

# Our Lady of Mount Carmel

Sunday, December 8, 2019  
Second Sunday of Advent



## 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-Swartzwood Road • Swartzwood, NJ 07860  
Hours ..... 9:00 am - 1:00 pm  
Phone ..... 973-383-3566  
Fax ..... 973-383-3831  
Email ..... mtcarmelswartzwood@gmail.com  
Web ..... www.olmcswartzwood.org

## RELIGIOUS EDUCATION OFFICE

Hours ..... 9:00 am - 1:00 pm  
Phone ..... 973-579-2355  
Email ..... olmcced@gmail.com

## 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, December 7 – Memorial of St. Ambrose, Bishop & Doctor of the Church**

IS 30:19-21, 23-26 / MT 9:35-10:1, 5A, 6-8

**8:30 am Josephine Nwafor** *by Parish Staff*  
**5:00 pm Bob Nunn** *by Parish Staff*

**Sunday, December 8**

IS 11:1-10 / ROM 15:4-9 / MT 3:1-12

**7:30 am Robert Metroke** *by Craig & Liz Johnson*  
**9:00 am Deacon Peter Falotico** *by Falotico Family*  
**11:00 am Antonio Cuaycong** *by Ron & Ann Johnson*

**Monday, December 9 – Solemnity of the Immaculate Conception of the Blessed Virgin Mary**

GN 3:9-15, 20 / EPH 1:3-6, 11-12 / LK 1:26-38

**8:30 am Danielle Nazzaro** *by Marie & Ray Nazzaro*

**Tuesday, December 10**

IS 40:1-11 / MT 18:12-14

**8:30 am Theresa Carpenter** *by Pauline & Tommy Schoonover*

**Wednesday, December 11**

IS 40:25-31 / MT 11:28-30

**7:00 pm Intentions of Debbie Tripi** *by Parish Staff*

**Thursday, December 12 – Feast of Our Lady of Guadalupe**

ZEC 2:14-17 / LK 1:26-38

**8:30 am Patricia U. Ifeonu** *by Parish Staff*

**Friday, December 13 – Memorial of St. Lucy, Virgin**

IS 48:17-19 / MT 11:16-19

**8:30 am Eleanor Ann Sylvester** *by Sylvester Family*

**Saturday, December 14 – Memorial of Saint John of the Cross, Priest and Doctor of the Church**

SIR 48:1-4, 9-11 / MT 17:9A, 10-13

**8:30 am Intentions of Doug Ernst** *by Sylvester Family*  
**5:00 pm Robert Metroke** *by Mazzola Family*

**Sunday, December 15**

IS 35:1-6A, 10 / JAS 5:7-10 / MT 11:2-11

**7:30 am Brighton Anabelle Gray** *by JoAnn Lacovara-Friel*

**9:00 am** \_\_\_\_\_ *by* \_\_\_\_\_  
**11:00 am** \_\_\_\_\_ *by* \_\_\_\_\_

**PLEASE REMEMBER TO PRAY FOR THE FOLLOWING**

Ann Bott, Walter & Concetta Brock Jr., Bradley Burchfield, Ted Cassera, Joseph Colon, Olivia Compton, Fr. Angelus Croce, Stephanie Cuomo, Ingrid Diaz, Kara Deserto, Doug Ernst Sr., Richard Hennings, Barbara Ingallinera, Eva Kieger, Ava Kljajic, Michael Kochanski, Bruce Konar, Joshua Koontz, Alex Krucinski, John Kucinski, Kden LeoGrande, Pete Mahler, Maria Mallozzi, Mary Jo Manno, Deacon Charles Mathias, Susanne Martone, Bob Metroke, Greyson Christopher Mueller, Deacon Ed Muller, Bill Nagy, Mary Ellen Nienstedt, Stephen Osborn, Jason Parker, Harry Pasternak Sr., Lorraine Paxton, Clarence Remke, Peter F. Reynolds, Tammy Rivers, Charles Schult, William Schult, Carol Rock, Colleen Romano, George Romano, Olga Romeo, Linda Ross, Rose Marie Sciascia, Carole Salvatore, John Samscock, Greg Schmiditty, Marianne Skrocki, Debbie Smith, Stephanie, Andrew Sorce, Richie Sorce, Dale Swoboda, Roberta Treptau, Connie VanHoven, David & Vince Ventresca, Fred Worman, Brooke Zaleski

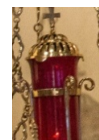
**A GOOD STEWARD**

<b>Sunday, December 1</b>	<b>\$ 2,316.55</b>
<b>Online Giving</b>	<b>\$ 400.00</b>
<b>Diocesan Assessment</b>	<b>\$ 479.00</b>
<b>Online Giving</b>	<b>\$ 45.00</b>

*Thank you for your generosity!*

*\*Second collection this weekend is for the Retirement Fund for Religious*

*This Week the  
Sanctuary Lamp Burns for  
The Intentions of George Romano*



**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; Pvt. Chance Phillips, Army; Captain Cheryl Ryan, US Army; Seaman Recruit Tyler Joseph Salonia; Ethan Swartz; Michael Valeich, Staff Sergeant; Pvt. Kyle Titus, US Army; Pvt. Zachary Wharton, Robert Williams, Airman



**Christmas Flower Donations**

If you would like to donate a Christmas flower to a loved one, the donation envelopes can be found at the doors of the Church.

**GRACE OF WEEKDAY MASSES**

Attending weekday Mass is a way we can celebrate the feast days and holy days of the liturgical year. For Catholics, every day is a holiday. Not only do we have great feast days such as Christmas, but we have many days honoring the Blessed Mother, and the numerous saints and blessed who are part of our family in the Church.

The Mass is the greatest way we can help others. At the beginning of each Mass, we can offer it for someone or for a specific intention, such as the protection of unborn babies from abortion or world peace. We can also arrange to have Masses celebrated for individuals who are living or deceased, or for our intentions.

It is not always possible to go to Mass every day, but whenever we can, taking the opportunity would benefit us. Sometimes attending weekday Mass involves sacrifice, as you might need to get up earlier to go to Mass before work or drive some distance to find a Mass celebrated at a time that is suited to your schedule. As our attendance at Mass often depends on our work schedule, we may go to Mass at churches other than our parish, an experience that is like a pilgrimage. Going to Mass frequently gives us peace and prepares to be ready when God will call us back home.

**2019 Bishop's Annual Appeal****"For I Was Hungry..."**

As the year comes to a fast end, and many are planning on how to make a final year-end charitable contribution that has the most impact, please consider the many lives that are helped because of the support given to the Bishop's Annual Appeal. These are your neighbors, your friends, our senior priests and seminarians and urban school students. All of us can play a part in the Bishop's Annual Appeal – as either a contributor to the cause or a recipient of its mission – and all are blessed as a result. Please make the Bishop's Annual Appeal a priority in your year-end philanthropy. Gifts can be made by check, credit cards, through gifts of securities or on-line at [www.2019appeal.org](http://www.2019appeal.org). If you are 70 ½ or over and have an IRA, you can receive a tax benefit by instructing your IRA investment manager to donate your required minimum distribution to the Bishop's Annual Appeal. Please call the Bishop's Annual Appeal office at (973)777-8818, ext. 218 for additional details and also consult your tax or financial advisor for more information.

**Confession:**

“A voice is calling, ‘Clear the way for the Lord in the wilderness; make smooth in the desert a highway for our God.’”(Isaiah 40:3) This verse from the first reading for the Second Sunday of Advent, Dec. 10, reminds all faithful that the liturgical season leading up to Christmas is a time for preparation and purification.

Amid the many ways Catholics get ready to celebrate the birth of Jesus — festive potlucks, Misa de Gallo, caroling, gift-giving, entertaining family and friends — the sacrament of reconciliation is often overlooked. Yet a good confession can be one of the best ways to enter into the joy of the nativity with a clean heart, light and love.

**JOY Club Christmas Party****(Fellowship for Parishioners over 55)**

The date for our next **JOY CLUB** meeting is **Saturday, December 21<sup>st</sup> at 12pm** in the Church Hall. Lunch will be served. Come join us for good company and some fun. \$5 for lunch and \$2 dues. Unisex grab bag optional \$10. Everyone planning on attending needs to RSVP by December 18<sup>th</sup>. If you have any questions or need a ride, please contact Patricia (973)534-7733.

**CHRISTMAS SCHEDULE**

**Sacrament of Reconciliation** - Wednesday, December 18 at 7:30 pm after Mass.

Tuesday - **Christmas Eve Mass** schedule is 6:00 PM and Midnight Mass.

Wednesday – **Christmas Day Mass** schedule is 7:30 AM, 9:00 AM and 11:00 AM

The Mass schedule for **New Year's Eve**, December 31<sup>st</sup> is 5:00 PM. **January 1<sup>st</sup> is the Feast of Mary, the Mother of God.** This is a **Holy Day of Obligation** with Mass at 9:00 AM.

**GIVING TREE**

Our annual Giving Tree is up! If possible, please take an ornament to help the needy. On the back of the ornament are details of what is needed. **Please return the wrapped gifts the weekend of December 14<sup>th</sup> and 15<sup>th</sup> with the tags attached.** Thank you for your generosity!

**WHAT TO DO IN ADORATION**

Sometimes we can be intimidated to go to Adoration. It is not because we fear being with Jesus in prayer but rather we have never been taught what to do in an extended period of prayer. Is it alright to read, pray a Rosary, or reflect upon the Scriptures? Or do I have to sit there- not moving or making a sound, staring at a gold monstrance with a Host inside?

While visiting our Lord in Eucharistic Adoration, we can pray in a variety of different ways. Here are some suggestions:

1. *Pray the Psalms or the Liturgy of the Hours*  
Whether you are praising, giving thanks, asking for forgiveness or seeking an answer, you'll find an appropriate psalm. The ancient prayer of the Church called the Liturgy of the Hours presents an excellent way to pray through the Book of Psalms throughout the year.
2. *Recite the "Jesus Prayer"*  
Say "Lord Jesus Christ, have mercy on me, a sinner," repeatedly as you quiet your heart and mind.
3. *Meditate using Scripture*  
Choose a passage from the Bible. Read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that message.
4. *Read the life of a saint and pray with him or her*  
Most holy men and women have had a great devotion to Our Lord in the Eucharist. Therese of Lisieux, Catherine of Siena, Francis of Assisi, Thomas Aquinas, Peter Julian Eymard, Dorothy Day, Mother Teresa of Calcutta and Baroness Catherine de Hueck are just a few. Read about them and pray their prayers before the Blessed Sacrament.
5. *Pour out your heart to Christ and adore Him*  
Speak to Jesus, aware that you are in His presence, and tell Him all that comes to your mind. Listen for His response. Pray the prayer that St. Francis instructed his brothers to pray whenever they were before the Blessed Sacrament: "I adore You, O' Christ, present here and in all the churches of the world, for by Your holy cross You have redeemed the world."
6. *Ask for forgiveness and intercede for others*  
Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament

all those who have asked you to pray for them. Ask the Lord to address their concerns.

7. *Pray the Rosary*  
Pope John Paul II reminds us, "...is not the enraptured gaze of Mary as she contemplated the face of the newborn Christ and cradled him in her arms that unparalleled model of love which should inspire us every time we receive Eucharistic communion?" (The Church and the Eucharist, 55) Ask Mary to join you as you gaze on Christ in the Eucharist and as you pray the Rosary.
8. *Sit quietly and just "be" in the presence of God*  
Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other's company. Instead of talking to the Lord, try listening to what He wants to tell you.

**Wine & Cheese Social**

The next gathering of the OLMC Wine & Cheese Social will be **Saturday, December 14<sup>th</sup>**, immediately following the 5 pm Mass. Please join us for this great way to socialize with members of the OLMC community. Children welcome! Non-alcoholic beverages served. A donation of \$5 to cover expenses is suggested.



**\*Special for Christmas celebration**

**SACRAMENTAL NEEDS**

**Sacrament of Anointing:** Please call the parish priest as soon as there is any serious illness.

**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.



## People can influence others, for good or bad, in all sorts of ways

This Second Sunday of Advent, the first reading comes from the prophet Isaiah, who preached and ministered in Israel during the eighth century, B.C. This was a crucial time in the history of Israel, and a time rich in prophetic vision. During this point in time, Isaiah became a great influential voice. But by the end of the eighth century, destruction of Israel loomed. "Surrounded by the threat of sure destruction, the people looked to the prophet Isaiah for a word of hope from God. But Isaiah's response was a mixed signal, a message of bad news and good news. He told the people that although the Assyrian threat would go away, another more powerful and deadly storm was brewing over the horizon, the Kingdom of Babylon. And Isaiah told the people that when Babylon struck, the nation of Judah would surely fall. But in the midst of that bad news, Isaiah also sounded a chord of good news. He told them a remnant of Judah would survive the destruction wrought by Babylon, and God would save the nation through that faithful remnant, who would in due time return to the land of Israel and rebuild the nation."

According to Isaiah, from that remnant, there would come one day a new and hopeful future from the line of kind David. "It would appear like a shoot, a tender new growth, springing up from the splintered stump and roots of the former greatness of Judah." And Isaiah tells the people to ground their hope in that tender new day. It would take hundreds of years for Isaiah's prophecy to come true. This prophecy was fulfilled with the birth of Jesus from Davidic line. As a matter of fact, the gospel of Matthew tells us John the Baptist was the messenger that announced and prepared for the coming of Jesus. John started off by calling people to repentance. "His strange clothing, desert diets and demanding message, rather than keeping the city inhabitants away, attract them in large numbers." In Jerusalem, crowds from different walks of life including Pharisees, Sadducees, came to John for Baptism. His message resonated with the vast majority of the people. Thus, he became the central figure and great influence in leading people to Christ.

Because of his supportive influence, several disciples followed him. Jesus also found His first disciples among those who were influenced by the preaching of John the Baptist. John had showed them the value of self-control and of prayer; he urged them to listen to the inner voice of God, with repentance and a faithful heart. Like John, God wishes us Christians also to help other people to know and love Him. If in the first place, we were more committed to our own Christian calling, we would be more effective in influencing others towards religious commitment. People can influence others, for good or ill, in all sorts of ways. Parents have the first opportunity to point their children towards God. But their words will only be effective when backed up by the actual example of their own faith and prayer. A parent who does not value prayers or going to Mass will be unable to convince their children to do otherwise. The media and journalists also have great influence on people. Unfortunately, today, they are more political and biased more than they have ever been. Consequently, the media outlets to some extent may no longer be a good influence to us. However, ordinary people outside the media can also influence the views and values of those with whom they talk and live. Those ordinary people are you and I. May we go forth and influence people in a positive way and like John the Baptist lead them also to Christ. **–Fr. Abuchi**



### **QUOTE OF THE WEEK**

*"Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset."*

**–Saint Francis de Sales**