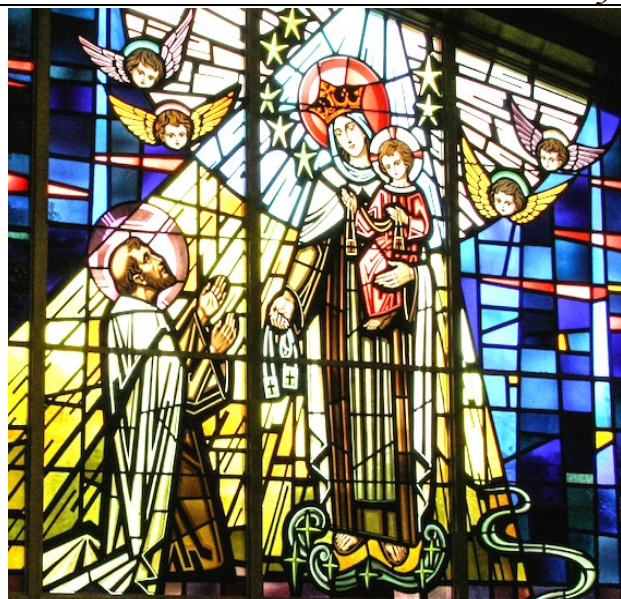


Our Lady of Mount Carmel

Sunday, January 5, 2020
The Epiphany of the Lord



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
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RELIGIOUS EDUCATION OFFICE

Hours 9:00 am - 1:00 pm
Phone 973-579-2355
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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, January 4 – Memorial of Saint Elizabeth

Ann Seton

1 JN 3:7-10 / JN 1:35-42

8:30 am God’s Protection on Our Parish Families

by Parish Staff

5:00 pm Bruce Visotsky

by Cassie Liobe

Sunday, January 5

SIR 3:2-6, 12-14 / COL 3:12-21 / MT 2:13-15, 19-23

7:30 am Natalie Carmen Friel *by JoAnn Lacovara-Friel*

9:00 am Deceased Members of Muller & Weisser Families

by Deacon Ed & Mary Lou Muller

11:00 am Lucy Sallette

by Marie & Ray Nazzaro

Monday, January 6

1 JN 3:22-4:6 / MT 4:12-17, 23-25

8:30 am George Romano *by Deacon Ed & Mary Lou Muller*

Tuesday, January 7

1 JN 4:7-10 / MK 6:34-44

8:30 am Intentions of Michael Kelly *by Kelly Family*

Wednesday, January 8

1 JN 4:11-18 / MK 6:45-52

7:00 pm Rich Sinski

by Parish Staff

Thursday, January 9

1 JN 2:22-28 / JN 1:19-28

8:30 am Intentions of Deacon Ed Muller

by Muller Family

Friday, January 10

1 JN 5:5-13 / LK 5:12-16

8:30 am Michael Sugar

by Parish Staff

Saturday, January 11

1 JN 5:14-21 / JN 3:22-30

8:30 am Intentions of Barbara Froetscher

by Barbara Froetscher

5:00 pm In Memory of Justina Muller

by Deacon Ed & Mary Lou Muller

Sunday, January 12

IS 42:1-4, 6-7 / ACTS 10:34-38 / MT 3:13-17

7:30 am Intentions of Judge Andrew Napolitano

by Sylvester Family

9:00 am Charmaine Howell

by Jim & Sue Calvert

11:00 am Teresa Marchese Contento

by Parish Staff

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, Ray Doyle, 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, Mary Ellen Nienstedt, Stephen Osborn, Jason Parker, Harry Pasternak Sr., Lorraine Paxton, Peter F. Reynolds, Tammy Rivers, Charles Schult, William Schult, Carol Rock, Colleen Romano, Olga Romeo, Linda Ross, Rose Marie Sciascia, Carole Salvatore, John Samsok, Greg Schmiditty, Marianne Skrocki, Debbie Smith, Stephanie, Andrew Sorce, Richie Sorce, Dale Swoboda, Roberta Treptau, Connie VanHoven, David & Vince Ventresca, Fred Worman, Brooke Zaleski

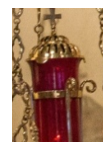
A GOOD STEWARD

Sunday, December 22	\$ 2,763.75
Online Giving	\$ 250.00
Sunday, December 29	\$ 2,725.27
Online Giving	\$ 250.00
Christmas	\$ 5,598.00
Online Giving	\$ 1,200.00

Thank you for your generosity!

**Next weekend’s 2nd collection is for the Diocesan Assessment*

*This Week the
Sanctuary Lamp Burns for
Alfonso & Josephine Scudato*



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



THANK YOU MARGE & STEVE DE ANGELIS

For the past 40 years Marge and Steve DeAngelis have been managing Sunday donuts in our parish. We thank the DeAngelis family for their devoted service not only in donut service but in other areas of our parish life. The parish usually profits about \$1000 every year. Over the years the money has been used in various ways namely for youth group and scholarship Fund. Currently the proceeds from the donut and bread sales are sent to the poor beyond our parish community. For the past 3 years the money has gone to Kenya, Food for the Poor (Florida) and Dominican Republic. "We will no longer be able to continue to manage donuts for various reasons" Marge and Steve wrote. In addition, "We are hoping there is another parish group that would take over, the DeAngelis family said. At this point, I ask for a volunteer to assist in organizing donut service. Please call the parish office or speak to Fr. Abuchi.

"The More Time You Spend With Me, The More You Will Come Away Feeling Renewed and Healed"

Jesus waits for us in the Blessed Sacrament. He waits for our little Acts of faith, adoration, love, thanksgiving, repentance, reparation and charity that we can offer Him as we contemplate -- His Divine Majesty -- in the Blessed Sacrament.

St. Alphonsus Liguori wrote: "Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the Sacraments, the one dearest to God and the one most helpful to us". The Eucharist is a priceless treasure: By not only celebrating the Eucharist, but also by praying before It outside of Mass, we are enabled to make contact with the very wellsprings of Grace ..."

Pope John Paul II in one of his homilies said, "It is pleasant to spend time with Him, to lie close to His breast like the Beloved Disciple (cf. Jn 13:25) and to feel the infinite love present in His heart ... If, in our time Christians must be distinguished by the "art of prayer", how can we not feel a renewed need to spend time in spiritual conversation, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament?"

"The Lord is faithful to all His promises and loving toward all He has made." (Ps 145:13)

Day and night Jesus dwells in the Blessed Sacrament because of His Infinite love for us!

Jesus gives us His body (to eat) so that He can nourish us, strengthen us and give us His own life and lest we be blinded by His glory, He humbles Himself to come to us in the humble species of bread... "Behold I will be with you always even to the end of the world," because "I have loved you with an everlasting love, and constant is My affection for you." (Mt 28:20; Jer 31:3)

How must we respond? Through our worship and recognition of Him in the Eucharist! He is calling us to faith, that we many come to Him in humility.

"Come to Me, all who labour and are heavy laden, and I will give you rest."

Are you tired because of the burden of your duties, because of frustration due to unsuccessful projects, because many misunderstand you? Are you heavy laden with guilt from past sins? Are you trying to find hope and meaning in life? Do not lose heart! Abandon yourself to Jesus in this "Sacrament of Love": He will refresh you!

The more time you spend with Jesus, the more you will come away feeling renewed and healed. Miracles of conversion, peace, discovery of vocations, answers to prayers, physical healings, and many other wonderful things happen where and when the Lord Jesus is adored in the Blessed Sacrament. They are the "gifts" that point to the Almighty Giver and testify to His Real Presence in the Blessed Sacrament.

Remember Me in Your Prayers

Have you ever thought about sending or requesting Mass for a friend, a loved one living or deceased as a Christmas gift? Why not offer such a beautiful gift to them. The reason that this tradition has been passed on for centuries is because of the many spiritual fruits that result from this form of prayer. The celebration of the Eucharist is the highest form of worship in the Catholic Church because we unite ourselves with Christ's sacrifice on the cross in worship of His Father.

1.) It doesn't cost anything...but if you're able to give, an offering is appreciated: There is no price tag on the Mass, however, it is customary to give an offering when requesting a Mass for an intention. That said, money should never be the reason for deciding against this beautiful tradition. Simply make your request known and talk with a priest who will make sure that a Mass is able to be said.

2.) A Mass can be offered for a person who is still living: Though we often think of having a Mass said for those who have passed away, Masses can be offered for those who are still alive. The Council of Trent says that Mass may be said "for the living and the dead, for sins, punishments, satisfactions, and other necessities." In other words, if you know someone who could benefit from the spiritual graces that come with having a Mass said on their behalf, there is no need to delay in doing so.

3.) You can have a Mass said in Thanksgiving or for a celebration: Again, most people remember to have a Mass said for the death of a loved one and a few may think to have a Mass offered for a special intention for a friend who is suffering, but rarely do we think of having a Mass offered for a celebration! Is there a better way to show our gratitude to God? Masses can be said for birthdays, anniversaries, in celebration of the reception of the sacraments, or for prayers that have been answered!

What Motivates You to Seek Jesus?

by Allison Gingras



“Wise men still seek Him” is calligraphed across an ornament adorning my Christmas tree. The weighty, frosted glass ornament came as a gift, just months into my journey of seeking to know Jesus better (after years of avoiding him). I was nudged on this journey by an unexpected invitation to join a small group of women forming a Bible study. Reading the Bible was a foreign concept to me. I chuckled and asked, “Do Catholics read the Bible?” Happily, I quickly learned that yes, Catholics do study Scriptures. The entire Mass is steeped in the Word of God. What an incredible blessing this simple act of accepting an invitation to seek someone I knew so little about would be in transforming my faith.

A star motivated the magi to seek, an unexplainable nudge to follow its guiding light. Not only would this star illuminate their physical path, but this heavenly sign would pull these non-believers towards the Radiant Light, enlightening their spiritual path. The magi’s visit — along with the Annunciation, the visit of the shepherds, and the work of John the Baptist — methodically revealed to the world Jesus as priest, prophet, and king. God’s thoughtful, meticulous, life-giving actions in sending His firstborn Son to build His kingdom stands in staunch comparison to Herod’s quick, selfish decision to slaughter the firstborn sons of his kingdom.

And where were they led? To Bethlehem, a place whose name means “house of bread.” That’s appropriate, and no coincidence, as Jesus was born to be the Bread of Life. The beautiful symbolism of the manger, a feeding trough, should not be lost on those who still seek him. God, who could have chosen to send His Son to earth in any way or stage of life, choose the humility of an infant. Jesus remains in the humblest of manners in the Eucharist under the guise of wine, and of course, bread.

The magi came to “do him homage.” Their primary objective to worship and adore him — someone they knew nothing about but knew from the star — was of great importance. When they came upon the place where the star rested, their reaction was not only joy but was of being overjoyed, as the Scriptures recount. What is your reaction when you enter the place where Jesus is today — your parish church or adoration chapel? Do you rejoice and give Jesus great honor and respect? The magi prostrated themselves, while today some who come into his Real Presence barely genuflect.

The magi offered their treasure, bringing gold, frankincense, and myrrh. Gold represented Christ’s kingship, frankincense his divinity, and myrrh his humanity. The magi themselves embody an essential element of Christ’s mission. They exemplify the truth that Jesus’ birth was not only for the chosen people but for all people. Jesus himself is on a journey of seeking. He seeks to save all of God’s children.

The magi came to adore the newborn king. When was the last time you sought to spend time adoring Christ? Jesus humbly waits for us to come and adore him — in tabernacles and monstrance’s. Following the promptings of the star, the magi come from afar to seek and worship, while we probably only have to drive 5, 10, maybe 20 minutes. Yet we do not follow the promptings of our hearts. The star trying to illuminate our way comes from that restless place St. Augustine speaks about, the place that knows no rest until it finds the One it seeks.

Spending time in adoration has been as life-changing for me as the invitation to study God’s Word at my friend’s house. There, in the quiet of the adoration chapel, I finally have permission to sit quietly, listen, and know that He is God. I kneel and bow my head to pay him homage, then slip into the pew to spend time at the Master’s feet, learning and growing in faith.

Wine and Cheese Gathering

The next Wine and Cheese Gathering will be Saturday, January 11th after the 5 PM Mass. Good opportunity to meet and get to know more of our parishioners in a relaxed manner with different types of soft beverages not just wine. Families with children of all ages are always welcome to come.



Youth and Family Experience

March for Life 2020-Friday, January 24th

This year our Lady Queen of Peace parish, Branchville, NJ will be running 2 buses: the 1st trip to Washington, DC will leave the day before and will be providing a special opportunity for families to have an overnight trip which provides the opportunity to attend the Youth Rally for life and the mass for life with numerous Cardinals, Bishops and hundreds of priests joined by contemporary Christian musicians and youth evangelists giving witness talks before the March. The second bus will be our traditional one-day trip to the March for Life, leaving in the early morning of the March. For more information, please contact Our Lady Queen of Peace parish office (973)948-3185 ext. 1.



The holidays are ending, and the sentiment of the season fading, what is left? Where is Jesus in our lives?

The word “Epiphany” means “manifestation.” "God allowed a star to announce the news of Jesus’ birth to the whole world at the same time. This is the great secret whispered from the heart of God. God was in love with the entire world. Not just the Jews. God has no favorite nation, no favorite gender, no favorite race, no favorite generation. God is in love with the whole of His creation. Throughout the centuries, people have tried to claim an exclusive place in the heart of God, as if they, and they alone, had a special relationship with God that no one else could enjoy. But God is always breaking free of such exclusive arrangements. The only reason God chose people like from Israel, or the Church today, is for the hope that these groups will get the word out to the entire world that God loves every last, least, and lost one of us. So, God chose a star to manifest His presence in the world. Had God chosen a prophet, there would be the tendency for the country of that prophet to claim first rights, a patent, on God’s message. But a star could be seen by anyone, at any place on the planet. Everyone could see the star, because everyone mattered to God. And God wanted everyone to know that in Jesus Christ He had come to earth to announce the good news for the entire human race. That is the glorious message of Epiphany, which we celebrate today. God’s Epiphany, His revelation, welcomed and included the entire world."

It was the Magi, the Persian astrologers who first interpreted the movement of the star. Guided by the star they arrived at the manger where Jesus laid. It was these Gentiles who came hundreds of miles to Bethlehem, bearing expensive gifts, to worship Jesus. They offered Him their treasures of Gold, Frankincense and Myrrh. Like Magi who offered gifts to Jesus, exchanging of gifts is the hallmark of Christmas celebration. The Christmas season is a time for sentiment, and family, and sudden bursts of generosity. We feel the urge to slip on an apron and bake – or maybe even give gifts to strangers, or volunteer at a soup kitchen, or send an extra check to a favorite charity. We give tips to the doorman and wish “Merry Christmas” to strangers and offer warm greetings to people we normally would go out of our way to avoid. We cry at the end of “It’s A Wonderful Life.” But so often, when the decorations come down, so does our good will. Christmas is over. The holiday is done. Vacation is over. We need to be mindful of this first question of the Magi when they first appeared on the scene: where is the newborn king of the Jews? Maybe this is a time to ask ourselves: Where is Jesus Christ in our world? In our hearts? In our lives?

"Sometimes, Jesus isn’t where we expect Him to be. The Magi searched for Him and found Him in a humble setting, with His mother in an animal shelter. He came into the world but the world had no room to welcome Him and seemed not to have any plan for Him. This leads to the next question, the holidays are ending, and the sentiment of the season fading, what is left? Where is Jesus in our lives? This is a time to put away the Christmas tree, the ornaments and the lights. But it’s not a time to put away Christ. This is a time to remember what His coming meant to our world – and to hold on to the sense of charity, and generosity, and wonder, and joy that are all the hallmarks of the Christmas season. How many times last month did we hear the phrase, “Keep Christ in Christmas.” Well, that’s just the beginning. We need to keep Him in every day, in every season, in our families, among our relatives and among our friends. Make Christ present to all people not only during the Christmas season.

–Fr. Abuchi



QUOTE OF THE WEEK

"We must always remember that God does everything well, although we may not see the reason of what he does."

--Saint Philip Neri