

Our Lady of Mount Carmel

Sunday, February 23, 2020
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

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RELIGIOUS EDUCATION OFFICE

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OLMC JOY CLUB (Just Older Youth)

Patricia Cholasta 973-534-7733

YOUTH MINISTER

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KNIGHTS OF COLUMBUS, Council 9920

Vincent Kornmeyer Grand Knight
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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 22 - Feast of the Chair of Saint Peter, Apostle

1 PT 5:1-4 / MT 16:13-19

8:30 am Neita Green *by Parish Staff*5:00 pm Bob Froetscher *by Barbara Froetscher*

Sunday, February 23

SIR 15:15-20 / 1 COR 2:6-10 / MT 5:17-37

7:30 am Willian Donald Sherrier *by Dorothy Eckweiler*9:00 am Thomas Sullivan *by Parish Staff*11:00 am Michelle Becker *by Bob & Janet Worman*

Monday, February 24

JAS 3:13-18 / MK 9:14-29

8:30 am Raphael Esomike *by Parish Staff*

Tuesday, February 25

JAS 4:1-10 / MK 9:30-3

8:30 am Tyler Rodimer *by Parish Staff*

Wednesday, February 26 - Ash Wednesday

JL 2:12-18 / 2 COR 5:20—6:2 / MT 6:1-6, 16-18

8:30 am Deceased Members of Long Family *by Parish Staff*7:00 pm Mary Slenska *by Sarince Family*

Thursday, February 27

DT 30:15-20 / LK 9:22-25

8:30 am Intentions of David Weir *by Parish Staff*

Friday, February 28

IS 58:1-9A / MT 9:14-15

8:30 am Intentions of Marie Curulli *by Mazzola Family*

Saturday, February 29

IS 58:9B-14 / LK 5:27-32

8:30 am Intentions of Barbara Froetscher *by Barbara Froetscher*5:00 pm Doug Ernst *by Tony Verga*

Sunday, March 1

GN 2:7-9; 3:1-7 / ROM 5:12-19 / MT 4:1-11

7:30 am Deceased Members of Muller & Weisser Families *by Deacon Ed & Mary Lou Muller*9:00 am Robert Mucha *by Knas Family*11:00 am Howard Grimes *by Ray & Marie Nazzaro*

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, Betty Mastrelli, Deacon Charles Mathias, Susanne Martone, Greyson Christopher Mueller, Deacon Ed Muller, Mary Ellen Nienstedt, Stephen Osborn, Jason Parker, Harry Pasternak Sr., Lorraine Paxton, Laura Pierce, Peter F. Reynolds, Tammy Rivers, Charles Schult, William Schult, Carol Rock, Colleen Romano, Olga Romeo, Linda Ross, Rose Marie Sciascia, Carole Salvatore, John Samssock, Greg Schmiditty, Marianne Skrocki, Debbie Smith, Stephanie, Andrew Sorce, Richie Sorce, Dale Swoboda, Connie VanHoven, David & Vince Ventresca, Fred Worman, Brooke Zaleski

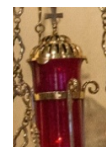
A GOOD STEWARD

Sunday, February 16	\$ 2,638.00
Online Giving	\$ 250.00

Thank you for your generosity!

**This weekend's 2nd collection is for European Relief*

*This Week the
Sanctuary Lamp Burns for
Doris Ann Rowe*



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. Pazdziarski, 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



Ash Wednesday – February 26

The Masses for Ash Wednesday are 8:30 AM and 7:00 PM. Ashes will be distributed at both Masses. It's a day of fast and abstinence.



*Days of abstinence: no meat can be eaten on Ash Wednesday and all Friday's during Lent. This applies to all Catholics 14 and older.

* Days of Fast: Only one full meal is permitted on Ash Wednesday and Good Friday for Catholics between 18 and 59. Two smaller meals are permitted, but the small meals should not equal a second full meal. Drinking coffee, tea and water between meals is allowed. Snacks between meals are not allowed.

PARISH PARKING LOT & SECURITY CAMERAS

My dear parishioners, we are raising funds for our parking lot and security cameras for our safety. The camera installation will cost over \$2,500.00 and the parking lot will cost over \$92,000.00. It will be great when it's finished.

Honestly, I have *NO* idea how much to ask you for, but a gift of \$ _____ is something you'd be able to consider? You can also make a pledge to be paid in installments. Envelopes are provided for your convenience at all doors of the church. Please fill out the amount of your contribution or if you want to make monthly installments over a 12 month period.

Together we can build our parish and I thank you for your tremendous support all this while.

Total raised so far: \$ 8,650.00.

Partners In Faith

I am happy to report that our parish recently received a check from our diocese. The amount of \$ 1,420.00, which will be put towards the cost of the parking lot, represents the seventh rebate returned to us as part of the Partners in Faith Campaign.

**2013 - \$ 14,832.87, 2014 - \$ 7,405.77,
2015 - \$ 7,040.99, 2016 - \$ 5,565.40,
2017 - \$ 3,322.78, 2018 - \$ 1,762.18,
2019 - \$ 1,420.00**

Total parish share amount as of **December 31, 2019** \$ 41,348.94. These parish funds are only available because of the parishioners who honored their pledges. I am very grateful to all the parishioners who have honored their pledge. May God bless and reward you for your generosity.

Lent 2020

Confession

Every Monday, March 2 – March 30
7:00 PM – 8:30 PM and at all Parishes in the Diocese.



Lenten Meatless Soup Suppers

Every Friday at 6:00 PM during lent.

Stations of the Cross

Begins at 7:00 PM following the Meatless Soup Supper.

Our annual **Lenten Meatless Soup Suppers** are held each Friday during lent. Dinner starts at 6PM with **Stations of the Cross** beginning at 7PM. A free donation is suggested – all proceeds will go to the Church. Sign-up sheets are at the side doors. Set-up and clean-up help is needed. Please call Dan (973)579-1908 if you have any questions or would like more information on this Our Lady of Mount Carmel tradition.



Stations of the Cross

The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus Christ's last day on Earth as a man. The 14 devotions, or stations, focus on specific events of His last day, beginning with His condemnation. The stations are commonly used as a mini pilgrimage as the individual moves from station to station. At each station, the individual recalls and meditates on a specific event from Christ's last day. Specific prayers are recited, then the individual moves to the next station until all 14 are complete.

Telling the story of the suffering, death and resurrection of Jesus was an important part of the early Christian's experience. In the late 4th century, people began making pilgrimages to the Holy Land, where they would follow the path that Jesus took to Calvary. During the Middle Ages, when outbreaks of war made it impossible for people to travel to the Holy Land, people created a Via Dolorosa, or "Sorrowful Way," in their towns and villages. They erected paintings or sculptures depicting the Passion of Christ along a processional route or inside a church. By the mid-18th century, the number of stations was fixed at 14 and the devotion known as the Stations of the Cross, also called the Way of the Cross, became widespread.

Journey to the Foot of the Cross - 10 Things to Remember For Lent

Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting and Almsgiving—as the three things we need to work on during the season.

It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.

It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hotdogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ.

It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends and coworkers."

It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control – it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.

Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.

Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.

Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.

Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.

Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.



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.

Sponsor Certificates: Letters of recommendation for sponsors of the Sacraments can be issued only to active registered members of the parish who are receiving the Sacraments on a regular basis.

Charitable Statements

Please call the office if you'd like to receive a copy of your 2019 contributions.

Loving your enemies and praying for your persecutors. But do you know what that means? Do any of us?



On October 2, 2006, Charles C. Roberts walked into an Amish schoolhouse armed with three guns. There were 26 students in the schoolhouse. He allowed the 15 boys, a pregnant female student, and three other adult females with infant children to leave safely, but held the remaining 15 girls captive and tied their feet together. His deranged rationale for his actions was that he wanted to exact revenge for something that had happened in his past. Notes that he left behind indicate anger toward himself and God for the death of his newborn daughter almost nine years earlier. Authorities were alerted, and soon arrived on the scene. Not long after police arrived, Roberts started shooting, killing three children and himself. Two more children died later from their injuries.

In the face of such tragedy, one can only imagine the hurt and anger the loved ones of the victims might feel. In an extraordinary demonstration of forgiveness, members of the Amish community, including family members of the deceased victims, attended Robert's funeral and comforted his widow. The Amish community did not stop there—they also offered financial support to Robert's widow. That is the power of forgiveness!

That, in a nutshell summarizes the readings of today. The readings are about loving and taking care of our enemies. In the book of Leviticus, Israelites were instructed not to bear hatred, revenge or grudge against anybody. In the gospel, Jesus admonished His followers to love and pray for their enemies. This in fact, is one of the most challenging, most difficult, most confounding passage in all of the gospels. It is also the most fundamentally Christian – because it is the passage that calls on each of us to be the most like Christ. More than that, Jesus calls us to be “perfect, like the Father is perfect.” And the most radical and counter-cultural of all: Loving your enemies and praying for your persecutors. But will any of us do that?

I ask you now to take a moment to think and reflect on your own life. Consider all the people who have hurt you. Those who have lied to you. Stabbed you in the back. Remember the ones who spread vicious rumors about you that were patently untrue. Those who have gossiped about you, or judged you unfairly. Consider the friend that you trusted, who betrayed you. The co-worker who broke a confidence. The person whose name you'd rather forget who wounded you, or disrespected you, or took advantage of you or even abused you. Look back on all the people in your life who have left bruises and scars, with a word or a look or a touch. Now imagine doing what Jesus command us today, "love them" and "pray for them." Jesus condemns revenge because two wrongs don't make right. He asked you and I to pray for their good and peace. What does this mean? Jesus asks us to pray that grace will come into their lives. "Pray that their eyes may be opened, and their hearts may be healed. Because the chances are, if someone has hurt you or persecuted you, it's probably because someone once did the same to them."

Jesus also taught us the perfect example of forgiveness and kindness in the final moments of His life on the cross. Surrounded by His enemies and His persecutors, He hung on the cross, stripped, bleeding, gasping, as they gambled for His clothes and waited for Him to die. And in that moment, Jesus pleaded, and prayed: “Father, forgive them. They know not what they do.” Loving those who hate us and praying for those who attack us is one of the surest ways to heal and move on. As Nelson Mandela stated, "he knew that if he carried anger and bitterness through the prison doors, he would always be stuck in prison and never be able to enjoy the freedom and the life that he was about to have. That's a powerful lesson in forgiveness. He was able to remove the wall that held him back from true freedom and stop replaying the past in his mind."

As we approach the Eucharistic table, pray for the grace to love the unlovable, to forgive the unforgivable, and to remember in prayer those you'd rather forget. Like the Amish community who forgave Mr. Roberts, if you want to experience all that life has to offer, all the blessings that are in your present and future, then do not focus on the past and wrong doings inflicted on you but rather move on and focus on forgiveness.

--Fr. Abuchi



LENTEN QUOTE - "Fasting is the soul of prayer, mercy is the lifeblood of fasting. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petitions of others. If you do not close your ear to others, you open God's ear to yourself." --Saint Peter Chrysologus