

the catholic community of
OUR LADY OF MOUNT CARMEL



Volume 11, Issue 5: February 4, 2024

Fifth Sunday in Ordinary Time



JESUS CURES THE SICK

ASH WEDNESDAY, FEBRUARY 14

Mass Schedule – 8:30 AM, 12 NOON, 7 PM

Prayer Service – 3:45 PM



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

Church Office

Barbara Tamborini, Church Bookkeeper

e - bookkeeper.olmc@hotmail.com

Mary Ann Nelson, Administrative Assistant

t - 201.568.0545

f - 201.568.3215

e - rectory@olmc.us

Roxanne Kougasian, Secretary

t - 201.871.4662

e - rkougasian@olmc.us

Deacons

Deacon Lex Ferraiola

e - deaconlex@gmail.com

Deacon Michael Giuliano

e - Giuliano7@aol.com

Mission Development

Elliot Guerra, Director

t - 201.218.8956

e - guerra@academyolmc.org

Music Ministry

Andrea Covais, Music Director

e - acovais@olmc.us

June Marano-Murray, Organist

Religious Education Office

Sr. Regina M. Chassar, SSJ, Director

t - 201.871.4662

e - reled@olmc.us

Confirmation Program

Elliot Guerra, Director

t - 201.218.8956

e - guerra@academyolmc.org

Academy

Barbara Verdonck, Principal

t - 201.567.6491

f - 201.568.1402

e - bverdonck@academyolmc.org

Eileen Walsh, Administrative Assistant

e - ewalsh@academyolmc.org

Facilities

Ed McElroy, Facility Director

t - 201.906.4389

e - epmremodeling@aol.com

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 MESSAGESunday, February 4th

Mark 1:29-39

When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him. Rising very early before dawn, he left and went off to a deserted place, where he prayed.

Reflection

“Often we just have to learn things by ourselves simply because we learn better when we figure it out on our own. In today’s Gospel, Mark says that Jesus did not permit the demons he drove out to speak ‘because they knew him’. Despite following him for a long time, the disciples still misunderstood who Jesus was. They only learn little by little over time. Perhaps Jesus realized he had to wait patiently for his disciples to gradually learn who he was. What the demons could have revealed would not have enabled true learning.”

SOURCE: *Pastoral Patterns*, Winter 2023-2024**DAILY READINGS FOR THE WEEK****Monday** 1 Kings 8:1-7, 9-13; Mark 6:53-56

Saint Agatha, Virgin and Martyr (Memorial) – Although what we know about Agatha is mostly legend, we do know that she died in Sicily during the Decian persecution (249-251). It is alleged that she was sent to a brothel to force her to give up her faith. When this failed, she was tortured and died in prison. Her intervention was credited with stilling the eruption of Mount Etna the year after her burial, and people began to ask her for protection against fire.

Tuesday 1 Kings 8:22-23, 27-30; Mark 7:1-13

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.

Wednesday 1 Kings 10:1-10; Mark 7:14-23**Thursday** 1 Kings 11:4-13; Mark 7:24-30**Friday** 1 Kings 11:29-32; 12:19; Mark 7:31-37**Saturday** 1 Kings 12:26-32; 13:33-34; Mark 8:1-10

Saint Scholastica, Virgin (Memorial) – According to tradition, she was the twin sister of St. Benedict, the founder of Western monasticism. What 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 was buried in Benedict’s own tomb where, soon after her death, he was also buried. She is the patroness of Benedictine nuns.

**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.

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Archdiocesan Annual Appeal
Siena House Thank You

MASSES FOR THE WEEK**MONDAY, FEBRUARY 5th**

8:30 Robert Byrnes
Requested by His Sister, Mary

TUESDAY, FEBRUARY 6th

8:30 Adele De Maio
Requested by Her Daughter, Ellen

WEDNESDAY, FEBRUARY 7th

8:30 Edythe C. Brienza
Requested by The Walsh Family

THURSDAY, FEBRUARY 8th

8:30 Theresa Spola
Requested by Eileen Walsh & Family

FRIDAY, FEBRUARY 9th

8:30 Mark Contreras
Requested by His Family

SATURDAY, FEBRUARY 10th

8:30 Sarah & Dan Riney
Requested by The Cogan Family

5:00 Wanda Ferraiuola
Requested by Jim, Maria, & Elizabeth Brooks

SUNDAY, FEBRUARY 11th

8:00 John McKeon
Requested by Carmel & Mike Byrne
and Parishioners of Our Lady of Mount Carmel

10:00 Patricia Lefevere
Requested by The Flynn Family

12:00 Tyler Guan (5th Birthday Celebration)
Requested by His Family



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

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

“He gives strength to the weary
and increases the power of the weak.”

Isaiah 40:29



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

THE BREAD AND WINE

This week the Bread and Wine
are in memory of Matthew Connell
requested by Arlene Prelee.

**THE SANCTUARY LAMP**

This week the Sanctuary Lamp
is for Special Intentions.

**REST IN PEACE**

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

To Commemorate the Feast of Saint Blaise
there is **A SPECIAL BLESSING AFTER
ALL MASSES THIS WEEKEND IN THE
CHURCH.**

Ash Wednesday is February 14th. Please
see next Sunday's bulletin for ideas to
observe the holy season of Lent and deepen
your spiritual life.





**Pope Francis's
Prayer Intention for February:
The Terminally Ill**

*Let us pray that the sick who are
in the final stages of life, and their families,
receive the necessary medical and human
care and accompaniment.*

Calling All Cursillistas!

Join with other Cursillistas for an upcoming Ultreya evening to be held at **Holy Family Church, 28 Brookline Avenue, Nutley** on **February 9th at 7 PM in the Parish Hall**. Opening Prayer is at 7:30 PM. There will be music, prayer, refreshments, and a witness talk by OLMC's Deacon Michael Giuliano, and more. The evening concludes with Closing Prayer at 9 PM. For more information, call Deacon Michael at 201-983-1591.

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



Name _____

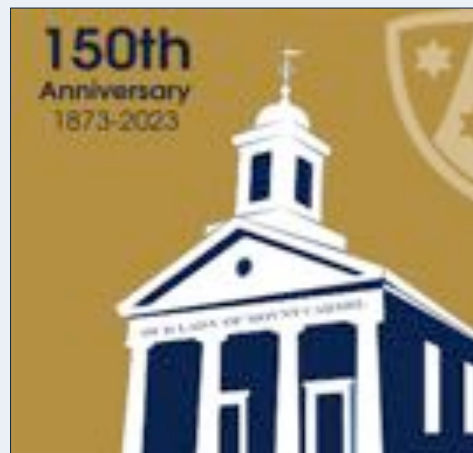
Phone _____

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!

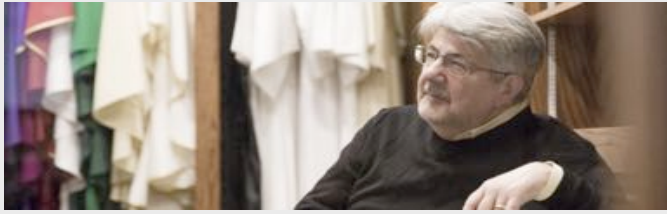
**Welcome to
Children's Liturgy of the Word
and Coffee & Conversation!**



Children's Liturgy of the Word is being offered to children in grades K-5 during the 10 A.M. Mass on **Sunday, February 25th**. 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.



All are invited for Coffee & Conversation to be held in the cafeteria following the 10 A.M. Mass on **Sunday, February 25th** hosted by OLMC Medical Mission Team!



“The Gift of Forgiveness”

by Deacon Lex Ferraiola

In 1956, Dag Hammarskjöld, who was then Secretary General of the U.N., commenting on the meaning of forgiveness said, “Forgiveness is the answer to a child’s dream of a miracle by which what is broken is made whole again, what is soiled is again made clean.” This is the kind of forgiveness that Jesus calls us to embrace. It is the act of letting go of the past and accepting someone back into our heart. But it’s not easy to do.

To genuinely forgive someone in the way that Jesus calls us to, we must be willing to accept the reality that a person’s faults and personality quirks will probably not disappear overnight. Jesus asks us to forgive even when the person who hurt us is not sorry; and even when we know that despite someone’s sincere apology, they are likely to hurt us again. He asks us to look into the eyes of someone who has hurt us deeply and to show that someone love and acceptance rather than anger and rejection.

To forgive like this is a choice that God gives us. When we forgive, we are choosing life and love and a relationship for ourselves and for others. We are relieving ourselves of the burden of carrying around anger and bitterness. And we are giving someone else the freedom to live out his or her life— or maybe to rest in peace— with the knowledge that they are loved without strings. By so doing, we are opening the door for true healing to occur: healing within ourselves, healing within another, and healing within a relationship.

For several years I served as a hospital chaplain for our sisters and brothers who suffer with emotional and psychiatric illness. Some have been institutionalized for a very long time and we have formed friendships over many years. Others have had a temporary breakdown as a reaction to a deep personal loss or some severe stress.

As people share their stories, I have seen that many who suffer like this are carrying a heavy burden - they are unable to forgive. Sometimes it’s another person: someone who has hurt, betrayed or abandoned them. Sometimes it’s God who is blamed for taking a loved one away in death. Sometimes it’s even oneself.

Continued . . .

The latter case, the inability to forgive oneself, is one of the most insidious causes of depression. It stops us from finding peace and from trusting in God’s love for us; and it keeps us focused on ourselves. But how do we forgive ourselves when we are carrying around guilt and shame?

There’s a wonderful short story by the Japanese Catholic novelist Shusaku Endo that speaks to this kind of forgiveness. The story is entitled *The Final Martyrs** and it is set in 17th Century Japan during the persecution of Japanese Christians. I’d like to share a brief summary of this powerful story.

In those days, the Emperor had declared it a capital offense for a Japanese to practice Christianity. At first hundreds of people were crucified, burned at the stake, broiled on wooden gridirons or thrown alive into sulfur pits. As the persecution wore on and countless Japanese martyrs held to their faith, the government became more and more enraged and sadistic. It tried to make Christians deny their faith by the cruelest of tortures, and those who renounced Jesus publicly were allowed to go free.

Endo’s story is about a group of young adult Christian men who have known each other since childhood. They belong to a village that has secretly practiced Christianity for more than 100 years. One member of the group is named Kisuke. As a child he was big, awkward and accident-prone. Being ridiculed often, Kisuke reached adulthood with no self-esteem. As they grew up secretly practicing their faith, the other young men often predicted that if they were ever to be caught by the government and tortured, Kisuke would quickly renounce his faith and betray Jesus.

The government learns about the village from an informer and it is raided and burnt to the ground. Kisuke and his friends are arrested and confined to a tiny cell to await torture. His friends remain steadfast in their faith and urge Kisuke to pray to Jesus and Mary for strength.

But listening to the screams of those being tortured becomes too much for Kisuke. Before his turn comes, he cries to the guards that he is ready to renounce his faith. He leaves his cell in shame never able to look back upon his friends. The other young men are tortured brutally but no one renounces his faith.

Please see next week’s bulletin
for the continuation of “The Gift of Forgiveness”
by Lex Ferraiola.

All are invited to the 34th Annual Bergen County Interfaith Brunch

“Restoring of Community” will be presented by the Interfaith Brotherhood/Sisterhood Committee of Bergen County on **Monday, February 19, 2024 from 10 A.M. to 2 P.M. at Seasons, 644 Pascack Road, Township of Washington.** This event is sponsored by nine faith communities in Bergen County and hosted this year by the Sikh community. Purchase tickets in advance! Call 201-935-6492. Ticket prices: \$50 adults/teens; \$30 for ages 12 and under. Make checks payable to Sri Guru Singh Sabha Inc. of N.J. Bring food donations for Center for Food Action.

Family Promise Walk-in Dinner Program

The OLMC community is joining together after the 8 A.M. Mass today to prepare for Monday's Walk-in Dinner to feed Bergen County's most vulnerable citizens. **Our service dates for the rest of 2024 are:** April 7th, June 16th, August 18th, October 6th, and December 8th. These dates are when we gather here at OLMC to prepare for the Walk-in Dinner to be held the following day. If interested in helping, please contact Elliot Guerra at guerra@academyolmc.org.

OLMC YOUTH MINISTRY SERVICE TRIP

There will be a **Parent/Student Interest Meeting on Tuesday, February 6th at 7 P.M. in OLMC Cafeteria** for interested individuals in grades 7 and up. The service trip will be June 23–29, 2024 to Portland, Maine.



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

OLMC Book Club is for every type of reader!

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. The morning group meets at 9:15 AM and the evening group meets at 7:30 PM. New members are welcome to join at any time!



“I really enjoy being a member of the Book Club. It gives me the opportunity to meet members of the parish. Reading a book and having the chance to see the same book from another member's point of view is fascinating. We not only discuss the book but we use it as a springboard for discussions on issues that impact our lives.”

—Marci Schrank-Garcia

We're reading . . .

MORNING GROUP

The Heaven & Earth Grocery Store by James McBride

EVENING GROUP

The Dutch House by Ann Patchett

Interested in joining?

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

Valentine's Day is right around the corner!



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.

**Complete Form & Present at Time of Purchase
Expires 6/30/2024**

Cannot be combined with any other offers.

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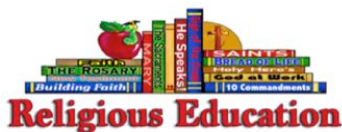
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Email _____

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Order # _____ Total \$ _____ Date _____

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



Class Schedule

Sunday, February 4 th	(8:45-9:55 AM)
Tuesday, February 6 th	(3:30-4:45 PM)
Sunday, February 11 th	(8:45-9:55 AM)
Tuesday, February 13 th	(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 apostles at Pentecost.

CONFIRMATION SESSION
This SUNDAY, February 4th
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 today's session are: 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 teen'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.

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.

Why is faith formation important? Faith formation is important because it helps children:

Develop into good Christians

In religion class, your child can:

- >learn about God's teachings by studying the bible
- >learn how to apply Bible lessons and Christian values to daily life
- >grow his or her Christian faith.

Form deeper relationships

Participating in a faith formation program can help your child grow closer to:

- >God
- >your family
- >your church community



SOURCE: *Being Involved In Your Child's Faith Formation*, ©2010 Channing Bete Company, Inc., 2017 Edition



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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New registrations for the 2024-2025 academic school year at Academy of Our Lady of Mount Carmel will begin on February 5, 2024. For more information, reach out to Mrs. Eileen Walsh at 201-567-6491 or email ewalsh@academyolmc.org.



Come see the OLMC difference and experience our dynamic and diverse community!

Grades PreK3 – Grade 8
Faith Formation
Rigorous Academics
Servant Leadership
STEM/MakerSpace
Leadership Skills
Athletics
Arts
NJHS and BETA
Student Council

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

—Pope Francis





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Office of Concern Food Pantry at St. Cecilia Church, Englewood



**The collection of non-perishable items
is NEXT WEEKEND.**

ANNUAL²⁰²⁴ APPEAL

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 through diverse ministry offices and multi-ethnic apostolates serving thousands of men, women, and children, which are critical for the future of our Church.



Dear Father Richard:

On behalf of the staff, mothers and babies of Siena House, I want to express our deep gratitude to you and all the parishioners of OLMC for the generosity shown to us at Christmas time.

Once again, we are overwhelmed by the outpouring of love and support from the parishioners of Mount Carmel and in particular, the Teens for Siena House and all their outreach efforts. The Moms were delighted with the toiletries for themselves and the gifts for their children.

A special thank you goes out to Sarah Melone and Katherine Cousineau for their efforts with the teenagers from your Parish.

May you and all at Mount Carmel be blessed with God's Gifts of Peace and Joy throughout this New Year and be filled with Blessings of Hope in the Promise of a New Creation.

With gratitude,
Sr. Mary Doris, O.P.
Siena House

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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Senior Portfolio Manager
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Sunday: 12pm-9pm

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