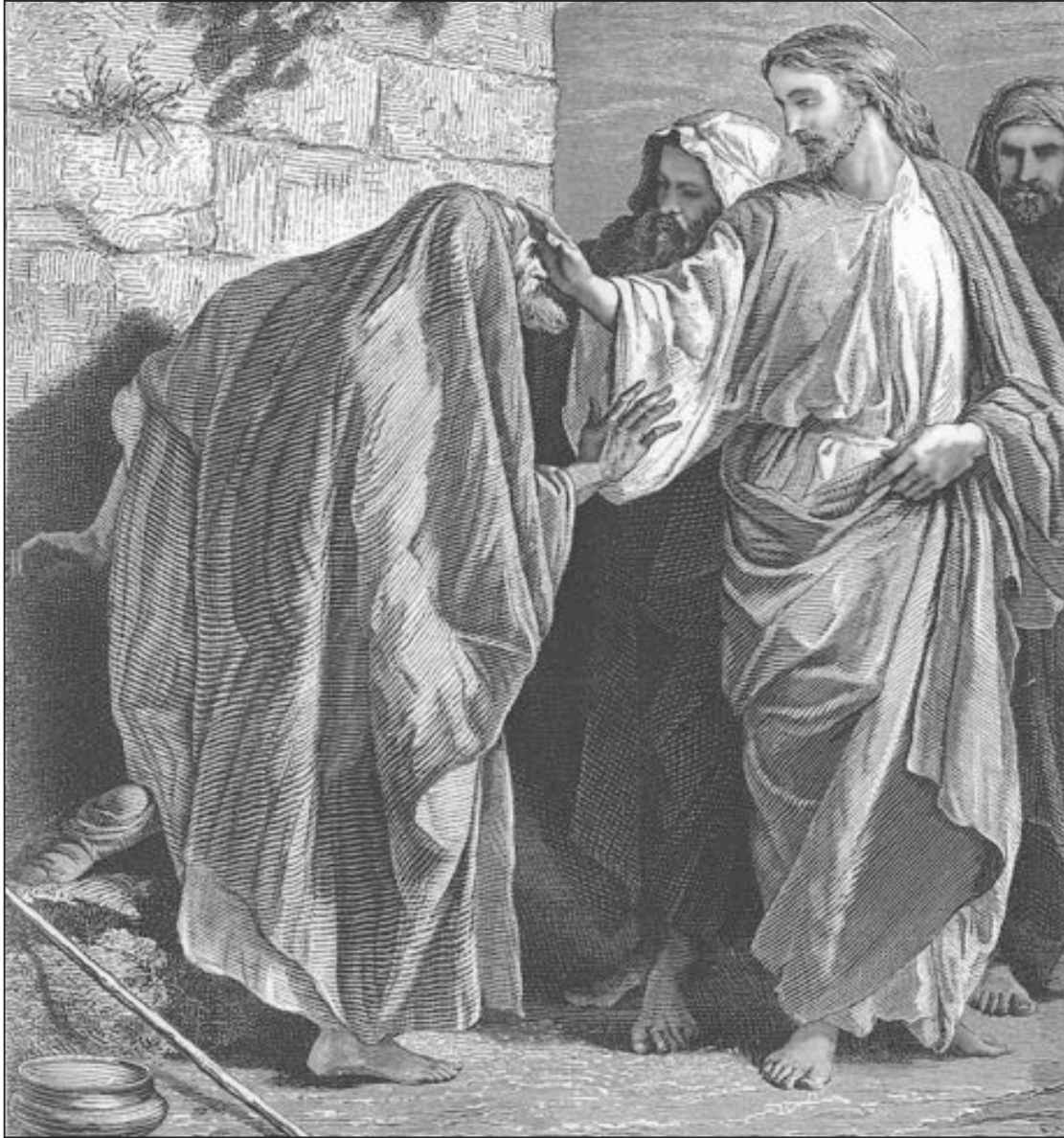


the catholic community of  
**OUR LADY OF MOUNT CARMEL**



Volume 11, Issue 6: February 11, 2024

Sixth Sunday in Ordinary Time



**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.

## 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

#### Pastor

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**TODAY'S GOSPEL MESSAGE**Sunday, February 11<sup>th</sup>

Mark 1:40-45

A leper came to Jesus and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched him, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning him sternly, he dismissed him at once. . . The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly.

**Reflection**

"The leper recognized Jesus for more than a healer, for a healer could only cure an illness. The leper specifically asked to be made clean. He wanted the barrier between him and the community to be removed. In touching the man, Jesus would have been considered to have made himself impure. But far from making himself less than whole, he is making the community whole by restoring the leper to it."

SOURCE: *Pastoral Patterns*, Winter 2023-2024**DAILY READINGS FOR THE WEEK**

<b>Monday</b>	James 1:1-11; Mark 8:11-13
<b>Tuesday</b>	James 1:12-18; Mark 8:14-21
<b>Wednesday</b>	Joel 2:12-18; 2 Corinthians 5:20—6:2; Matthew 6:1-6, 16-18
<b>Thursday</b>	Deuteronomy 30:15-20; Luke 9:22-25
<b>Friday</b>	Isaiah 58:1-9a; Matthew 9:14-15
<b>Saturday</b>	Isaiah 58:9b-14; Luke 5:27-32

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

## Ash Wednesday is February 14<sup>th</sup>

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

**Prayer Service – 3:45 PM**

You are invited to join us for one of our Ash Wednesday Masses at 8:30 AM, 12 Noon or 7 PM or for our Prayer Service designed for children at 3:45 PM. Ashes will be distributed at the Masses and Prayer Service.

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Ash Wednesday / Lenten Regulations

### Page 4

Stations of the Cross

### Page 5

Children's Liturgy of the Word

Coffee & Conversation

Medical Mission

World Marriage Day

### Page 8

First Eucharist Parent Meeting



**MASSES FOR THE WEEK****MONDAY, FEBRUARY 12<sup>th</sup>**

8:30 Jim Higgins  
Requested by Diane & Mike Bruno

**TUESDAY, FEBRUARY 13<sup>th</sup>**

8:30 Pauline Falasco  
Requested by Her Family

**WEDNESDAY, FEBRUARY 14<sup>th</sup>**

8:30 Sandra Guillen (Living)  
12:00 Janet Bock  
Requested by Her Husband, Brian  
7:00<sup>PM</sup> Deceased Members of The Miglietta Family  
Requested by The Miglietta Family

**THURSDAY, FEBRUARY 15<sup>th</sup>**

8:30 Olympia Contreras  
Requested by Her Family

**FRIDAY, FEBRUARY 16<sup>th</sup>**

8:30 Thomas Keevins, Jr.  
Requested by Veronica Keevins

**SATURDAY, FEBRUARY 17<sup>th</sup>**

8:30 Rosita E. Besa  
Requested by The Besa-Kim Family  
5:00 Francis Mathus  
Requested by His Family

**SUNDAY, FEBRUARY 18<sup>th</sup>**

8:00 Anthony Bianco  
Requested by The Flynn Family  
*and* Parishioners of Our Lady of Mount Carmel  
10:00 Mike Prelee  
Requested by Chris Connolly  
12:00 Clara Rothenberg  
Requested by Dick Trebino



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

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

“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**

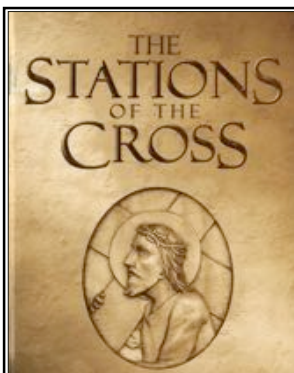
This week the Bread and Wine  
are in memory of Allie Rose Puccio  
requested by The Antonucci Family.

**THE SANCTUARY LAMP**

This week the Sanctuary Lamp  
is in memory of James Parise  
requested by The Flynn Family.

**REST IN PEACE**

Please remember in your prayers  
Mary Rose Fealey (cousin of Diane Triolo) and all the  
military men and women who have died this week.



*Anyone who wishes to  
pray the Stations of the  
Cross may do so anytime  
the church is open.*



## World Marriage Day Sunday, February 11, 2024

Almighty and eternal God, You have so exalted the unbreakable bond of marriage that it has become a sacramental sign of Your Son's union with the Church as his spouse. Look with favor on those couples that you have united in marriage, as they ask for Your help and the protection of the Virgin Mary. They pray that in good times and in bad they will grow in love for each other and that they will resolve to be of one heart in the bond of peace. Lord, in their struggles let them rejoice that You are near to help and in their needs let them know that You are there to rescue them. In their joys let them see that You are the source and completion of every happiness. We ask this through Christ our Lord. Amen.

All are invited to *Trinity's Triumph*, a movie about being a priest in today's world and focuses on young men going through the seminary. *Trinity's Triumph* is co-produced and co-written by Fr. Stephen Fichter, pastor of St. Elizabeth's Church in Wyckoff. The movie will be shown on Sunday, February 18 at Madonna Church, 1626 Anderson Avenue, Fort Lee following the 10:30 A.M. Mass. There will be a Q&A with Fr. Fichter. Admission is free. For more information, visit [tinyurl.com/trinitys-triumph](http://tinyurl.com/trinitys-triumph).

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

Children in grades K-5 are invited to Children's Liturgy of the Word during the 10 A.M. Mass on **Sunday, February 25<sup>th</sup>**. All are invited for Coffee & Conversation *hosted by OLMC Medical Mission Team* to be held in the cafeteria following the 10 A.M. Mass on **Sunday, February 25<sup>th</sup>**! Come and welcome our Medical Mission Team home from Honduras and learn about the various ministries OLMC has to offer!



From our parish family of St. Lucy, in Yamaranguila, Honduras to the parish family of Our Lady of Mount Carmel, Tenafly, GREETINGS IN THE LORD!

I am Fr. Tom Jordan, O.Carm. Some of you know me. I was pastor in St. Anastasia, Teaneck and then associate pastor in St. Cecilia, Englewood.

I have been very blessed to be in St. Lucy parish here for the past two years. I've been in Carmelite vows for 57 years and I've been a priest for 52 years. The years have flown by!

The purpose of this letter is to express our gratitude for the "Medical Mission" to us from your parish this past week.

Only superlative adjectives can describe the Mission. The professional attention of the ten doctors, plus their various collaborators, "worked miracles" with our parishioners, so to speak. They saw hundreds of our parishioners, today alone [Feb. 2] over 400 persons were attended to. Our people qualify for "being poor". There was no charge for the consultations, nor for the medicines. The whole event deepened the faith of our people. They tend to be grateful by nature, I dare say, and they were profusely grateful for this Medical Mission to us.

Since your parish of Mount Carmel sent these medical missionaries to us, we can appreciate your pride in our parish. As you probably know, your missionaries have also gone to our parishes in Peru. So, they have experience.

We in St. Lucy parish promise our prayer for all of you and for your needs.

Sincerely in Christ, and in Carmel with Mary's love,  
Fr. Tom Jordan, O.Carm.

## An Ash Wednesday Prayer

Almighty and merciful God, Ash Wednesday marks the first day of the holy season of Lent. I ask that it be a time for reflection of myself and a time of renewal for my faith.

During these forty days, let me be aware of the needs of others and of our church. By self-examination, prayer and fasting, allow me to repent for the sins that I have committed and regret any sign of contempt that I have shown towards those who differ from me.

Let these weeks leading up to Good Friday and the glory of Your Resurrection show me how much You suffered for me and how much You love me. Grant that these ashes, remind me of my own mortality and the realization that only through You can I receive everlasting life.

SOURCE: [www.prospecthillco.com](http://www.prospecthillco.com)

## Symbol of Lent: Ashes

In the early Church people performed public penance for sin by wearing sackcloth and being sprinkled with ashes. As that practice declined, it became customary to receive a mark of ashes in the form of a cross on one's forehead at the beginning of Lent, which is an extended penitential period in preparation for the great festival of Easter. The ashes used are made by burning dried palms from the previous year. When receiving ashes on the forehead, the priest or minister of the ashes will usually pray using words such as, "Turn away from sin and be faithful to the Gospel" or "From dust you came, and to dust you shall return."

## All are invited to the 34<sup>th</sup> 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. Call 201-935-6492 to purchase tickets. 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.

## LENTEN REGULATIONS REGARDING FAST & ABSTINENCE

**The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday.** If possible, the fast on Good Friday is continued until the Easter Vigil (Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. **The other Fridays of Lent are days of Abstinence.**

**On a day of Fast**, only one full meal is permitted and **two smaller meals which, if added together, would not exceed the main meal in quantity.** Those between the ages of 18 and 59 are obliged to fast.

**On a day of Abstinence**, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

The obligation to observe the laws of Fast and Abstinence "substantially," or as a whole, is a serious obligation.

The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

**The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the First Sunday of Lent, February 18, 2024 to The Solemnity of the Most Holy Trinity, May 26, 2024.**

\*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*





## “The Gift of Forgiveness”

by Deacon Lex Ferraiola

*Continued from Feb. 4 bulletin . . .*

For the next two years they are moved around Japan from prison to prison. One by one they begin to die until only two remain. After witnessing so much suffering, their faith has weakened and they are close to despair. And then one day they see a tall awkward figure being led to their cell – it is Kisuke.

After he is shoved into their cell by the guards, his friends ask him how he ended up being brought back for torture after having renounced his faith. Kisuke tells them how he wandered around Japan for two years filled with shame for betraying Jesus. Until one night he could no longer bear it.

He stood alone weeping on a desolate beach preparing to end his life. He cried out to the ocean: “Oh, if only I had been born a different person. If only I could have been strong and brave like my friends instead of the worthless coward that I am.”

From behind him, Kisuke heard a whispering voice. It was the voice of Jesus: “It’s alright, Kisuke. I understand. Just go back to be with the others. Even if the fear and the torture are too much for you to bear and you have to betray me again, it’s alright. Just go back to be with the others.”

And Kisuke did go back.

His friends’ faith was renewed by Kisuke’s story along with their love for him. As his turn comes to be led to torture, his friends tell him, “It’s alright, Kisuke. Even if you have to betray him again, the Lord Jesus is happy. He is happy that you just came back.”

There have been moments in my life when I felt like Kisuke standing on that beach; when I looked at my life and reflected on the times I had betrayed Jesus

*Continued . . .*

in those painful moments of self-reflection that I can hear Jesus whispering to me.

He asks that I just come back and try again; that I let the process of transformation unfold over time – his time not mine; that I understand that the miracle of Jesus is not immediate perfection but rather a lifelong process of falling on the floor and getting right back up again.

Like Kisuke was filled with shame and self-doubt, we sometimes hear a little voice in our mind that keeps putting us down; a voice that tries to make us stop following Jesus by telling us that we are not good enough, that we are filled with blemishes, that we are worthless. But we know that voice is lying. You see, we’ve been to the beach; we’ve heard Jesus whispering to us – and we will never be the same again.

---

Endo, Shusaku. The Final Martyrs. New York: New Directions. 1959.

Copies of Deacon Lex’s book of reflections *All Shall Be Well: Finding God Among the Pots and the Pans* is available for purchase at Amazon.com and through local booksellers.

***“We must trust  
in the power of God’s mercy.  
We are all sinners,  
but His grace transforms us  
and makes us new.”***

—Pope Benedict XVI





## Class Schedule

Sunday, February 11<sup>th</sup> (8:45-9:55 AM)  
 Tuesday, February 13<sup>th</sup> (3:30-4:45 PM)  
 Sunday, February 18<sup>th</sup> (NO CLASS)  
 Tuesday, February 20<sup>th</sup> (NO CLASS)

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**  
**SUNDAY, February 25<sup>th</sup>**  
**9:00 A.M. in the Titus Room**

A retreat will be held on March 10<sup>th</sup> (details to follow).

**The celebration of Confirmation will take place at OLMC Church on Wednesday, April 17<sup>th</sup> at 7 PM. Rehearsal is Thursday, April 11<sup>th</sup> 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](mailto:guerra@academyolmc.org).

**Ash Wednesday, February 14**  
**Prayer Service**  
**3:45 PM in the Church**

Ash Wednesday is the start of the liturgical season of Lent, a time during which we prepare ourselves for the full and abundant life that Jesus has promised us. It's an opportunity to examine our lives as Catholics. All students and their families are invited to our Ash Wednesday Prayer Service. Ashes will be distributed.



## First Eucharist

 The immediate preparation for First Eucharist begins once children have received the sacrament of 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 15<sup>th</sup> at 11 A.M. and 7 P.M. in the Church.** Please choose one meeting time to attend; no RSVP needed. 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.

## ***Eucharist Is The Heart Of Christian Life...***

**Holy Eucharist is a life-long, ongoing sacrament.** This sacrament, the most frequent and common public experience in the Church, demands our attention from its first reception through each stage of our lives.

First Communion is not only the introduction of a child into fuller community participation; it is also a reminder to adults of their own faith commitment. Eucharist is the heart of Christian life and it should become the heart of the Christian family.

SOURCE: Unknown





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).

### *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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## **OLMC CELEBRATES BLACK HISTORY**

We celebrate, honor and remember.

Black History Month, or National African American History Month, is an annual celebration of achievements by Black Americans and a time for recognizing the central role of African Americans in U.S. history. OLMC continues her proud tradition of celebrating the month with special artistic and academic programming as well as a feature on our parish website. Check out the Academy and OLMC Church websites for more information.



## **OLMC'S SUMMER ENRICHMENT CAMP**

**5-Week Program**  
**Academic Enrichment, STEM,**  
**Artistic Expression, Athletic,**  
**and Sport classes**  
**with OLMC faculty & staff**

**JUNE 24TH – JULY 26TH**  
**8:30 AM TO 2 PM\***

For students entering  
PK-3 through 6th Grade

For further information and registration form  
contact

Mrs. Perez and Mrs. O'Farrill at  
[summercamp@academyolmc.org](mailto:summercamp@academyolmc.org)

\*aftercare from 2-3 PM available for additional fee



**"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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For more information about Faith Direct, please contact:

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[faithdirect.net](http://faithdirect.net)

## 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.

### **THIS WEEKEND is the collection of non-perishable items for the Office of Concern.**

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.

*“As each one has received a gift,  
use it to serve one another  
as good stewards  
of God’s varied grace.”*

1 Peter 4:10

Start your day with  
**GRATITUDE.**  
End your day with  
**THANKS.**

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# CATERING AVAILABLE

## SUNDAY BRUNCH BUFFET



FEATURING  
LIVE MUSIC WITH  
PAUL BACCASH

12PM-3PM

RESERVATIONS RECOMMENDED

Monday: CLOSED  
Tuesday-Thursday: 4pm-10pm  
Friday-Saturday: 4pm-11pm  
Sunday: 12pm-8pm

CONTACT US:  
(201) 871-2182  
[RESTAURANTSAYOLA@gmail.com](mailto:RESTAURANTSAYOLA@gmail.com)



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