

the catholic community of  
OUR LADY OF MOUNT CARMEL



Volume 11, Issue 7: February 18, 2024

First Sunday of Lent





### 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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### **LENT: 40 DAYS**

The number 40 is found in several places throughout the Scriptures. The Israelites wandered in the desert for forty years. After his baptism, Jesus fasted in the desert for forty days. Christ ascended to heaven forty days after his resurrection. Biblically that number indicates a span of time that is “long enough” for whatever needed to happen. Our celebration of Lent mirrors Jesus’ time in the desert. These forty days provide an annual opportunity for personal conversion.

### **Stations of the Cross**

—In the Church—

Anyone who wishes to pray the Stations of the Cross may do so any time the Church is open.

Guided Stations of the Cross – 7 PM on Fridays during Lent



### **Lenten Penance Services**

Please see page 7 for a schedule of Lenten penance services.



### **Children’s Liturgy of the Word**

#### **Sunday, February 18 and All Sundays of Lent**

CLOW is being offered to children in grades K-5 during the 10 AM Mass every Sunday during Lent.



### **Coffee & Conversation hosted by OLMC Medical Mission Team**

#### **Sunday, February 25**

Join with fellow parishioners and our Medical Mission Team in the cafeteria following the 10 AM Mass.



### **Lenten Reflection:**

#### **“Journey through the Origin and History of the Mass”**

**Presented by Fr. Ashley Harrington**

**Saturday, March 2**

**8:30 AM to 12 PM**

—In the Church—

All adults are invited. We begin with Mass at 8:30 AM followed by the Rosary.

Fr. Ashley Harrington will present the retreat.

**TODAY'S GOSPEL MESSAGE**Sunday, February 18<sup>th</sup>

Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

**Reflection**

"Mark mentions that Jesus 'was among wild beasts, and the angels ministered to him.' We too may find ourselves beset by 'wild beasts' within and without as we try to resist temptations. Let us look to the angels in our lives who care for us, who offer their occasional assistance when we need it or their constant support throughout our trials. Better yet, make us angels who minister to others when they undergo difficulties or trauma and feel deserted and in need."

SOURCE: *Pastoral Patterns*, Spring 2024**DAILY READINGS FOR THE WEEK****Monday** Leviticus 19:1-2, 11-18; Matthew 25:31-46**Tuesday** Isaiah 55:10-11; Matthew 6:7-15**Wednesday** Jonah 3:1-10; Luke 11:29-32**Thursday** 1 Peter 5:1-4; Matthew 16:13-19

The Chair of Saint Peter the Apostle (Feast) – On this day, early Roman Christians celebrated a feast in honor of their departed loved ones, including their beloved predecessors in the faith, Peter and Paul. When, in the fourth century, the feast of these two saints was moved to June 29, this day in February focused on celebrating Peter and his successors as bishops of Rome and expressing gratitude for their service.

**Friday** Ezekiel 18:21-28; Matthew 5:20-26**Saturday** Deuteronomy 26:16-19; Matthew 5:43-48

# 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.

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Lent: 40 Days

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Children's Liturgy of the Word

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"Eucharist Is The Heart Of Christian Life"

The Church Offices will be **CLOSED** on  
**Monday, February 19<sup>th</sup>**  
in observance of Presidents' Day.



## MASSSES FOR THE WEEK

### MONDAY, FEBRUARY 19<sup>th</sup>

8:30 Raymond Reo  
Requested by Belen & Aurelio Vinluan

### TUESDAY, FEBRUARY 20<sup>th</sup>

8:30 Janet Bock  
Requested by Her Husband, Brian

### WEDNESDAY, FEBRUARY 21<sup>st</sup>

8:30 Wanda Ferraiuiola  
Requested by Marianne Reilly

### THURSDAY, FEBRUARY 22<sup>nd</sup>

8:30 Ludivina Fineza  
Requested by Paul & Meddy Hellman

### FRIDAY, FEBRUARY 23<sup>rd</sup>

8:30 Rolando De Leon  
Requested by His Family

### SATURDAY, FEBRUARY 24<sup>th</sup>

8:30 Raymond Reo  
Requested by Diane & Mike Bruno  
  
5:00 Wanda Ferraiuiola  
Requested by The Flynn Family

### SUNDAY, FEBRUARY 25<sup>th</sup>

8:00 Rowland O. Wilhelm  
Requested by His Family  
  
10:00 Mary & Jerry Maresca  
Requested by The Preolo Family  
  
12:00 Bernardo Armendi  
Requested by Chris Thurner & Maria Estacio  
and Parishioners of Our Lady of Mount Carmel



*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
Serenio Danese	Anastasia Pavur
Denise de Almeida	Meredith Sajdak
James Dockery	John Salvatore
Rachel Durso	Vita Santulli
Corazon E. Evora	Eufrocina Sarreal Paredes
Deacon Lex Ferraiuiola	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
	Sara Van Horne

“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  
Fr. Leonard J. Gilman, O.Carm.



### 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 Priscila Domingues Arias  
(cousin of OLMC Academy teacher Sonaly Rivera-Perez)  
and all the military men and women  
who have died this week.

“Create  
in me a  
clean heart,  
O God,  
and put a  
new and right  
spirit  
within me.”  
Psalm 51:10

## Lenten Reflection: “Journey through the Origin and History of the Mass”

Spend some time with Jesus as we gather for a Lenten Reflection morning. All adults are invited. No RSVP is needed.



**Saturday, March 2<sup>nd</sup>  
8:30 AM – 12 PM  
OLMC Church**

We begin with Mass at 8:30 AM followed by recitation of the Rosary in OLMC Church. Fr. Ashley Harrington will present the retreat.

### Do you want to fast this Lent?

Fast from hurting words and say kind words.  
Fast from sadness and be filled with gratitude.  
Fast from anger and be filled with patience.  
Fast from pessimism and be filled with hope.  
Fast from worries and have trust in God.  
Fast from complaints and contemplate simplicity.  
Fast from pressures and be prayerful.  
Fast from bitterness and fill your hearts with joy.  
Fast from selfishness and be compassionate to others.  
Fast from grudges and be reconciled.  
Fast from words and be silent so you can listen.

—Pope Francis

## 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.*

for give  
US OUR TRESPASSES  
for give  
THOSE WHO TRESPASS  
AGAINST US

## Lenten Penance Services

All are invited to receive the sacrament of reconciliation during this Lenten season.

**Monday, February 26<sup>th</sup> at 7 PM**

St. Mary's Church, Dumont

**Monday, March 4<sup>th</sup> at 7 PM**

St. Joseph Church, Oradell

**Monday, March 11<sup>th</sup> at 7 PM**

St. Peter the Apostle Church, River Edge

**Monday, March 18<sup>th</sup> at 7 PM**

Our Lady of the Visitation Church, Paramus



**Tuesday, March 12<sup>th</sup>  
9:15 AM & 7:30 PM  
Conference Room**

**OLMC Book Club is for every type of reader!**

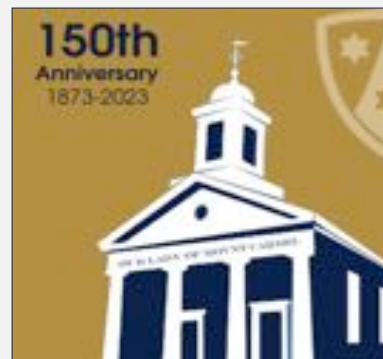
**Interested in joining?**

Contact Elliot Guerra at [guerra@academyolmc.org](mailto:guerra@academyolmc.org) or Mary Ann at the Church Office at 201-568-0545.

## "Getting a Grip . . .

Like many etymologies, the origin of the English word 'fast,' in the sense of voluntarily forgoing food, is quite revealing. The old Germanic root meant to 'hold firmly,' as we still today might say, 'to hold someone or something fast.' The idea was that through self-control and mastering our appetite we gain a firm grip on ourselves. . . When Satan came and tried to turn the Lord's head with all the enviable goods that wicked spirit could conjure, the demon met a perfectly composed heart, focused on God's word like a laser beam. May our Lenten fast so stabilize our minds that, hungering only for the Bread come down from heaven, we might see past the devil's diversions and, with our Savior, bind the strong man fast."

SOURCE: *The Magnificat Lenten Companion*. Father Anthony Giambrone, O.P.: © Magnificat Inc., New York, 2019. Print.



## OLMC Celebrates 150 Years!

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

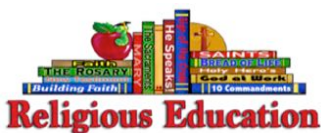


Children's Liturgy of the Word is being offered to children in grades K–5 during the 10 A.M. Mass **this Sunday and all Sundays of Lent**. Children are invited during the Mass to join with CLOW moderators to hear and understand the word of God at their level. There is no registration and no fee.



All are invited for Coffee & Conversation to be held in the cafeteria following the 10 A.M. Mass on **Sunday, February 25<sup>th</sup>** hosted by OLMC Medical Mission Team! Come and welcome our Medical Mission team home from Honduras and hear all about their life-changing service trip!





## Class Schedule

Sunday, February 18<sup>th</sup> (NO CLASS)  
 Tuesday, February 20<sup>th</sup> (NO CLASS)  
 Sunday, February 25<sup>th</sup> (8:45-9:55 AM)  
 Tuesday, February 27<sup>th</sup> (3:30-4:45 PM)



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**

Remaining sessions are: February 25<sup>th</sup> and March 3<sup>rd</sup>.

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).



## First Eucharist



All sacraments are necessarily related to baptism, the first sacrament we celebrate. First Communion is an extension of that day as children are welcomed to the family meal—the Eucharist. The Eucharist is the center of our Catholic life.

**A First Eucharist Parent Meeting was held last Thursday. If you missed the meeting, please contact the Religious Education Office.** Important information and preparation material was distributed at the meeting.

Please be sure your child is registered to receive the sacrament of First Eucharist. A copy of your child's baptismal certificate is required if your child was not baptized at Our Lady of Mount Carmel Church.

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

**Families sharing meals together help children understand many concepts that are important to understanding Eucharist.** Children grasp concepts like unity and belonging from experiences of sharing, listening, eating, conversing, thanking and celebrating. This is done at special holiday dinners, birthdays and everyday family meals.

These experiences at family gatherings are not only helpful to the First Communicant, but the whole family benefits as they grow in the understanding of Christian family life.

Holy Eucharist is the sacrament of the Body and Blood of Jesus. It is a lifelong and ongoing sacrament, a sign of unity and community. In Eucharist, the faithful are nourished and strengthened. They are transformed into a more loving and united community of believers.

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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*And a special thanks to:*  
- Rowan Raghnauth (OLMC '21)  
- Families of the Academy of Our Lady of Mount Carmel



**Winter Break February 19<sup>th</sup> through February 23<sup>rd</sup>**

School re-opens on Monday, February 26<sup>th</sup>.  
Have a safe and enjoyable week!





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## 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 for the Office of Concern 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.

**“If you give to others,  
you will be given  
a full amount  
in return.”**

Luke 27:38

## Church in Eastern Europe Collection This Weekend

Your contribution helps to rebuild the pastoral capacity of the Church and restores the faith in countries in Eastern Europe. The funds raised in the collection are used to support the renewal of vital aspects of Church life: seminaries, youth ministry, social service programs, pastoral centers, church construction and renovation, and Catholic communications projects. Thank you for your support.

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