



4TH SUNDAY IN ORDINARY TIME



In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" - Mk 1:23-25

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

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OUR LADY OF MT. CARMEL CHURCH

300 FULTON STREET, REDWOOD CITY, CA | 650.366.3802

SUNDAY, JANUARY 28, 2024

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Parish Masses & Liturgies

SATURDAY VIGIL MASS:	Saturday:	5:00 PM - English
SUNDAY MASSES:	Sunday:	8:00 AM, 10:00 AM - English 12:00 PM - Misa en español
DAILY MASS:	Monday - Saturday:	8:15 AM
CONFESSIONS:	Every Saturday:	3:30 PM - 4:30 PM
EUCCHARISTIC ADORATION:	Every First Friday:	After 8:15 AM Mass
BAPTISMS - Monthly:	Second Saturdays:	10:00 AM - English
	Cada cuarto sábado:	10:00 AM - Español
	Registrations for baptism are taken two months in advance.	
ANOINTING OF THE SICK:	Please call the Parish Center to speak with a priest.	
FUNERALS:	Please call the Parish Center to speak with a priest.	
<u>QUINCEAÑERAS:</u>	Saturdays at 12 noon. Subject to availability. Please call no sooner than 5 months prior. Cost is \$500. Cost of a Mt. Carmel Musician is a separate fee and depends on availability. Initial deposit required to hold date. Our Hall is not available for quinceañera receptions.	
<u>MARRIAGE:</u>	Saturdays at 12 noon. Subject to availability. Couples must call at least 6 months prior to be connected to a priest. Cost is \$800. Initial deposit required to hold date. Cost of a Mt. Carmel Musician is a separate fee and depends on availability. Our Hall is not available for wedding receptions.	



PARISH CENTER HOURS - MONDAY-FRIDAY: 9AM-3PM, CLOSED FROM 12PM-1PM (650) 366-3802

Clergy:

<u>Pastor:</u> Rev. Msgr. Romulo Vergara	rvergara@mountcarmel.org	(650) 366-3802
<u>Parochial Vicar:</u> Rev. Ian El Quito	iquito@mountcarmel.org	(650) 366-3802
<u>Hospital Chaplain:</u> Rev. Ernie Jandonero	frerniej@yahoo.com	
<u>Inresidence:</u> Rev. Jerome Magat	fathermagat@gmail.com	
<u>Deacon:</u> Rev. Mr. Thomas Boyle	tboyle@mountcarmel.org	(650) 366-3802
<u>Deacon:</u> Rev. Mr. Raymond Smith	rsmith@mountcarmel.org	(650) 366-3802
<u>Deacon:</u> Rev. Ricardo Escobar	rescobar@mountcarmel.org	(650) 366-3802

Lay Staff:

<u>Director, Religious Ed:</u> Magdalena Hernandez	mhernandez@mountcarmel.org	(650) 368-8237
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<u>School Principal:</u> Jennifer Bruzzone	jbruzzone@mountcarmel.org	(650) 366-6127



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THIS WEEK: REV. MSGR. ROMULO VERGARA — PASTOR

What have you to do with us, Jesus of Nazareth?

Well, this reading from this Gospel offers an answer, and two things stand out right away.

First, he came into our world to teach. The setting is the synagogue at Capernaum. Jesus began his ministry in a familiar place, a sacred space, one steeped in Jewish tradition and devotion. There, the one who is The Word fulfilled and preached the word — doing it so powerfully that people marveled at his authority.

But second, he came into our world to heal. He came to effect change. To convert hearts. To transform the world. And he started by calling out what was unclean — and making a broken man once again whole.

This is the first recorded miracle in Mark's Gospel. It won't be the last. Mark describes about 20 miracles and healings. They make up nearly a third of his Gospel. In fact, over the next two Sundays, we'll hear Mark's accounts of other miracles, one after another, all leading us into the sacred season of Lent.

These miraculous healings illustrate Christ's power over our wounded world. Our present world is wounded in so many ways — troubled by so many unclean spirits. The spirit of hate and division. Of greed and pride. There is the unclean spirit of violence and rage. And, threaded throughout so much of it: a spirit of helplessness and despair.

Yet, into this fallen world, haunted by destructive and unclean spirits, comes the son of God, bearing Good News of salvation. As the psalm before the Gospel reminded us, in an echo of Christmas: "In a land overshadowed by death, light has arisen."

And so we cry out, "What have you to do with us, Jesus?"

In this first miracle of the first Gospel, Christ shows us. He comes to silence the unclean spirit, to restore wholeness and dignity and hope. He comes to calm the anxious and release the imprisoned. He comes to give strength to the weak. To bring sight to the blind.

To help all of us who are lame find the strength to walk and follow the path the early Christians called "The Way" — the path of compassion and mercy and love.

What have you to do with us, Jesus? **The answer is, of course: everything.**

I wish you and your loved ones' blessings of good health and new hope. Please continue to pray, and act, for peace,

Msgr. Loi

¿Qué tienes que ver con nosotros, Jesús de Nazaret?

Pues bien, la lectura de este Evangelio ofrece una respuesta, y dos cosas saltan a la vista de inmediato.

En primer lugar, vino a nuestro mundo para enseñar. El escenario es la sinagoga de Cafarnaúm. Jesús comenzó su ministerio en un lugar familiar, un espacio sagrado, impregnado de tradición y devoción judías. Allí, el que es la Palabra cumplió y predicó la Palabra, y lo hizo con tanta fuerza que la gente se maravilló de su autoridad.

Pero en segundo lugar, vino a nuestro mundo para curar. Vino para cambiar las cosas. Para convertir corazones. Para transformar el mundo. Y empezó por extirpar lo impuro y sanar a un hombre destrozado.

Este es el primer milagro registrado en el Evangelio de Marcos. No será el último. Marcos describe una veintena de milagros y curaciones. Constituyen casi un tercio de su Evangelio. De hecho, durante los dos próximos domingos, escucharemos los relatos de Marcos de otros milagros, uno tras otro, todos ellos conduciéndonos al tiempo sagrado de la Cuaresma.

Estas curaciones milagrosas ilustran el poder de Cristo sobre nuestro mundo herido. Nuestro mundo actual está herido de muchas maneras, atormentado por tantos espíritus inmundos. El espíritu del odio y la división. De codicia y orgullo. El espíritu impuro de la violencia y la ira. Y, en medio de todo ello: un espíritu de impotencia y desesperación.

Sin embargo, a este mundo caído, acechado por espíritus destructivos e inmundos, llega el Hijo de Dios, portador de la Buena Nueva de la salvación. Como nos recuerda el salmo que precede al Evangelio, en un eco de Navidad: "En una tierra ensombrecida por la muerte, ha surgido la luz".

Y por eso gritamos: "¿Qué tienes que ver con nosotros, Jesús?"

En este primer milagro del primer Evangelio, Cristo nos lo muestra. Viene a acallar el espíritu inmundo, a devolver la integridad, la dignidad y la esperanza. Viene a calmar a los ansiosos y a liberar a los encarcelados. Viene a dar fuerza a los débiles. Para devolver la vista a los ciegos.

Para ayudarnos a todos los cojos a encontrar la fuerza para caminar y seguir la senda que los primeros cristianos llamaban "El Camino", la senda de la compasión, la misericordia y el amor.

¿Qué tienes que ver con nosotros, Jesús? **La respuesta es, por supuesto: todo.**

Te deseo a ti y a tus seres queridos bendiciones de buena salud y nueva esperanza. Por favor, seguid rezando, y actuando, por la paz,

Mons. Loi



Mass Intentions for the Week



Our Lady of
Mt. Carmel,
pray for us in need:



Pray for all our faithful departed parishioners

January 31st



*Feast Day of
St. John Bosco*

Sunday, January 28, 2024

8:00AM	† Ramiro & Marie Comas
10:00AM	† Nestor Tordilla
12:00PM	† Concha Amado

Daily Masses - Tuesday - Friday - 8:15AM

Jan. 29 Mon	† John J. Sullivan
Jan. 30 Tue	† Marlene Muscat
Jan. 31 Wed	† Raymond Juni
Feb. 1 Thu	† Ed Huber
Feb. 2 Fri	† Souls in Purgatory

Saturday, February 3, 2024

8:15AM	† Albert Baccell
5:00PM	† Teovoro Claudio Rubio Farfan



Change in 2024 Offertory Envelopes

You might have noticed, there is no 4th Sunday Collection Envelopes for 2024. If a collection is taken up, it will be determined by the Pastor in advance. Thank you.

January 28th — February 3rd
Celebrate National Catholic
Schools Week 2024



The Women's Club Invitation to the First Dinner of 2024

An Italian Feast



Thursday Feb. 1st

Small Hall - Doors Open at 6:30 pm

Dinner, drinks dessert and Fun! Raffle!

A great evening of fellowship.

Women over 21 are invited. \$20.

First timers are always welcomed

All proceeds benefit Our Lady of Mt. Carmel Parish!

Got a vacation home, cool products from your employer, available tickets to a beloved sports team, gift cards lying around the house, or otherwise compelling item or service to donate in support of our community? We have had everything from limo rides to volleyball parties in Crab Feeds past and we appreciate whatever you might donate.

Send an email with "CRAB FEED DONATION" in the subject. to the Men's Club at olmcmensclub@gmail.com

Thanks for your support of the Men's Club!



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From the Parish Office

PRAYER LIST, 2ND COLLECTIONS, GOOD GRIEF NEXT MEETING FEB. 8



Prayer List: Our prayer list nears the end of each month. Please submit your entries for the prayer list by calling 650-366-3802

Collections: January 7 - Parish Facilities January 21 - Liturgy Fund
January 14 - Religious Education January 28 - Archdiocesan Annual Appeal

Good Grief: Meets the 2nd & 4th Thursdays monthly in the Old Chapel of the Parish Ctr. at 6pm.

Register: Want to join our Parish? Has it been a while since you have updated your information! It's easy easy! Just register /Update at: mountcarmelrc.org/registration

FORMED: Sign up to our free **FORMED** subscription for thousands of books, audio talks, movies, documentaries and studies to help you and your family nurture your faith in the Catholic tradition. Go to formed.org then enter **Our Lady of Mt. Carmel Church, Redwood City** or our zipcode: **94062**



MT. CARMEL'S ANNUAL CRAB DINNER FOR 2024

SATURDAY, FEBRUARY 3RD, 6:00 PM LARGE HALL



Tickets are still available

and will be sold after Mass:

Sat., January 27th, 5:00pm

Sun., January 28th, 8:00am and 10:00am

Tickets are \$83 each and can also be purchased online at www.OLMCMensClub.com

The annual OLMC Crab Feed, for men and women 21+, features a delicious crab dinner, angel hair pasta, Caesar salad, desert, and more. It features live music, raffle giveaways, top shelf drinks/no host bar and more fun! This year's raffle prizes include an Apple watch, movie tickets, premium 49ers tickets, a Civil War Book collection, luxury limo ride through San Francisco, gift baskets, and many more great items!

The Men's Club needs volunteers to help with the dinner!
Contact the Men's Club: olmcmensclub@gmail.com

What is National Catholic Schools Week?

Since 1974, National Catholic Schools Week is the annual celebration of Catholic education in the United States. It starts the last Sunday in January and runs all week, which in 2024 is January 28 – February 3. The theme for National Catholic Schools Week 2024 is “Catholic Schools: United in Faith and Community.” Schools typically observe the annual celebration week with Masses, open houses and other activities for students, families, parishioners and community members. Through these events, schools focus on the value Catholic education provides to young people and its contributions to our church, our communities and our nation.



Open HOUSE



OLMC welcomes all prospective preschool-8th grade families to a morning that will include an overview of the OLMC curriculum and admissions process for the 2024-2025 school year. You will have an opportunity to meet the teachers, principal, students, and alumni, and tour our campus.

WHEN: Sunday, Jan. 28, 2024 | 11 am - 12:30 pm
(Following 10 am Mass - All Welcome)

WHERE: Our Lady of Mt. Carmel, Large Hall
301 Grand Street, Redwood City
Park in the school yard

REGISTER: <https://tinyurl.com/OLMC12824>
Space is limited. Reserve today.



Around the Parish...



The ladies of Mt. Carmel's Rosary Group pictured making rosaries in the Old Chapel. Every Friday morning, from 9am to 12 Noon, rosaries are made by hand. Once completed, they are Blessed by a Priest, and given to patients at Kaiser and Sequoia Hospitals, the sick in our Parish, or to children receiving the Sacrament of First Holy Communion. If you are interested in learning how to make a rosary, and can help volunteer with this weekly spiritual endeavor, you are welcome to join the group.

How Cyber Exploitation Leads to Human Trafficking

WEDNESDAY, FEBRUARY 7, 2024 AT 6 P.M.



Join us for a virtual talk with guest speaker
Susan Patterson.

Register at sfarch.org/event/cyber-exploitation



2024 Wedding Anniversary Celebration

SATURDAY, FEB 3, 2024

10:00 am Mass at St. Mary's Cathedral
followed by a reception

All husbands and wives are invited to attend and celebrate
their sacramental wedding anniversaries in 2024.

*Couples celebrating "5 year anniversaries" (5, 10, 15, 20...)
will be recognized during the Mass.*

Contact Ed Hopfner at HopfnerE@sfarch.org or (415) 614-5505





AT WHAT AGE WILL YOU BE ABLE TO RETIRE?

Don't know? Want to know?

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