

Our Lady of Mount Carmel

Sunday, January 20, 2019
Second Sunday in Ordinary Time



PARISH STAFF

Father Abuchi F. Nwosu Pastor
fatherabuchi@aol.com
Father Peter Oddo Weekend Assistant
Deacon Anthony Barile
Deacon Al Kucinski
Deacon Edward Muller
Dan Salvatore Coordinator of Religious Education
Caroline Mazzola Secretary
Ann Johnson Secretary

PARISH OFFICE

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RELIGIOUS EDUCATION OFFICE

Hours 9:00 am - 1:00 pm
Phone 973-579-2355

OLMC JOY CLUB (Just Older Youth)

Patricia Cholasta 973-534-7733

YOUTH GROUP

Heather Falotico olmcyg@gmail.com

KNIGHTS OF COLUMBUS, Council 9920

William R. Nagy Grand Knight
olmckofc9920@gmail.com

WEEKEND MASSES

Saturday 5:00 pm
Sunday 7:30, 9:00 & 11:00 am

DAILY MASSES

Monday-Saturday 8:30 am (except Wednesday)
Wednesday 7:00 pm
First Friday Mass 2:00 pm
@Homestead Nursing Home
Holy Days 8:30 am & 7:00 pm

EUCCHARISTIC ADORATION

Monday 9:00 am - 12:00 pm

SACRAMENT OF RECONCILIATION

Saturday 4:15 - 4:45 pm

SACRAMENTS OF BAPTISM, MARRIAGE & ANOINTING OF THE SICK

Please contact the office to arrange.

Masses for the Week

Saturday, January 19

HEB 4:12-16 / MK 2:13-17

8:30 am Ana Marie Markle *by Parish Staff*
 5:00 pm Frankie Saavedra *by Durso Family*

Sunday, January 20

IS 62:1-5 / 1 COR 12:4-11 / JN 2:1-11

7:30 am Eleanor Ann Sylvester *by Parish Staff*
 9:00 am Carl Weisser *by Deacon Tony & Beth Barile*
 11:00 am Ascione & Martini Families
by Pat & Lester Zaleski

Monday, January 21 – Memorial of St. Agnes, Virgin

HEB 5:1-10 / MK 2:18-22

8:30 am Bishop Frank Rodimer *by Parish Staff*

Tuesday, January 22 – Day of Prayer for the Legal Protection of Unborn Children

HEB 6:10-20 / MK 2:23-28

8:30 am For Respect to Human Life *by Parish Staff*

Wednesday, January 23

HEB 7:1-3, 15-17 / MK 3:1-6

7:00 pm Intentions of Tierney Veliz *by Parish Staff*

Thursday, January 24 – Memorial of St. Francis de Sales

HEB 7:25—8:6 / MK 3:7-12

8:30 am Recovery of Fr. Thomas Mangieri *by Parish Staff*

Friday, January 25 – Feast of the Converion of St. Paul, Apostle

ACTS 22:3-16 / MK 16:15-18

8:30 am Bernice Sammarco *by Parish Staff*

Saturday, January 26 – Memorial of Sts. Timothy & Titus

2 TM 1:1-8316 / MK 3:20-21

8:30 am Marilyn O'Connor *by Parish Staff*
 5:00 pm Brone Visotsky *by Cassie Liobe*

Sunday, January 27

NEH 8:2-4A, 5-6, 8-10 / 1 COR 12:12-30 / LK 1:1-4; 4:14-21

7:30 am Edward Burns *by Parish Staff*
 9:00 am Connie Bigalow & Michael Melton
by Pat & Lester Zaleski
 11:00 am Intentions of Elizabeth Johnson
by Ron & Ann Johnson

PLEASE REMEMBER TO PRAY FOR THE FOLLOWING

Jennie Apostola, Ann Bott, Walter & Concetta Brock Jr., Bradley Burchfield, Dominic Bongiorno, Joseph Colon, Fr. Angelus Croce, Stephanie Cuomo, Ingrid Diaz, Kara Deserto, Doug Ernst Sr., Linda Flynn, Donna Gatto, Richard Hennings, Ava Kljajic, Bruce Konar, Joshua Koontz, Alex Krucinski, John Kucinski, Kden LeoGrande, Pete Mahler, Maria Mallozzi, Mary Jo Manno, Deacon Charles Mathias, Susanne Martone, Brett Mershon, Mary Ellen Nienstedt, Stephen Osborn, Margie Palazzo, Jason Parker, Sr., Jerome Pasternak, Lorraine Paxton, Clarence Remke, Peter F. Reynolds, Carol Rock, Colleen Romano, Olga Romeo, Linda Ross, Rose Marie Sciascia, Carole Salvatore, Diana Salvatore-Hiler, John Samsock, Greg Schmiditty, Gloria Shope, Debbie Smith, Nancy Snook, Stephanie, Richie Sorce, Andrew Sorce, Richard Sorge, Gene Streeter, Michael Sugar, Dale Swoboda, Roberta Treptau, David & Vince Ventresca, Brooke Zaleski

A GOOD STEWARD

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|----------------------------|-------------------|
| Sunday, December 13 | \$3,133.50 |
| Online Giving | \$250.00 |
| Diocesan Assessment | \$571.00 |
| Online Giving | \$115.00 |

Thank you for your generosity!

This Week the Sanctuary Lamp Burns for the Recovery of Michael Sugar



WOMEN AND MEN OF THE ARMED FORCES

We ask God the Father, through the intercession of St. Michael the Archangel, to protect all the men and women in our Armed Forces. May they be brought back safely to those whom they love: Major Brandon Bennett, NJ Army National Guard (Federal); Larisa Furs, US Navy; Lt. Jason Gieniewski, US Army; Pvt. Daniel Michael Mobilio, Army; Captain Richi M. Pazdzierski, US Army; Captain Jane Petrick, Army; Lt. Daniel T. Pevarnik, Jr., National Guard; Captain Cheryl Ryan, US Army; Seaman Recruit Tyler Joseph Salonia; Michael Valeich, Staff Sergeant; Pvt. Zachary Wharton, Robert Williams, Airman



How do I pray?

Various forms of prayer are presented in the Catechism of the Catholic Church (CCC 2623-2649). These various forms include prayer of blessing or adoration, prayer of petition, prayer of intercession, prayer of thanksgiving, and prayer of praise.

What is meditation?

Meditation is a Christian practice of prayer dating back to the early Church. As the Catechism states: "Meditation is above all a quest. The mind seeks to understand the why and how of the Christian life, in order to adhere and respond to what the Lord is asking." By meditating on the Gospels, holy icons, liturgical texts, spiritual writings, or "the great book of creation," we come to make our own that which is God's. "To the extent that we are humble and faithful, we discover in meditation the movements that stir the heart and we are able to discern them. It is a question of acting truthfully in order to come into the light: "Lord, what do you want me to do?" (CCC 2705-2706).

Meditation is an essential form of Christian prayer, especially for those who are seeking to answer the vocational question, "Lord, what do you want me to do?"

How do we pray with Sacred Scripture?

Spiritual reading of Sacred Scripture, especially the Gospels, is an important form of meditation. This spiritual reading is traditionally called *lectio divina* or divine reading. *Lectio divina* is prayer over the Scriptures.

1. The first element of this type of prayer is reading (*lectio*): you take a short passage from the Bible, preferably a Gospel passage and read it carefully, perhaps three or more times. Let it really soak-in.
2. The second element is meditation (*meditatio*). By using your imagination enter into the Biblical scene in order to "see" the setting, the people, and the unfolding action. It is through this meditation that you encounter the text and discover its meaning for your life.
3. The next element is prayer (*oratio*) or your personal response to the text: asking for graces, offering praise or thanksgiving, seeking healing or forgiveness. In this prayerful engagement with the text, you open yourself up to the possibility of contemplation.

Continued...

4. Contemplation (*contemplatio*) is a gaze turned toward Christ and the things of God. By God's action of grace, you may be raised above meditation to a state of seeing or experiencing the text as mystery and reality. In contemplation, you come into an experiential contact

SAVE THE DATE

Saturday, February 9th After The 5 Pm Mass
Family Dinner
Compliments of OLMC
Join Us for Good Food and Fun Activities for Kids of All Ages
More Information to Follow

Knights of Columbus Council 9920
Announcement



The Knights of Columbus is a fraternal organization for Catholic gentlemen in union with the Holy See. All Catholic men, 18 and over, are invited to join. Visit "WWW.KofC.org/joinus" to learn more about the many benefits of membership in the Knights of

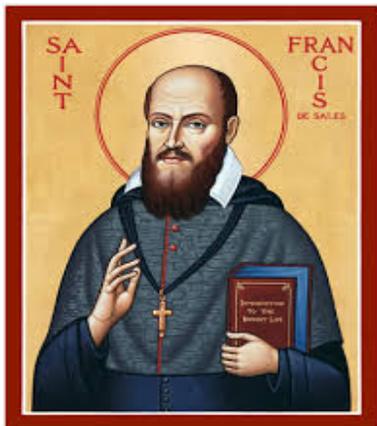
Columbus. For more information contact Grand Knight Bill Nagy at (973) 919-8554 or Terry O'Connor at (201)874-9836

CHOIR ANNOUNCEMENT

We need people to join our Choir. Everyone is Welcome! Thursday evening practice at 7:30 for one hour. Please consider joining the choir to sing some light music. To enable us to sing we need members for either the 9 AM or 11 AM Mass. If you are interested, please see Carol Kramer after either Mass.

Memorial of Saint Francis de Sales – Bishop and Doctor of the Church - January 24

St. Francis de Sales was born to a noble family at Chateau de Sales in the Kingdom of Savoy Geneva, Switzerland on August 21, 1567. From a very early age, he desired to serve God. He knew for years he had a vocation to the priesthood but kept it from his family. His father wanted him to enter a career in law and politics. In 1580, Francis attended the University of Paris and at 24 years old, he received his doctorate in law at the University of Padua. All the time he never lost his passion for God. He studied theology and practiced mental prayers but kept quiet about his devotion. To please his father, he also studied fencing and riding. God made his will clear to Francis one day while he was riding. After much discussion and disagreement from his father, Francis was ordained to the priesthood and elected provost of the Diocese of Geneva in 1593. During the time of the Protestant reformation, Francis lived close to the Calvinist territory. He decided he should lead an expedition to bring 60,000 Calvinists back to the Catholic Church. For three years, Francis went door to door but no one would listen to him or open their door so Francis found a way to get under the door. He wrote out little pamphlets to explain true Catholic doctrine and slipped them under the doors. The parents wouldn't come to him so he went to the children. When the parents saw how kind he was as he played with the children, they began to talk to him. By the time Francis returned home, he brought 40,000 people to the Catholic Church. In 1602, Bishop Granier died and Francis was consecrated Bishop of Geneva. In 1610, Francis helped Jane Frances de Chantal found The Order of Visitation. He wrote a book called The Introduction to the Devout Life. It shows that everyone can grow in holiness. Among his other writings is the Treatise on the Love of God, a history of his own love for God.



*Patron Saint of authors, writers, journalists, the deaf

Day of Prayer for The Legal Protection of Unborn Children

The over 56 million abortions since the 1973 decisions of Roe v. Wade and Doe v. Bolton, reflect with heartbreaking magnitude what Pope Francis means by a “throwaway culture.” However, we have great trust in God’s providence. We are reminded time and again in Scripture to seek the Lord’s help, and as people of faith, we believe that our prayers are heard.

The General Instruction of the Roman Missal (GIRM), no. 373, designates January 22 as a particular day of prayer and penance called the “Day of Prayer for the Legal Protection of Unborn Children.” “In all the Dioceses of the United States of America, January 22 (January 23 when the 22nd falls on a Sunday), shall be observed as a particular day of prayer for the full restoration of the legal guarantee of the right to life and of penance for violations to the dignity of the human person committed through acts of abortion.”

As individuals, we are called to observe this day through the penitential practices of prayer, fasting and/or giving alms. Another way to take part is through participating in special events to observe the anniversary of Roe v. Wade.

Prayer to Our Lady of Guadalupe: Patroness of the Unborn

Virgin of Guadalupe, Patroness of unborn children, we implore your intercession for every child at risk of abortion. Help expectant parents to welcome from God the priceless gift of their child's life. Console parents who have lost that gift through abortion and lead them to forgiveness and healing through the Divine Mercy of your Son. Teach us to cherish and to care for family and friends until God calls them home. Help us never to see others burdens. Guide our public officials to defend each and every human life through just laws. Inspire us all to bring our faith into public life, to speak for those who have no voice. We ask this in the name of your Son, Jesus Christ, who is Love and Mercy itself. Amen.





“Timely intervention at the wedding saved the married couple from embarrassment.”

Timing, as they say, is everything. Even the right thing, if done at the wrong time, may end up being the wrong thing. It is important to know what is right to do, yes, but it also important to know the appropriate time to do it. A good cook knows that it is critical to time the preparation of a meal so that all the parts of the meal are ready at the right time, as the family gathers to the dining place to eat. The couple preparing for their wedding reception ensures that they have enough food for the people invited. Today's gospel painted a picture of an odd scenario of wine running out at a wedding. In fact, it will be very odd for a drink to run out during that time. Here is the story:

John's gospel tells the story on the inauguration of Jesus' ministry, that is, the wedding at Cana. Jesus summoned some of His apostles to attend a wedding feast in Cana of Galilee. We can picture the joyous atmosphere that pervades the assembly. Weddings were a big deal then because it brought all the whole villagers together. Suddenly someone noticed that the feast may have to be cut short. The guests will be put out, and the host/couple will be humiliated, because the wine ran out. " It would have seemed like bad planning, poor budgeting, or blatant inhospitality for the hosts." Jesus' mother Mary approached Jesus to intervene so as to save the couple from public humiliation. Following some discussion and instruction, Jesus miraculously intervened by turning the jars of water into wine.

What more lessons do we learn for the miracle in Cana? From this miracle we learn we need to continue doing good deeds and performing acts of kindness to others. God will want us to intervene in other people's problems or to solve it if we can. God gave us different skills and talents. God's special gifts are not meant primarily for our personal benefit but for the service of others. This is why in the second reading, St Paul points out that we are given different spiritual gifts to use it for common good. All of us have different kinds of gifts and these gifts are meant to contribute our own quota in the society in order to build a peaceful and joyful community. Obviously, these gifts are not like the Christmas gift you have to return to the mall because you don't need them or don't like them. They are spiritual gifts which is meant for our own benefit and for the benefit of others. No one person receives all spiritual gifts. But they are all valuable and are given for some obvious benefit. "These gifts are also the grace of God acting out in our lives and in our mission calling us to be extra ordinary people who can help others in different ways." Some of us are called to be teachers, Engineers, cashier, doctors, nurses, accountants, priests, lectors, Eucharistic ministers, therapists. God calls us to use these gifts to serve or to intervene in the lives of others. The question is: Are you using these gifts for some service in the community?

-Fr. Abuchi



QUOTE OF THE WEEK

“If the heart wanders or is distracted, bring it back to the point quite gently and replace it tenderly in its Master's presence. And even if you did nothing during the whole of your hour but bring your heart back and place it again in Our Lord's presence, though it went away every time you brought it back, your hour would be very well employed.”

-St. Francis de Sales