

# St. Mary-Our Lady of Mt. Carmel

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[http:// www.stmarys-ny.org](http://www.stmarys-ny.org)

## ~ MASSES ~

### Saturday Evening

5:00pm, 7:00pm (Spanish)

### Sunday

8:30, 9:45am (Spanish), 11:30am

### Daily (Mon-Sat)

9:00am

### Holy Days

9:00am and 7:30pm

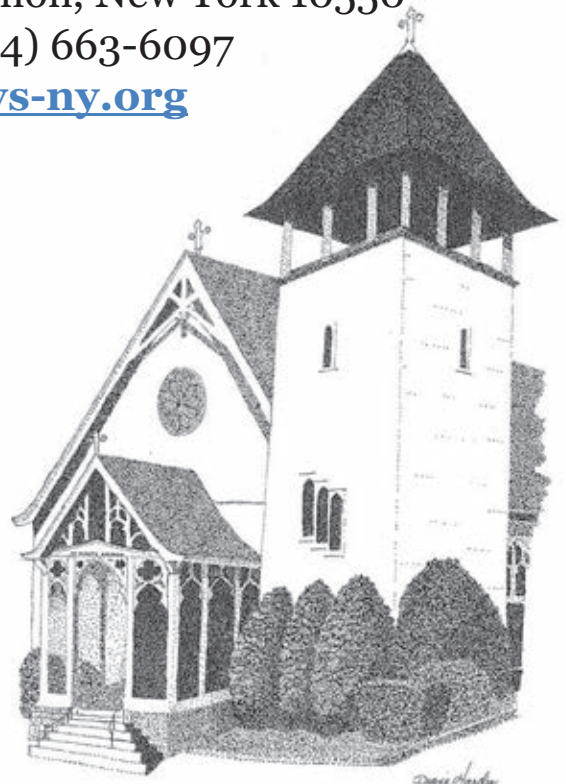
## ~ OFFICE HOURS ~

**Sunday & Monday:** Closed

**Tuesday through Friday:** 9:30 – 6

**Saturday:** 9 – 4

*Other times by appointment*



## Rev. Francis P. Scanlon

*Pastor*

## Deacon Joe Patrona

*Minister of Education*

## Deacon Frankie Vazquez

*Minister Assistant*

## Clara Vazquez

*Parish Secretary*

## Alan J. May

*Business Manager*

## John Griffiths

*Minister of Music*

## Stephen M. Bauert

*Maintenance Engineer*

## Juan M. Cruz

*Custodian Assistant*

## BAPTISMS & WEDDINGS

Please call the Rectory for an appointment with the Pastor  
(914) 664-5855.

## CONFESSIONS

Saturday 4:00 - 4:45pm

## CATHOLIC CHARISMATIC PRAYER MEETING

Wednesdays at 8:00pm in Parish Hall.

Teachings, Witnessing, Scripture Sharing, and more, to give honor and praise to God the Father, Son and Holy Spirit. *All ages are welcome!*

## SPANISH PRAYER MEETING

Every Friday at 7:00 pm in Parish Hall.

First Friday: Holy Hour 6:30 - 7:30 pm

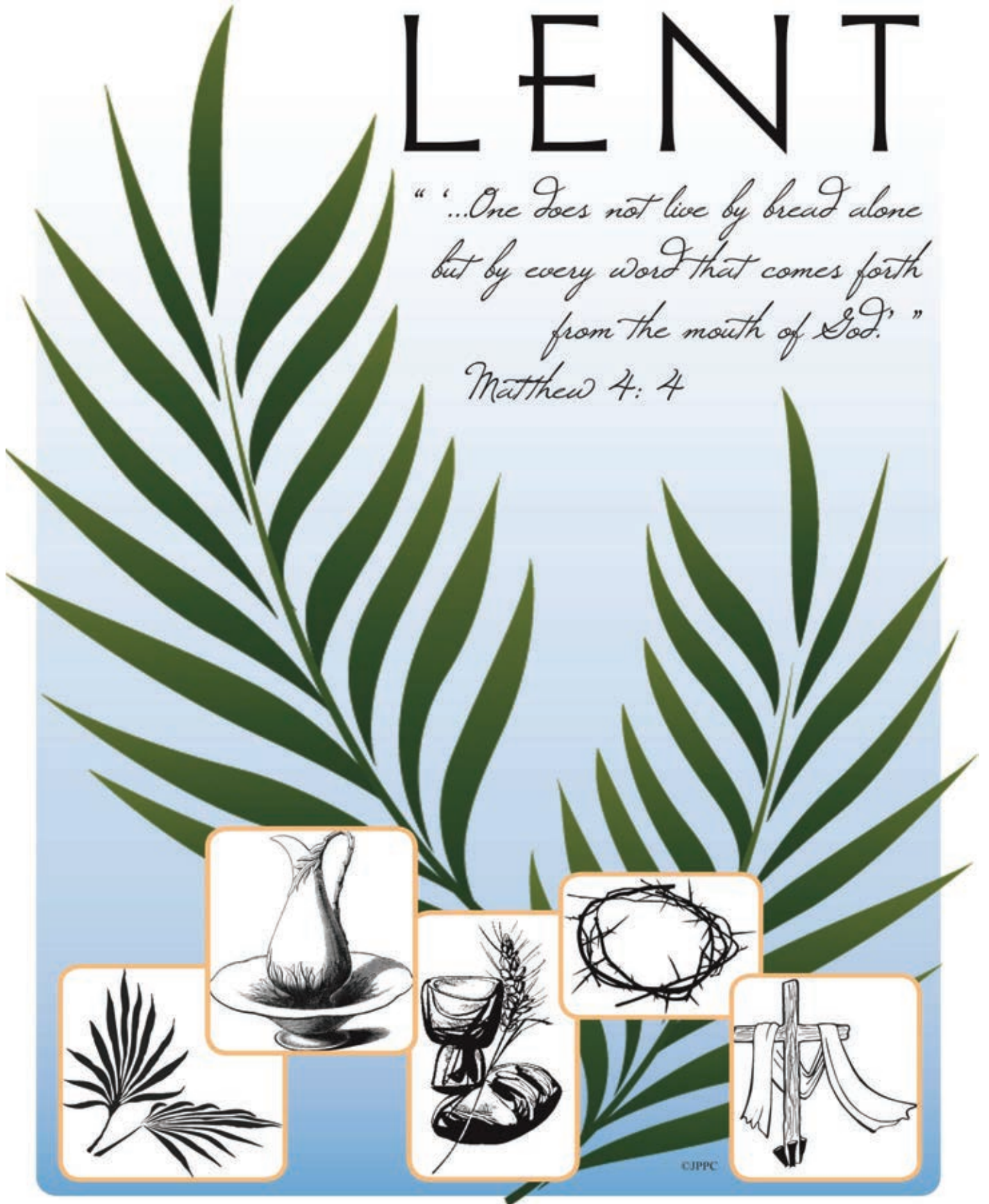
First Friday: Healing Mass 7:30 pm

*“Truly you have formed my inmost being; You knit me in my mother’s womb. You knew that I was there – You saw me before I was born.” (Psalm 139: 13, 16) **PRAY FOR THE UNBORN***

*ABUSE SURVIVORS: We are grateful you are here today. We are sorry for the intense pain you suffer. We know there are many types of abuse; including sexual, physical, emotional and psychological. We hope you find this Church community a place of sensitivity that does not exacerbate your pain. We pray that you seek the support and help you need. We also pray that God holds you in His gentle loving hands and helps you to heal. Amen*

# LENT

*"...One does not live by bread alone  
but by every word that comes forth  
from the mouth of God."*  
Matthew 4: 4



Church of St. Mary – Our Lady of Mt Carmel  
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*Good and gracious God, physician and healer, we pray that you will lay your healing hands upon those who are sick and restore them back to health through your divine grace, love and compassion. In Jesus we pray. Amen*

Idalia Vázquez, Kathy Barletti, Lucille Strychalsky, Maria Garcia Abreu, Lourdzery Bisono, Bob Tornese, Amanda Fonseca, Elva Abraham, Gina Rudelli, Dominick Ruocco, Elouise Davis, Vincent Porpora, Janet Decarlo, Joanne Rescigno, Barbara Steele, Marie Maignan, Dorcas Wilson, Daniel Williams, Steven Baez Yves Terrible, Margaret & Edward Helm, Craig Wells, Thomas Kelsey, Melissa Thompson, Maureen Heaney, Henry Trusty, Vincent & Richard, Adriana and Alex, Margaret Becker.



*O Lord, creator and redeemer of all your faithful people, we pray that those we love who have gone before us in faith may know your mercy, light, and peace; and the blessings of everlasting life. Amen*

November – Altagracia Cruz, Rolando Vázquez  
Frank Castro  
December – Msgr. James E. White, Melina St. Hilaire,  
Rev. Carlos Rodriguez,  
January – Terri Fava, Vonzula Walker, Dominic Ciccone Sr.  
Mary F. Norrington, Robert Fredrickson  
February- Lynn Ajello, Anthony & Margie Signore  
Geraldine McCoy, Rev. Brendan O'Donnell  
March – Marivel Suarez  
April – Kermit Boreland, Jane E. Serio  
May – Curt Anthony Virgin  
June - Philip Skulsky, Mario Dominguez,  
Cristina Benitez, Richard Vason  
July - Monica May, Maria Vaquero, Larry Genova,  
Essamma Thomas  
August - Charlie Altatonna, Maria Sanabria Kenny  
Mary Kelly, Rene Rosario  
September- Juanita De Jesus, Lukas Roberts jr.  
October- Ruth Nordone

### **BEST LENT EVER**

**Instead of giving up chocolate for Lent, discover simple ways to transform your life in forty days. Let us join together as a community for BEST LENT EVER, a free email program from Dynamic Catholic. Lent is meant to be a time when we invite God to help us become the-best-version-of-ourselves. This year, you can do that with BEST LENT EVER. Each day of Lent, you'll receive a short inspirational video that will help you find areas for growth, build better habits, and spark lasting change in your life. All you have to do is sign up at [BestLentEver.com](http://BestLentEver.com).**

### **THE WORD AMONG US**

**The Word Among Us books are available in the vestibule of the church. Please take one and use during your prayer time to read the readings of the day as well as the daily meditation to help you enter into the readings and into the spirit of Lent.**

### **Franciscan Mission Associates**

**Non-Profit seeks person with Alpha/Numeric experience speed and accuracy/Experience in Word & Excel required. Full-time-good benefits-lower Westchester. Email resume to [admin@franciscanmissionassoc.org](mailto:admin@franciscanmissionassoc.org) or fax to 914-664-3017.**

### **A Lenten Journey St. Paul the Apostle Prayer Group**

**Welcome Brother Jagath Community of the Risen Lord (CRL Ministries), Columbo, Sri Lanka. Tuesday Nights During Lent, 2020 Dates: March 3, 10, 17, 24, 31 and April 7 at 7:30 pm in the Cafeteria of St. Paul the Apostle Church, 77 Lee Avenue, Yonkers, N.Y. 10705 (3 Blocks West of Major Deegan) Entrance to School Yard on Lee Avenue (Off McLean Avenue). For more information call 914-965-9333.**

~ ~ From the Pastor's Desk ~ ~

**Rice Bowl**

When Jesus fed the 5,000, he said, "Give them some food yourselves." Reflect on the challenge of global hunger. How can you contribute to support the hungry in your community? Visit [crsricebowl.org](http://crsricebowl.org) for more.

**Mother of God Prayer Group**

A Mass for Healing will be celebrated at Holy Rosary Church, Hawthorne, NY on Monday March 9, 2020 at 7:30 pm. Fr. Justin Cinnante will be the celebrant. This is an opportunity to bring your spiritual and physical needs to the Lord.

**Cardinals Appeal**

I would like to thank the 10 families in our parish who have contributed to the *Cardinals Appeal* thus far. To date, we have raised \$2,500.00 in pledges towards our \$34,000.00 goal. We are getting closer, but we still have a ways to go! Remember, 60% of any cash raised over goal is returned to our parish. Please take a moment this week to make your contribution. Thank you all for your generosity and support.

*Parish Ministries for Next Weekend -March 7, 2020 & March 8, 2020*

Time	Lectors	Eucharistic Ministers
5:00 pm	Pat Spana	MaryAnn DiLiberti, Dorothy Satriale Rich Spana
8:30 am	Ellen Archer	Mary Barletti, Nancy Ramos Joseph Barletti
11:30 am	Lisette Gongora Stephanie Opper	Donna Mazzola, Peter Ricca Phil Papa, Brian Hunt, Diane Koster
Greeters for 3/8/20: Peaches Wills & Emily Di Vito		

*Calendar of Upcoming Events - March 2, - March 7, 2020*

2 Monday	7:00 pm	Westchester Grupo de Oración – Parish Hall
3 Tuesday	7:00 pm 7:00 pm	Bible Study- Rectory Via Cruces- Parish Hall
4 Wednesday	8:00 pm	Charismatic Prayer Meeting -Parish Hall
5 Thursday	9:45 am 4:00 pm	Morning Prayers in the Church PSR- Grades 1 thru Grade 6
6 Friday	4:00 pm 6:30 pm 7:30 pm	Food Pantry Hora Santo/Holy Hour Misa de Sanacion
7 Saturday	9:00 am 12:00 pm	Secular Franciscans Order -Parish Hall Healing Mass



February 23, 2020 \$5,386.00 / February 24, 2019 \$4,889.00

## ~ Desde El Escritorio Del Pastor ~ ~

Unámonos como una comunidad para una mejor Cuaresma, un programa gratuito de correo electrónico de católico dinámico. La Cuaresma viene cada año. Está destinado a ser un momento en que invitamos a Dios para que nos ayude a convertirnos en la mejor versión de nosotros mismos. Pero para muchos de nosotros, la Cuaresma no es una experiencia transformadora. Es solo un momento en el que abandonamos el chocolate o algo que disfrutamos, y luego regresamos durante la Pascua. Este año, puedes cambiar eso con Best Lent Ever. Cada día de Cuaresma, recibirás un breve video inspirador que te ayudará a encontrar áreas para crecer, crear mejores hábitos y provocar un cambio duradero en tu vida. Todo lo que tiene que hacer es registrarse en [BestLentEver.com](http://BestLentEver.com).

Los libros de *La Palabra Entre Nosotros* están disponibles en el vestíbulo de la iglesia. Tome uno y úselo durante su tiempo de oración para leer las lecturas del día, así como la meditación diaria para ayudarlo a entrar en las lecturas y al espíritu de la Cuaresma.

La organización sin fines de lucro busca personas con experiencia / precisión alfabética / numérica / se requiere experiencia en Word y Excel. A tiempo completo, buenos beneficios, en Westchester. Envíe el currículum por correo electrónico a [admin@franciscanmissionassoc.org](mailto:admin@franciscanmissionassoc.org) o envíelo por fax al 914-664-3017.

Un viaje cuaresmal Grupo de oración de San Pablo Apóstol: Bienvenido Hermano Jagath Comunidad del Señor Resucitado (CRL Ministries), Columbo, Sri Lanka. Martes Noches durante la Cuaresma, 2020 Fechas: 3, 10, 17, 24, 31 de marzo y 7 de abril a las 7:30 pm en la cafetería de la Iglesia de San Pablo Apóstol, 77 Lee Avenue, Yonkers, NY 10705 (3 bloques al oeste de Mayor Deegan) Entrada al patio de la escuela en Lee Avenue (Off McLean Avenue). Para más información llame al 914-965-9333.

Plato de arroz: Cuando Jesús alimentó a los 5,000, dijo: "Denles algo de comer". Reflexione sobre el desafío del hambre global. ¿Cómo puede contribuir a apoyar a los hambrientos en su comunidad? Visite [crsricebowl.org](http://crsricebowl.org) para más información.

Grupo de Oración Madre de Dios: El lunes 9 de marzo de 2020 a las 7:30 pm se celebrará una misa para la curación en la iglesia Holy Rosary, Hawthorne, NY. El padre Justin Cinnante será el celebrante. Esta es una oportunidad para llevar sus necesidades espirituales y físicas al Señor.

Apelación del Cardenal: Me gustaría agradecer a las 10 familias de nuestra parroquia que han contribuido a la Apelación de los Cardenales hasta el momento. Hasta la fecha, hemos recaudado \$ 2,500.00 en compromisos hacia nuestra meta de \$34,000.00. ¡Nos estamos acercando, pero todavía tenemos mucho camino por recorrer! Recuerde, el 60% de cualquier dinero recaudado sobre la meta se devuelve a nuestra parroquia. Tómese un momento esta semana para hacer su contribución. Gracias a todos por su generosidad y apoyo.

AYUNO: Expresa nuestro deseo de encontrar la felicidad en Dios y no en la satisfacción de nuestras necesidades físicas. El control que obtenemos sobre nuestros apetitos nos ayuda a reconocer más profundamente que todo placer verdadero y duradero proviene de Dios. Sabiendo esto, tenemos la libertad de aceptar con gratitud los alimentos y saborearlos, o de evitar o limitar los alimentos que sabemos que no son saludables para nosotros. A través del ayuno, nuestra relación con nosotros mismos se reorienta hacia Dios.

LIMOSNA: Brinda asistencia a los pobres entre nosotros y nos ayuda a reconocer a Dios como la verdadera fuente de nuestra seguridad. La propiedad y la riqueza ejercen menos control sobre nosotros cuando regalamos o compartimos nuestra riqueza por amor a Dios y a los demás. La limosna es una forma de llevar nuestra relación con los demás a la órbita del amor de Cristo.

ORACIÓN: Cambia nuestra relación con Dios. A través de la oración, admitimos nuestra necesidad de un poder que sea mayor que nosotros. Reconocemos nuestras limitaciones y dejamos ir la unidad para controlar todo. En el proceso, nos abrimos a todo lo que Dios tiene para ofrecernos.

Regulaciones de Cuaresma para el Ayuno y la Abstinencia: La Iglesia enseña que los católicos con buena salud deben observar las siguientes prácticas durante la Cuaresma a menos que por alguna razón sería no puedan hacerlo: los católicos entre las edades de 18 y 59 están obligados a ayunar el Miércoles de Ceniza y Viernes Santo. Además, todos los católicos mayores de 14 años deben abstenerse de comer carne el Miércoles de Ceniza, el Viernes Santo y todos los viernes de Cuaresma. El ayuno según lo explica por los obispos de los Estados Unidos significa participar de una sola comida completa y dos comidas más pequeñas que no equivalen a la comida principal. La abstinencia prohíbe el uso de carne, pero no de huevos, productos lácteos o condimentos hechos de grasa animal.

**FASTING:** Expresses our desire to find happiness in God rather than in the satisfaction of our physical needs. The control we gain over our appetites helps us recognize more deeply that all true and lasting pleasure comes from God. Knowing this we are freed to gratefully accept food and savor it, or to avoid or limit foods that we know are unhealthy for us. Through fasting, our relationship to ourselves is reoriented toward God.

**ALMSGIVING:** Provides assistance to the poor among us and helps us recognize God as the true source of our security. Property and wealth exercise less control over us when we give away or share our wealth out of love for God and for others. Almsgiving is a way of bringing our relationship to others into the orbit of Christ's love.

**PRAYER:** Changes our relationship with God. Through prayer, we admit our need for a power that is greater than ourselves. We acknowledge our limitations and let go of the drive to control everything. In the process, we open ourselves to all that God has to offer us.

**Lenten Regulations for Fasting and Abstinence:** The Church teaches that Catholics in good health are to observe the following practices during Lent unless for some serious reason they are unable to do so: Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. Fasting as explained by the U.S. bishops means partaking of only one full meal and two smaller meals that do not equal the main meal. Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.



**First Sunday of Lent  
March 1, 2020**

Saturday, 2/29/20	9:00 am 5:00 pm 7:00 pm	Maria Martin (4 <sup>th</sup> Anniversary in Heaven) Phil Fiorentino (Birthday in Heaven) Gloria Facendo (3 <sup>rd</sup> Anniversary in Heaven) Jose & Rosa Rodríguez (22 <sup>nd</sup> Wedding Anniversary)
Sunday, 3/1/20	8:30 am 9:45 am 11:30 am	Dennis Solano Sr. (Birthday in Heaven) Elías Jose Tiburcio (1 mes), Noah Jace Tiburcio (2 meses) Presentación Anthony Kapaj & Katerina Kapaj (Deceased) Linda Oluba Ayanruoh (Deceased 30 days)
Monday, 3/2/20	9:00 am	Lynn Ajello (Deceased)
Tuesday 3/3/20	9:00 am	Deceased Members of the Ruddy Family
Wednesday, 3/4/20	9:00 am	Richard Mojica (Health & Healing)
Thursday, 3/5/20	9:00 am	Joan McCaffrey (Deceased)
Friday, 3/6/20	9:00 am	No Mass Intention Mentioned
Saturday, 3/7/20	9:00 am 5:00 pm 7:00 pm	No Mass Intention Mentioned Patty Karas (Deceased) Jose & Rosa Rodríguez (22 <sup>nd</sup> Wedding Anniversary)
Sunday, 3/8/20	8:30 am 9:45 am 11:30 am	James Devlin (Deceased) No Intenciones en Español Louis Salomone (Deceased)

Anthony J. Guarino

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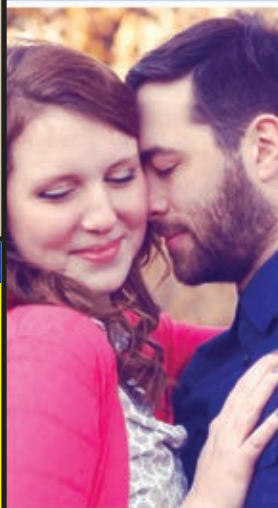
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