

29 October 2023

Thirtieth Sunday in Ordinary Time

# OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH

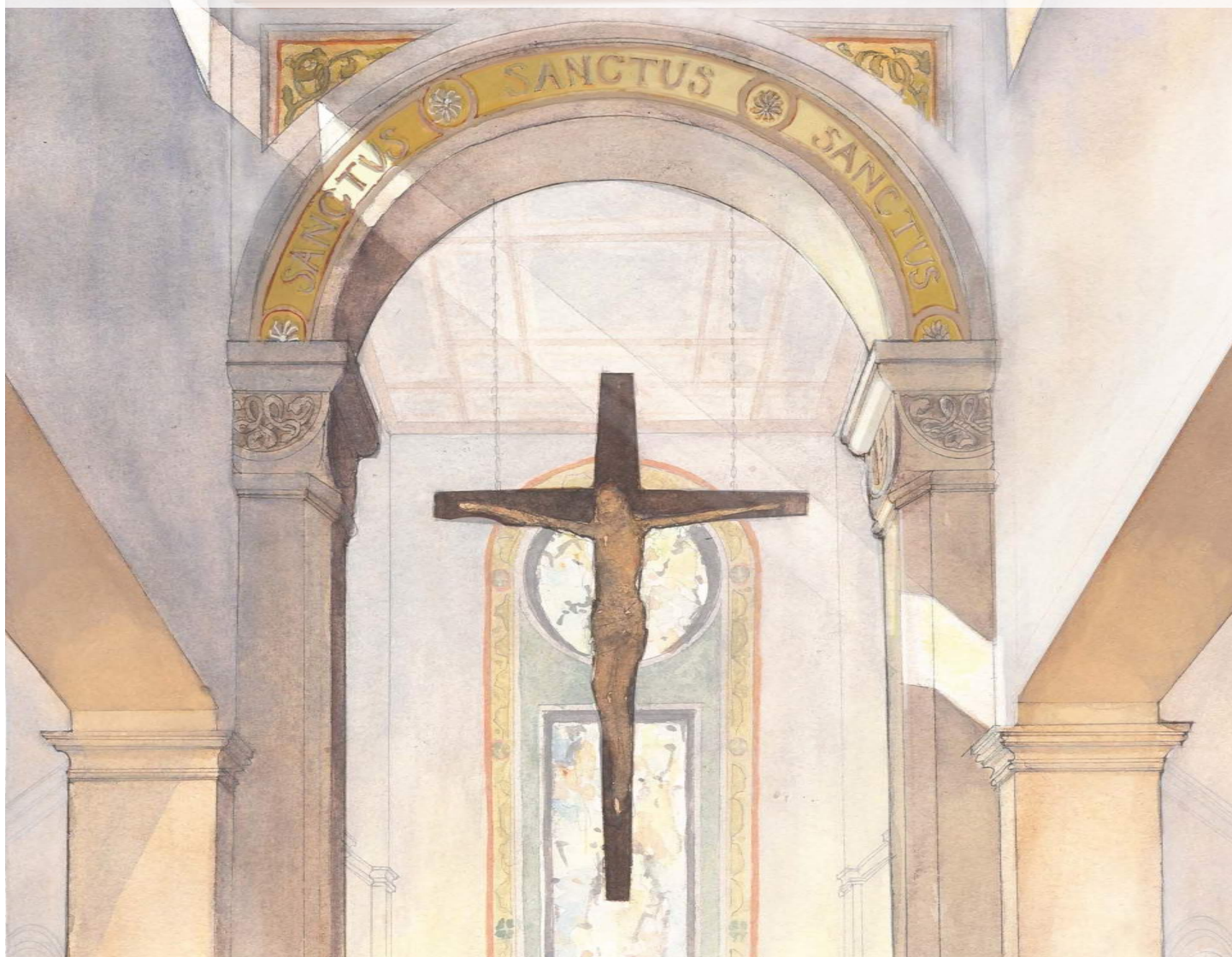


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**Text** [mountcarmel](tel:757-84576) to 84576 and follow the link sent to subscribe.

## **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

October 29, 2023

**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, October 28, 2023**

5:00 – +Isabel Jordan Bill & Janet Gorman

**Sunday, October 29, 2023**

8:00 – +Luis Emilio Rojas Carmen Lane

10:00 – +Antoinette El Rif The Asmar Family

2:00 – +Saúl Arnaldo Anleu Padre Saúl

5:00 – +Carmelita Dizon Santos The Valerio & Pelaez Family

Mon – (5:30pm) The People of the Parish

Tues – (9am) Betty Mason Bill & Janet Gorman

**(7:30pm, Misa de Vigilia)** The People of the Parish

**All Saints Day, November 1, 2023**

1:50 – +Christopher Adams St Veronica Guild

6:30 – +Margie & Dan Quinley Family

Thur – (8:05am) +Doug Foust Maureen Foust

(6:30pm) +James Santoro Jim Buckman

Fri – (7am) +Leonard Waltz The Waltz Family

**Saturday, November 4, 2023**

5:00 – +Bella Wade Liz & Michael Lee

**Sunday, November 5, 2023**

8:00 – +Lena & Maxwell Blake Dale & Donna Blake

10:00 – +Dominga Burke The Burke Family

2:00 – +Walter Rivera Michelle Grau

5:00 – +Charles Brault Lidia Brault

**Altar Flowers**

Altar flowers in the church this weekend are given by the Taylor Family in celebration of the anniversary of Dave & Barbara Taylor.



**Weekly Collection**

**October 21 & 22**

\$24,478 (E-Giving \$14019, Sunday \$10459)

*We are thankful for your consistent stewardship. ©1998*

**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

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

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**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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**Social Ministry**

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**OLMC School Principal**

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





## *Preparing and Voting as Virginia Catholics*

This year, voters will elect members to all 140 seats in the Virginia General Assembly – 40 in the Senate and 100 in the House of Delegates – as well as other offices in some localities. Early voting begins September 22. Election Day is November 7.

Much is at stake, and it is the sacred duty of each voter to form his or her conscience and participate in these critical decisions. To prepare:

First, register to vote if you are not registered already. A Virginia Catholic Conference bulletin insert explains how to register, eligibility and key dates. Registration ends October 16.

Second, locate your new districts. New General Assembly district maps are in effect for this year's elections. A VCC bulletin insert explains how to find your new state Senate and House of Delegates districts and who the candidates are.

Third, prayerfully form your conscience. The VCC's *Four Principles of Catholic Social Teaching* bulletin insert provides a helpful overview for reflection, in an easy-to-read format.

Visit [www.vacatholic.org](http://www.vacatholic.org) to view these materials.

As we have stated in previous pre-election letters, three foundational principles are essential to forming consciences and evaluating candidates:

- Many issues are important.
- Not all issues have equal moral weight.
- Protecting life is paramount.

Addressing the tragedy of abortion is the “preeminent priority because it directly attacks life itself, because it takes place within the sanctuary of the family, and because of the number of lives destroyed” (United States Conference of Catholic Bishops, [\*Forming Consciences for Faithful Citizenship\*](#), Introductory Letter).

As a Catholic and a voter in Virginia, please respond to the call of faithful citizenship. Prepare and engage in these vitally important elections. Protect life to the fullest extent possible.

Faithfully yours in Christ,

A handwritten signature in black ink that reads "Michael F. Burbidge".

Most Reverend Michael F. Burbidge  
Bishop of Arlington

A handwritten signature in black ink that reads "Barry C. Knestout" with a small cross symbol above the first letter of the first name.

Most Reverend Barry C. Knestout  
Bishop of Richmond

# Liturgy

HOLY DAY OF OBLIGATION

## All Saints' Day

NOVEMBER 1

**October 31** ~ 7:30 pm Vigil Mass in Spanish

**November 1** ~ 1:50 pm OLMC School Mass (open to everyone)

5:00 pm Confessions

6:30 pm Mass

The parish office will be closed on Wednesday, November 1



### 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).



### THIRST: ADORATION & PRAISE

*An hour of worship  
& rest with our Lord*

Thursday, November 2  
7:30 ~ 8:30  
Saint Michael Hall

## 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.

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



### Men's Ministry

**That Man is You (TMIY)** honestly addresses the pressures and temptations that men face in our modern culture, especially those relating to their roles as husbands and fathers. The program harmonizes current social and medical science with the teachings of the Church and the wisdom of the saints to develop the vision of man fully alive!

**Saturday Mornings, 7am - 8:30am at Saint Michael Hall, register online at [olmc.org](http://olmc.org)**

**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



### **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 homebound 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.**

Family caregivers are deeply devoted to their loved ones and may find it difficult to trust their care to anyone else. Establishing a relationship with respite caregivers you trust can be beneficial for the future if something comes up and you need backup care on short notice.

### **Give your loved ones a break, too.**

Caregivers sometimes feel they are letting their loved one down if they don't handle all the care themselves, but there's something else to consider. Occasional visits from a trusted respite caregiver offers your family member an opportunity to socialize with another. A few hours of respite care can leave you both feeling refreshed and more relaxed.

Contact Christa at 757-595-0385 x 107 or [cblomstrom@olmc.org](mailto:cblomstrom@olmc.org) for more information.

### **Nourish for Caregivers**

**Meets at 5:30pm on Wednesday, \*November 8 at Manion Hall**

\*Due to All Saints Day on November 1.

#### **NEXT TOPIC:**

#### **A Season for Everything – The Ebbs and Flows of Caregiving**

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.

#### **A Season for Everything – The Ebbs and Flows of Caregiving**

Scripture reminds us, "there is an appointed time for everything". Caregiving too is an ever-shifting period of loss and growth, solitude and rebirth. Our Catholic faith helps us recognize this ebb and flow, so we can embrace our purpose and direction.



### **Circle of Hope ~ Saturday, November 4 at 10:30am**

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.

**We meet monthly at 10:30am on the first Saturday at Manion Hall.**

You're invited to come join us for refreshments, fellowship and prayer.

Contact Christa at 757-595-0385 x107 or [cblomstrom@olmc.org](mailto:cblomstrom@olmc.org) for more information.



## Social Ministry

### PREFERENTIAL OPTION FOR THE POOR AND VULNERABLE

From our inception at Pentecost, we have consistently proclaimed the preferential option for the poor. Christ lived that option. He through whom all things were created, lowered himself to become a creature, subjecting himself to the needs of a human body. He chose to become a servant and chose to be born into a poor humble family. He constantly proclaimed that in the Kingdom of God the poor were blest. He stood among the sick, the poor and the excluded, showing them God's merciful love. Often, He was judged to be impure because He went to the sick, to lepers. Jesus took risks to be near to the poor.

So, for us to be recognized as true followers of Jesus, others must see our closeness to the poor, the sick, the excluded and the forgotten, those without food and clothing. Some mistakenly think that this preferential love for the poor is a task for the few, but in reality it is the mission of the Church as a whole, as St. John Paul II said: "Each individual Christian and every community is called to be an instrument of God for the liberation and promotion of the poor society."

Faith and love necessarily push us towards this preference, but we must go beyond providing assistance. We are called to walk together, to let ourselves be evangelized by people who know the suffering Christ well, and to allow their experience, wisdom and creativity to nourish our souls.

Please do not become blinded to the needs around you. The poor are not invisible. **Outreach has a variety of opportunities to engage with our poorer neighbors. Please volunteer.**

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

**Pantry: cereal, pancake mix, canned fruits and vegetables**

## 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 Saint Michael Hall de 9:30 a 18:30 horas. a las 11:30 a. m. del **4 de Noviembre.**

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.**

## Community

**St. Elizabeth Guild** will meet on Tuesday, November 14th at 6:30pm at the home of Gail McWhorter. For more information and directions call Judy Gounley at 757-969-3470.

**Guests are always welcome!**



Outstanding library books can be returned to the parish office during normal working hours:

Monday through Thursday: 9am ~ 5pm  
Friday: 9am ~ 3pm

# CATHOLIC EDUCATION

Donations to The Catholic Diocese of Richmond's McMahon Parater Scholarship Foundation provide scholarships for students from low-income families to assist them in providing a Catholic education for their children.

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**FOR MORE INFORMATION**

**sajoseph@olmc-school.com**



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