

04 February 2024

Fifth Sunday in Ordinary Time

OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH



NEWPORT NEWS, VA

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

100 Harpersville Road, Newport News, VA 23601

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



Connect With Us

Parish Website www.olmc.org

Facebook 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

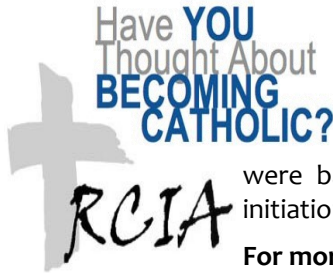
Outreach Office Hours:

Monday, Wednesday & Thursday: 12 noon - 2 pm

Tuesday & Friday: 9 am - 11 am

Pregnancy Helpline: 757-870-3131

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/TMIYolmc, 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



Pastoral Care

Do you have a loved one who is no longer physically able to attend Holy Mass?

Our pastoral care ministers are ready to serve by administering Holy Communion and sharing sacred scripture with the sick or homebound of our parish. The faithful who are homebound are often separated from their place in the Eucharistic community. We serve Catholics who are hospitalized, receiving rehabilitation, homebound or living in assisted living communities.

Contact the parish office to inquire about pastoral care for yourself or a loved one.

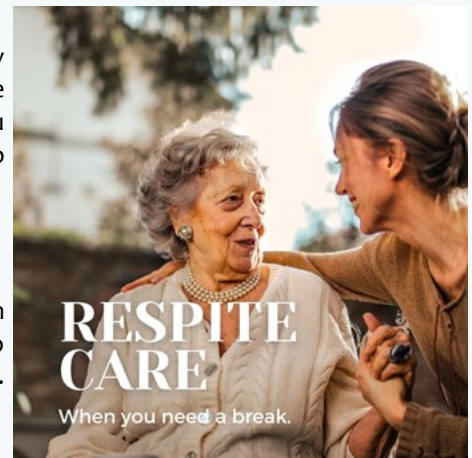
When you need a break. The Respite Ministry is there to help.

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.



SPRED:

**Special Religious Development meets
on Wednesday evenings**

NEXT TOPIC: The Spirit of Love

SPRED prepares persons with intellectual disabilities to fully belong in the liturgical life of the parish.

Within this small faith community, we hear the Word of God, reflect upon our life experiences, offer prayers for one another, and enjoy a simple sharing of food together.

"I made known to them your name and I will make it known,* that the love with which you loved me may be in them and I in them." John 17:26

Social Ministry

Extraordinary Generosity in Ordinary Time A Peek into the Pantry

Our wonderful ministry of feeding the hungry — one of the great corporal works of mercy — requires many hands. First and foremost are your hands when you bring food for the pantry and teach your children to do the same. Yours also when you give to the Poor Fund.

Next, that food must get from the church commons into bags handed to our neighbors. Enter the Pantry Sorters. Each weekend, one of five families on a rotating basis gather the food, sort it and shelve it in the pantry. Sometimes, they find an interesting offering — such as a can of green jackfruit or a jar of marinated artichoke hearts. While these delicacies may delight the palate of some, they are not part of our regular stock. Nothing is wasted though.

The interesting offerings, along with food in damaged packaging and food past its expiration date, are put on a shelf in Outreach's waiting room, with an appropriate sign. Our clients are encouraged to take whatever they might want. [The green jackfruit waited 3 months for a home.]

The Pantry Baggers have the privilege of filling bags for our clients. Taking into account the number and age of adults and children, and any health concerns, they fill the bags with food, as well as information regarding other available resources. We serve our neighbors who have made appointments, five days a week for two hours each day. After the client has had a brief intake interview by an Outreach volunteer, the Pantry Bagger assists them taking the food to their transportation.

From your hands to their pantries. Thank you.

PANTRY

Starches
Potatoes
Rice
Crackers
Helpers
Ramen

Pancake mix and syrup

PERSONAL ITEMS

soap and deodorant

PREGNANCY OUTREACH

Clothes size 18 to 24 months, 2T
size 6 diapers

Contact: ktaylor@olmc.org 757-595-0385 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

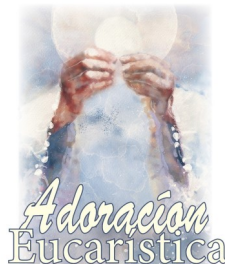
Bautismo Infantil

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 Marzo
6 de Abril
4 de Mayo
1 de Junio

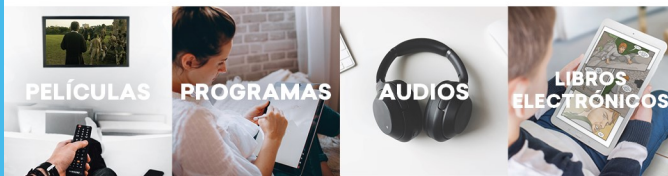


Para obtener más información, comuníquese con la señorita **Elizabeth Kassel** en la oficina parroquial, 757-595-0385 o envíele un correo electrónico a ekassel@olmc.org.



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

FORMED



LA FE CATÓLICA.
BAJO DEMANDA.

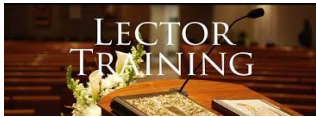
Obtenga miles de películas, programas, audio y libros católicos enriquecedores al instante en FORMED al suscribirse a nuestra suscripción a la escuela parroquial.

Para registrarse gratis: visita signup.formed.org

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

Liturgy



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.

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.



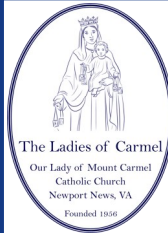
BE ONE WITH JESUS *eucharistic adoration*

©JPPC

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.

Community



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 or call 757-696-2644 for more information.

We look forward to hearing from you!

Ladies of Carmel Bake Sale February 10 & 11

The Ladies of Carmel bake sale will be held after all Masses on February 10th & 11th

Stop by and pick up something for your Super Bowl Celebration or for your Valentine!



WORLD DAY OF CONSECRATED LIFE



Our Lady of Mount Carmel School prays for holy vocations!

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



Discover Us

www.olmc-school.com