

17 March 2024

Fifth Sunday of Lent

# OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH



NEWPORT NEWS, VA

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**Facebook** [www.facebook.com/olmcnva](http://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](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





## Holy Week Mass Schedule

### Holy Thursday

March 28<sup>th</sup>

Evening Mass of the Lord's Supper  
7pm, Adoration until 10pm

### Good Friday

March 29<sup>th</sup>

Celebration of the Lord's Passion  
3pm (Spanish), 7pm (English)

### Holy Saturday

March 30<sup>th</sup>

Easter Vigil in the Holy Night  
8pm

### Easter Sunday of the Resurrection

March 31<sup>st</sup>

8am, 10am, **noon at CNU**  
2pm (en Español), **no Sunday 5pm**

### Monday, April 1<sup>st</sup>

no Mass

### Tuesday, April 2<sup>nd</sup>

no Mass

### Wednesday, April 3<sup>rd</sup>

**Confessions/Adoration 5pm, 6:30 Mass**

### Thursday, April 4<sup>th</sup>

**6:30pm (en Español)**

### Friday, April 5<sup>th</sup>

9am

**\*Parish Offices will be closed Thursday, March 28<sup>th</sup> through Wednesday, April 3<sup>rd</sup> and will reopen on Thursday, April 4<sup>th</sup>.**

## Initiation Programs and Adult Formation

Have YOU  
Thought About  
**BECOMING  
CATHOLIC?**

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.

**RCIA**

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

## Connect Coffee

All Women Welcome!



walking with purpose  
THE MODERN WOMAN'S GUIDE TO THE BIBLE

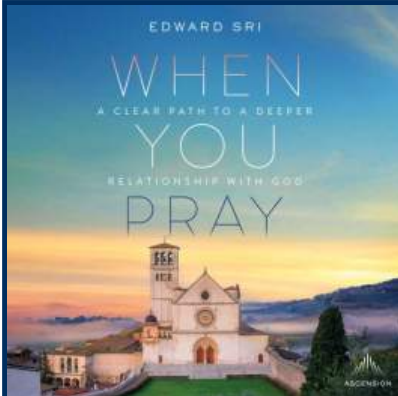


### Walking With Purpose

The Walking With Purpose ministry at OLMC invites women of the parish to join them for "Coffee Connect," a time to enjoy a cup of coffee, hear an inspirational talk, and find out what their ministry is all about.

The upcoming talk, **Martha ~ Does What I Do Matter?**, will take place at **Saint Michael Hall** on **Wednesday, March 20**, following the 6:30 pm Mass, **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)



### **\*\*NEW WOMENS BIBLE STUDY\*\***

#### When You Pray: A Clear Path to a Deeper Relationship with God

April 10th, 9am, Saint Michael Hall

You know that prayer is important but still find it challenging. Perhaps it's hard to find time, or you're unsure what to do when you pray. Or maybe you feel discouraged by your weaknesses and your inability to overcome them. If you have any of these feelings, you are not alone.

Many of the saints struggled in prayer. They were like us. But each time they fell, they got up again and learned to rely more on God's grace. What God did in the lives of countless saints, he wants to do in the lives of ordinary people like us. And that's what this study is about: the journey of prayer God wants to take us on.

Join us for **When You Pray: A Clear Path to a Deeper Relationship with God**

on April 10th, doors open at 9am prayer begins at 9:30am

**Participants will need to purchase the study materials from Ascension.**

For more info contact Lisa Wienhoff at 757-595-0385 x131 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.**

### 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.**

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



## Emmaus Journey Retreat

FOR GRIEVING PARENTS

**Emmaus Journey Retreat**

**April 13, 2024**

**Church of the Redeemer, Mechanicsville**

A faith-based, day-long, spiritual retreat for grieving parents offered by a team which includes grieving parents, spiritual directors, priests, deacons, and parish leaders. The Emmaus Journey Retreat offers a safe place where you can seek peace, comfort, and hope. Join us in a warm and loving environment with other parents who know something of your pain.

**Register at [olmc.org](http://olmc.org) or contact Christa at the parish office for more information.**



## The Feast of St. Patrick

Today is the Feast of St. Patrick. There is a lot of legend and tradition regarding St. Patrick, but one of the things that is certain is that he lived courageously for Christ.

Seeking his intercession and following his example, may we too, live out our faith with charity and courage. In his honor, here is St. Patrick's Breastplate, also called his Morning Prayer or the Lorica.

I arise today through the Strength of Heaven; Light of the Sun; Splendor of Fire; Speed of Lightening; Swiftmess of the Wind; Depth of the Sea; Stability of the Earth; Firmness of Rock.

I arise today through God's Strength to pilot me; God's Might to uphold me; God's Wisdom to guide me; God's Eye to look before me; God's Ear to hear me; God's Word to speak for me; God's Hand to guard me; God's Way to lie before me; God's Shield to protect me; God's Hosts to save me – afar or anear, alone or in a multitude.

Christ shield me today against wounding.

Christ with me; Christ before me; Christ behind me; Christ in me.

Christ beneath me; Christ above me; Christ on my right; Christ on my left.

Christ when I lie down; Christ when I sit down; Christ when I arise.

Christ in the heart of everyone who thinks of me; Christ in the mouth of everyone who speaks of me; Christ in the eye of everyone who sees me; Christ in the ears of everyone who hears me.

I arise today through the Mighty Strength of the Lord of Creation.

St. Patrick, pray for us.

### PANTRY:

breakfast cereal  
canned beans (all types)

### PERSONAL ITEMS:

shampoo

### PREGNANCY:

wipes

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

### Estaciones de la Cruz en vivo (bilingüe)

Viernes 22 de marzo a las 19 h.  
en el Salón San Miguel

## FORMED



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Ingrese el código postal de nuestra escuela parroquial (23601) y el nombre de la escuela.

Para obtener más información, envíe un correo electrónico a Lisa a [lwienhoff@olmc.org](mailto:lwienhoff@olmc.org)

### 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:

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 envíe un correo electrónico a [ekassel@olmc.org](mailto:ekassel@olmc.org).

## Liturgy

## Community

**PLEASE!!  
NOTE**

### Daily Mass Schedule Change for March 19th and 21st

The weekly school Mass has been moved to Tuesday, March 19th (Feast of St. Joseph) at 8:05am. Mass on Thursday, March 21st will be a normal daily Mass at 9am. Also, there will be no 6:30pm Spanish Mass on Thursday, March 21st.



### Women of the Parish... Have you considered joining the Ladies of Carmel?

The Ladies of Carmel (LOC) is made up of ten individual guilds which meet on different days and times. We have been actively serving the parish and community since 1955.

We would love to have an opportunity to talk with you about the LOC, various guilds, our mission and purpose and the friendships that you are sure to develop. Email [loc@olmc.org](mailto:loc@olmc.org) or call 757-696-2644 for more information.

## STATIONS of the CROSS



**Live Stations of the Cross (bilingual)**  
March 22 at 7 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).



### Interested in Joining the Knights of Columbus?

Tuesday, March 26th at 6:30 PM  
12742 Nettles Dr,  
Newport News, VA 23606

# HAPPY FEAST OF SAINT JOSEPH

OLMC thanks its dads for forming their children in the faith, and for supporting our school with everything from coaching to helping in the cafeteria to improving technology to teaching.

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