

28 January 2024

Fourth Sunday in Ordinary Time

OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH

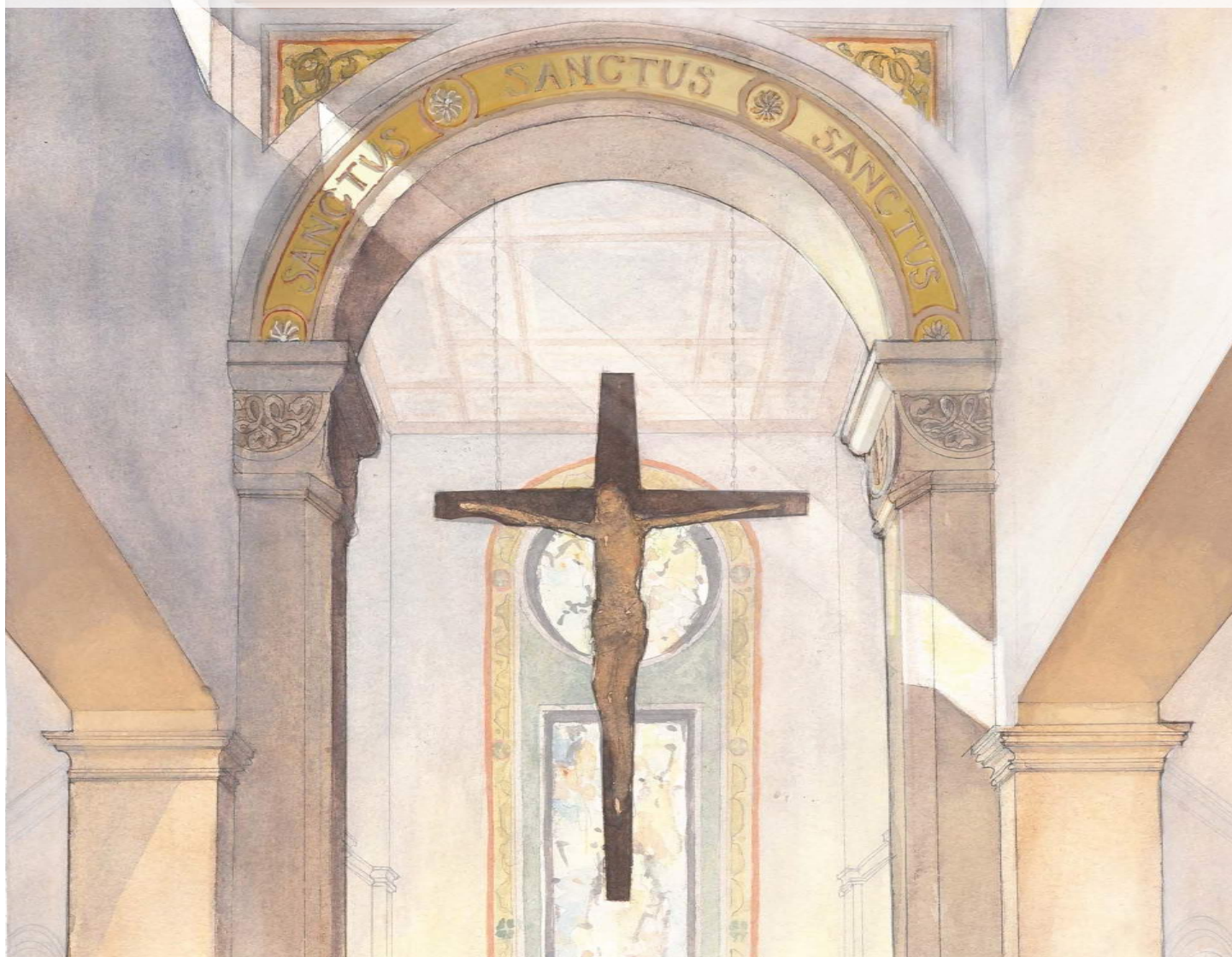


NEWPORT NEWS, VA

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100 Harpersville Road, Newport News, VA 23601

Phone: 757-595-0385 ~ www.olmc.org



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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

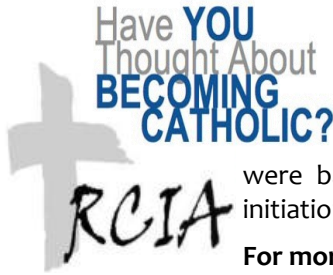
Outreach Office Hours:

Monday, Wednesday & Thursday: 12 noon - 2 pm

Tuesday & Friday: 9 am - 11 am

Pregnancy Helpline: 757-870-3131

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

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**



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



Walking with Purpose

Walking with Purpose (WWP) is a parish-based Bible study program for adult women, it incorporates at-home Scripture study, weekly small group discussion, and monthly talks on relevant study material.

The current study, **Discovering Our Dignity**, meets at **Saint Michael Hall** on **Wednesday’s**, following the 6:30pm Mass, **register online at olmc.org**

Women of the Old and New Testaments were as flawed and broken as we can be, yet the power of God worked in their lives. **Discovering Our Dignity** will allow you to learn from their experiences and uncover ways to deal with unwanted circumstances and deferred hopes.

For more information contact Lisa Wienhoff at 757-595-0385 ext. 131 or email her at lwienhoff@olmc.org



Men’s Ministry ~ That Man is You

Saturday Mornings, 7am - 8:30am at Saint Michael Hall
Register at tinyurl.com/TMYIolmc, call the Parish Office at 757-595-0385, use the QR code, or just show up!

You can join any time, no need to wait until next year!

That Man is You! 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!



Pastoral Care



Seasons of Hope ~

**Seasons of Hope – Meets at 6:30pm on Mondays
Catholic Grief Support 6-week series**

Register for the next series online or call the parish office.

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. Seasons of Hope meets for six weeks.

All are welcome.!

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

Circle of Hope ~

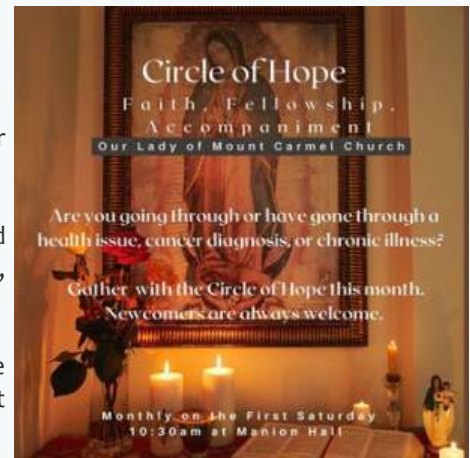
Meets at 10:30am on Saturday, February 3 at Manion Hall

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.



NOURISH FOR CAREGIVERS ~

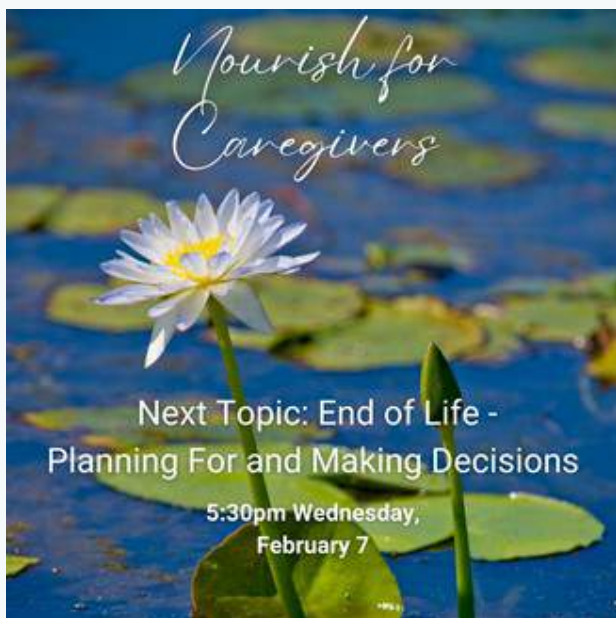
Meets at 5:30pm on Wednesday, February 7 at Manion Hall

NEXT TOPIC:

End of Life ~ Planning for and Making Decisions

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.

Caregivers are caring people who naturally worry about the care they provide and the problems that arise. What’s important to remember is that tomorrow will take care of itself. Trust that God will supply you with whatever you need.



Extraordinary Generosity in Ordinary Time

A Peek into the Pantry

When a family comes to OLMC for food, the pantry volunteer follows some general guidelines — adjusting as needed when stocks are low. We attempt to provide a balanced diet of non-perishable goods.

A typical family of 3 would get: three cans of meat per person (tuna, etc.); a large box of potatoes, a 2 lb. bag of rice, 3 other starches (helpers, stuffing mix) and a box of mac-n-cheese per person; and 8 assorted cans of vegetable, 2 of fruit and 2 of beans. For easily prepared meals, we give 2 boxes of pasta, a large jar of pasta sauce and a can of tomatoes, 1 ramen per person, 10 cans mixed of soups, stews, Chef-boy-R-D, and peanut butter, jelly, crackers and a loaf of frozen bread. For breakfast, we give a large box of cereal, a box of oatmeal, a medium box of pancake mix and syrup and one packet of dried milk per person. If we have it available, we add dessert items, particularly if there are children. We like to give toiletries and toilet paper when it is available. It all depends on what's in the bins on Sunday.

Next Week: volunteers behind the scenes



PANTRY

Starches -
Potatoes
Rice
Crackers
helpers

PERSONAL ITEMS

Shampoo
Deodorant



PREGNANCY OUTREACH

Clothes
size 18 to 24 months, 2T



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

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:

3 de Febrero

2 de Marzo

6 de Abril



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.



Cada jueves
9 am ~ 6:30 pm
Salón San Miguel

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Para obtener más información, envíe un correo electrónico a Lisa a lwienhoff@olmc.org

Liturgy

Community



The lector ministry is open to all practicing Catholics sixteen and older who have received the sacrament of confirmation.

A good lector must be able to read the word of God at Mass articulately. If you are an articulate reader who feels called to this ministry, contact the coordinator of the ministry, Jim Ellis at jimellis1206@gmail.com for more information and to schedule training.



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

Thursday, February 1st 7:30 ~ 8:30
at Saint Michael Hall

Return Last Year's Palms by **Monday, February 12**

Please bring back your palms that were blessed last Palm Sunday and place them in the container found in the SMH lobby. They will be burned and the ashes will be used for Ash Wednesday.



The 8th graders from Our Lady of Mount Carmel School will be selling baked goods and treats after all Masses this weekend. Proceeds will go toward their graduation trip to Washington D.C., where they will visit the Basilica of the National Shrine of the Immaculate Conception, Saint John Paul II National Shrine, Arlington Cemetery, and National Mall.

Your purchase of a baked good or treat will help them reach their goal.

Thank you in advance for your support!

American Red Cross

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Blood Drive

Knights of Columbus Council **5480**

Meeting Room
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1-6 PM

Please visit RedCrossBlood.org and enter: 5480 to schedule an appointment.

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

CATHOLIC SCHOOLS WEEK

OLMC is ready to kick off our celebration of Catholic Schools Week. What a blessing it is to have a Catholic school at our parish!

As we rejoice in having a school built upon the pillars of prayer, study, community, and service, we thank God for you and your support of Catholic education!



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