



let  
your  
light  
shine

MATTHEW 5:16



## Masses

### Daily

Monday – Saturday 8:30 AM

### Weekends

Saturday 5:00 PM

Sunday 8:00 AM, 10:00 AM, 12:00 NOON

### Holy Days

As announced.

## Sacraments

### The Sacrament of Reconciliation

Saturday 4:00 – 4:30 PM, or by appointment.

Please call the Church Office to arrange an appointment.

### The Sacrament of Baptism

The second Sunday of each month, except during Lent.

Please arrange for Baptism at least two months in advance.

### The Sacrament of Marriage

Please make an appointment with a priest or deacon at least one year in advance.

### The Sacrament of Anointing of the Sick

Please call the Church Office to request a visit.

## Staff Directory

### Pastor

Fr. Richard Supple, O.Carm.

t - 201.568.0545

e - rectory@olmc.us

### In Residence

Fr. Emmett Gavin, O.Carm.

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## Our Lady of Mount Carmel Mission Statement

“We are the Roman Catholic Community of  
Our Lady of Mount Carmel based in Tenafly, New Jersey.  
Our mission is the promotion of the holiness of life through  
the celebration of the Sacraments, the sharing of the Gospel  
and the promotion of Catholic values.

We offer pastoral care through ministries that provide  
education, healing, spiritual growth and social outreach  
in the Carmelite tradition.”



*“No matter who you are, no matter what you’ve done,  
no matter where you’re from, no matter where you’re going,  
no matter how good or bad things seem,  
you are always welcome.”*

**TODAY'S GOSPEL MESSAGE**

Sunday, February 5<sup>th</sup>  
Matthew 5:13-16

“Jesus said to his disciples: ‘You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.’”

**Reflection:** “If we are the light of the world, as Jesus tells his disciples, it is because we are reflecting the light of Christ, who also told them that he was the light of the world and all who followed him would have the light of life. When we were baptized we were given a candle, lit from the Easter candle, and told to always walk in the light of Christ. Throughout our lives, we should be conscious of that flame burning in our hearts, which we reflect to the world when we shine that light into the shadows of sin and injustice, shadows of poverty and evil, shadows that Christ’s light can dispel.”

SOURCE: *Pastoral Patterns*, Winter 2022-2023

**DAILY READINGS FOR THE WEEK**

**Monday** Genesis 1:1-19; Mark 6:53-56

Saint Paul Miki and Companions, Martyrs (Memorial) – Japanese Jesuit Brother Paul Miki and twenty-five companions were martyred in Nagasaki, Japan. From that time until 1865, Japan remained closed to the rest of the world. Despite this isolation, the faith survived without priests and with only the sacrament of baptism.

**Tuesday** Genesis 1:20 – 2:4a; Mark 7:1-13

**Wednesday** Genesis 2:4b-9, 15-17; Mark 7:14-23

**Thursday** Genesis 2:18-25; Mark 7:24-30

**Friday** Genesis 3:1-8; Mark 7:31-37

Saint Scholastica, Virgin (Memorial) – According to tradition, St. Scholastica was the twin sister of St. Benedict, the founder of Western monasticism. What little is known about her life is found in Pope St. Gregory the Great’s second *Dialogue*, which is an account of her brother’s miracles. She is the patroness of Benedictine nuns.

**Saturday** Genesis 3:9-24; Mark 8:1-10

SOURCE: *Living With Christ*, February 2023

# Welcome

## to Our Lady of Mount Carmel Church

**To register with Our Lady of Mount Carmel Church**, please contact the Church Office at 201-568-0545 or find our form online at [www.olmc.us](http://www.olmc.us). Click on ‘Welcome’ and scroll down to ‘Parish Registration.’ Also, please see page 2 of this bulletin for our schedule of Masses and Sacrament information.

**Change of address?** Please contact the Church Office with your new mailing address so we can update our records. And, we wish you happiness and blessings in your new home!

**Moving out of the parish?** If you will be moving out of the parish, please let us know. The Church Office and the Religious Education Office are here to assist you with any sacramental or religious instruction information you need to provide to your new parish.

**Suggestions? Comments?** The Parish Advisory Board reminds you that we want to hear from you! Please feel free to email your thoughts to us at [olmcadvisoryboard@gmail.com](mailto:olmcadvisoryboard@gmail.com).

**>>Please check out the pages of this bulletin and our website for ways that you can become involved in the parish life of Our Lady of Mount Carmel!**

**MASSES FOR THE WEEK**

**MONDAY, FEBRUARY 6<sup>th</sup>**

8:30 Bruno Graizzaro  
Requested by His Wife, Marie

**TUESDAY, FEBRUARY 7<sup>th</sup>**

8:30 Michael James Harte  
Requested by His Family

**WEDNESDAY, FEBRUARY 8<sup>th</sup>**

8:30 Eufrocina Sarreal Paredes (Healing)  
Requested by The Ty Family

**THURSDAY, FEBRUARY 9<sup>th</sup>**

8:30 Nicholas Belowch  
Requested by Marianne Reilly

**FRIDAY, FEBRUARY 10<sup>th</sup>**

8:30 Donato Santos  
Requested by The Biron-Aborde Family

**SATURDAY, FEBRUARY 11<sup>th</sup>**

8:30 Don Miller, Jr.  
Requested by Dr. & Mrs. Santiago Enriquez

5:00 Fr. Paul Feeley, O.Carm.  
Requested by The Kagy Family

**SUNDAY, FEBRUARY 12<sup>th</sup>**

8:00 Richard LaGreca  
Requested by Robert & Dineen Policano  
*and* Parishioners of Our Lady of Mount Carmel

10:00 Elizabeth Prelee Owen  
Requested by The Angresano Family

12:00 Rosita Galvez  
Requested by Aurelio & Belen Vinluan



*Let us pray for the needs of the following individuals:*

- |                       |                           |
|-----------------------|---------------------------|
| Lorna Asuncion        | Patricia Lefevere         |
| Liz Azazian           | Antonio Lopez             |
| Brian Bingman         | Lolita Lopez              |
| Dave Clemens          | Charles Machaka           |
| Stephanie Conti       | Dikeledi Machaka          |
| Tom Cooke             | Catherine Marchiona       |
| Cathy Corrieri        | June Miller               |
| Richard Corrieri      | Aaron Monteagudo          |
| Sr. Pat Coyle         | Joseph Pae                |
| Richard Croney        | Henriette Paternayan      |
| Sereno Danese         | Alexander Pavur           |
| Denise de Almeida     | Anastasia Pavur           |
| Rachel Durso          | John Salvatore            |
| Patricia Eboli        | Vita Santulli             |
| Corazon E. Evora      | Eufrocina Sarreal Paredes |
| Deacon Lex Ferrauiola | Jason Scalora             |
| Wanda Ferrauiola      | Kathleen Selinka Dragon   |
| Cynthia Fineza        | Nicholas Sequino          |
| Judy Gegel            | Betty Supple              |
| Terri Giovannone      | Jeanny Torres             |
| Amy Hartwell          | Liza Ty Beasca            |
| Michael Kashmer       | Elena Ugarte              |
| Luca Kashmer Floridis | Rosario Ugarte            |
| Jeffery Kellish       | Diana Valencia            |
| Adam Kokosinski       | Sara Van Horne            |



Please contact the Church Office at 201-568-0545 if you would like a loved one's name placed on our prayer list. Also, please let us know if a loved one's name is to be removed from the prayer list.

**THE BREAD AND WINE**

This week the Bread and Wine are in memory of Joan Smith Gray requested by Mae Kenny.



**THE SANCTUARY LAMP**

This week the Sanctuary Lamp is in memory of Fr. Peter Byrth, O.Carm.



**REST IN PEACE**

Please remember in your prayers all the military men and women who have died this week.



The altar flowers this week are given by The Durso Family in memory of Ralph and Laura Durso.

To commemorate the feast of St. Blaise, we will have a **special blessing after all Masses this weekend in the church.** This will take the place of individual blessing of throats.



## Pope Francis's Prayer Intention for February

### Parishes

We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome to those most in need.

## “Faith Lights Our Way

...faith is a light, for once the flame of faith dies out, all other lights begin to dim. The light of faith is unique, since it is capable of illuminating *every aspect* of human existence. Faith, received from God as a supernatural gift, becomes a light for our way, guiding our journey through time.”

SOURCE: *Pope Francis Speaks to Our Hearts: Words of Challenge and Hope*. Frederick: The Word Among Us Press, 2013. Print.

“A church is far more than just a building. It’s a collection of people who share in God’s love and serve God together.”

SOURCE: *12 Reasons to Be an Active Church Member*, ©2013 Channing Bete Company, Inc., 2018 Edition

## Parish Coffee Sunday, February 12<sup>th</sup> OLMC Parish Auditorium



Let’s get together for coffee, tea and more! All are invited for hospitality following the 10 A.M. Mass on Sunday, February 12<sup>th</sup>. Feel the joy of being a part of OLMC’s faith community as we gather with friends and welcome those who may be new to the parish. We look forward to seeing you, whether you drop by for a few minutes or linger a while longer!

*Interested in volunteering with OLMC’s Hospitality Ministry?* Let us know if you can help with upcoming events! Contact the Parish Advisory Board at [olmcadvisoryboard@gmail.com](mailto:olmcadvisoryboard@gmail.com).

## MEN’S CORNERSTONE

Men’s Cornerstone brings together men of five local parishes who share with each other their faith and challenges around a theme. These meetings provide prayer, friendship and support in a faith-filled environment. We meet every other Wednesday at St. Mary’s Church, 20 Legion Place, Closter at 7:30 PM. **The next meeting is on February 15.** Please call Deacon Michael Giuliano at 201-983-1591, if interested.

## “Conscience Means Listening to God

The conscience is the interior place for listening to the truth, to goodness, for listening to God; it is the inner place of my relationship with him, the One who speaks to my heart and helps me to discern, to understand the way I must take and, once the decision is made, to go forward, to stay faithful. We have had a marvelous example of what this relationship with God is like. Pope Benedict XVI gave us this great example when the Lord made him understand, in prayer, what the step was that he had to take. With a great sense of discernment and courage, he followed his conscience, that is, the will of God speaking in his heart. And this example of our Father does such great good to us all, as an example to follow.”

SOURCE: *Pope Francis Speaks to Our Hearts: Words of Challenge and Hope*. Frederick: The Word Among Us Press, 2013. Print.

## JOB OPPORTUNITY

Do you want to make an impact on the lives of seniors in your community by preparing and serving meals? Are you looking to gain culinary skills or find a pathway to enter the hospitality or healthcare field? If you’re looking to join a great company that specializes in hospitality careers in senior living communities, Unidine might be right for you.

**Competitive Pay and Benefits  
Full-Time and Part-Time Available  
Weekly Pay – No Late Shifts**

Text JOBS to 75000 to apply.



## “All Shall Be Well”

by Deacon Lex Ferraiola

*“All shall be well, all shall be well, all manner of thing shall be well.”*



Those are the words of Julian of Norwich, 14th century holy woman and Christian mystic. Julian was inspired when she wrote those reassuring words. But her words are often misunderstood to be merely an optimistic counterweight to the trials and tribulations of life. Rather, her meaning comes from what her biographer Veronica Mary Rolf attributes to “her courageous faith, her hard-won hope, and most of all, her profound realization that ultimately, because God is love, all shall be well.”

Julian’s theology grew out of her own mystical experiences when, at the age of thirty, she fell ill with the Black Plague that was sweeping Europe. Her writings emphasize the goodness and love of God, especially in times of great suffering and darkness. The *Renovare* spiritual direction team cites joy as the main point throughout all of Julian’s writing: a joy that draws one into a deep understanding of the goodness of God.

Though we go through the fire and all may, at times, seem lost, God’s love surrounds us and is bringing us home; a home where, in the end, either in this life or the next, that which is broken will be made whole again, and all shall be well. Our soul intuitively knows this, and, in moments of spiritual clarity, our intellect knows it as well.

This truth has been reinforced for me over the last few years. My soulmate, my sweetheart Wanda, is undergoing treatment for a rare and aggressive uterine cancer. Two years of chemotherapy were unsuccessful, and she is now undergoing immunotherapy. I myself have been living with progressive and incurable Parkinson’s disease.

Illness has brought us challenges but also gifts. There is clarity that there’s more to life than our personal time and space; and there is knowledge of the fullness of life and love in the present moment. There is trust that God unconditionally loves us, and that either in this life or the next, God will find a way to heal us and make us whole. There is the knowledge and the trust that all shall be well. Julian of Norwich was so right.

This brings to mind a reflection I previously shared with the parishioners of Mount Carmel about a family project I was finally able to complete. About 20 years ago, I selected the best photographs from 65 albums of family pictures and digitized them onto one three-hour video with background music. I called it *The Ferraiola Family Video Special*.

The video begins with photos of my wife Wanda’s and my parents and grandparents and scenes from our childhood. It goes on through our teens, our high school romance, the early years of our marriage, the arrival of each of our four children and our grandchildren, and many special moments from our life together over the past 54 years.

Sitting with Wanda in our family room and watching the video is a real joy for me. Seeing our marriage and our children weave and grow together across the years fills me with thanksgiving for my life.

But along with the joyful times there have been difficult days: the challenges of raising four children, of work, of illness, of life. I know that if I could drill down and see scenes that didn’t make it to the camera, I would see moments of anxiety and doubt. But sitting in our family room with my arm around Wanda, smiling and laughing as we watch 54 years of life and love roll across the TV screen, it’s clear to me that God’s grace and love have always been with us.

Now think about your own life and the life of every person who has ever lived and will live in the future and of all the videos that could be made from all those individual stories. What if they were made and someone edited them together into one big video called *The Story of the Human Family*? And what if someday, after we’ve died and been reunited with our loved ones who have gone before us, God gets us all together into that big family room in heaven to watch *The Story of the Human Family*?

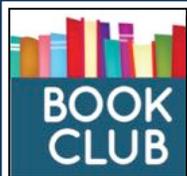
As we watch the story unfold, we would see moments of goodness, kindness, and love. Sadly, we would also see moments of anger, pain, and sorrow. But sitting with our loved ones in the presence of God, beyond the boundaries of time and space and the limits of human understanding, we would know that God’s grace had carried us through.

But we’re not there yet; and that’s where faith comes in. You see, we’re here in 2021 and we’re still making the videos. We may be in the middle of a happy time or a painful time; we don’t know what tomorrow will bring, and we certainly don’t know how the story will end.

But we are here today because we have faith. We trust that no matter what difficulties or tragedies befall us as individuals, as a family, a church, or a nation, they are only isolated moments in time. We trust that in the end God’s grace will pull us through, heal us and fix whatever is broken in our lives.

Some day we will all gather in God’s eternal family room with our loved ones, the ones here now and the ones who have gone home before us. And we will watch a wonderful story, the story of our journey home. And we will know that we were never, ever alone; that God was always walking beside us, holding our hand.

In the end, all shall be well, all shall be well, all manner of thing shall be well.



**MOUNT CARMEL  
BOOK CLUB**  
Facilitated by Elliot Guerra

**Our February Meeting is CHANGED to:**

**Monday, February 13<sup>th</sup>  
9:15 AM & 7:30 PM  
Titus Room/Conference Room**

**Interested in joining?**

Contact Elliot Guerra at guerra@academyolmc.org  
or Mary Ann at the Church Office at 201-568-0545.

*We're reading . . .*

Morning Group

*The Power and the Glory*  
by Graham Greene

Evening Group

*Killers of the Flower Moon: The  
Osage Murders and the Birth of  
the FBI* by David Grann



*Encountering Tomorrow Today*

A CONVERSATION WITH TODAY &  
TOMORROW'S CARMELITES

THE EVENING WILL INCLUDE

- A discussion addressing the Church's urgent need for more vocations/Carmelites/priests
- Sharing dreams of what the future church leaders look like
- Hearing the role of the faith community in Carmelite Journeys
- Social hour with food & drink

2.10.23 | 7-9PM



Click to register

St. Therese of Lisieux Church  
120 Monroe Ave. - Cresskill, NJ 07626

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Visit Metropolitan Plant & Flower Exchange  
or place an order by calling 1-800-METRO-13

**MINISTRY SIGN-UP FORM**

*(Please return this form to the Church Office or Religious Education Office.)*

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please consider joining one of OLMC's liturgical ministries; training is provided and scheduling is done based on your availability and Mass preference. Please check ministry choice and Mass preference.

**Liturgical Ministry Choice:**

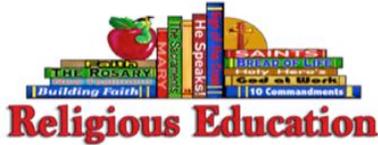
- Altar Server (adults to serve funeral Masses)
- Altar Server (boys and girls, grades 4-8)
- Lector
- Eucharistic Minister

**Mass Preference:**

- 5 PM                       10 AM
- 8 AM                         12 NOON

*thank you*





**Continuous Religious Instruction  
For The Faith Development Of Your Child**

The Religious Education Program is a curriculum of **continuous** religious instruction for students. Attendance at each grade level is important in order to establish a firm foundation in the faith, build upon it at each grade level, and prepare for the Sacraments. Visit our website [www.olmc.us](http://www.olmc.us), click on 'LEARN', then 'Religious Education' to register.

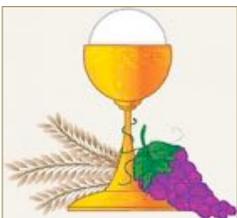
**Religious Education Class Schedule**

- Sunday, February 5<sup>th</sup> (8:45-9:55 AM)
- Tuesday, February 7<sup>th</sup> (3:30-4:45 PM)
- Sunday, February 12<sup>th</sup> (8:45-9:55 AM)
- Tuesday, February 14<sup>th</sup> (3:30-4:45 PM)

Family participation at church is the foundation of faith formation. Regularly attending Mass together can help your child gain a sense of belonging. Mass times at OLMC are Saturdays at 5 PM and Sundays at 8 AM, 10 AM and 12 NOON.

**First Eucharist**

The immediate preparation for First Eucharist begins once children have received the sacrament of First Reconciliation. The Eucharist is the center of our Catholic life.



Families of children who will be receiving First Eucharist this school year are asked to attend the **First Eucharist Parent Meeting to be held on Thursday, March 2<sup>nd</sup> at 11 AM**

**and at 7 PM in the Church.** Please choose one meeting time to attend. Important information and preparation material will be distributed at this meeting including a Eucharist choice form for you to select the date for your child's First Communion.

**Sacrament of Confirmation**



Confirmation is a sacrament in which those who have been baptized receive the fullness of the Holy Spirit, just as the Lord sent the Holy Spirit upon his apostles at Pentecost.

**CONFIRMATION SESSION  
This SUNDAY, February 5<sup>th</sup>  
9:00 A.M. in the Auditorium**

**Remaining Confirmation Sessions:**

- February 5<sup>th</sup> and 12<sup>th</sup>
- March 5<sup>th</sup>

**Confirmation Ceremony  
OLMC Church  
Wednesday, April 26, 2023 at 7 PM**

Rehearsal  
Monday, April 24<sup>th</sup> at 7 PM in the church  
for candidate and sponsor

Please be sure to let us know the name of the candidate's sponsor. The sponsor must be a baptized Catholic who is fully initiated in the Catholic Church and cannot be the candidate's parent.

"If following Jesus seems difficult,  
don't be afraid; trust him,  
be confident that he is close to you.  
He is with you, and he will give you  
the peace you are looking for  
and the strength to live  
as he would have you do."

- Pope Francis



Let us introduce you to the Academy staff and the programs we have to offer.

Visit our Web site at [www.academyolmc.org](http://www.academyolmc.org).

Ms. Verdonck  
Principal  
201.567.6491  
[bverdonck@academyolmc.org](mailto:bverdonck@academyolmc.org)

### *Experience the OLMC Difference!*

The Academy of Our Lady of Mount Carmel is an educational community with roots in the Roman Catholic faith that teaches gospel values. Within our Carmelite tradition we are dedicated to helping students see God in themselves, in each other and in the world around them. We strive to educate the whole person—intellectually, spiritually, physically, socially and emotionally—while building a strong foundation of ethical and moral ideals.

*We invite you to explore our website and reach out to us for more information.*



**National Blue  
Ribbon School  
Since 2012**

Mrs. Walsh  
Administrative Assistant  
201.567.6491  
[ewalsh@academyolmc.org](mailto:ewalsh@academyolmc.org)

### *OLMC Academy Fundraising*

Supporting the Academy is easy with the Box Tops for Education app and the RaiseRight gift card program! See details below!

#### **A New Take On A Classic Fundraiser**

Let's support our students by collecting Box Tops for Education. It's never been easier with the new app! The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products, and instantly add Box Tops to the Academy's earnings online! For more information, call the Academy Office or visit [www.academyolmc.org](http://www.academyolmc.org).



#### **RaiseRight Gift Card Fundraising**

If you are new to the Academy or to this program, visit the Academy website for information. Over 700 stores are willing to reward OLMC Academy with rebates using the RaiseRight app! Families can gift card shop using their account from last year by signing in to <https://shop.shopwithscrip.com/login>.

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by placing an ad in the  
**YEARBOOK.**

Visit [www.academyolmc.org](http://www.academyolmc.org) for information on ordering your copy or personalizing your copy with ads!

“Be more concerned  
with your character  
than with your reputation.  
Your character is what you really are  
while your reputation is merely  
what others think you are.”

—John Wooden



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## Ways to Give

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- ◆ Text “Enroll” to **201-308-1189**

Download the Faith Direct app now in the Apple Store or Google Play.

For more information about Faith Direct, please contact:

1-866-507-8757 (toll-free)  
[info@faithdirect.net](mailto:info@faithdirect.net)  
[faithdirect.net](https://faithdirect.net)

OFFICE OF CONCERN  
 FOOD PANTRY  
 AT ST. CECILIA CHURCH



**NEXT WEEKEND** is the collection for the Office of Concern. Please place donations of non-perishable items in OLMC's elevator lobby for pick up by the Office of Concern. Thank you for your continued and generous support!

## Annual Appeal <sup>the 2023</sup>

**Make your gift today.**

The Archdiocesan Annual Appeal is a testament to our faith in action. It supports the ministries that bring Christ to those in need, including our sisters and brothers who are distressed by food insecurity, poverty, and homelessness. The Annual Appeal also supports the formation of our seminarians and our evangelization efforts, both of which are critical for the future of our Church.

Cardinal Joseph W. Tobin, C.Ss.R.  
 Archbishop of Newark



**Amazon has decided to end their Amazon Smile program at the end of February. Please try to order anything you might need in the short term before then so that OLMC will still receive the credit.**



**“Let your light shine before others, that they may see your good works and give glory to your Father who is in heaven.”** (Matthew 5:16)

The generosity of being a good steward of your gifts has a positive effect on people and it is contagious! Good works encourage more good works. Let your light shine! Be careful to recognize that God is working through you and don't put yourself above the people you have been called to help.