

# Our Lady of Mount Carmel

Sunday, June 23, 2019

The Solemnity of the Most Holy Body and Blood of Christ



## 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 • Swartswood, NJ 07860

Hours ..... 9:00 am - 1:00 pm

Phone ..... 973-383-3566

Fax ..... 973-383-3831

Email ..... mtcarmelswartswood@gmail.com

Web ..... www.olmcswartswood.org

## 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 MINISTER

Aneesha Begraft ..... mtcarmelyouths@gmail.com

## KNIGHTS OF COLUMBUS, Council 9920

Vincent Kornmeyer ..... 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, June 22**

2 COR 12:1-10 / MT 6:24-34

8:30 am **Louis Nazzaro** *by Marie & Lou Nazzaro*

5:00 pm **Michael McCarthy** *by Larry & Mary Anne Condit*

**Sunday, June 23-The Solemnity of the Most Holy Body and Blood of Christ**

GN 14:18-20 / 1 COR 11:23-26 / LK 9:11B-17

7:30 am **Eugene Streeter** *by Sal & Barbara Ingallinera*

9:00 am **William E. Morey** *by Peggy & George Shammass*

11:00 am **Mr. & Mrs. Joseph Rota** *by Worman Family*

**Monday, June 24-Solemnity of the Nativity of Saint John the Baptist**

IS 49:1-6 / ACTS 13:22-26 / LK 1:57-66, 80

8:30 am **Intentions of Maria Sarcona** *by Mazzola Family*

**Tuesday, June 25**

GN 13:2, 5-18 / MT 7:6, 12-14

8:30 am **Intentions for Connie VanHoven**

*by Bill & Charlene Nagy*

**Wednesday, June 26**

GN 15:1-12, 17-18 / MT 7:15-20

7:00 pm **Fr. John Quinlan** *by Parish Staff*

**Thursday, June 27**

GN 16:1-12, 15-16 / MT 7:21-29

8:30 am **For the 49<sup>th</sup> Anniversary of Elsie & Rich Allen** *by Parish Staff*

**Friday, June 28 - Solemnity of Most Sacred Heart of Jesus**

EZ 34:11-16 / ROM 5:5B-11 / LK 15:3-7

8:30 am **Alice Koster** *by Ann Briggs*

**Saturday, June 29 - Memorial of Saints Pater and Paul, Apostles**

ACTS 12:1-11 / 2 TM 4:6-8, 17-18 / MT 16:13-19

8:30 am **Intentions of Barbara Froetscher** *by Barbara Froetscher*

5:00 pm **Raymond Liobe** *by Cassie Liobe*

**Sunday, June 30**

1 KGS 19:16B, 19-21 / GAL 5:1, 13-18 / LK 9:51-62

7:30 am **Danielle Nazzaro & Ida & Howard Grimes** *by Marie & Lou Nazzaro*

9:00 am **Rudolph Spatarella** *by Suzanne Wallace*

11:00 am **Eugene Streeter** *by Lester & Pat Zaleski*  
**In Thanksgiving of 49<sup>th</sup> Anniversary of Rich & Elsie Allen** *by Parish Staff*

**PLEASE REMEMBER TO PRAY FOR THE FOLLOWING**

Jennie Apostola, John and Lucy Barrett, Ann Bott, Walter & Concetta Brock Jr., Bradley Burchfield, Dominic Bongiorno, Joseph Colon, Olivia Compton, Fr. Angelus Croce, Stephanie Cuomo, Ingrid Diaz, Kara Deserto, Doug Ernst Sr., Donna Gatto, Richard Hennings, Eva Kieger, Ava Kljajic, Bruce Konar, Joshua Koontz, Alex Krucinski, John Kucinski, Kden LeoGrande, Pete Mahler, Maria Mallozzi, Mary Jo Manno, Deacon Charles Mathias, Susanne Martone, Bob Metroke, Deacon Ed Muller, Bill Nagy, Mary Ellen Nienstedt, Stephen Osborn, Margie Palazzo, Jason Parker, Sr., Lorraine Paxton, Clarence Remke, Peter F. Reynolds, Carol Rock, Colleen Romano, George Romano, Olga Romeo, Linda Ross, Rose Marie Sciascia, Carole Salvatore, John Samsok, Greg Schmiditty, Gloria Shope, Marianne Skrocki, Debbie Smith, Stephanie, Richie Sorce, Andrew Sorce, Dale Swoboda, Roberta Treptau, David & Vince Ventresca, Brooke Zaleski

**A GOOD STEWARD**

<b>Sunday, June 16</b>	<b>\$3,175.00</b>
<b>Online Giving</b>	<b>\$250.00</b>
<b>Seminary Education</b>	<b>\$787.00</b>

*Thank you for your generosity!*

**\*There will be a 2<sup>nd</sup> collection this weekend for the South American and Latin American Mission**

*This Week the Sanctuary Lamp Burns for Sam Sorce*



**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



**PARISH YOUTH MINISTER**

On behalf of the parish staff and our parish community, I'd like to thank **Heather Falatico** for her selfless service to our parish youth ministry. For the past years, she worked with our parish youth group and also accompanied them to diocesan events like the Youth Rally in Six Flags and other social activities. We wish Heather good luck as she continues to pursue her life goals and dreams.

**Aneesha Begaft** is our parish new youth minister. This past year, Aneesha taught religious education to fourth graders. She is a school teacher and also works well with people. In addition, she is excellent in working and caring for children. We thank Aneesha for accepting this role of youth minister in our parish and she is also looking forward to making a difference in our parish community.

**Knights of Columbus Announcements**



*The Knights of Columbus, Our Lady of Mt. Carmel Council # 9920 will once again award a tuition and/or supplies assistance Memorial Scholarship Award to a member of Our Lady of Mt. Carmel Parish for the academic year 2018-2019, in memory of Brother*

*Knight, Joseph A. Lacovara. Applications are available on the table by the CCD office. Please read the instructions carefully and return the application by noon July 15, 2019. If there are any questions, please ask one of the Knights, or email [olmckofc9920@gmail.com](mailto:olmckofc9920@gmail.com), or [wrnagy@ptd.net](mailto:wrnagy@ptd.net).*

**SACRAMENTAL NEEDS**

**Ministry to the Sick:** Please call the parish office for a priest visit to the physically handicapped, aged, hospitalized, sick and shut in.

**Sacrament of Reconciliation:** The Sacrament of Reconciliation is celebrated individually every Saturday afternoon at 4:15pm or by individual appointment with Fr. Abuchi at any time.

**Baptisms:** Parents may contact the parish before or after their child's birth. The Sacrament of Baptism is celebrated every Sunday at the 11 am Mass or after. We also accommodate other days. You will be invited to attend a Pre-Baptismal session either before or after the birth of your child.

**Sacramental Marriage** ~ The couple should contact the office several months before the desired date for the marriage to insure proper preparation for this Sacrament. Those who are civilly married may also contact the priest to help them convalidate their marriage in the Church.

**Come to Our Parish Feast Day – July 14**

July 16 is the memorial of Our Lady of Mt Carmel. It is the feast day of our parish. In honor of our Lady, our feast will be celebrated on Sunday, July 14 and the brown scapular of our Lady of Mt. Carmel will be vested for interested parishioners. Since our parish is blessed with good cooks and bakers, we are going to have a pot luck lunch. There will be sign-up sheets at the doors of the Church. Please plan on joining our beautiful parish community to celebrate and to socialize on **Sunday, July 14 at 11 am Mass followed by pot luck lunch.**



**SAVE THE DATE**

**OLMC Parish Tricky Tray 2019**

We will be holding our annual Tricky Tray on Friday, August 30, 2019. As you might know, this is our biggest fundraiser of the year which benefits the entire church a great deal. We need volunteers to assist the Tricky Tray team. Please call the office or contact Kelly Kays (201)317-7881 [kellymariekays@yahoo.com](mailto:kellymariekays@yahoo.com) or Kaitlin Voris (973)903-2176 [ksheehyk@gmail.com](mailto:ksheehyk@gmail.com) if you can volunteer. We will have more information for you in the coming weeks.

**PARISH 50<sup>TH</sup> ANNIVERSARY - 2020**

On December 7, 1970, Our Lady of Mount Carmel Parish became independent from St. Joe's Parish. Next year, 2020 will be the 50th Anniversary of our parish. We are considering a celebration. If you would like to be a member of the committee to help plan for the anniversary, please contact the office (973)383-3566.



**Parish Membership:** Our Parish family invites all of its members to participate fully in our spiritual and social life. Every family moving into the parish is requested to register. If you move to another parish, or change your address, please notify us.

### Preparing to Receive Our Lord in the Eucharist

We can start preparing to receive the Eucharist before we step into Mass by dressing neatly and modestly. When we dress modestly, it demonstrates to our Lord that we desire to show reverence toward Him. The Mass is a banquet where Heaven meets Earth, with God present at all times. Why would you dress immodestly in front of our Lord at His banquet?

Before 1957, it was required by the Church that Catholics fast from midnight before receiving Holy Communion. Pope Pius XII changed the fasting laws to abstaining for three hours from food, but water was acceptable to drink. Paul VI, in 1964, declared that we needed to abstain for only one hour. Thus, before we receive Communion, we need to abstain from food for one hour at the very least. If we are able to abstain for three hours or even from midnight, we should attempt to do so. Of course, those who are ill or in danger of death are exempt from this fast.

Before we receive Christ, we must examine our conscience and ask ourselves if we are free of mortal sin. If we have mortal sin on our soul, then we cannot receive Communion, for it is a sin to receive Him in that state. We can receive Him only in the state of grace. Venial sin does not prevent us from receiving the Eucharist, but it does prevent us from receiving more of the graces that we receive from Communion.

St. Paul says in 1 Cor. 11:27-28 that we should not receive in an unworthy way: "Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup." As St. Paul says, to receive the bread of our Lord in the state of mortal sin defiles the Eucharist. He says we must examine ourselves before we receive Christ, making sure our souls are clean, so we do not commit this offense. Thus, we must receive Holy Communion worthily by being in the state of grace.

### Continued

When we receive the Eucharist, we should spend time praying and meditate on Christ's sacrifice and the beauty of the Eucharist. We can spend that time thanking the Lord, asking Him for blessings or help in being able to love and obey Him more, or simply adoring Him.

### RELIGIOUS EDUCATION NOTICE

Bishop Serratelli has approved Fr. Abuchi's request that, going forward, the Sacrament of Confirmation will be administered to our OLMC eighth Grade students instead of in Grade 10 as in the past.

**This coming year (2019) will be a transitional year since we will be Confirming the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> Grade students together in one group.**

**Because the preparation for Confirmation is a two-year process, all students who are to be Confirmed must attend at least two consecutive years of instruction. For example, this means that, if a student enrolls in our Grade 8 Program, but he/she did not attend Grade 7, either here at OLMC or at another parish, he/she will have to receive another year of instruction before being Confirmed.**

Tentatively, all Confirmation classes will be held during Sunday morning CCD class time in the OLMC Community Center, and follow the CCD schedule, which will eliminate the need to meet on Sunday evenings.

**As a condition for Bishop Serratelli's approval allowing us to Confirm Grade 8 students, he has insisted that every student must be an active member of our parish Youth Group, beginning in Grade 7.**

In the coming weeks, we will be providing you with more details regarding this transition process.

--Dan Salvatore, OLMC CRE



### “Do this in memory of me” is a divine command and a mandatory remembrance

When celebrating Passover, the Jewish people honor and thank God for the great things He did on the night before their departure from Egypt. Not only that God spared their lives, He also liberated them from slavery by putting them on the march to the promised land. Once again at the gathering of this Passover celebration that Christ took similar elements from Jewish Passover meals; namely unleavened bread and wine and after prayers and blessings, He called it His body and blood respectively. Before this time Jesus shared many meals with His followers. Often it was while dining together that He shared with them His vision of God’s kingdom and necessity for all to participate in this kingdom. Of all the meals He shared with them, the one that stayed in their memory more than any other was their Last Supper, on the eve of His passion and death. At the end of this meal, He commanded His apostles to perform the same ritual in memory of Him. As St. Paul wrote in the second reading, “every time you eat this bread and drink this cup, you are proclaiming His death.”

"Do this in memory of me," means Christ wanted the apostles and subsequent generations after them to remember the great things He did. He wanted them to remember the Last Supper, His love, His mercy, His forgiveness and most of all His sacrifice on the cross. His love and mercy are exemplified as He cared and provided food to the hungry crowd as recorded in today's gospel. The Church therefore has set aside this weekend to reflect on the institution of the Eucharist at the Last Supper. Thus, it is called Solemnity of The Most Precious Body and Blood of Jesus. The early Christians met in their family homes to pray, to eat the bread and drink the wine, in memory of Jesus Christ. This was followed later with the celebration of Eucharist in the Church. “Ever since then, His church has gathered regularly in His name, to follow his instructions — taking bread and wine, blessing both, and giving them as food and drink to His disciples (us).”

In Eucharistic celebration, we thank Jesus for the great gift He gave us. That is, His supreme sacrifice on the cross for our salvation. At Eucharistic celebration, we praise and honor Him, we listen to His words in the scripture, we offer petitions for the needs of the Church, the world and for us. We finally honor His command, "do this in memory of me" by receiving the Eucharist after the consecration.

Do you ever reflect on who you receive in the Eucharist? Do you believe what you receive? "The Holy Eucharist deserves the highest reverence we can possibly give it, yet many have been taking it for granted. Many Catholics forget that we are actually being united to Christ’s Body and not just a piece of bread." Whenever we receive the holy Eucharist, we are trusting Him to satisfy our deepest needs and to accompany us in our lives. In addition, we are making a promise to be faithful to what we have heard from the scripture. More importantly to carry and make Him known to the world, to be His vessel of love and peace in an often divided and broken world. May you and I approach the Eucharist with a spiritual attitude, in a proper manner, in a proper posture, and with reverence.

–Fr. Abuchi



#### **QUOTE OF THE WEEK**

*“Someone is following me, someone who is more powerful than I am, and I am not fit to kneel down and undo the strap of His sandals. I have baptized you with water, but He will baptize you with the Holy Spirit.”*

–Mark 1:7-8