

5 November 2023

Thirty-First Sunday in Ordinary Time

# OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH



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## Connect With Us

**Parish Website** [www.olmc.org](http://www.olmc.org)

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**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

## 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, 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

Mon – (5:30pm) Int's of Bill Tompkins Donna & Dale Blake

Tues – (9am) +Donald Bunora, Sr Don Bunora

Wed – (6:30pm) +Janet Tompkins Donna & Dale Blake

Thur – (8:05am) +Ron Ponzó Family

(6:30pm) +José Rafael

Fri – (7am) +Joe Harris Bonnie Tingle

#### Saturday, November 11, 2023

5:00 – +Bill Taylor Lynn Taylor

#### Sunday, November 12, 2023

8:00 – +Filomena Kreykenbohm Tyra & Stephen Freed

10:00 – +Phyllis Sedgley Ann Gullen

2:00 – The People of the Parish

5:00 – In's of Rodney Erb The Daignault Family



Altar flowers in the church  
this weekend are given by  
Lidia Brault in memory of  
Charles Brault

### Weekly Collection

**October 28 & 29**

\$22,475 (E-Giving \$10545, Sunday \$11930)

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

### 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**

Elizabeth Kassel ekassel@olmc.org 104

#### **Hispanic Ministry**

Deacon Francisco Anleu fanleu@olmc.org 123

#### **Liturgy & Worship**

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#### **Pastoral Care**

Christa Blomstrom cblomstrom@olmc.org 107

#### **Sacred Music**

Johanna Smith jsmith@olmc.org 117

#### **Social Ministry**

Kim Taylor ktaylor@olmc.org 118

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

Gregory Walsh gwalsh@olmc.org 106

#### **Youth (Middle School)**

Elena Adinero eadinero@olmc.org

#### **Bookkeeper**

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#### **Business Administrator**

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#### **Facilities**

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#### **Office Manager**

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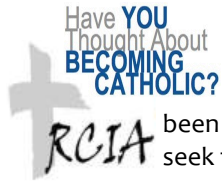
#### **CNU Campus Ministry**

Chris Roy ccm@cnu.edu

#### **OLMC School Principal**

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

## 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**



**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](http://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](mailto:lwienhoff@olmc.org)**



**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)**

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**For more information email Lisa at [lwienhoff@olmc.org](mailto:lwienhoff@olmc.org)**



# MYSTERIES of the ROSARY

*The Joyful Mysteries*

**ENTER INTO THE MYSTERIES OF CHRIST AND REDISCOVER THE POWER OF THE ROSARY**

Sessions begin on Wednesday, November 29th at Saint Michael Hall

9AM (women) ~ 4 week session

7PM (men & women) ~ 7 week session

**For more information or to register contact Lisa at [lwienhoff@olmc.org](mailto:lwienhoff@olmc.org)**

## PARADISUS DEI

## 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, December 2**

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.

## Pastoral Care

### Planning for this life, and the next.

In the month of November, it is the custom of the Church to pray for the repose of those who have died, and to focus on the gift of eternal life. In a few weeks, Father Dan will preach about the dignity of the Catholic Funeral rites, and follow up with a two-part series for the parish to learn more about the Theology of the Catholic Funeral and the process of planning a funeral for yourself or for a loved one.

#### **Session I:**

#### ***The Theology of the Catholic Funeral Rites***

Presenter: Father Dan

**Tuesday, 14 November at 5:00pm**

Saint Michael Hall

#### **Session II:**

#### ***Planning for the Catholic Funeral Rites***

Presenter: Kevin Smith (Bercuese Funeral Home)

**Tuesday, 21 November at 5:00pm**

Saint Michael Hall

## Social Ministry

### Thanksgiving Food Baskets

Our parish will continue our annual tradition of providing Thanksgiving food baskets for the poor. Parishioners are asked to pick up a pantry bag, located in the narthex after Mass this weekend. The bags will indicate items needed for assembly of the Thanksgiving baskets.

Please return by Sunday, November 19.

#### **Regular Pantry items needed:**

canned fruits  
vegetables and beans  
mac-n-cheese  
Tuna  
chicken or hamburger helpers

#### **Personal item needed:**

shampoo

#### **Contact Kim Taylor:**

**ktaylor@olmc.org 595-0385 ext. 118**

## 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:

2 de Diciembre

6 de Enero

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.

**RVA Priest**

“...estábamos decididos a compartir con ustedes no solo el evangelio de Dios, sino también nuestra vida...” ¿Estas decidido a entregarte para compartir el evangelio de Dios?

Llame al Padre Matthew Kiehl al 804-359-5661 o envíe un correo electrónico a vocations@richmonddiocece.org.

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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)

## Liturgy

## Community



### **THIRST: ADORATION & PRAISE**

**An hour of worship  
& rest with our Lord**

Thursday, November 9  
7:30 ~ 8:30  
Saint Michael Hall

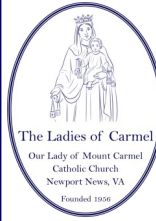
**BE ONE WITH JESUS**  
*eucharistic adoration*

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).

#### USHERS NEEDED FOR ALL SUNDAY MASSES

Ushers welcome people and assist with seating them. They also direct the Communion procession and help collect the weekly monetary offering. If you would like to serve as an usher, contact Heber Dunkle at [hdunkle@olmc.org](mailto:hdunkle@olmc.org)



**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

#### **Does your Marriage need a boost?**



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Feel free to contact Mark and Cathy Stangler at 703-378-4150 or [mstang1987@aol.com](mailto:mstang1987@aol.com) with any questions.

#### Upcoming date:

**November 17-19, 2023** - Holiday Inn, Virginia Beach VA

# NATIONAL VOCATION AWARENESS WEEK



Our Lady of Mount Carmel School prays for holy vocations!

Please join us in thanking God for our priests and Dominican Sisters, and in praying for more young men and women to respond to the Lord's call to the priesthood and consecrated life.

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