

the catholic community of
OUR LADY OF MOUNT CARMEL



Volume 11, Issue 3: January 21, 2024

Third Sunday in Ordinary Time





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.

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.”*

Staff Directory

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TODAY'S GOSPEL MESSAGESunday, January 21st

Mark 1:14-20

As he passed by the Sea of Galilee, [Jesus] saw Simon and his brother Andrew casting their nets into the sea; they were fishermen. Jesus said to them, "Come after me, and I will make you fishers of men." Then they abandoned their nets and followed him. He walked along a little farther and saw James, the son of Zebedee, and his brother John. They too were in a boat mending their nets. Then he called them. So they left their father Zebedee in the boat along with the hired men and followed him.

Reflection

"Note that Jesus did not tell the pairs of brothers that they had to study him for a good long time and pass a test before they could go out and fish for more disciples. He told them that all they had to do was follow and he would make them fishers of others. We need not be nervous about first becoming qualified enough to reach out to others. As long as we sincerely follow him, we can invite others to follow as well."

SOURCE: *Pastoral Patterns*, Winter 2023-2024**DAILY READINGS FOR THE WEEK****Monday** 2 Samuel 5:1-7, 10; Mark 3:22-30

Day of Prayer for the Legal Protection of Unborn Children – "Among the vulnerable for whom the Church wishes to care with particular love and concern are unborn children, the most defenseless and innocent among us." (Pope Francis)

Tuesday 2 Samuel 6:12b-15, 17-19; Mark 3:31-35**Wednesday** 2 Samuel 7:4-17; Mark 4:1-20

Saint Francis de Sales, Bishop and Doctor of the Church (Memorial) – After earning doctorates in canon and civil law, Francis rejected a civil career to enter religious life. Ordained and named bishop of Geneva, he was a principal leader of the Catholic Reformation. Together with St. Jane Frances de Chantal, he founded the Order of the Visitation of Holy Mary.

Thursday Acts of the Apostles 22:3-16; Mark 16:15-18

The Conversion of Saint Paul the Apostle (Feast) – Paul's conversion was a turning point in the history of the early Church. It was cause for celebration that a persecutor became a follower of Christ and later a teacher of the nations.

Friday 2 Timothy 1:1-8; Mark 4:26-34

Saints Timothy and Titus, Bishops (Memorial) – These two men were disciples of St. Paul, and Paul's letters to them are part of the New Testament. Each worked with Paul and became a leader of a Pauline community: Timothy, bishop of Ephesus, and Titus, bishop of Crete. It is believed that Timothy was stoned to death, while Titus died of old age.

Saturday 2 Samuel 12:1-7a, 10-17; Mark 4:35-41SOURCE: *Living With Christ*, January 2024

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. 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 and Religious Education Offices are here to assist you with any sacramental or religious instruction information you need to provide to your new parish.

See page 5

- Contribution Statement for 2023

See page 7

- Children's Liturgy of the Word
- Coffee & Conversation

See page 8

- Sacrament Preparation Information

MASSSES FOR THE WEEK

MONDAY, JANUARY 22nd

8:30 Grace Packer
Requested by Bill Heimbuch

TUESDAY, JANUARY 23rd

8:30 Helen Held
Requested by The Angresano Family

WEDNESDAY, JANUARY 24th

8:30 June Sefcik
Requested by Mary Buchanan

THURSDAY, JANUARY 25th

8:30 David Wypler (Birthday Remembrance-59 Years)
Requested by Joan, William, Robert, & Patrick Wypler

FRIDAY, JANUARY 26th

8:30 Wanda Ferraiola
Requested by Jennifer & Steve Schippert

SATURDAY, JANUARY 27th

8:30 John Lunapiena
Requested by The Varona Family

5:00 Wanda Ferraiola
Requested by OLMC Parish Advisory Board

SUNDAY, JANUARY 28th

8:00 Pilar Pazos
Requested by The Liau Family
and Parishioners of Our Lady of Mount Carmel

10:00 James Riley
Requested by His Mother, Marge Riley & Family

12:00 Carolina Clauser
Requested by The Meo Family



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

Carmelo Abbruzzesi	Dikeledi Machaka
Lorna Asuncion	Catherine Marchiona
Brian Bingman	Aria Marrero
Angie Bracconeri	June Miller
Dave Clemens	David Mobley
Tom Cooke	Aaron Monteagudo
Sr. Pat Coyle	Joseph Pac
Sereno Danese	Anastasia Pavur
Denise de Almeida	Meredith Sajdak
James Dockery	John Salvatore
Rachel Durso	Vita Santulli
Corazon E. Evora	Eufrocina Sarreal Paredes
Deacon Lex Ferraiola	Jason Scalora
Terri Giovannone	Kathleen Selinka Dragon
Rose Guillen	Margaret Sullivan
Michael Kashmer	Roger Sullivan
Luca Kashmer Floridis	Betty Supple
Kellish Family	Jocelyn Talla
Evan G. Kellish	Rosario Ugarte
Adam Kokosinski	Diana Valencia
Charles Machaka	Sara Van Horne
	Jabari Whitaker



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

THE BREAD AND WINE

This week the Bread and Wine
are in memory of Wanda Ferraiola
requested by OLMC Parish Advisory Board.



THE SANCTUARY LAMP

This week the Sanctuary Lamp
is in memory of Wanda Ferraiola
requested by OLMC Parish Advisory Board.



REST IN PEACE

Please remember in your prayers
Ludivina Fineza (sister of Belen Fineza) and all the
military men and women who have died this week.

2024 Mass Intentions, Bread & Wine, Sanctuary Lamp

A Mass, the Bread and Wine, and the Sanctuary Lamp may be offered in memory of a loved one, in thanksgiving, or for the intentions of another person (such as a birthday or anniversary). Please visit the Church Office to request to have a Mass offered for your chosen intention or to sponsor the Bread and Wine or Sanctuary Lamp with a special intention for the week. Announced Masses, Bread and Wine, and the Sanctuary Lamp are \$10 each.



CONTRIBUTION STATEMENT FOR TAX YEAR 2023

Anyone requiring a contribution statement for your 2023 income tax filing can contact the Church Office at 201-568-0545. Please be sure to provide your name, address and phone number. Statements will be sent weekly beginning the last week of January.

“Unity Is the Work of the Spirit

When we are the ones who try to create diversity and close ourselves up in what makes us different and other, we bring division. When we are the ones who want to build unity in accordance with our human plans, we end up creating uniformity, standardization. But if instead we let ourselves be guided by the Spirit, richness, variety, and diversity never become a source of conflict, because he impels us to experience variety within the communion of the Church.”

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

Week of Prayer for Christian Unity January 18–25

The Week of Prayer for Christian Unity is a response to Christ’s prayer that they all may be one. It is an eight-day period of prayer in which all Christians are invited to participate. The week is celebrated each year from January 18-25 concluding on the Feast of the Conversion of St. Paul.



Family Promise Walk-in Dinner Program

Over 20 years ago OLMC parishioners cooked meatloaves and made potatoes in their homes and delivered the food to a small group of homeless and unhoused neighbors at the Bergen County Center for Health and Human Services shelter in Hackensack as part of the Family Promise Walk-in Dinner Program.

On Sunday, February 4th following the 8 AM Mass we will be preparing for the Walk-in Dinner to be held on Monday, February 5th.

Please reach out to Elliot Guerra at guerra@academyolmc.org if interested in helping in some way. Let’s feed our neighbors in Bergen County and show our kids what it means to be an OLMC parishioner! Please contact Elliot Guerra if interested in helping in some way.

St. Joseph Regional High School’s Nationally-Recognized and Award-Winning Performing Arts Program will present the musical LES MISERABLES.

Performances will take place at the Inserra Theater on the campus of St. Joseph Regional High School in Montvale on January 26 (7 PM), January 27 (2 PM & 7 PM), January 28 (3 PM), February 1 (7 PM – student discounted show - \$15), February 2 (7 PM), and February 3 (2 PM & 7 PM). There is a special Senior Citizen’s Preview Performance on January 24 at 3 PM, including a “special nosh and a pre-show discussion” at 2:15 PM; the cost is \$10. Tickets are \$17 and \$23 and may be purchased through SJR.Booktix.com or in person one-half hour before each show. Please direct questions to SJRTheater@sjrnj.org or call 201-391-7422.

“Learning to Come Out of Ourselves

Following Jesus means learning to come out of ourselves . . . in order to go to meet others, to go toward the outskirts of existence, to be the first to take a step toward our brothers and our sisters, especially those who are the most distant, those who are forgotten, those who are most in need of understanding, comfort, and help. There is such a great need to bring the living presence of Jesus, merciful and full of love!”

SOURCE:

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



Make a purchase at Metropolitan Plant & Flower Exchange valued at \$50 or more and Metropolitan will donate \$10 to Our Lady of Mt. Carmel, Tenafly.

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Tuesday, February 13th
9:15 AM & 7:30 PM
Conference Room

Did you know that once a month from September to June OLMC has two opportunities to share in fellowship, great ideas, and a love for reading! Every second Tuesday of the month readers gather for our free Book Club.



OLMC Book Club is for every type of reader!
Interested in joining?

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



The Prayer Process

(source unknown)

Gratitude

Thank God in a personal dialogue for whatever you are most grateful for today.

Awareness

Revisit the times in the past 24 hours when you were and were not the best version of yourself. Talk to God about these situations and what you learned from them.

Significant Moments

Identify something you experienced in the last 24 hours and explore what God might be trying to say to you through that event or person.

Peace

Ask God to forgive you for any wrong you have committed against yourself, another person, or God and to fill you with a deep and abiding peace.

Freedom

Speak with God about how He is inviting you to change your life so that you can experience the freedom to be the best version of yourself.

Others

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

“Dynamic Catholics have a daily commitment to prayer . . .

...highly engaged Catholics tend to have what I would call a routine within their routine. One set of questions interviewees were asked surrounded their practice of prayer. They were asked when, where, and how they prayed.”

Kelly, Matthew. *The Four Signs of a Dynamic Catholic*. N.p. Beacon Publishing, 2012.

2024 – Year of Prayer

Pope Francis has proposed that 2024 should be marked as a year dedicated to prayer in preparation for the 2025 Jubilee Year ‘Pilgrims of Hope.’ The Year of Prayer started on December 3rd, the First Sunday of Advent. There is a particular focus on the *Our Father* and this presents us with an opportunity to go back to the basics of prayer. The 2025 Jubilee Year will begin on Christmas Eve 2024 with the opening of the Holy Door at St. Peter’s Basilica, Rome.

The New Year Is An Opportunity To Begin Something New!

A church is far more than just a building. It's an assembly of people who share in God's love and serve God together. Church provides a sense of belonging and fellowship. Feel the joy of being a part of—and contributing to—a faith community. Thank you to all who serve the parish community of Our Lady of Mount Carmel. Your faith and good works bring light, love, and prayerfulness to all of us. Please see future bulletins for information on ministries that OLMC Church has to offer.

“For it is in giving that we receive.”

—St. Francis of Assisi

Students in grades 3 through 7 are invited to join OLMC's Altar Server Ministry!



Name _____

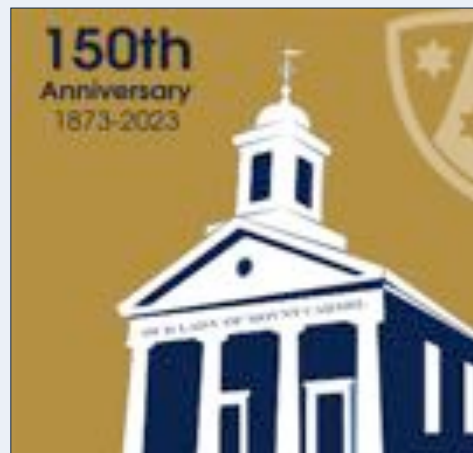
Phone _____

Parent Email _____

Mass Preference:

☐ 5 PM ☐ 8 AM ☐ 10 AM ☐ 12 NOON

Training is provided prior to serving and scheduling is done based on your availability. Please return this form to the Religious Education Office.



OLMC Celebrates 150 Years!

Welcome to Children's Liturgy of the Word and Coffee & Conversation!



Children's Liturgy of the Word is being offered to children in grades K–5 during the 10 A.M. Mass this **Sunday, January 21st**. Children are invited during the Mass to join with CLOW moderators to hear and understand the word of God at their level. There is no registration and no fee.



Join us for Coffee & Conversation in the cafeteria after the 10 AM Mass this **Sunday, January 21st**!



Class Schedule

Sunday, January 21st (8:45-9:55 AM)
 Tuesday, January 23rd (3:30-4:45 PM)
 Sunday, January 28th (8:45-9:55 AM)
 Tuesday, January 30th (3:30-4:45 PM)



Jesus touches our lives through the sacraments. Our celebrations of the sacraments are signs of Jesus' presence in our lives and a means for receiving his grace.



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 postles at Pentecost.

**CONFIRMATION SESSION
 THIS SUNDAY, January 21st
 9:00 A.M. in the Titus Room**

Confirmation candidates are required to attend preparation sessions that are held for one hour beginning at 9:00 A.M. in the Titus Room. Remaining sessions, after this Sunday's session, are: February 4th, February 25th, and March 3rd. A retreat will be held on March 10th (details to follow).

The celebration of Confirmation will take place at OLMC Church on Wednesday, April 17th at 7 PM. Rehearsal is Thursday, April 11th at 7 PM in the church.

Please be sure you have provided us with all required information for our records, including the name of your child's sponsor.

Who can be a sponsor for Confirmation?

A person who belongs to the Catholic Church and is fully initiated, having received Baptism, Confirmation, and Eucharist, can serve as a sponsor for Confirmation.

If you have any questions or concerns, please contact Elliot Guerra at guerra@academyolmc.org.

Congratulations to the children who received the Sacrament of Reconciliation on January 20th



We pray that these children, who received the sacrament of Reconciliation for the first time, know God's unconditional love for them and for all of us. Throughout the Gospels Jesus reveals to us that no matter what we have done, God reaches out to us to offer peace. The sacrament of Reconciliation helps us celebrate God's forgiveness and our reconciliation with one another.



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 were mailed information regarding our upcoming **First Eucharist Parent Meeting to be held on Thursday, February 15th at 11 A.M. and 7 P.M. in the Church.** Please choose one meeting time to attend. A First Eucharist choice form is included in the mailing for you to select the date for your child's First Communion. Important information and preparation material will be distributed at this meeting.



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

Visit our Web site at www.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.*



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National Catholic Schools Week

January 28th – February 3rd

Come Visit the Academy!

—Appointment Suggested—

Sunday, January 28th

11 AM – 3 PM

(Please call for an appointment.)



Wednesday, January 31st

5:30 PM – 7:00 PM

(Please call for an appointment.)

**“Let us thank all those who teach
in Catholic schools.
Educating is an act of love;
it is like giving life.”**

—Pope Francis

The Academy of Our Lady of Mount Carmel is here to welcome your family for in-person tours on January 28th and January 31st. The best way to explore what makes OLMC a leader in Catholic education in Bergen County is to have your family experience it first hand! We invite you to explore our website and reach out to us for more information! Please call Eileen Walsh at 201-567-6491 to schedule your tour!



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“Hunger is criminal; nourishment is an inalienable right. Let us pray that the Lord gives us the grace to envisage a world in which no one must ever again die of hunger.”

—Pope Francis

SEASON
— of —
GRATITUDE

OFFICE OF CONCERN FOOD PANTRY AT ST. CECILIA CHURCH, ENGLEWOOD

For over 40 years, the volunteers at the **Office of Concern Food Pantry** have been assisting families in Bergen County with weekly supplemental food.

The collection of non-perishable items is the second weekend of each month. Donations of non-perishable items should be placed in OLMC's elevator lobby. The Office of Concern also accepts monetary donations year-round. A monetary gift allows the Office of Concern to provide more food as they are able to purchase in bulk at a discount rate. Monetary donations are also used by the Office of Concern to purchase fresh produce, meat, and dairy. Monetary donations should be placed in the baskets in the church marked for the Office of Concern.

Thank you to all who donate to the Office of Concern to help those in our community.



React less. Plan more.

Let your goals be your guide

Reduce uncertainty by leading with your goals. I'll ask the right questions and, together, create a clear financial plan. So you'll always know where you stand. And where you're going.

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