

# 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](http://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:

Monday, Wednesday & Thursday: 12 noon - 2 pm

Tuesday & Friday: 9 am - 11 am

Pregnancy Helpline: 757-870-3131

## **Connect With Us**

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

**Facebook** [www.facebook.com/olmcnva](http://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](https://text.mountcarmel.org) to 84576 and follow the link sent to subscribe.

## July 9, 2023 ~ Fourteenth Sunday in Ordinary Time

### 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** - 9 am, Eucharistic Adoration 9 am ~ 6:30 pm,  
5:30 pm Confesiones (en Español solamente); 6:30 pm Mass (en Español)

**Friday** - 9 am Mass

*\* Scheduled Mass times unless indicated on the Mass Intentions Calendar*



### *Mass Intentions*

**Saturday, July 8, 2023**

5:00 – +Steven R. Rutherford                      Family

**Sunday, July 9, 2023**

8:00 – +Ron & Ethelann Ponzo                      Family

10:00 – +Mr. Mark Tsou                              J.J. Tsou

2:00 – The People of the Parish

5:00 – Int's of Crystal Teller                      Bill & Janet Gorman

**Mon** – (5:30pm) +Katie Braig                      Mackie/Miller Family

**Tues** – (9am) +Bob Obradovic                      Julie Lowery

**Wed** – (6:30pm) +Ann Creech                      Joyce Kiser

**Thur** – (9am) +Bill Lowery                      Julie Lowery  
(6:30pm) **Canceled**

**Fri** – (9am) +Miguel Bungag                      Family

**Saturday, July 15, 2023**

5:00 – +Patrick Glaude                              Family

**Sunday, July 16, 2023**

8:00 – +Margaret Dooley                      Phyllis Ann Klyberg

10:00 – +Mrs. Sing-Sung Wu                      J.J. Tsou

2:00 – The People of the Parish

5:00 – Richard Alexander                      Maureen Coon &  
Kathleen Rapp

Altar Flowers

Altar flowers in the church this weekend  
are given by Jack & Ann Svelan  
in memory of Steve Svelan.



**Altar Flowers**

Flowers for the Church may be given as memorials for a loved one or special occasion. Please call Eileen to schedule at least two weeks in advance of the date you wish. The suggested donation to cover the cost is \$90.

### 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**

Contact the Parish Office at 757-595-0385

**Baptism & Children's Faith Formation**

Elizabeth Kassel                              ekassel@olmc.org    104

**Hispanic Ministry**

Deacon Francisco Anleu                      fanleu@olmc.org    123

**Liturgy & Worship**

Heber Dunkle                                      hdunkle@olmc.org    121

**Pastoral Care**

Christa Blomstrom                              cblomstrom@olmc.org    107

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**Social Ministry**

Kim Taylor    ktaylor@olmc.org    118

**Youth & Young Adult Ministry**

Gregory Walsh                                      gwalsh@olmc.org    106

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**Business Administrator**

Joyce Kiser    jkiser@olmc.org    109

**Facilities**

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**Office Manager**

Eileen Mazary                                      emazary@olmc.org    116

**CNU Campus Ministry**

Chris Roy    ccm@cnu.edu

**Our Lady of Mount Carmel School**  
**757-596-2754**

School Office Hours: M - F, 7:30 am - 3:30 pm  
Principal: Sr. Anna Joseph, O.P.

## **July 9, 2023 – Fourteenth Sunday in Ordinary Time**

Reflection by Rev. Leonard N. Peterson

Now that the excitement of the Fourth has passed, we can rightly settle down to the “lazy, hazy crazy days of summer.” Whether that means stretching out over the sands of the beach (dermatologist’s warning intact about skin protection), or lounging by a mountain lake, or even a long-anticipated trip to a faraway place, there should always be a place for learning.

The higher temperatures of summer almost compel us to slow down, so they provide the pace for learning. Free of any classroom pressure, our minds can relax to “drink in” the truths of life along with our glass of iced tea. So it is with the message provided by this weekend’s Gospel passage.

First Jesus asks us to number ourselves among the “little ones.” By that He means those willing to douse the fires of pride that may ride along our thought patterns because we have attained this or that academic degree; or found success in the material world, or even a happy blending within of our vocational choice and our given nature. Then He tells us that not only is He God’s Son, but also that we can be the same through His selection of us.

But the “topper in the topic” is that soothing invitation: “Come to Me, all you who labor and are burdened, and I will give you rest.” Note here that we are offered more than a summer vacation’s rest can bring. It is that deeper rest that ensues when we take off the heavy backpack of cares and worries that weigh us down in all seasons.

Jesus asks us to take up His easy yoke and learn from Him. The word “easy” is “chrestos” in Greek, which can mean “well fitting.” In Palestine, yokes were made of wood; the ox was brought, and the measurements were taken. The yoke was then roughed out, and the ox was brought back to have the yoke tried on. The yoke was carefully adjusted so that it would fit well and not chafe the neck of the patient animal. The yoke was tailor-made to fit the ox. There is a legend that Jesus made the best yokes in all of Galilee. We believe He does the same for us.

Ultimately, Jesus is saying to each of us: “The life I give you is not a burden to cause you pain; your task is made to measure to fit you.” A summertime lesson to savor and generate thankful praise. Meanwhile, it is also true that “you’ll have a better life if you make the most of the best and the least of the worst.” (Anon.)

God love you and give you His best measure.

### **Reading I: Zechariah 9: 9-10**

The king mentioned here is a future earthly king. He will bring peace to his people, and his rule will reach far beyond Judah.

### **Reading II: Romans 8: 9, 11-13**

Christian life is lived in the Spirit of God and is destined for glory. The Spirit’s power helps us to remain faithful.

### **The Gospel: Matthew 11: 25-30**

The writer offers thanks for God’s revelation. Jesus speaks to us as Wisdom personified. We are life-long learners of His essential teachings about love of God and neighbor.

## Pastoral Care

Will you consider serving one Sunday a month at one of our nursing/rehab communities? Training is provided.

The faithful who are ill are often separated from their place in the Eucharistic community. The Pastoral Care Minister represents Christ by bringing Holy Communion and sacred scripture to the sick, and in so doing, reflects the love and support of the Eucharistic community of Our Lady of Mount Carmel Catholic Church. The Pastoral Care Ministry to the Sick is carried out by our priests, deacons and lay pastoral care ministers.



**The Pastoral Care Ministry at Our Lady of Mount Carmel is an outreach to those who are:**

- Home Bound
- Living in Nursing Homes or Assisted Living Facilities
- Hospitalized
- Receiving Rehabilitation
- Grieving the loss of a loved one through the Bereavement Ministry

Please contact Christa at the parish office to inquire about Pastoral Care for yourself or a loved one or to offer your service.

### SEASONS OF HOPE – Catholic Grief Support

The next series begins on Tuesday, August 1, 2023  
A 6-week faith sharing group for those who mourn.  
Tuesdays from 10 am to noon.

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 understanding 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 consecutive weeks.

Are you grieving the loss of a husband, wife, son, daughter, parent or other loved one?

To register contact Christa at the Parish Office 757-595-0385 ext 107 or at [cblomstrom@olmc.org](mailto:cblomstrom@olmc.org).



### Nourish for Caregivers - Support you need. When you need it.

Nourish for Caregivers is a faith-based initiative to address the practical, emotional, and spiritual needs of families caring for a loved one.

Did you know that you can connect and find faith-based support in 3 WAYS?

- **IN PERSON Gatherings** - Monthly at Our Lady of Mount Carmel Church, the first Wednesday of every month at 6:30pm
- **VIRTUAL Check-ins** - Weekly House Calls for Caregivers  
Tuesday Morning at 11am or  
Monthly - 2<sup>nd</sup> & 4<sup>th</sup> Thursday Evening at 8pm
- **VIA EMAIL** - Nourishment for Your Soul Newsletter: Hope, Encouragement and Messages of Inspiration

Contact Christa at 757-595-0385 x 107 or [cblomstrom@olmc.org](mailto:cblomstrom@olmc.org) for more information. [www.nourishforcaregivers.com](http://www.nourishforcaregivers.com)

### Circle of Hope – Monthly on the first Saturday



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 at Saint Michael Hall on the first Saturday of each month at 10:30am.

You're invited to come join our prayer and fellowship with us over refreshments. Contact Christa at 757-595-0385 x107 or [cblomstrom@olmc.org](mailto:cblomstrom@olmc.org) for more information.

## DO NOT BE AFRAID FOR I AM WITH YOU

Reflecting on this week's celebration of our independence called to mind Norman Rockwell's four freedom paintings: Freedom of Speech, Freedom to Worship, Freedom from Want and Freedom from Fear. In Freedom from Fear, parents are standing over their sleeping boys. While the mother tucks them in, the father looks on in love, but holds a newspaper with headlines of war.

Freedom from fear is what God has offered us from the beginning. As Abram is sojourning in a hostile foreign land, God says: **Do not fear Abram! I am your shield.** Gen 15:1.

As Joshua is about to lead the Israelites into Canaan, God tells him: **Do not fear nor be dismayed for the LORD, your God, is with you wherever you go.** Jos 1:9.

When the Israelites are returning from the Babylonian exile, God, through Isaiah, says: **Do not fear: I am with you; do not be anxious: I am your God.** Is 41:10.

St. Gabriel tells Mary that the Lord is with her and **"Do not be afraid for you have found favor with God."** Lk 1:30.

And, as Jesus is sending us out into this world, He says: **Behold, I am with you always, until the end of the age.** Mt 28:20.

Freedom from Fear, with its idyllic scene of parents watching over children tucked safely in to bed, has little to no resonance to many of our neighbors in Newport News. Rats and insects infest dilapidated housing. Water leaks run up a tenant's water bill while mold runs up the inside of the walls. Gun violence is never far enough away from their children. Families live in their cars or pay-by-the-week motels.

The Catholic Church declares that all human beings have a right to safe, affordable housing. The lack of such housing is the greatest crisis facing our neighbors. And I feel impotent when an elderly man comes to Mt. Carmel seeking some place for his seriously ill wife to sleep other than their truck. People told him that we could help; he had been everywhere else. Weep with those who weep. And pray.

## Ushers Needed

*Are you willing to serve?*

### Sign-Up Today

Ushers are 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)

## Ministerio Hispano

Director - Diácono Francisco Anleu

Oficina - (757) 595-0385 Ext. 123

Email - [fanleu@olmc.org](mailto: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 Saint Michael Hall de 9:30 a. m. a 11:30 a. m. en las siguientes fechas:

5 de Agosto  
2 de Septiembre

Para obtener más información, comuníquese con la señorita Elizabeth Kassel en la oficina parroquial, 757-595-0385 ext 104 o envíele un correo electrónico a [ekassel@olmc.org](mailto:ekassel@olmc.org).



**RVA Priest**

"Ustedes no están en la carne sino en el Espíritu, si en verdad el Espíritu de Dios habita en ustedes". ¿El Espíritu Santo te está guiando a ti o alguien que conoces para servir a Cristo y a su Iglesia como sacerdote o en la vida consagrada? Llame al Padre Brian Capuano al 804-359-5661 o envíe un correo electrónico a: [vocations@richmonddiocese.org](mailto:vocations@richmonddiocese.org).

## Community



**Meals on Wheels** is looking for volunteers to help with meal delivery during the week (Monday through Friday). Delivery takes about two hours a day.

If you are interested, please call 757-246-1903 or 757-246-1905.



[www.richmondvocations.org](http://www.richmondvocations.org)

You are in the spirit, since the Spirit of God dwells in you." Is the Holy Spirit leading you or someone you know to serve Christ and His Church as a priest or in the consecrated life? Call Father Brian Capuano 804-359-5661 or e-mail: [vocations@richmonddiocese.org](mailto:vocations@richmonddiocese.org).

### THE LADIES OF CARMEL GARAGE SALE - WE NEED YOUR HELP!

**WHEN:** Saturday, July 22 from 7:30-11:30  
**WHERE:** OLMC School cafeteria and gym.

The garage sale is sponsored by the Ladies of Carmel and all parish members are invited to volunteer to help including men and middle and high school students!

**HELP NEEDED:** Friday, July 21 from 10-6 and Saturday, July 22 from 7-12:30

**DONATIONS:** please drop off on Thursday July 20 from 5-7 and Friday, July 21 from 9-6 p.m. at the entrance to the school cafeteria across from the Convent.

**CONTACT** Paula Krewinghaus at [paulakrew@gmail.com](mailto:paulakrew@gmail.com) or call 757-593-2348 to sign up to help.

**Suggested items for donation:** houseware items, indoor and outdoor furniture, electronics, books, CD's, DVDs, ONLY infant and toddler clothes, toys, games, puzzles, linens, quilts, pillows, baskets, purses, Christmas and seasonal items, costume jewelry, and baked goods.

**Items we do not accept:** youth, teen and adult clothing, tube TV's, computer components, textbooks, encyclopedias, fabric sofas or loveseats unless in very good condition, sleeper sofas, exercise equipment, and armoires.



## Our Lady of Mount Carmel Catholic School

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