

Our Lady of Mount Carmel

Sunday, March 1, 2020
First Sunday of Lent



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, 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*

Monday, March 2

LV 19:1-2, 11-18 / MT 25:31-46

8:30 am Vincent Gentile

by Parish Staff

Tuesday, March 3

IS 55:10-11 / MT 6:7-15

8:30 am For the Souls in Purgatory *by Parish Staff*

Wednesday, March 4

JON 3:1-10 / LK 11:29-32

7:00 pm Intentions of Agnes McCheyne

by Pauline & Tom Schoonover

Thursday, March 5

EST C:12, 14-16, 23-25 / MT 7:7-12

8:30 am Marcel Black

by Parish Staff

Friday, March 6

EZ 18:21-28 / MT 5:20-26

8:30 am Mary Parkyn

by Parish Staff

Saturday, March 7

DT 26:16-19 / MT 5:43-48

8:30 am Intentions of Betty Murray

by Ron & Ann Johnson

5:00 pm Doug Ernst

by Parish Staff

Sunday, March 8

GN 12:1-4A / 2 TM 1:8B-10 / MT 17:1-9

7:30 am William Muller *by Deacon Ed & Mary Lou Muller*

9:00 am Deceased Members of Koltek Family

by Knas Family

11:00 am John Schetting

by Bob & Janet Worman

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, 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 Samsock, Greg Schmiditty, Marianne Skrocki, Debbie Smith, Stephanie, Andrew Sorce, Richie Sorce, Dale Swoboda, Connie VanHoven, David & Vince Ventresca, Fred Worman, Brooke Zaleski

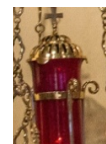
A GOOD STEWARD

Sunday, February 23	\$ 2,401.00
Online Giving	\$ 250.00
Eastern European Relief	\$ 508.35
Online Giving	\$ 25.00

Thank you for your generosity!

**Next weekend's 2nd collection is for Diocesan Assessment*

*This Week the
Sanctuary Lamp Burns for the
Intentions of the Valeich Family*



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



**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 received to date: \$ 14,405.00

Unpaid pledges: \$400.00

Total: \$ 14,805.00

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.

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.

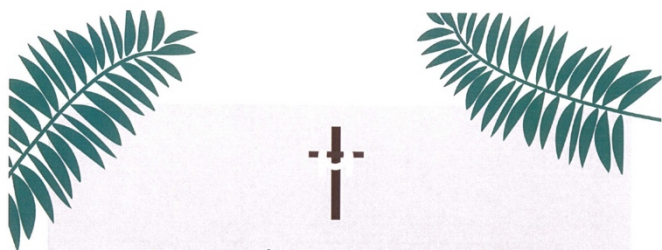
Our annual **Lenten Meatless Soup Suppers** are held each Friday during lent. Dinner starts at 6PM with **Stations of the Cross** beginning at 7PM. A free donation is suggested – all proceeds will go to the Church. Sign-up sheets are at the side doors. Set-up and clean-up help is needed. Please call 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.

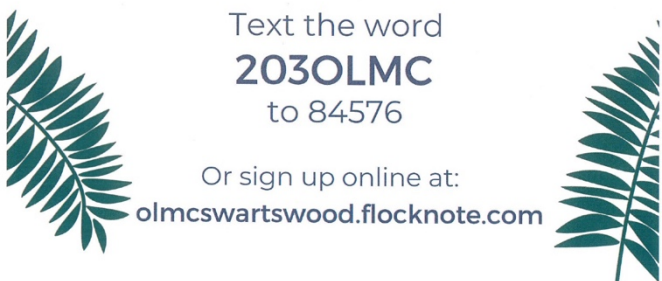


Keep in touch with us via email and text!

Mass times, weather cancellations, ministry news & more

Text the word **203OLMC** to 84576

Or sign up online at: olmcswartswood.flocknote.com



Begin now your spiritual journey

Ash Wednesday marks the beginning of Lent, the 40 days of preparation for the Easter season when Christians are called to deepen their spiritual lives through the practices of fasting, prayer, and almsgiving. The belief is that our consistent participation in these practices — like exercise we do for our physical health — improves our spiritual well-being by stripping away all that is unnecessary and becoming more mindful of how God is working in our lives. Challenge yourself this year, and go beyond the usual practice of “giving up” something. Now is a great time to take stock of your spiritual life and to grow in it. Not sure where to start? Check out these 25 ideas:

1. Make a commitment to read the Sunday scriptures *before* you go to Mass. In the same way that reading up on football players, opposing teams, and coaching strategies will help you experience a game more fully, familiarizing yourself with the readings ahead of time will help you experience them in a deeper way on Sunday.
2. Try to find new ways to practice the disciplines of fasting, prayer, and almsgiving. Each day of Lent,
3. Try a new spiritual practice. Sign up or attend Eucharistic Adoration. Spend some time with the Lord in prayers.
4. Think about what you usually spend your money on. Do you buy too many clothes? Spend too much on dinner out? Pick one type of expenditure that you'll “fast” from during Lent, and then give the money you would usually spend to a local charity.

5. Take something on — 40 days of letter writing, 40 acts of kindness, 40 phone calls to the important people in your life.
6. Go to a weekday Mass daily or at least one day during the week. Daily Masses are often more intimate and shorter than Sunday Mass.
7. Pray for somebody. As you're walking the streets, driving the highways, or sitting in your cubicle at work, pick out a person who appears to be in need and pray for that person. Be mindful of the words of philosopher Philo of Alexandria, who said, “Be kind, for everyone you meet is fighting a great battle.”

KICK-OFF TO THE FUNDRAISING FOR THE CAPITAL IMPROVEMENT FUND

1st Fundraiser

Celebrate St. Patrick's Day at OLMC

Saturday March 14 - 6pm.

\$10 per ticket; kids under 12

Mac & Cheese - \$5

Vegan Shepherd's Pie

available. Limited Seating

Don't Miss Out! - Get your

tickets early on sale after Mass.



2nd Fundraiser

SAVE THE DATE for OLMC DAY Thursday,

March 26th at Dominick's Restaurant in Newton.

10% of all sales made

on that day (lunch,

dinner, catering, take-

out), comes back to

the church.



Please help support our Parish by participating in these Fundraisers!

Wine & Cheese Social

The next gathering of the OLMC Wine & Cheese Social will be **Saturday, March 7th**, 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.



Knights of Columbus Announcement

Knights of Columbus Council 9920 is sponsoring a Bible Study starting Wednesday, March 11 after the 7pm Mass. Sign-up sheets will be at the side doors of the church.



**The devil offers us comfort, total satisfaction, protection and absolute power.
That would be irresistible to many of us. But not to Jesus.**



In "Hamlet," Shakespeare famously wrote that "the devil hath the power to assume a pleasing shape." This reflects in the first reading with the temptation of Eve and Adam and likewise the temptation of Jesus. However, the readings contrast two responses to temptation. "Our first parents, Adam and Eve, preferred their own inclinations to the will of God. Jesus, on the contrary resisted temptation and wanted only what the Father of all life required of Him. St Paul reflects on how those radically different options affect ourselves. Adam's sin brought trouble on all, but we are offered a new kind of life by the fidelity of Christ."

In today's gospel from Matthew, there are three particular temptations – when you break them down thematically they amount to hunger, the absence of pain and immortality and power. Those are three of the most urgent desires any one can have. They go to the heart of who we are. We all know how we feel when we are starving. But hunger can be more than just a craving for food; there is the hunger for love, or for sex, for attention and so forth. The human appetite is sometimes insatiable. Jesus was tempted to act without discretion with the assurance the angels will support Him so that He doesn't incur any pain or death. Immortality is really about more than never dying. It's about more than having the constant protection of angels. It is also about never feeling pain, or loss, or sickness, or sorrow. Thwarted by the second effort, the devil pressed for the third attack. At this point, Jesus was tempted on power. "Power is about more than political ambition or world domination or celebrity; it is also about control, and independence -not being accountable to anyone, and being able to do what you want whenever you want, however you want". This has led to the downfall of many people. In saying "no" to these temptations, and not giving in to them, Christ is saying "yes" to being one with us. He is saying: I will know what it is like to be hungry, to crave something that I can't have. "He is saying: I will know what it is to hurt, and to bleed, and to die. He is saying: I will know what it is like to want power, but to be powerless."

"The story of the trials of Jesus before Satan in our Gospel offer us more than just a story about Jesus beating and resisting the Devil. By His resistance to these temptations, He paved the way for us all to resist evil. Remember the devil offers us comfort, total satisfaction, protection and absolute power. That would be irresistible to many of us. But not to Jesus. Satan attempts to lure everyone, without exceptions, even Jesus Christ. So be prepared to expect the Tempter, and do not suppose that the very fact you are tempted means you are evil. The reason we join him in forty days of Lenten preparation each year is to build continually the spiritual muscles needed to fight off the Devil. Make these forty days a time of soul-searching, clarifying your dependence on God, sharpening your focus on His purpose for your life, emptying yourself of anything that drags against your joy before Him."

As we begin our journey through Lent, Matthew's gospel offers us how to be in strong in the moment of temptation. In fact, we do not go into these forty days alone. We don't go through life alone. We go with Christ. He knows what we are living with, and living without. He knows our appetites and our hungers, our insecurities and needs. Turn to Him in moments of temptation or weakness. Take His hand. Receive His strength. Turn to Him when you are tempted. Turn to Him when you think no one else will understand, no one can relate, no one can grasp what you are going through. Jesus will.

–Fr. Abuchi



LENTEN QUOTE - As Lent is the time for greater love, listen to Jesus' thirst...'Repent and believe' Jesus tells us. What are we to repent? Our indifference, our hardness of heart. What are we to believe? Jesus thirsts even now, in your heart and in the poor -- He knows your weakness. He wants only your love, wants only the chance to love you."
-- Blessed Teresa of Calcutta