



OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH AND SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802

AUGUST 30, 2026

JUBILEE YEAR OF

St. Francis of Assisi

JAN 10, 2026 – JAN 10, 2027



Archdiocesan Annual Appeal 2026

Goal: \$72,794

LEARN & GIVE

Collected donations:
(As of 8/25/2026)

\$26,338



SEPTEMBER 4

FIRST FRIDAY OF THE MONTH

A Day Close to the Heart of Jesus

The First Friday of each month holds a special place in Catholic faith. Rooted in devotion to the Sacred Heart of Jesus, First Fridays invite us to respond to Christ's love with prayer, reparation, and a deeper desire to remain close to Him.

The devotion became especially associated with the revelations of the Sacred Heart received by St. Margaret Mary Alacoque in the 17th century, encouraging the faithful to receive Holy Communion and honor the Heart of Jesus on First Fridays.

At the heart of our faith, Jesus is truly present in the Eucharist. Eucharistic Adoration gives us the opportunity simply to remain with Him—to adore Him, thank Him, entrust our needs to Him, and allow His love to transform our hearts.*

Friday, September 4

8:15 AM Mass

Eucharistic Adoration follows Mass

"Could you not watch one hour with me?"

— Matthew 26:40

*Sources: CCC 1374, 1418; Pius XII, *Haurietis Aquas*; Directory on Popular Piety and the Liturgy, 166–173.

TWENTY-SECOND SUNDAY IN ORDINARY TIME

TAKE UP HIS CROSS.

— MATTHEW 16:24 —

©LPi

LIVE THE LITURGY – INSPIRATION FOR THE WEEK

Plenty of people are drawn to Jesus. Curious about him. Inspired by him. But **can they carry the cross?** Today, Jesus tells us that we cannot have one without the other — it is Christ and the cross, or nothing at all. **Which will we choose?**

©LPi

VIVIR LA LITURGIA – INSPIRACIÓN DE LA SEMANA

"Mucha gente se siente atraída por Jesús. Curiosos por él. Inspirados por él. **¿Pero pueden llevar la cruz?** Hoy, Jesús nos dice que no podemos tener uno sin el otro — es Cristo y la cruz, o nada en absoluto. **¿Cuál elegiremos?**

©LPi

Greetings and Prayers: Birthday & Wedding Anniversary celebrants this week.

PARISH MASSES & LITURGIES

DAILY MASS:	Monday – Saturday, 8:15 AM
SATURDAY VIGIL MASS:	5:00 PM – English
SUNDAY MASSES:	8:00 AM, 10:00 AM – English; 12:00 PM – Español
1st FRIDAY Devotion:	Eucharistic Adoration follows the 8:15 AM Mass
CONFESSIONS:	Saturdays, 3:30 PM – 4:30 PM (2nd & 4th Saturdays: English only)
ANointing OF THE SICK, FUNERAL SERVICES or HOUSEBLESSING:	Please call the Parish Center to set an appointment.
BAPTISM – Monthly:	Second Saturday: 10:00 AM – English El cuarto sábado: 10:00 AM – Español <i>Please call at least 2 months prior to the approved date of baptism.</i>
QUINCEAÑERA MASS:	Saturdays at 12 noon. Subject to availability. <i>Please call at least 5 months prior to the approved date of the Mass.</i>
MARRIAGE:	Saturdays at 12 noon. Subject to availability. <i>Please call at least months prior to the approved date of the wedding.</i>

PARISH CENTER HOURS – Monday–Friday

8:30AM – 4:00PM

Break from 12PM–1PM

CLERGY

Pastor: Rev. Fr. Luello Palacpac

Parochial Vicar: Rev. Fr. Patrick Okoye

Hospital Chaplain: Rev. Fr. Ernie Jandonero

Deacon: Rev. Mr. Raymond Smith

Deacon: Rev. Mr. Ricardo Escobar

palacpac.luello@sfarch.org

okoye.patrick@sfarch.org

frerniej@sfhealingandprayer.org

rsmith@mountcarmel.org

rescobar@mountcarmel.org

OUR WEBSITE



STAFF

Admin. Assistant: Luke Mulhall

Director, Liturgy: Maria Cornell

Director, Religious Ed: Magdalena Hernandez

OCIA: Bill Haack

Confirmation: Johanna Rasmussen

Music Cantors: Kristen Lapinig & Leodan Guerra

School Principal: Megan Armando

lmulhall@mountcarmel.org

mcornell@mountcarmel.org

mhernandez@mountcarmel.org

bhaack360@gmail.com

jrasmussen@mountcarmel.org

marmando@mountcarmel.org

(650) 366-3802

(650) 446-5802

(650) 368-8237

(650) 216-8925

(650) 366-3802

(650) 366-6127

Registration: If you are new in our community, welcome!

Register at: mountcarmelrc.org/registration

Registered parishioners may also update their information on the website.



Get updates through email and text messages as they happen within our parish and school community. To sign up, text **"RWC"** to **84576**, click on the Flocknote sheep on the Parish website, or **scan the QR code**.



Pray for our departed parishioners

May they rest in peace

AMEN.



Adoration Chapel

*Open Sundays through
Saturdays from 9am to 9pm*

*I urge you, brothers and sisters, by the mercies of God,
to offer your bodies as a living sacrifice,
holy and pleasing to God, your spiritual worship*

(Rom 12:1)

GOSPEL MESSAGE: 22nd Sunday in Ordinary Time – Cycle A

The Way of the Disciple

After Peter professes his faith in Jesus as the Messiah and Son of God, Jesus begins to speak to the disciples about His Passion. Peter cannot accept that the Messiah must suffer and die. His faith is still immature and too closely tied to the mentality of this world; he does not yet understand the language of the Cross.

Jesus then makes clear what it means to be His disciple: *"Whoever wishes to come after me must deny himself, take up his cross, and follow me."* The Christian journey is not simply about admiring Jesus; it is about following Him. And following Him means accepting that the path of love passes through self-giving and sacrifice.

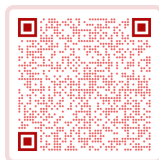
Taking up the cross does not mean merely bearing the daily difficulties of life with patience, but facing with faith and responsibility the effort and suffering involved in the struggle against evil. The Cross is the holy sign of God's love and of Jesus' sacrifice.

If we truly want to be His disciples, we are called to imitate Him, giving our lives without reserve out of love for God and neighbor.

May the Virgin Mary, united with her Son all the way to Calvary, help us not to draw back in the face of the trials and difficulties that bearing witness to the Gospel entails.

POPE FRANCIS

Adapted from Pope Francis,
Angelus, August 30, 2020



El Camino del Discípulo

Después de que Pedro profesa su fe en Jesús como Mesías e Hijo de Dios, Jesús comienza a hablar a sus discípulos de su Pasión. Pedro no puede aceptar que el Mesías tenga que sufrir y morir. Su fe todavía es inmadura y está demasiado ligada a la mentalidad de este mundo; aún no comprende el lenguaje de la cruz.

Jesús entonces deja claro lo que significa ser su discípulo: *"El que quiera venir detrás de mí, que renuncie a sí mismo, que cargue con su cruz y me siga."* El camino cristiano no consiste simplemente en admirar a Jesús, sino en seguirlo. Y seguirlo significa aceptar que el camino del amor pasa por la entrega de uno mismo.

Tomar la cruz no significa solamente soportar con paciencia las dificultades de cada día, sino afrontar con fe y responsabilidad el esfuerzo y el sufrimiento que implica la lucha contra el mal. La cruz es el signo santo del amor de Dios y del sacrificio de Jesús.

Si queremos ser verdaderamente sus discípulos, estamos llamados a imitarlo, entregando nuestra vida sin reservas por amor a Dios y al prójimo.

Que la Virgen María, unida a su Hijo hasta el Calvario, nos ayude a no retroceder ante las pruebas y dificultades que implica dar testimonio del Evangelio.

PAPA FRANCISCO

Adaptado del Papa Francisco,
Angelus, 30 de agosto de 2020



Peter does not want to accept Jesus' destiny as the Messiah who suffers greatly and dies. *How do you process difficult news or information?*



Pedro no quiere aceptar el destino de Jesús como el Mesías que sufre mucho y muere. *¿Cómo procesas noticias o información difícil?*

LAY ORGANIZATIONS

- Mental Health Ministry
- Good Grief Ministry
- Legion of Mary (Eng & Sp)
- Rosary Group
- The Prayer Warriors
- Society of St. Vincent de Paul
- Pro Life 40 days for Life Group
- The Sto. Niño Group
- El Grupo Guadalupano
- Lazos de Amor Mariano
- El Grupo Aliento de Oración
- OCIA – Catechists
- Bible Study Group
- Men's Club
- Women's Club
- Mount Carmel Youth Ministry
- *The Carlo Acutis Way (new)*

LITURGICAL MINISTRIES

- Altar servers
- Lectors & Holy Communion
- Hospitality: Ushers & Greeters
- Music Ministry
- Liturgical Environment

MASS INTENTIONS FOR THE WEEK

Sat., Aug 29

5:00 PM † Josiah Harris

Sun., Aug 30

8:00 AM † Andy & Aurita Nocon

10:00 AM † Pro Populo

12:00 PM † Robert Lorenzana

Weekdays at 8:15 AM

Mon., Aug 31 † Cecilia & Josiah Harris

Tues., Sept 1 † Leena Cheung

Wed., Sept 2 † Edmund Mulhall

Thurs., Sept 3 † Andreina Sandrini

Fri., Sept 4 † Souls in Purgatory

Sat., Sept 5 † Sonny Ekanayake

2027 MASS INTENTIONS

The Mass Intention
Book for 2027 is Open



10 INTENTIONS
maximum per
family, per year.



\$10 DONATION
requested per
Mass Intention.



For requests and
guidelines contact the
PARISH OFFICE.



THANK YOU TO OUR ALTAR FLOWERS DONORS:

August 29: Cruz Mendoza in memory of the Cruz Mendoza Family



2nd Collection: Aug 2 – Facility Repair & Improvement

Aug 16 – Liturgy Fund

Aug 23 – AAA

Aug 9 – Religious Education

Aug 30 – St. Vincent de Paul Society

SOCIETY OF ST. VINCENT DE PAUL

In the spirit of love and justice, the Society of St. Vincent de Paul of San Mateo County provides person-to-person services of time, talent and resources to help our neighbors in need. SVdP respects the dignity of every person. We provide Safety-Net services for families and individuals in our community who are often suffering, forgotten and deprived – the working poor, the homeless, the incarcerated, and all people living on the margins.

Check out their website for more details: <https://svdpsm.org/>

Weekly Collection Donations (August 22 – 23)

First Collection – \$4,854

Second Collection – \$4,483

Gifts / Other – \$2,130

Total Collected – \$11,467

Mental Health Ministry

Call: Maria Koenigsberg
(650) 366-3802

Or email us at:

olmcmmentalhealthministry@gmail.com



Good Grief Ministry

Call: Maryann Gonzales
(650) 366-3802

Meets every 2nd & 4th Thurs of the month
@ 6pm at the Parish Center.

The number to call for mental
health crisis support in San
Mateo County

(650) 579-0350

For help from local mental health
counselors 24/7 during mental health
crisis, substance use issue, or thoughts
of suicide.

RELIGIOUS EDUCATION & FAITH GROWTH



FIRST COMMUNION

— RELIGIOUS EDUCATION —

Preparing your child for First Communion!



ENGLISH:

Sundays,
8:45–9:45 AM



ESPAÑOL:

Wednesdays & Thursdays,
6:30–7:45 PM



Contact:

Magdalena Hernández



mhernandez@mountcarmel.org



650-368-8237



OCIA

— BECOMING CATHOLIC —

Interested in becoming Catholic or completing your Sacraments?

OCIA welcomes adults 18+ who are unbaptized, baptized in another Christian tradition, or Catholics seeking Confirmation.



WHEN:

SUNDAYS
9:00–10:00 AM



Contact:

Bill Haack
or the Parish Office

THE TRAVELING SAINTS

ENCOUNTER THE SAINTS THROUGH THEIR RELICS

18 RELICS OF SAINTS

- + Jesus' Manger
- + Pope Innocent II
- + Saint Dominic De Guzman
- + Saint Elizabeth Ann Seton
- + Saint Hyacinth of Poland
- + Saint John Henry Newman
- + Saint John of the Cross
- + Saint Margaret Mary Alacoque
- + Saint Michael's Stone
- + Saint Philip Neri
- + Saint Philomena
- + Saint Charbel Makhlouf
- + Saint Teresa of Ávila
- + Saint Thérèse of Lisieux
- + Saint Rafka
- + Blessed Anna Maria Taigi
- + Blessed Maria Angela Truszkowska
- + Blessed Mary Magdalene of the Incarnation

COME AND VENERATE THE RELICS AND BE INSPIRED BY THE LIVES OF THESE INCREDIBLE SAINTS.



Come Join Us



Visit Times



Location

SEPTEMBER 5TH & 6TH

Saturday, September 5th
7:30 AM – 7:00 PM

Sunday, September 6th
7:30 AM – 3:30 PM

Vallombrosa Center
250 Oak Grove Ave
Menlo Park, CA 94025

— ALL ARE WELCOME! —

A beautiful opportunity for prayer, veneration, and to grow closer to the saints.

MOUNT CARMEL YOUTH MINISTRY

— "In God we live" —

ALL TEENS
AGES 13–17
are welcome!



NEXT EVENT: **ON FIRE**



SATURDAY,
SEPTEMBER 12
9:00 AM – 7:00 PM



CONTACT FR. PATRICK
For more information



SCAN
CODE

TO LEARN
MORE!



mountcarmelyouthministry.org

On Sunday, **August 30**, our 5th Sunday collection will be dedicated to the ongoing mission of the **St. Vincent de Paul Society**. Our group remains deeply committed to providing food, clothing, and rental assistance to the most vulnerable members of our parish—offering not just material aid, but a compassionate hand and a listening ear to those facing hardship.

The demand for these vital services continues to grow. Over the past year alone, we have been privileged to serve more than 1,200 families in our community.

To those who have supported us so generously in the past, we offer our deepest gratitude and prayers. If you have not yet had the opportunity to give, or feel called to support this ongoing work, **please consider making a donation during the second collection on August 30.**

Your servants in Christ,
Hugh Loveless

President, St. Vincent de Paul Society – Our Lady of Mount Carmel

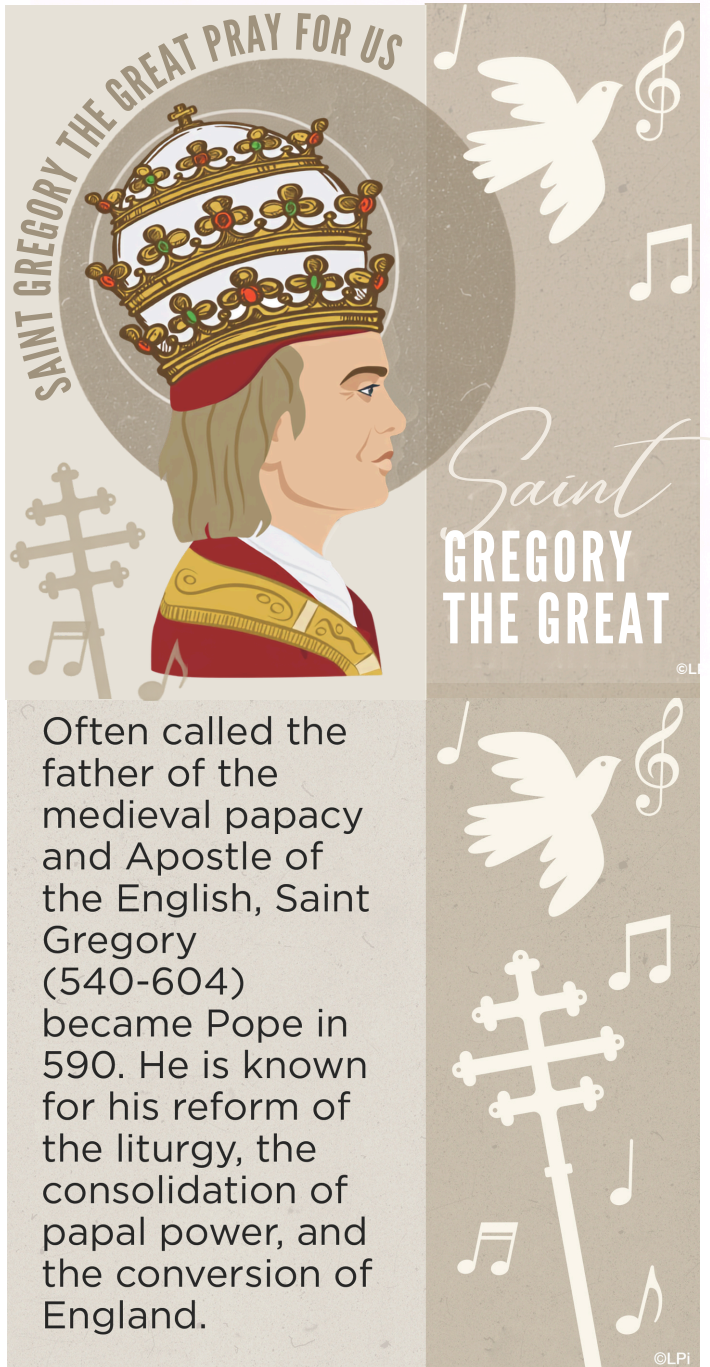


OBSERVANCES FOR THE WEEK

(Sept. 3) St. Gregory the Great, *Pope and Doctor of the Church*

(Sept. 4) **First Friday of the Month - Eucharistic Adoration follows the 8:15 AM Mass**

(Sept. 5) St. Teresa of Calcutta, *Virgin*



Often called the father of the medieval papacy and Apostle of the English, Saint Gregory (540-604) became Pope in 590. He is known for his reform of the liturgy, the consolidation of papal power, and the conversion of England.

FOLLOW



"Whoever wishes to come after me must deny himself, take up his cross, and follow me."

MATTHEW 16:24b

Catechism of the Catholic Church

Our participation in Christ's sacrifice

618 The cross is the unique sacrifice of Christ, the "one mediator between God and men." But because in his incarnate divine person he has in some way united himself to every man, "the possibility of being made partners, in a way known to God, in the paschal mystery" is offered to all men. He calls his disciples to "take up [their] cross and follow [him]," for "Christ also suffered for [us], leaving [us] an example so that [we] should follow in his steps." In fact Jesus desires to associate with his redeeming sacrifice those who were to be its first beneficiaries. This is achieved supremely in the case of his mother, who was associated more intimately than any other person in the mystery of his redemptive suffering.

"Apart from the cross there is no other ladder by which we may get to heaven" -St. Rose of Lima

PARISH UPDATE ON ADSF CHAPTER 11

The Archdiocese of San Francisco has released updated information regarding the proposed \$395 million **Chapter 11** settlement for survivors of sexual abuse. A formal press release and a comprehensive FAQ have been published to help the faithful better understand the proposed agreement and the steps ahead. These resources explain the terms of the proposed settlement, its impact on parishes and ministries, and the Archdiocese's ongoing commitment to healing, accountability, and transparency.

Please review these materials, so that, as a parish family, we may remain informed, united in prayer, and steadfast in our hope as our Archdiocese continues this important journey toward healing.



Press Release



Archbishop Letter



FAQs



SF Healing and Prayer Ministry

Healing Mass
Every third Friday of the month

Next Mass: September 18, 2026

Our Lady of Mount Carmel Church

5:15 p.m. - Moment of recollective and meditative silence

5:30 p.m. - Holy Rosary & Divine Mercy Chaplet

6:00 p.m. - **HEALING MASS**, followed by the Anointing of the Sick

ST. VINCENT DE PAUL 1st ANNUAL CLOTHING DRIVE

CLEAN OUT YOUR CLOSETS!



Time to clean your closets of unwanted clothes!



COLLECTION
DATES:
SEPTEMBER



NEED A
PICKUP?

Contact Hugh
Loveless at
408-372-8177



YOUR DONATIONS WILL BE MADE AVAILABLE AT THE
SAINT VINCENT DE PAUL SAN MATEO & SOUTH SAN FRANCISCO STORES.



HELP US SERVE THOSE IN NEED <

Catholic Charities San Francisco (CCSF)

create lasting solutions to the most pressing challenges in our community – homelessness, inequality, aging in isolation, generational poverty, HIV/AIDS, and immigration to name a few. CCSF does not charge fees over the phone or through online ads. Please call our office directly at **(415) 972-1200** for more information or to request a consultation.

TREASURES OF ITALY PILGRIMAGE

11 Days: January 25—February 4, 2027

Spiritual Director - Fr. Ernie Jandonero, BCC
www.sfhealingandprayer.org

For More Information, Please Contact:

Maria Cornell

Tel: (650) 678-3545

Email: italypilgrimage2027@gmail.com

*Florence, Assisi, Lancia, San Giovanni Rotondo,
Mont Sant'Angelo, Sorrento, Pompeii, Monte Cassino
& Rome with a Papal Audience*



Welcome Back!

PLEASE JOIN US FOR OUR
FIRST DINNER OF THE SEASON

WOMEN'S CLUB INVITATION

BBQ CHICKEN Dinner



THURSDAY
SEPT 3RD



SMALL HALL
DOORS OPEN
AT 6:00 PM



ALWAYS A GREAT
EVENING OF FELLOWSHIP
Dinner, raffle, and fun!

BRING A
FRIEND...
FIRST TIMERS
ARE FREE!

PROCEEDS TO BENEFIT
OLMC PARISH

Hope to see you there!

OUR LADY OF MT. CARMEL WOMEN'S CLUB

WOMEN'S CATHOLIC SCRIPTURE STUDY

invites women to join us for our new study of the Gospel According to Mark. We meet at St. Mark Church (325 Marine View Drive, in Belmont) on Thursday mornings, 9:45 am to 12 noon (9/17/26-5/13/27 with holiday breaks).

To learn more about us and to see a sample lesson, please go to www.TurningToGodsWord.com, click on **"Study the Bible"** in the top menu, scroll down to **"TtGW Study groups,"** scroll across to **"California groups"** and click.

To register or to ask questions, please contact

Tami Palladino: tami@theprayerpage.net
or **650-235-6974.**

Old Bible? New Bible? No Bible? All welcome!!!

HELP BEAUTIFY OUR CHURCH

Consider sponsoring the altar flowers for a weekend during Ordinary Time in honor or memory of a loved one. A donation of approximately four dozen flowers fills the two altar arrangements for the weekend.

**Scan the QR code to reserve your date, or
contact Maria Cornell for more information.**



*Thank you for helping
beautify our church for
the glory of God.*





PROUDLY SERVING
SINCE 1951

650.366.5393
868 Warrington Avenue
Redwood City, CA 94063

BOUDREAU PLUMBING & HEATING

LEARN MORE



LAUREN RIOS, ESQ.
Probate | Estate Planning
Trust Administration
650-727-0900
www.laurenrioslaw.com



AT WHAT AGE WILL YOU BE ABLE TO RETIRE?

Don't know? Want to know?

It's like the elephant in the room. You know you should talk about it, but you're not sure how to start. Let us be the Icebreaker.

We are committed to helping you understand your options for retirement, while still enjoying your life today.

Our dedicated team keeps your best interest in mind at all times by helping you focus on the goals you set, providing guidance on how to achieve them, and ridding your life of pesky elephants.

To learn more about our firm, call 650.595.4600, email info@pettinellifp.com or visit pettinellifp.com.

We look forward to partnering with you.

Securities and investment advisory services offered through Royal Alliance Associates, Inc. member FINRA/SIPC. Royal Alliance Associates, Inc. is separately owned and other entities and/or marketing names, products or services referenced here are independent of Royal Alliance Associates, Inc.

555 Veterans Boulevard, Suite 100, Redwood City



WE'RE HIRING

Ad Sales Executives

- Paid Training
- Some Travel
- Work-life Balance
- Full-time with Benefits
- Serve Your Community

Visit www.4lpi.com/careers

WANTED

- Ham radio equipment
- Vintage stereos
- Glass vacuum tubes
- Test equipment
- Pre-1980's computers



Call or text 775-386-2506
www.hamandhifi.com

Ham&HiFi



*Your Source For Real Estate
In Mt. Carmel and the Peninsula*

INTERO

A Berkshire Hathaway Affiliate

Ed Gory

Parishioner/Lector

650.743.7645

CalBRE# 01470796 | egory@intero.com

Visit my Website: www.EdGory.com

**SHOULD HAVE
CALLED AN EXPERT!
800-378-DRIP**



WWW.PLUMBINGSERVICE.COM

REHREH

threads ★ goods

Contemporary Clothing for Women & Men
Accessories • Gift • Home Goods

rehrehthreads.com • 650.363.1322

Instagram: @rehreh.threads.goods Facebook: @rehrehthreadsgoods

1523 Woodside Rd., Redwood City (across from Woodside Plaza)

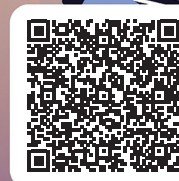


Tues-Sat 10-6 • Sun-Mon by appointment

**Never miss
our bulletin!**

Get this bulletin
delivered straight to
your inbox every week.

Scan to subscribe on
parishesonline.com



CRIPPEN & FLYNN

Our Professional Services are
Based Upon Your Individual Needs
SINCE 1949

Cremation • Pre-Need Arrangements

Burial • Memorial Services

Se Habla Español

Мы говорим по-русски

Woodside Chapel

400 Woodside Road

Redwood City

(650) 369-4103

FD879

Carlmont Chapel

1111 Alameda de las Pulgas

Belmont

(650) 595-4103

FD1825

www.crippenflynn.com

Advertise Here!

Engage with consumers in
your neighborhood.



IF YOU LIVE ALONE

MDMedAlert!

✓ Ambulance ✓ Police/Fire

✓ Family/Friends ✓ GPS & Fall Alert*

CALL NOW! 800.809.3570 md-medalert.com

\$1 Less Than
a day



For ad info. call 1-800-950-9952 • www.4lpi.com

Our Lady of Mount Carmel, Redwood City, CA

05-4091