

Our Lady of Mt. Carmel Parish

September 14, 2025 † The Exaltation of the Holy Cross



THE EXALTATION OF THE HOLY CROSS

Jesus said to Nicodemus: "No one has gone up to heaven except the one who has come down from heaven, the Son of Man." For God did not send his Son into the world to condemn the world, but that the world might be saved through him. - Jn 3:13, 17

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

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MASS SCHEDULE

Saturday - 4:30 PM **Sunday** - 8:15 AM - 10 AM - 12 Noon

Weekdays & Saturdays - 9 AM

Holy Day Eve - 7:00 PM **Holy Day** - 9 AM - 7:00 PM

Reconciliation on Saturdays 3:15-4:00PM

RELIGIOUS EDUCATION: To register call The Religious Education Office at 630-963-3053

Church Office Hours: Monday through Friday, from 8:00 a.m. to 4:30 p.m. 630-852-3303 phone number

Parish Mission Statement

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.

MARRIAGES: Plans should be made at least six months in advance of a tentative wedding date to fulfill Diocesan guidelines. To schedule a date, call the parish office for an appointment with a priest.

BAPTISMS: Are held the first and third Sunday of each month at 1:30PM. Parents and godparents are requested to attend a catechesis class. Call the parish office for arrangements.

PARISH STAFF

Rev. Jeff Smialek, O.Carm., Pastor

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Rev. Rob Traudt, O.Carm., Parochial Vicar

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Rev. Robert Carroll, O. Carm., Ph.D.

Priest In residence

Deacon Ed Ptacek

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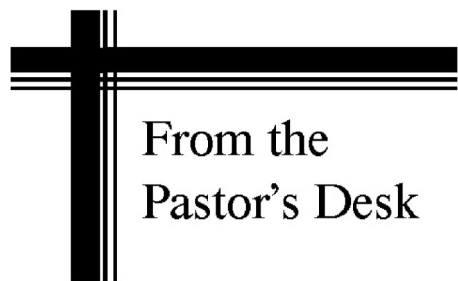
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From the Pastor's Desk

Today is the Feast of the Exultation of the Holy Cross. It is unusual for this feast day to fall on a Sunday and be able to be celebrated at all the masses. This is an ancient feast day, with the first known celebration being on September 13 of the year 335 AD. The Roman Emperor Heraclius supposedly displayed a relic of the true cross at the dedication of the Basilica of the Holy Sepulcher in Jerusalem. When Europe switched to using the Gregorian Calendar, the date moved to September 14. This Feast is important in the Carmelite Order because in our

original rule, The Rule of St. Albert, all Carmelites were to observe a great fast from the Feast of the Exultation of the Cross until Easter!!! It was to include only one meal per day, with two smaller meals and we were not allowed to eat meat during this period of time. Fortunately, the Rule of St. Albert has been modified several times over the centuries, and the rules of the great fast have been lessened and usually eliminated. I couldn't imagine fasting from now until Easter. Although, I probably should!

To "Exult" something means to praise or glorify it. In this case we are praising the Cross of Christ. It might seem illogical to praise something that is designed to kill. However, that is the paradox of our Christian faith. We are called to lay down our life and sacrifice for others after the example of Christ. It was because of his sacrifice on the Cross that he conquered sin and death and gained the reward to Resurrection. It is through Baptism that we are made partakers of Pascal Mystery which is the life, death and Resurrection of Christ. We are constantly reminded that we must carry the cross, sacrifice ourselves, experience death and hopefully share in the resurrection. We don't get eternal life without the Cross. That is why we Exult in the Cross because it saves us. The Gospel for today includes the famous verse John 3:16, "For God so loved the world that he gave his only son, so that everyone who believes in him might not perish but might have eternal life." That only happens through the Cross.

Repairs continue as we explore options for the roof. Instead of pastor, I think my title should be "Fixer-in-chief" because repairs seem to be all I do. We sadly lost a few trees, most notably the maple in front by the Mary Garden. The west facing side of that tree was dead and as they got into it the trunk had a lot of rot. We will be replacing it with new saplings soon.

Our Lady of Mount Carmel ... Pray for us!
Fr, Jeff

Readings for the week of September 14, 2025

Sunday: Nm 21:4b-9/Ps 78:1bc-2, 34-35, 36-37, 38/Phil 2:6-11/Jn 3:13-17

Monday: 1 Tm 2:1-8/Ps 28:2, 7, 8-9/Jn 19:25-27 or Lk 2:33-35

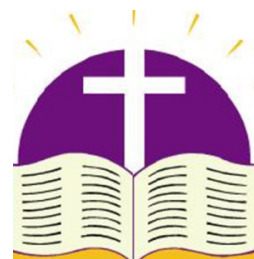
Tuesday: 1 Tm 3:1-13/Ps 101:1b-2ab, 2cd-3ab, 5, 6/Lk 7:11-17

Wednesday: 1 Tm 3:14-16/Ps 111:1-2, 3-4, 5-6/Lk 7:31-35

Thursday: 1 Tm 4:12-16/Ps 111:7-8, 9, 10/Lk 7:36-50

Friday: 1 Tm 6:2c-12/Ps 49:6-7, 8-10, 17-18, 19-20/Lk 8:1-3

Saturday: 1 Tm 6:13-16/Ps 100:1b-2, 3, 4, 5/Lk 8:4-15



OLMC High School Youth Group

September Meetings

Our meetings take place in the church
basement from 1 - 3

21: Back to School BBQ: "Survivor
Games"

There will be delicious food, campfire, and relay
games to kick off the new school year.



RSVP here:

Questions or ideas you would like to
share? I would love to hear from you!

Jennifer.emanuele@ourladyofmtcarmel.org

October Meetings

Our meetings take place in the church
basement from 1 - 3

5: Carlos Acutis: Roadmap to Reality
Viewing Party

Discover the incredible life of Saint Carlo Acutis in *Carlo Acutis: Roadmap to Reality*. This powerful new documentary film explores his life, legacy, and the impact of technology on young people today. Popcorn and snacks will be served.

19: Pumpkin Painting

Connect with creation in a
creative way while we paint
pumpkins to decorate our parish.



Please RSVP so we have enough
pumpkins and food.

26: Trunk or Treat

This is a service opportunity. We will need help
setting up, running games, and clean up.

Please RSVP up to help.



The Knights of Columbus Council #3738 will be collecting donations for our annual Intellectual Disabilities (ID) /Tootsie Roll Drive after all masses on the weekend of September 13th & 14th.



Downers Grove RECYCLING EXTRAVAGANZA

Saturday, October 4, 2025

9:00AM-12:00PM

Belmont Train Station - Parking Lot H

Enter via Chase Ave (if coming from Belmont, turn west on Curtiss)
5000 Belmont Road, Downers Grove

- Electronics ([pay in advance: recycling.eworksesi.org](http://pay.in.advance.recycling.eworksesi.org)), textiles
- ON-SITE document shredding
- Bicycles, tricycles, accessories, helmets, pumps, etc
- Latex & oil paint ([for a fee-pay onsite](#)), aerosol cans
- Books, keys, crayons, Christmas lights, bread tags, CDs & DVDs...
- Medical equipment - walkers, wheelchairs, crutches, nebulizers, ...
- Medicine, expired pills, epipens, lancets, syringes ([in safe container](#))
- Eyeglasses, sunglasses, hearing aids
- Soccer uniforms and gear in good condition
- Furniture for Sharing Connections: dressers, tables, chairs, end tables, coffee tables
- Non-perishable food & diapers for West Suburban Food Pantry

Sponsored by:



With support from:



NexTrex

NexTrex Recycling Challenge

Our Lady of Mt. Carmel hopes to collect more than 1,000 pounds of soft film plastics and packaging (which are hard to recycle plastics) in the next 12-month span, to obtain a Trex® furniture bench made by recycling these materials. The box for collecting plastics will be kept near the entrance to our church.



Trex Bench

****PLEASE NO; FOOD ITEMS, NAPKINS, PAPER, HARD PLASTIC, PET BAGS THAT CONTAIN MEAT****

What can be recycled?

All plastic must be clean, dry and free of food residue.



Grocery bags



Bread bags



Bubble wrap



Dry cleaning bags



Newspaper sleeves



Ice bags



Plastic shipping envelopes



Ziploc & other reclosable food storage bags



Cereal bags



Case overwrap



Salt bags



Pellet wrap & stretch film



Wood pellet bags



Produce bags



RE News...

Even though RE has started, registration is still open.
It's not too late to register for RE. We still have room in most sessions.
Contact the RE office for more information.

Help Wanted

Who We need. . . YOU!

RE has started but we are still short on Catechists. If you have ever considered working with our youngest parishioners, then now is the time to say YES! There are several ways that you can help us. We are looking for catechists and assistant catechists for all sessions. We would like enough faith filled people to work together in a team-teaching capacity.

Right now, we are looking for catechists in the following sessions:

Sunday 9:00- 6th

(But we could use more to set up third classrooms as needed)

Sunday 11:00-6th

Monday 5:00- 5th & 6th

Monday 7:00-7th

We also need office help, parking lot attendants, hallway monitors, substitutes, and occasional or seasonal help for various retreats.

Please remember that all volunteers with children or vulnerable adults do need to be compliant with our Safe Environment policies.

Current volunteers, please contact Sherry to see what you may need.

First Communion Parent Meeting

This is just a brief note to Save the date for our meeting on Tuesday, September 23 at 7:00 PM.

You will receive your materials to begin First Holy Communion preparation at home. This meeting is for parents only. We will start in the church. If you have any questions, please call the RE office at 630-963-3053 X 3

Questions of the Week

Question for Children: What do you think of when you see a cross?

Question for Youth: What does a cross mean to you?

Question for Adults: God loved the people of the world so much that he sent his Son to save us so that we could have eternal life with God in heaven. What does it mean to you that Jesus saved you?

Activity of the Week

As a family, have each person make a cross with whatever art supplies you have on hand. Invite each family member to share what the cross means to them.

Notes for Parents

RE is now back in full swing! We are still taking registrations so no worries if you are a little late. Thank you to all who have stepped up to help us bring the faith alive to the students in RE!

We will have "Getting To Know You" for our catechists and parents. Parents, you can meet your child's catechist and learn a bit more about what happens in any particular grade. The dates are as listed:

Week 2-September 14 & 15 -6th grade Parents - Students will receive their Bibles as well.

Week 3: September 21 & 22-1st and 3rd grade parents will meet.

Week 4: September 28-29-2nd and 5th grade parents will meet.

Week 5: October 5 & 6 -4th grade parents will meet. This will also be our Reconciliation Meeting for Grade 4.

Together in Loss
September 20th 10 a.m.-
11:30 a.m.

Together in Loss is a
Grief Support Ministry
 for anyone who has
 experienced
 a loss of a loved one.
For Information-Contact
Lori Prado:
 (lori.prado@ourladyofmtcarmel.org)

REGISTRATION IS NOW OPEN
NAMI Family to Family

A free 8-week educational course
 for adult family members (18+)
 and others who have
 adult loved ones (18+)
 with a mental illness.

DATE: Tuesdays, September 9, 2025
 – October 28, 2025

TIME: 6:30 PM – 9:00 PM

WHERE: Our Lady of Mount Carmel
 Contact Lori Prado for information
 lori.prado@ourladyofmtcarmel.org

COST: FREE

TO REGISTER, GO TO NAMIDUPAGE.ORG

-Click on Family Services, and click on Educational Courses for Families



Saturday, September 13, 4:30PM

Eileen Jacques (Gerri Eck)
 Arlene Brescia (Colleen Lowery)
 John Sparks-4th anniv (Family)

Sunday, September 14

8:15AM Ralph Moore (Nick Rocco)
10:00AM Dominick DeLorenzo-1st anniv
 (Family)

Jim Ruggiero (Mazzolini Family)
 Marylee Kopesky (Family & Friends)
Noon Gene & Jeanette Lang (Daughter)

Monday, September 15, 9:00AM

Thanksgiving (Steve)
 Antony Elen (Grace)
 Joan Stauder (Family)
 Jeffrey Carioto (Sister)

Tuesday, September 16, 9:00AM

Alex & Marie Kolacki (Germaine)
 Josephine Ryczyn (Family)
 James Karnick (Family)
 Ann Marie Cubish (Ostrowski Family)
 Carm Benbow (Niece)

Wednesday, September 17, 9:00AM

Alexandra Kolz (Frank & Fran Modelski)
 Eleanor Czachor (Donatello Family)
 Robert Lukasiewicz (Family)
 Sean Kenny (Dad)

Thursday, September 18, 9:00AM

Rosemarie & Ed Kern (Vieni Family)
 Mary & K.T. George (Family)
 Chris Tonio-living (Family)

Friday, September 19, 9:00AM

Jose Mendoza (Family)
 Victoria Villaluz (Family)
 Esperanza Sobredo (Family)
 Lorenzo Sugide (Family)
 Dennis DeGrazia (Niece)
 Kevin Terrien (Mom & Dad)

Saturday, September 20, 9:00AM

Arlene Monahan (Family)