?"

Seasons of Hope offers a safe and compassionate 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.

Register at olmc.org or call the parish office.



Liturgy



Return Last Year's Palms by Monday, March 3

Please bring back your palms that were blessed last Palm Sunday and place them in the container found in the Narthex beginning Wednesday, February 19th. They will be burned and the ashes will be used for Ash Wednesday.



THIRST: ADORATION & PRAISE

*An hour of worship
& rest with our Lord*

Thursday, March 6th
7:30 pm ~ 8:30 pm
in the church

BE ONE WITH JESUS
eucharistic adoration
Every Thursday
9am ~ 6:30pm
Blessed Sacrament Chapel



D.C. Weekend Pilgrimage with Father Dillon Bruce from St. Joseph, Hampton March 14th - 16th

This pilgrimage will include visits and tours of the **Basilica of the National Shrine of the Immaculate Conception** (the largest Catholic church in North America), the **Saint John Paul II National Shrine**, and the **Franciscan Monastery of the Holy Land in America**.

The cost is \$355 per person and includes bus transportation, lodging, and dinner. Email Father Dillon at dbruce@richmonddiocese.org to sign up!



Social Ministry

Transformed by *The Eucharist...*
Reaching Out into community



PANTRY NEEDS:

peanut butter
mac and cheese
pasta
pasta sauce

PERSONAL NEEDS:

tooth paste
tooth brushes

PREGNANCY NEEDS:

diapers
wipes

Thank you for all you do!

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

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:

8 de Marzo

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.

ALL WOMEN OF THE PARISH ARE INVITED!

Sign Up Here



Intimacy
with Jesus

the LORD your GOD
with all your

HEART
SOUL
MIND
STRENGTH

MARK 12:30

Ladies of Carmel
Annual Retreat

Saint Clare of Assisi
Retreat Center

620 Buckroe Avenue
Hampton

March 8, 2025
9am – 1pm

Lunch Included

\$15/person

Sign Up Here

<https://saintclaretretreatcenter.flocknote.com/signup/197033>

Volunteers needed at PORT Winter Shelter

Feb 27 - 28, 2025

Denbigh United Presbyterian Church

Help is needed with dinner service,
packing lunch bags and check-out.

If you're available to help contact Kim Taylor at ktaylor@olmc.org or (757)595-0385 ext 118

March 13th - 14th

Warwick Memorial United Methodist Church

Help is needed to assist with
the check-out process.


JOIN US!


OLMC SCHOOL

Auction & Dinner

Saturday, March 8, 2025

Three Ways to RSVP

 www.ourschool.auction/ShineLiketheStars

 auction@olmc-school.com

 757-596-2754



COME & SEE

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"Commit your work to the Lord, and your plans will be established." - Proverbs 16:3

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