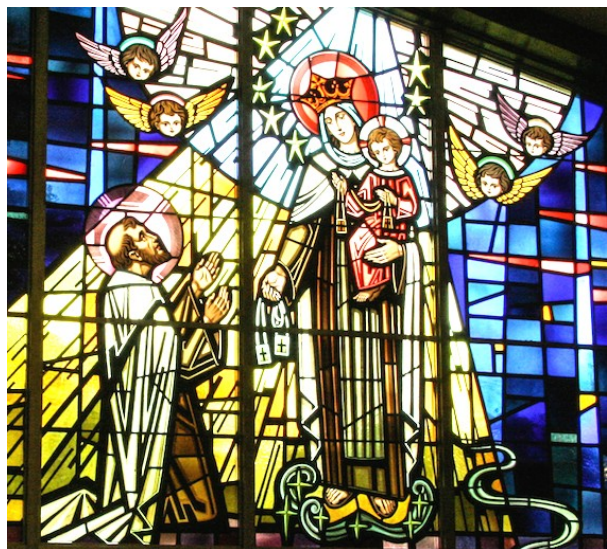


Our Lady of Mount Carmel

Sunday, February 24, 2019
Seventh 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

203 Newton-Swartswood Road • Newton, NJ 07860

Hours 9:00 am - 1:00 pm

Phone 973-383-3566

Fax 973-383-3831

Email mtcarmelswartswood@gmail.com

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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, February 23 – Memorial of St. Polycarp, Bishop

HEB 11:1-7 / MK 9:2-13

8:30 am David Weir *by Parish Staff*

5:00 pm Zaleski Family *by Pat & Lester Zaleski*

Sunday, February 24

1 SM 26:2, 7-9, 12-13, 22-23 / 1 COR 15:45-49 / LK 6:27-38

7:30 am Marion Gross *by Parish Staff*

9:00 am Peter Falotico *by Falotico Family*

11:00 am Mauro Colonna *by Joe & Charlene Marchese*

Monday, February 25

SIR 1:1-10 / MK 9:14-29

8:30 am Healing of Tyler Rodimer *by Ron & Ann Johnson*

Tuesday, February 26

SIR 2:1-11 / MK 9:30-37

8:30 am Bob Froestcher *by Barbara Froestcher*

Wednesday, February 27

SIR 4:11-19 / MK 9:38-40

7:00 pm Raphael Okeke *by Ron & Ann Johnson*

Thursday, February 28

SIR 5:1-8 / MK 9:421-50

8:30 am Heather Ryan *by Parish Staff*

Friday, March 1

SIR 6:5-17 / MK 10:1-12

8:30 am Howard Grimes *by Marie & Ray Nazzaro*

Saturday, March 2

SIR 17:1-15 / MK 10:13-16

8:30 am Intentions of Frank Roehlig *by Parish Staff*

5:00 pm Heinrich Stolz *by Boettcher Family*

Sunday, March 3

SIR 27:4-7 / 1 COR 15:54-58 / LK 6:39-45

7:30 am Deceased Members of Muller & Weisser Families *by Deacon Ed & Mary Lou Muller*

9:00 am Robert Mucha *by Parish Staff*

11:00 am Joseph Greshko *by Greshko Family*

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, Eva Kieger, Ava Kljajic, Ziggy Knop, Bruce Konar, Joshua Koontz, Alex Krucinski, John Kucinski, Kden LeoGrande, Pete Mahler, Maria Mallozzi, Mary Jo Manno, Deacon Charles Mathias, Susanne Martone, Brett Mershon, Bob Metroke, Mary Ellen Nienstedt, Stephen Osborn, Margie Palazzo, Jason Parker, Sr., Jerome Pasternak, Lorraine Paxton, Clarence Remke, Peter F. Reynolds, Carol Rock, Tyler Rodimer, Colleen Romano, Olga Romeo, Linda Ross, Rose Marie Sciascia, Carole Salvatore, Diana Salvatore-Hiler, John Samssock, Greg Schmiditty, Alfonso Scudato, Gloria Shope, Marianne Skrocki, Debbie Smith, Nancy Snook, Stephanie, Richie Sorce, Andrew Sorce, Gene Streeter, Dale Swoboda, Roberta Treptau, David & Vince Ventresca, Brooke Zaleski, Virginia Zaleski

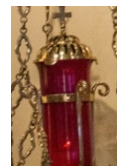
A GOOD STEWARD

Sunday, February 17	\$2,734.00
Online Giving	\$250.00

*There will be a 2nd collection this weekend for European Relief

Thank you for your generosity!

This Week the Sanctuary Lamp Burns for the Intentions of Msgr. Paul Knauer



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



BLESSING & DEDICATION OF TABERNACLE

On March 3rd at the 11am Mass, we are going to be dedicating the tabernacle dedicated by a parishioner. We want to thank the donor for offering us a beautiful tabernacle.

The Month of February
Continued from 2/10....

-Though the shortest month of the year, February is rich in Liturgical activity. It contains a feast (Presentation of Our Lord) that bridges two other seasons (Christmas and Easter)! In addition, the faithful may receive in February two of the four major public sacramentals that the Church confers during the liturgical year: blessed candles and the blessing of throats.

-The Solemnity of the Presentation of the Lord on February 2nd, harkens back to the Christmas mystery of Light except now, Christ, the helpless babe, is "The Light of Revelation to the Gentiles who will save His people from their sins." Candles, symbolizing Christ our Light, is carried in procession this day, as will be the Paschal candle during the Easter Vigil Liturgy.

- "The Light of Revelation" shines more brightly with each successive Sunday in Ordinary Time, until its magnificence-exposing our sinfulness and need for conversion-propels us into the penitential Season of Lent. We prepare to accept the cross of blessed ashes on Ash Wednesday and plunge ourselves into anticipating the major exercises of Lent – fasting, almsgiving – laying our thoughts and prayers on the heart of our Mother Mary. She, who offered her Son in the temple and on the Cross, will teach us how to deny ourselves, take up our cross daily and follow after her Son.

Thank you

Thank You also to Shellene Hennings for all your help in making the OLMC Family Dinner a success. We apologize for missing your name in last week's bulletin.

Wine and Cheese Gathering

The next Wine and Cheese Gathering will be Saturday, March 2 after the 5 PM Mass. Good opportunity to meet and get to know more of our parishioners in a relaxed manner with beverages of all types and cheese and fruits.

**Religious Education Announcement****Reminder**

***March 3rd is our next Children's Mass. Grade 3 will be actively participating.**

***March 10 is the 2nd Year Confirmation Candidates Interviews at 5:45 PM – Pizza will be served**

Church in Central and Eastern Europe

This Sunday's second collection is for the Church in Central and Eastern Europe. Support of this important mission helps rebuild the Catholic Church that was constrained for decades under Communist rule. The collection for the Church in Central and Eastern Europe funds projects to restore the faith in these countries. The funds collected are used to support seminaries, youth ministry, social service programs, pastoral centers, church construction and renovation and Catholic communications projects.

Ways to Prepare for Lent *by Anna O'Neil***1. Get moving physically**

Being made of both body and soul, I'm still inclined to forget how much the body tends to influence the state of my soul. The days when I sit around on the couch for hours, I'm much, much less likely to have the energy to do the right thing. I give less time to my family, I'm less attentive to my husband, and I'm generally depressed about my own state of affairs, which leads to a subtle sense of hopelessness. But on the days when I've taken a walk, or exercised a bit, it couldn't be more different. I'm more cheerful, more hopeful, and have more energy to give to my family. It's the perfect state of mind to try to begin to make changes in my life.

2. Get moving mentally

Feed your mind. Even if you aren't doing spiritual reading, any reading at all might help more than you think. Just reading a whole article, instead of just the headline and then a quick skim, has a way of fostering the habit of following through on what you've started. It helps me learn not to give up easily. And the mind, like any muscle, needs to be used, to stay strong. Using your mind more often can help deepen your understanding of your faith, which is rich beyond measure, and has so much to offer.

3. Start noticing your problem areas

You don't have to pick your resolutions yet, but now is the time to start thinking about what areas of your life need to be revived. Has your temper been especially short lately? (Mine has. I blame cabin fever. And original sin.) A good examination of conscience will direct you to resolutions that are personally right for you, and help you see your Lenten goals more clearly. There's also that old gimmick: try to name the seven deadly sins. The one you have the most trouble remembering is the one you may be struggling with.

4. Get yourself to the sacraments

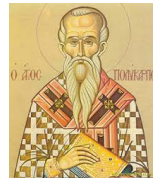
If you've already made a good examination of conscience, don't waste it. Go to confession! If you have time for daily Mass, or Adoration, even if it's just once, you won't regret it. It's always the best possible decision to try to get closer to Jesus. That's the whole point of our whole life, after all.

5. Pray, pray, pray

You don't have to be in the mood, you don't have to have energy, and you don't have to have anything to say for your prayer to be a good one. What matters is perseverance. Never underestimate the power of forming a habit. It's so hard at first, but once it's part of your routine, it becomes second nature. And wouldn't you love it if daily prayer was second nature to you?

Memorial of Saint Polycarp – February 23

*On February 23, the Catholic Church remembers the life and martyrdom of St. Polycarp, a disciple of the apostle and evangelist St. John. Polycarp is known to later generations primarily through the account of his martyrdom rather than by a formal biography. It can be determined from that account that he was born around the year 69 AD. From the testimony he gave to his persecutors – stating he had served Christ for 86 years – it is clear that he was either raised a Christian or became one in his youth.



*Growing up among the Greek-speaking Christians of the Roman Empire, Polycarp received the teachings and recollections of individuals who had seen and known Jesus during His earthly life. This important connection – between Jesus' first disciples and apostles and their respective students – served to protect the Catholic Church against the influence of heresy during its earliest days, particularly against early attempts to deny Jesus' bodily incarnation and full humanity.

*Polycarp's most significant teacher, with whom he studied personally, was St. John – whose contributions to the Bible included not only the clearest indication of Jesus' eternal divinity but also the strongest assertions of the human nature he assumed on behalf of mankind. St. Irenaeus, another catholic teacher of the second century, wrote that Polycarp “was not only instructed by apostles and conversed with many who had seen Christ: but he was also, by apostles, appointed bishop of the Church in Smyrna.”

*Polycarp faced persecution the way Jesus did. His own Church admired him for following the “gospel model” -- not chasing after martyrdom as some did, but avoiding it until it was God's will as Jesus did. They considered it “a sign of love and desire not to save oneself alone, but to save also all the Christian brothers and sisters.”

*At 86, Polycarp was captured and led into the crowded Smyrna stadium to be burned alive. The flames did not harm him and he was finally killed by a dagger. The centurion ordered the saint's body burned. The “Acts” of Polycarp's martyrdom are the earliest preserved, fully reliable account of a Christian martyr's death. He died in 155. He is the Patron Saint of earaches.



“Withheld forgiveness and love if unchecked may continue to hijack your health.”

Nelson Mandela Spent 27 years in jail for what the authorities deemed an effort to sabotage and overthrow the government. He endured not only the confinement of prison, but separation from his family and loved ones. For example, within the space of 12 months (between 1968 and 1969) both Mandela's mother and eldest son died, but he was not allowed to attend the funerals. He was later released from prison and elected president afterwards. In his inaugural speech, he encouraged his country's men and women, young and old to come together, and to heal the wounds of the past. "By inviting his white jailer to attend his inauguration as an honored guest, he actively showed the path of reconciliation to others."

The temptation to revenge or resorting to violence is an easy one. We may yield too readily to our instincts of aggression especially to our offenders but God continues to call us to have a big heart even to those who will hurt us. In the first reading today, David had his chance to kill his enemy before his enemy killed him, as Saul fully intended to do. But he held back and he would not take Saul's life. Today's gospel not only summarizes the power of forgiveness but also teaching us for caring and loving those who may not care or love us. Jesus' interpretation of law and commandment was something new for the religious leaders of Jesus' day. Their law decreed "an eye for an eye and a tooth for a tooth." "In other words, they were expected to strike back at those who harmed them in any way. It is in a gospel like that presented to us today that we see just how radical and revolutionary Jesus' teaching must have sounded back then. Indeed, it is still quite revolutionary in today's world, with our dog-eat-dog mentality. The process of salvation which he had come to establish would be based on forgiveness, and, therefore, to be part of, and to belong to that process must put each of us right out there in the front line of tolerance, forgiveness, and love."

The vast majority of Jesus' audience must have been the people that were victims of the abuse and cursing and theft. "There are no words here for the person who commits the crime, initiates the abuse, or steals the coat. Because such behavior has not part whatsoever in the life of a person who follows Jesus. So, Jesus is addressing those of us, or at least that part of us, that has suffered injustice, had our feelings hurt, or fallen victim to the greed or brutishness of our fellowman. And all of us have that experience in common. We can all roll up our emotional sleeves and show the scars of past wrongs. We have all known the suffering caused by the intentional or unintentional offences of others against us."

Jesus is not telling us to turn the enemy into a friend, but He is actually challenging us to be big-hearted and to be tolerant. Most of all, to forgive the enemy, even if he/she/they don't ask for it, and certainly even though they don't deserve it. In fact, the enemy may not be converted, but often the world watching this act of forgiveness is converted. And if nothing else, we are converted too. We must know that withheld forgiveness and love if unchecked may continue to hijack our health. The ideal Jesus sets for you and I is to forgive and be merciful just like our Heavenly Father. **–Fr. Abuchi**



QUOTE OF THE WEEK

“For 86 years, I have served Jesus Christ and He has never abandoned me. How could I curse my blessed king and savior? If you imagine for a moment that I would do that, then I think you pretend that you don't know who I am. Hear it plainly. I am a Christian.”

–St. Polycarp