

OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH

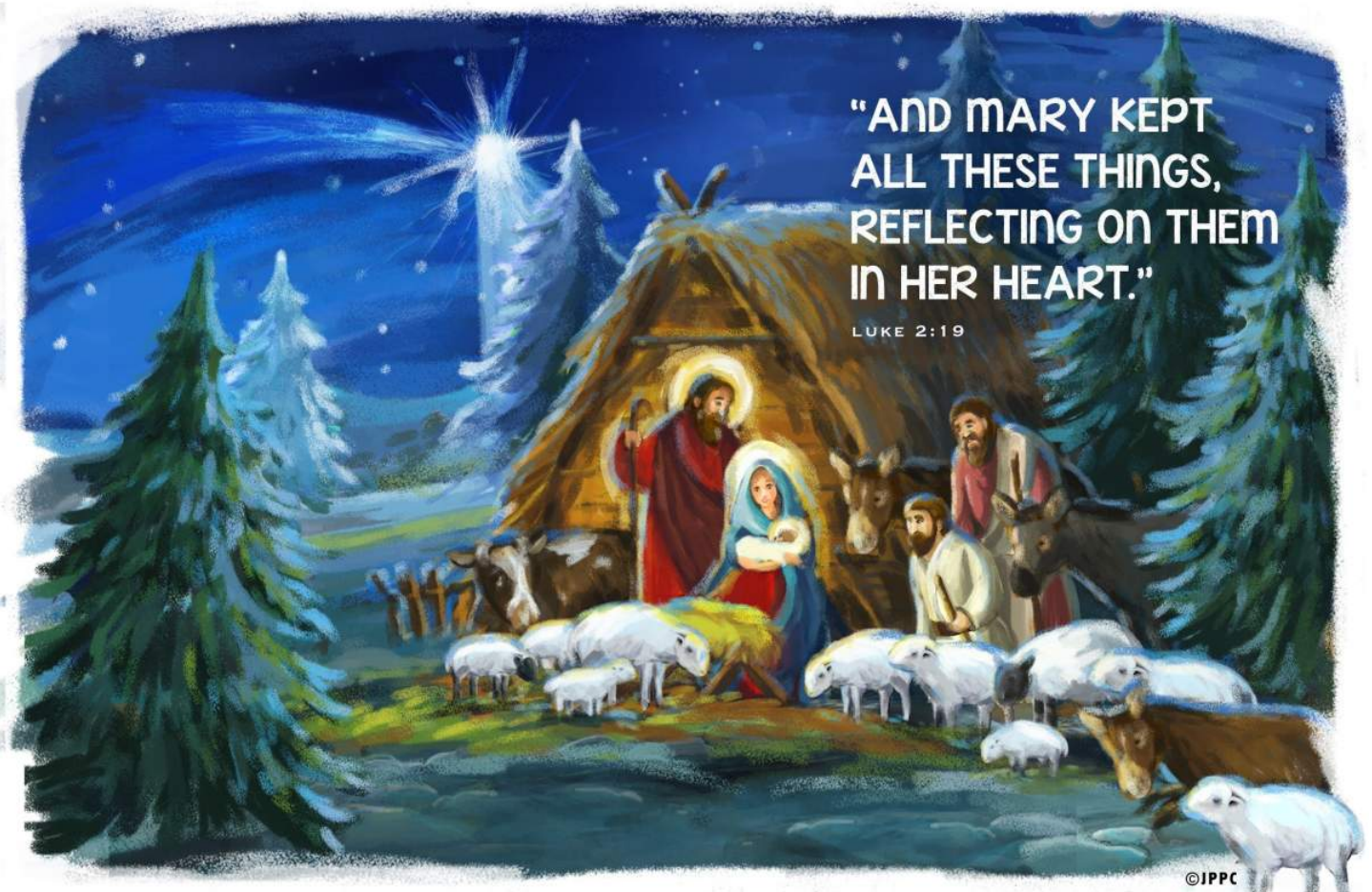
NEWPORT NEWS, VA

We find Christ here. We bring Christ to the world.



"AND MARY KEPT
ALL THESE THINGS,
REFLECTING ON THEM
IN HER HEART."

LUKE 2:19



100 Harpersville Road, Newport News, VA 23601

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

Parish Office Hours: Monday - Thursday: 9 am - 5 pm; Friday: 9 am - 3 pm

Outreach Office Phone: 757-596-1727

Outreach Office Hours: M,W,Th: 12 noon - 2 pm;

T, F: 9 am - 11 am

Pregnancy Helpline: 757-870-3131

Pharmacy Outreach: ext. 125

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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](https://www.10text.com/84576) to 84576 and follow the link sent to subscribe.

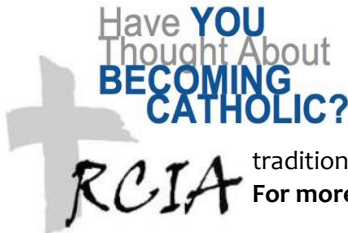
Initiation Programs and Adult Formation

Awakening Faith

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. We can assist your return to the active practice of your faith and welcome you back to the Lord's Table.

Contact Crisy at ext. 131 or cbarton@olmc.org for more information.



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 or to schedule an appointment contact Crisy at ext. 131 or cbarton@olmc.org

The Catechism in a Year! We are excited to invite our parishioners and friends to join us in listening to "The Catechism in a Year" podcast, starting January 1st! This 365 day podcast will explain all the teachings of the Catholic Church, in a prayerful, engaging, and approachable way with Fr. Mike Schmitz. You can listen while driving to work, going on your daily walk, drinking your morning coffee, or however you like! We are here to support you on your "Catechism in a Year" journey.



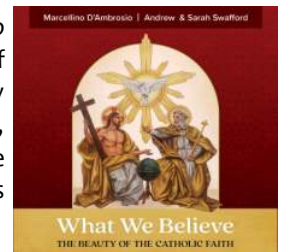
Adult Confirmation

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. **New sessions will begin in April, please contact Crisy at ext. 131 or cbarton@olmc.org for more information.**



Women's Bible Study

What We Believe: The Beauty of the Catholic Faith- Written and presented by Marcellino D'Ambrosio and Andrew and Sarah Swofford. Come and join us in this **new** study of the Beauty of the Catholic Faith. Discover who we are, what we believe and how we are called to live as Catholic Christians. In its entirety, the Catholic Church, founded by Christ himself, guides us to the heart of God through "the unfathomable riches of Christ" (Eph 3:8) in the company of a family that Jesus called the Church. Join us in this pilgrimage study **beginning on January 5th, 2023.** Women's Bible study meet on Thursdays at 9 am.



Materials can be ordered on Ascensionpress.com. Registrations for **NEW** participants can be found by scanning the QR code. **Contact Crisy at ext, 131 or cbarton@olmc.org if you need help registering or have questions.**



Walking With Purpose ~ Enabling Women to know Christ through Scripture

Opening Your Heart takes place on Wednesdays at 7 pm at Saint Michael Hall (room A) all women of the parish are welcome to join, register online at olmc.org

Touching the Divine is the next study **if you have already done Opening your Heart.**

This study also takes place on Wednesdays, at 7pm at Saint Michael Hall (room C). Register online at olmc.org For more information contact Crisy at ext. 131 or cbarton@olmc.org



Men's Ministry
Saturday Mornings at 7am - 8:30am
at St. Michael Hall
Register at tinyurl.com/TMIYolmc,
call the Parish Office at 757-595-0385,
or use the QR code (scroll down to register).



Pastoral Care

Visiting the Sick and Homebound - Extraordinary Ministers of Holy Communion

Extraordinary Ministers of Holy Communion for the Sick are lay ministers sent by the parish to bring the Word of God and the Holy Eucharist to parishioners who are confined to their homes, to hospitals, or senior living communities. You are invited to prayerfully consider if God is calling you to serve in this way. Serving as an Extraordinary Minister of Holy Communion for the Sick is both an honor and a responsibility, and those who commit deserve proper training.

If you feel called to be a bridge of faith and bring Jesus into the lives of others, **contact Christa Blomstrom at the parish office to inquire about a training session.**

"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy, and my burden light."
-Matthew 11:28-30



Respite Ministry

Are you a caregiver who is seeking some respite time for yourself? The Respite Ministry provides parishioners who are full time caretakers of a home-bound loved one, a break of a few hours' time to use as he or she sees fit. During that time, a trained parish Respite Minister will provide safety, supervision, and companionship to the homebound family member.

To inquire about the Pastoral Care opportunities above, contact Christa at ext. 107 or cblomstrom@olmc.org.

Nourish for Caregivers – 6:30pm Wednesday, January 4, 2023

Nourish for Caregivers is a ministry created specifically to offer support to the unique challenges of in-home caregivers. This Christ-centered program brings resources and support to family caregivers who carry both the blessing and burden of providing comfort and healing to people who are ill, suffering, and need special care. We meet monthly at Saint Michael Hall on the first Wednesday.



Caregivers can also join local and/or national Zoom calls for support (**En Español**) and explore additional resources here: www.nourishforcaregivers.com.



Circle of Hope ~ Saturday, January 7, 2023 at 10:30 am

Have you been touched in some way by cancer or by a chronic illness or condition?

You are invited to attend a Circle of Hope gathering to find faith-based support and encouragement. Circle of Hope is a community that prays together, shares stories with one another and finds hope in God together. Caretakers, survivors and those living with a diagnosis are all invited to attend our monthly gatherings. **Contact Christa at ext. 107 or cblomstrom@olmc.org for more information.**

SPRED

SPRED: Special Religious Development



SPRED (Special Religious Development) prepares individuals with intellectual disabilities to fully belong in the liturgical life of the parish. Adults with and without disabilities form a small faith community. The SPRED sessions are designed to lead all closer to Jesus by developing a sense of the sacred, sharing the Word of God and being present to the movement of the Holy Spirit in our daily lived experiences. Our SPRED small group meets on Wednesdays at the parish.

Contact Christa at ext. 107 or cblomstrom@olmc.org for more information.

Social Ministry

Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but [also] everyone for those of others.

Ph 2:3-4

This is the time that we typically make resolutions, desiring to better ourselves in some way. This year, let's resolve to more fully recognize the dignity of each person; for Christ was incarnated, died and raised for each one of us, personally.

Resolve to truly "see" the people you interact with and treat them with respect. Look the grocery clerk in the eyes and greet him or her. Give wait staff a genuine smile and use their name if they give it. Please and thank you are classics for a reason.

Resolve to have patience with phone solicitations. Yep, the robocaller. It is their job to call and that job is likely critical to the well-being of their family. Gently interrupt them, say "no thanks" and perhaps "God bless you" as you hang up.

Resolve to treat customer service agents with respect. Don't take out your inevitable frustration on them: they are not the cause of the interminable hold time or the problem you are calling about. Use their name if they give it, and thank them, regardless of the outcome.

You get the idea.

Have the same regard for one another; do not be haughty but associate with the lowly.

Rom 12:10

Contact: Kim Taylor

ktaylor@olmc.org or 757-595-0385 ext. 118

Children's Faith Formation



Children's Faith Formation classes will start up again on **January 8th**. The last workshop for **First Reconciliation** will be for **ALL FAMILIES (groups A and B)** on **January 8th at 11:15** in St. Michael Hall. The parent

retreat for all those that have children receiving Sacraments will be on January 22nd. For more information or if you have any questions, contact Elizabeth at the parish office, ext. 104 or ekassel@olmc.org.

Liturgy

"THIRST"
ADORATION



AN HOUR OF
WORSHIP AND REST
WITH OUR LORD

Thirst: Adoration & Praise will take place on Thursday, January 5th from 7:30 pm ~ 8:30 pm in the Church.

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

Bautizos

Para más información sobre bautizos, primeras comuniones, guardería o educación de la fé, por favor contacte a la Señorita Elizabeth Kassel a la ext. 104 o envíe un correo electrónico ekassel@olmc.org.

Para niños **no bautizados mayores** de 7 años que necesitan el sacramento de bautizo, primera comunión por favor contacten a la Señora Cristy Barton a la oficina parroquial o cbarton@olmc.org para información para el RICA para niños.



“Dios ha enviado el Espíritu de su Hijo a nuestros corazones”.
¿Sientes que el Espíritu de Jesús te incita a amarlo y servirlo como sacerdote, diácono o en la vida consagrada? Llame al Padre Brian Capuano al 804-359-5661 o envíe un correo electrónico a: vocations@richmonddiocese.org.

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— St. Maximilian Kolbe*

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Community



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January 29, 2023

11 am ~ 2 pm

For more information contact

Kathy McKenna

757-596-2754 ext. 166

kmckenna@olmc-school.com



“God has sent the Spirit of His Son into our hearts.” Do you feel the Spirit of Jesus prompting you to love and serve Him as a priest, deacon or in the consecrated life? Call Father Brian Capuano 804-359-5661 or e-mail:

vocations@richmonddiocese.org.

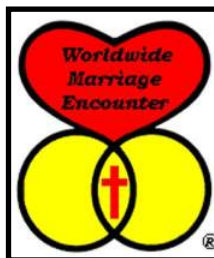


Bunco Party & Silent Auction!

Let's get together and join your fellow parishioners for a night of fun and excitement at the Bunco Party & Silent Auction on Friday, January 27, in St. Michael Hall. Doors open at 6:30 p.m. for our Silent Auction, accompanied by complimentary hors d'oeuvres, wine, and beer. The guilds of the Ladies of Carmel are donating themed gift baskets and other wonderful items to the auction.

Bunco begins at 7:30. **Never played Bunco before? Fear not!** It's really easy, and our resident Bunco expert, Susan Adams, will teach us all how to play! Cash prizes will be awarded in several categories of winners (& even losers)!

Tickets are \$25 per person and are available in the Parish Office during the week and in the Commons the weekend of January 7/8. **Only 80 Tickets will be sold, so get yours soon!**



MARRIED COUPLES, are you looking to rediscover the spark that was there on your wedding day? Do you want to rediscover the best friend you had when you were first married? Worldwide Marriage Encounter is a weekend for married couples who value their relationship and desire a richer, fuller life together. Whether you've been married

one year or fifty, a Marriage Encounter Experience may be just the thing you need to put a breath of fresh air into your relationship. Sign up for an upcoming Worldwide Marriage Encounter Experience :

January 27-29, 2023 in North Myrtle Beach, SC

February 3-5, 2023 in Warrenton, VA

Early sign up is recommended. For more information visit our website at: <https://renewmarriage-vasouth.org/> or contact us at applications@renewmarriage-vasouth.org or 757-690-1369.

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