

21 January 2024

Third Sunday in Ordinary Time

OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH

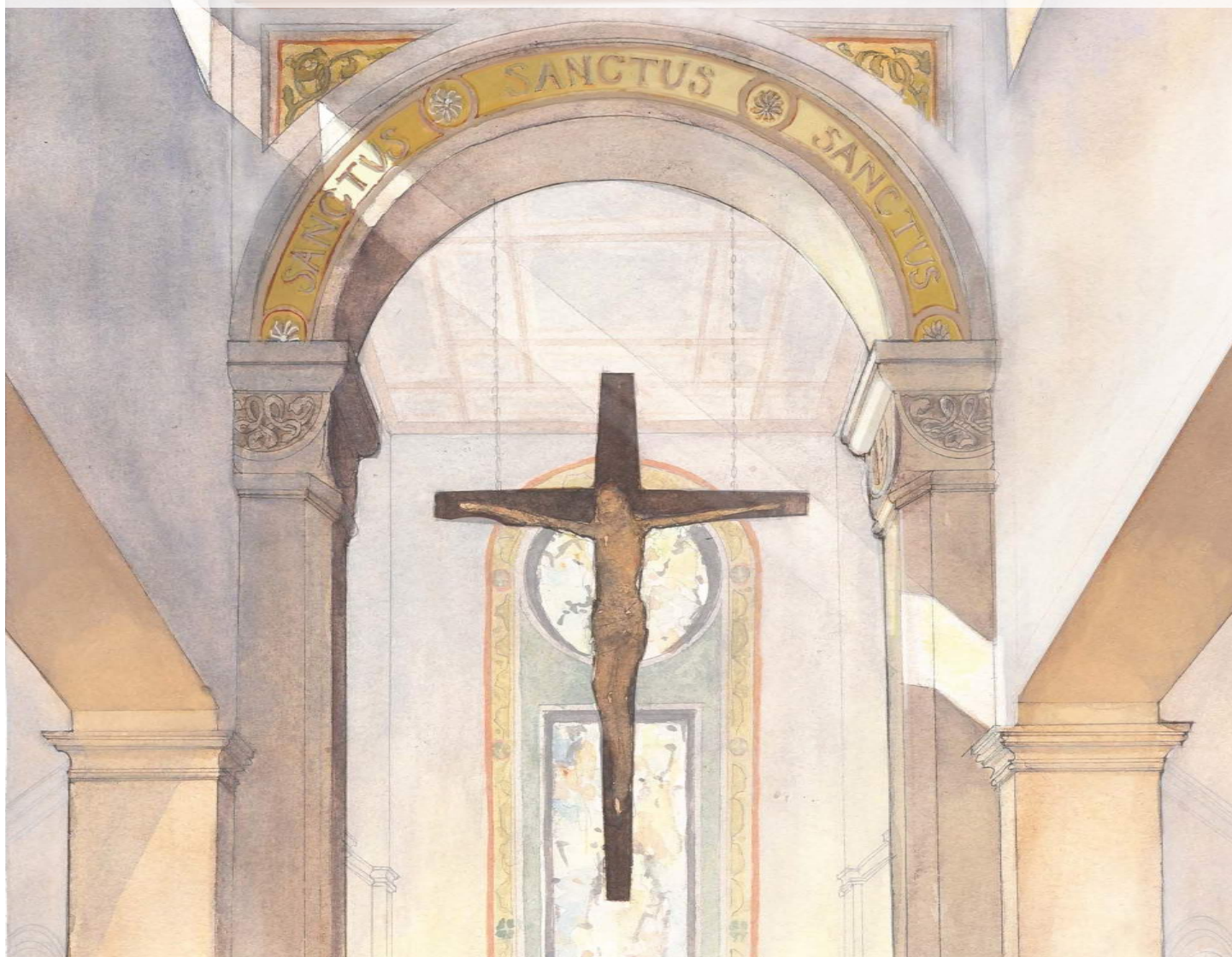


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Subscribe on Parish Website or Select the ministries from which you would like to receive notices.

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

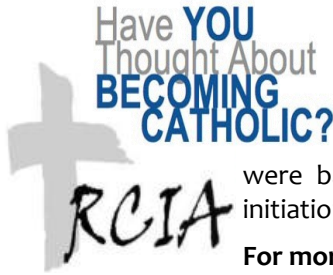
Outreach Office Hours:

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/TMIYolmc, call the Parish Office at 757-595-0385, or use the QR code.



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 ~

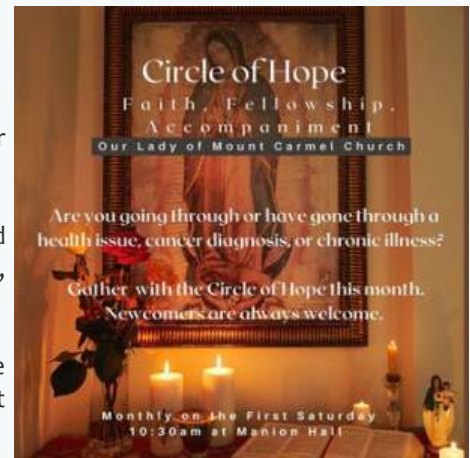
Meets at 10:30am on Saturday, February 3 at Manion Hall

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 ~

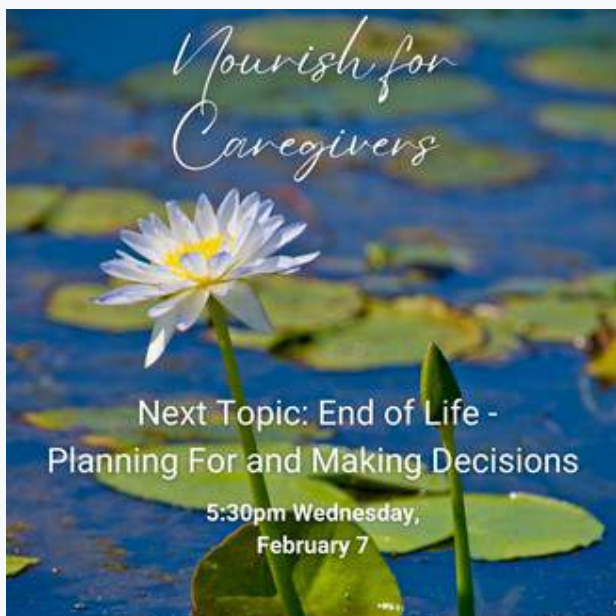
Meets at 5:30pm on Wednesday, February 7 at Manion Hall

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

Our Lady of Mount Carmel's Pantry feeds about 50 families a month – from one to nine people, and everything in between. Families needing food call Outreach directly, are referred by United Way, or ask for food when here seeking financial assistance or help with their infants. Demand for food increases toward the end of the month, especially with the elderly, as social security and food stamp benefits dwindle.

Families receive non-perishable food items, personal products like soap, deodorant and toilet paper (when we have it in stock) and frozen bread products. Our Lady of Mt. Carmel is not affiliated with the Virginia Food Bank, thus we do not have perishable food items (dairy, vegetables, etc.) for our clients. We simply do not have the capacity to store and monitor inventories of fresh food. Even without fresh food, families are given several bags of food and personal items.

Next Week: What a typical family of three receive and pantry opportunities.



PANTRY:

- Boxed potatoes
- Spam

PERSONAL ITEMS:

- Toilet paper
- Deodorant



PREGNANCY OUTREACH:

- Baby wash
- baby lotion



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

BE ONE WITH JESUS

eucharistic adoration

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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.

Ushers Needed

Are you willing to serve?

**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

Community

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 Saturday, January 27, at **Peninsula Catholic High School**. 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)! We will also have a 50/50 raffle that evening.

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

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