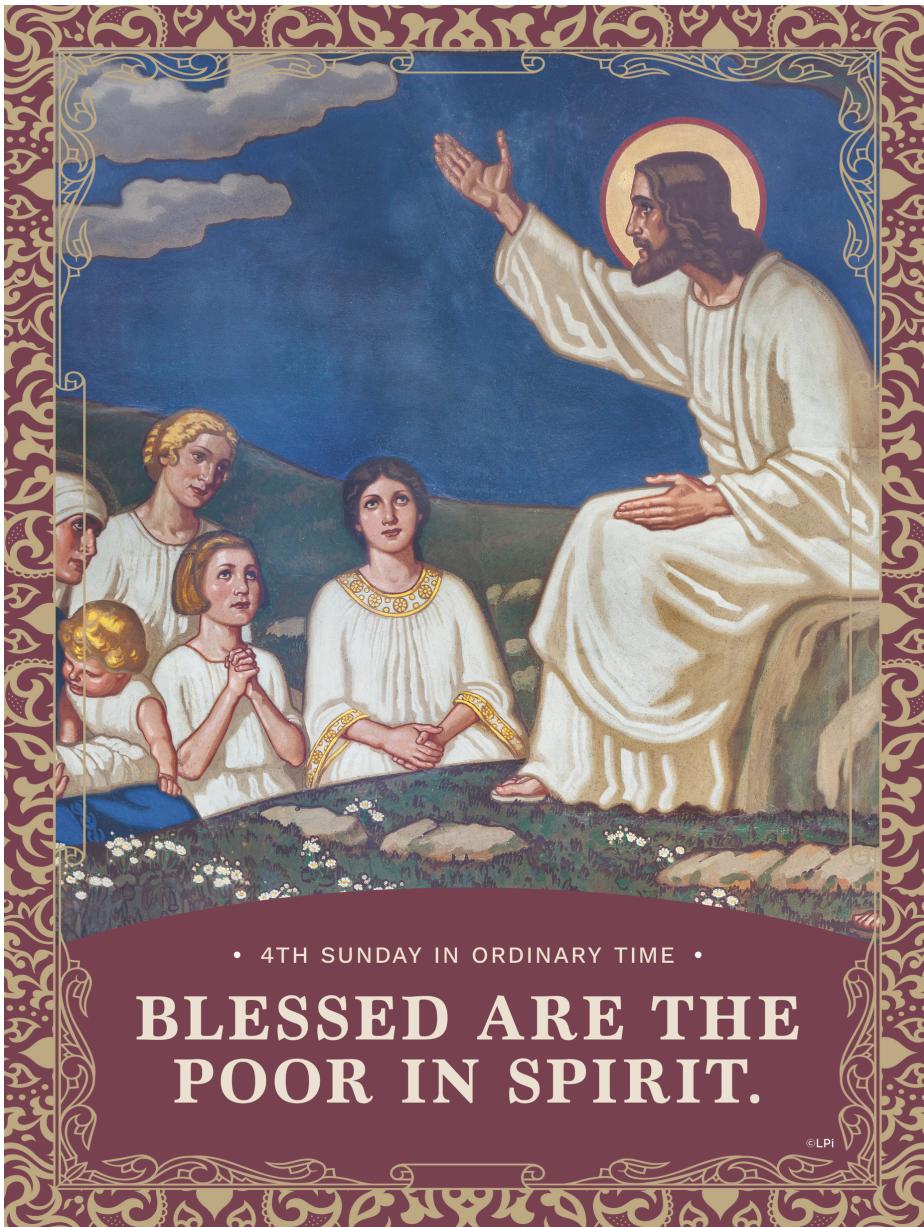


OUR LADY OF MT. CARMEL PARISH

8404 S. CASS AVE. DARIEN, IL 60561



• 4TH SUNDAY IN ORDINARY TIME •

BLESSED ARE THE POOR IN SPIRIT.

©LPI

OUR MISSION

We are the Church, alive with Christ, a diverse community rooted in faith, celebrating a liturgy of life. We are prayerfully responsive to the Spirit of the living Gospel, freely and fully ministering to all.

OFFICE PHONE: 630-852-3303 - RELIGIOUS ED: 630-963-3053

FEBRUARY 1, 2026

FOURTH SUNDAY IN
ORDINARY TIME

CONNECT WITH US

 ourladyofmtcarmel.org
 facebook.com/olmcdarien

MASS SCHEDULE

WEEKEND MASS

Saturday Vigil | 4:30pm
Sunday | 8:15am, 10am & 12pm

WEEKDAY MASS

Monday-Saturday | 9am

RECONCILIATION

Saturday | 3:15pm - 4pm

CHURCH OFFICE HOURS

Monday-Friday | 8am-4:30pm

PARISH STAFF

Rev. Jeff Smialek, O.Carm., Pastor
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02 PASTOR'S LETTER

February 1, 2026/Fourth Sunday in Ordinary Time

PASTOR'S LETTER

A pet store delivery truck was making its way through town when the other travelers couldn't help but notice the peculiar behavior of the truck's driver. Every time the truck came to a red light or stop sign, the driver would jump out of the truck with a baseball bat in his grasp, run to the back of the truck and beat viciously on the back panel. After witnessing this bizarre behavior through several intersections, the man who was stuck behind the truck finally got out of his car and asked the pet store delivery truck driver why he was beating the back panel of his truck with a baseball bat. The driver explained, "This is only a two-ton truck and I'm carrying four tons of parrots and other exotic birds, so I've got to keep two tons of them in the air at all times!"

That sounds like a good description of our lives most of the time. We got so much going on. It is running here and running there. I got this to do and that to do. I have to be here, and I have to be there. I am as guilty as anyone else. I got enough go on too. We get burned out. We get stressed out. It leads us to ask one basic question Am I stressed or am I Blessed? That is something that we all must give thought to. Amid all that is going on am I living a godly life? Am I living out the beatitudes?

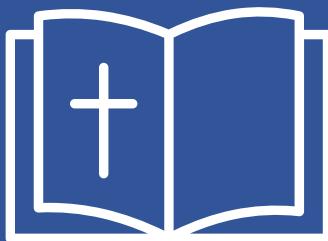
The Gospel today is the sermon on the mount and the Beatitudes. Jesus' simple steps for living a good life. Jesus is always trying to get us to rise to the next level. The beatitudes stand as the opposite of the 10 commandments. The 10 commandments give the things to avoid, the long list of don'ts. The Beatitudes give us the to do list. All the things that I should be doing.

The reading of the Beatitudes comes up often feasts days of Saints. The Beatitudes are always the Gospel reading for All Saints Day in November. It is easy to see why. The Beatitudes is how a person becomes a saint. It is not enough to just avoid things such as the 10 commandments tell us, but we must also do things. We become saints by doing, not just avoiding. We must help, we must comfort those who mourn, we must make peace, we must work for justice. We must live out the Beatitudes. That is how we come to be blessed and not stressed out. Living our faith and living out the Beatitudes is how we show our faith. It is how we put order into our lives. It helps us keep perspective and see what really must be done. The beatitudes help us become less stressed and more blessed.

We have started work on the upper deck space. The area will have new ceiling tiles and light fixtures. Most importantly, commercial grade vinyl flooring will be put down to replace the carpeting. When we have events like doughnut Sundays, we don't have to worry about a spill staining the carpet. It can be easily mopped up. The project will take 2-3 weeks, so please pardon the dust and noise during the week. I encourage people to consider making donations to the parish building fund so that we can keep up the much-needed projects.

Our Lady of Mount Carmel ... Pray for us!

Fr. Jeff



Readings for the week of February 1, 2026

Sunday: Zep 2:3; 3:12-13/Ps 146:6c-7, 8-9a, 9b-10/1 Cor 1:26-31/Mt 5:1-12a

Monday: Mal 3:1-4/Ps 24:7, 8, 9, 10/Heb 2:14-18/Lk 2:22-40 or 2:22-32

Tuesday: 2 Sm 18:9-10, 14b, 24-25a, 30-19:3/Ps 86:1-2, 3-4, 5-6/Mk 5:21-43

Wednesday: 2 Sm 24:2, 9-17/Ps 32:1-2, 5, 6, 7/Mk 6:1-6

Thursday: 1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd/Mk 6:7-13

Friday: Sir 47:2-11/Ps 18:31, 47 and 50, 51/Mk 6:14-29

Saturday: 1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/Mk 6:30-34



**REV. JEFF SMIALEK,
O.CARM., PASTOR**

03 EVENTS & INTENTIONS

February 1, 2026/Fourth Sunday in Ordinary Time

MASS INTENTIONS

SATURDAY, JANUARY 31

4:30pm Nicholas and Lydia Busanic (Family)

SUNDAY, FEBRUARY 1

8:15am Carmella & Steve Scarmardi (Nick Rocco)

John Schultz (Family)

Frank & Alice Massi (Family)

10:00am Shirley McCarty (Linda Cunningham & Family)

Noon Nenita Recinto (Family)

Edgardo Aceron (Family)

MONDAY, FEBRUARY 2

9:00am Erlinda Casaclang-living (Maribeth Seecheung)

Jeff Harbacek (Family)

Fred Kees (Eileen Foreman-Smith)

TUESDAY, FEBRUARY 3

9:00am Ann Noll (Nick & Karen Poduba)

Antoinette Gill (Family)

Kathy Gearhart (Sheri)

Chacko John (Family)

Mary Joseph (Family)

WEDNESDAY, FEBRUARY 4

9:00am Benedicto Tutor (Andrea Tutor)

THURSDAY, FEBRUARY 5

9:00am Rosemary McElroy (Donatello Family)

FRIDAY, FEBRUARY 6

9:00am Lois Brom (Family)

SATURDAY, FEBRUARY 7

9:00am Gene Chesen (Donna Kolacki)

Holy Face Lay Carmelite Community (Tod Melton)



St. John the Caregiver,
pray for us.

Coming Soon to OLMC Friends of St. John the Caregiver Circle of Hope

*A support ministry for
caregivers, rooted in Christ's
passion and the Loving Care
of our Blessed Mother.*

*This ministry offers prayer,
comfort, rest for the soul and
strength for a Caregiver's
journey. "You are not alone on
this sacred path of
caregiving."*

lori.prado@ourladyofmtcarmel.org



Young at Hearts

Meets on the Lower Level

Join us February 5th at 10:00 a.m.

Hope to see you then!

04 RELIGIOUS EDUCATION

February 1, 2026/Fourth Sunday in Ordinary Time



Questions of the Week

Question for Children: Choose one of the Beatitudes and share how you will make it part of your life.

Question for Youth: Jesus gives us a plan for our happiness in the beatitudes. Do the things that make you happiest also lead you towards God? Do they follow God's plan?

Question for Adults: How do you describe what it means to be "blest" in your own life?

Activities of the Week

Discuss the Beatitudes with your child. Help your child find magazine pictures of things that bring happiness to him or her or to the family. Have your child cut out a picture that represents his or her favorite Beatitude.

Brainstorm as a family: Happiness is... Talk about ways that your family is happy or blessed. Create a happy corner on your refrigerator.

Get out pictures of your good times as a family and post them on the refrigerator door.



Reconciliation for the families of our First Communicants and 4th Graders will be:

Tuesday, February 3 and Monday February 9 at 6:30 PM. Monday students in grades 2 & 4 will be excused from RE to go to Reconciliation. All family members are invited to receive the sacrament as well.

Please contact the RE office for more information.



Catechist Workshops

This is a reminder that all Catechists need to complete 6 hours of formation every year.

3 hours are completed through one of The Catechetical Institute of Franciscan University's workshops. We will be offering "Christ-His Person and Works" (first workshop) on Saturday, February 21 from 9:00-12:30, or Wednesday, February 25 from 6:00-9:30. please contact the RE office for more info.

Family Mass

Our next family Mass is on February 15 at 10:00. We will need readers, greeters, jr. ushers, and gift bearers. We also invite children to sing in the choir at this Mass. Practices will be on Thursdays at 6:30 PM.

Call Sherry Rochford in the RE office for more info.

NO RE February 15-16 in honor of Presidents' Day.



05 YOUTH MINISTRY

February 1, 2026/Fourth Sunday in Ordinary Time

YOUTH MINISTRY

February Newsletter

2/8 High School Youth Group 1:00 - 2:30

Lent... Super Bowl, there's so much to prepare for!! Join us for football themed games and Lenten reflections. We are ordering Buffalo Wild Wings, please RSVP! YUM!



2/22: High School Youth Group 1:00 - 2:30

Join us for Eucharistic Adoration! We will meet in the basement and have lunch. Bring a friend!



Known Retreat

Students in grades 6th - 8th are invited to the **Known Retreat** on March 7th from 9:00 - 5:00 pm at Central Athletic Complex in Wheaton. Cost to attend is: \$40, lunch is included. Contact Jen or Sherry with questions.



Living Stations of the Cross

All 7th grade - High School teens looking for a **service opportunity**, come help our Living Stations of the Cross come to life! There are **speaking** and **non-speaking** parts.

If you have a child aged 7- 11 who would like to participate, we will have a children's choir!

We will have 2 practices:
3/28 & 4/1: 11:00 - 1:00 pm



06 SPECIAL EVENTS

February 1, 2026/Fourth Sunday in Ordinary Time



*First Friday of the Month
Eucharistic Adoration
3 p.m. to 6:30 p.m.
Concluding with Benediction*