



OUR LADY OF MT. CARMEL CHURCH

300 FULTON STREET, REDWOOD CITY, CA | 650.366.3802

SUNDAY, MARCH 17, 2024

5TH SUNDAY OF LENT



Jesus answered them, "The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit." - Jn 12:23-24

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 |
| <u>Music Cantors:</u> Kristen Lapinig, Antonio Eiras, Francisco Contreras | | |
| <u>Parish Office:</u> Luke Mulhall | lmulhall@mountcarmel.org | (650) 366-3802 |
| <u>Confirmation:</u> Johanna Rasmussen | jrasmussen@mountcarmel.org | (650) 366-3802 |
| <u>Adult Faith Formation/RCIA:</u> John Spotorno | johnspotorno@gmail.com | (650) 303-6292 |
| <u>School Principal:</u> Jennifer Bruzzone | jbruzzone@mountcarmel.org | (650) 366-6127 |



Mt. Carmel Website



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We come to know God through forgiveness. Today's first reading from Jeremiah tells of God's covenant with the house of Israel. God assures the people that they will no longer have to teach their friends and relatives how to know the Lord. That relationship, God says, is built through mercy. "All, from least to greatest, shall know me, says the Lord, for I will forgive their evil doing and remember their sin no more. "In these waning days of Lent, we too are called to open our hearts to God's forgiveness.

Jeremiah tells of God's decision to "place my law within (the people) and write it upon their hearts" during a time of deep despair. The prophet wrote at the beginning of the sixth century BC, when the Israelites carried great anxiety over the looming fall of Jerusalem and Babylonian exile. It seemed their God was nowhere to be found in the face of such suffering. Yet Jeremiah insists "the days are coming" when God will breathe new life into the people. God will not just write the new covenant in stone, but rather on the very hearts of people. Here God will make an intimate promise: "I will be their God, and they shall be my people."

Now is the time to remember the new covenant etched in our hearts through the waters of baptism and affirmed in the Eucharist. Christ Jesus, through his suffering, death, and resurrection, draws us into the hope of eternal life.

Llegamos a conocer a Dios a través del perdón. La primera lectura de hoy de Jeremías habla del pacto de Dios con la casa de Israel. Dios asegura a la gente que ya no tendrán que enseñar a sus amigos y parientes cómo conocer al Señor. Esa relación, dice Dios, se construye a través de la misericordia. "Todos, de menor a mayor, me conocerán, dice el Señor, porque perdonaré su maldad y no recordaré más su pecado. "En estos últimos días de Cuaresma, también nosotros estamos llamados a abrir nuestros corazones al perdón de Dios.

Jeremías habla de la decisión de Dios de "poner mi ley dentro (el pueblo) y escribirla en sus corazones" durante un tiempo de profunda desesperación. El profeta escribió a principios del siglo VI aC, cuando los israelitas llevaron gran ansiedad por la inminente caída de Jerusalén y el exilio babilónico. Parecía que su Dios no se encontraba en ninguna parte ante tal sufrimiento. Sin embargo, Jeremías insiste en que "los días están llegando" cuando Dios dará nueva vida a la gente. Dios no solo escribirá el nuevo pacto en piedra, sino más bien en los corazones de la gente. Aquí Dios hará una promesa íntima: "Yo seré su Dios, y ellos serán mi pueblo."

Ahora es el momento de recordar el nuevo pacto grabado en nuestros corazones a través de las aguas del bautismo y afirmado en la Eucaristía. Cristo Jesús, a través de su sufrimiento, muerte y resurrección, nos lleva a la esperanza de la vida eterna.



Mass Intentions for the Week



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

Ann Anthony



Pray for all our faithful departed parishioners

March 19th



*Feast Day of
Saint Joseph*

*Patron Saint of
Universal Church,
fathers, workers &
the dying*

Sunday, March 17, 2024

8:00AM † George T. Soriano
10:00AM † Irene Rivera
12:00PM † Margarito Villa

Daily Masses - Tuesday - Friday - 8:15AM

Mar. 18 Mon † Sofronio Saldana
Mar. 19 Tue † Evelyn Sofia Castillo
Mar. 20 Wed † Peggy Clifford
Mar. 21 Thu † Joseph Huan
Mar. 22 Fri † Matthew Smith

Saturday, March 23, 2024

8:15AM Our Lady of Mt. Carmel Parishioners
5:00PM † Manuel Pereira



Stations of the Cross are held every Fri-
day of Lent following the 8:15 AM Mass

Lenten Sacrifice



ABSTINENCE

No meat can be taken
by those 14 and older
on Ash Wednesday and
all Fridays.



FASTING

A limit of one full
meatless meal by those
18-59 on Ash Wednesday
and Good Friday.



SELF-DENIAL

Voluntary acts of self-
denial are recommended
on weekdays during Lent.



PRAYER AND CHARITY

Can include daily Mass,
Scripture study, Stations
of the Cross, almsgiving
and showing mercy and
kindness to others.





St. Patrick's Breastplate Prayer

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.



St. Patrick is one of the world's most popular saints. Born in Britain in 387, at the age of 14 he was captured by Irish pirates, and was held as a slave to herd and tend sheep. He escaped at age 20, was able to travel back home and reunite with his family. While living in Britain, he had a dream of returning to Ireland. The vision promoted him to study for the priesthood and was later ordained a bishop. In 433, he arrived back in Ireland where he began preaching and converting the pagan Irish and druid tribes. St. Patrick's method of sharing Christian belief in the Trinity, through the shamrock, is widely known. He worked many miracles and built churches throughout Ireland, wrote of his love for God in Confessions. After years of living in poverty, traveling and enduring much suffering he died March 17, 461.



Sister Parish Lenten Fundraiser

Please support our Sister parish, St. Francis Xavier in Kiraeni, Tanzania, during this Lenten season. This year we are raising funds to support those with special needs, including persons with disabilities as well as the elderly, orphaned and sick members of the community.

Your generous donation will be used to purchase food for this drought-ridden region as well as to provide health care and school uniforms for those in need.

Since 2007, the Mount Carmel community has assisted our sisters and brothers to build their church, construct a cistern for rainwater collection, provide school uniforms and supplies, as well as provide food for the hungry.

Checks can be made out to the Apostolic Life Community of Priests and placed in the collection baskets or the alms box in the vestibule. Father Paulinus will deliver the funds to Kiraeni. Call Lucinda dei Rossi at (650) 743-5925 for any questions. Thank you.

From the Parish Office



PRAYER LIST, MARCH SECOND COLLECTIONS, GOOD GRIEF MEETING MAR. 28

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: March 3 - Parish Facilities March 17 - Liturgy Fund
March 10 - Religious Education March 24 - Archdiocesan Annual Appeal
March 31 - St. Vincent de Paul Society

Good Grief: Meets twice monthly- 2nd & 4th Thursdays in the Old Chapel, Parish Ctr. at 6:00 PM

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](http://formed.org) 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**





Sunday, March 24th

- ♦ 5:00 PM (Saturday Vigil Mass)
- ♦ 8:00 AM Mass
- ♦ 10:00 AM Mass
- ♦ 12:00 PM Mass

Holy Week 2024 Schedule

Holy Thursday— March 28th

- ♦ 8:15 AM Morning Prayer
- ♦ 7:00 PM Mass of the Lord's Supper *(Bilingual)* with the Reposition of the Blessed Sacrament in the Small Chapel until 11:00 PM

Good Friday - March 29th

- ♦ 8:15 AM Morning Prayer
- ♦ 1:30 PM Office of the Tenebrae
- ♦ 1:45 PM Stations of the Cross & Confessions
- ♦ 2:30 PM Liturgy of the Lord's Passion *(Bilingual)*
- ♦ 7:00 PM Liturgy of the Lord's Passion *(Spanish)*



Easter Saturday - March 30th

- ♦ 8:15 AM Morning Prayer
- ♦ 8:00 PM Easter Vigil Mass

Lenten Lecture Series

The Catholic Faith & Science

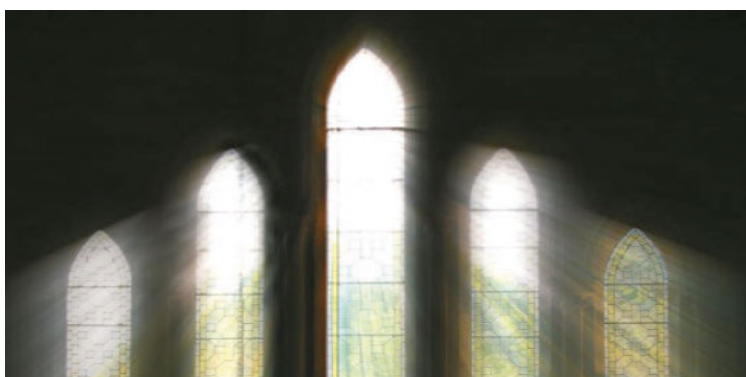
7:00—8:30PM Every Tuesday of
Lent Following the 6PM Soup
Supper, St. Pius Homer Crouse
Hall, 1100 Woodside Road,
Redwood City

- ♦ March 19: The Four Kinds of Desire and Happiness and Moving to Level Three & Four Happiness
- ♦ March 26: The Christian Understanding of Suffering and Why Would an All-Loving God Allow Suffering



If you need support, call Ma-
ria Koenigsberg at 650-366-
3802 or email us
at olmcmentalhealthministry@gmail.com

Do you feel isolated by emo-
tional or mental problems?
Overwhelmed by the daily
drumbeat of bad news? You
no longer have to struggle
alone. Mount Carmel has a
Mental Health Ministry that
offers God's hope and love
through spiritual accompani-
ment, practical support and
education. We are here to
support you and help you
find public and private men-
tal support services.



Life-Giving Wounds Retreat

A Retreat For Adult Children of Divorced/ Separated Parents

Dealing with our parents' divorce is not easy but confronting this wound with faith can allow us to find great healing. We hope that you will become part of our supportive community and receive the many graces available through this ministry.

Attending the three-day retreat is a great way to start this journey of healing. The retreat focuses on discovering our identity as children of God, although it also focuses on overcoming the effects of parental divorce, forgiving our parents, and connecting with others from this background.

March 22, 2024 - March 24, 2024

Vallombrosa Retreat Center
250 Oak Grove Ave., Menlo Park

Register/Contact: Ed Hopfner,
hopfner@sfarch.org or (415) 614-5549



LIFE-GIVING Wounds



Parish News and Announcements...



The Women's Club St. Patrick's Dinner on March 7th. Congratulations to Camille Torres on winning the raffle prize gift basket! Photos curtesy of Tina Peterson.



Upcoming meetings & activities of Parish Ministries:

- ♦ **Legion of Mary**
March 22 at 6pm in the 1st Floor, Conf. Room, Parish Center
- ♦ **St. Vincent de Paul Society**
March 21 at 7pm in the 1st Floor, Conf. Room, Parish Center



- ♦ **Women's Club Dinner**
April 4 at 6:30pm in the Small Hall



SAVE THE DATE

for the launch of
The National Eucharistic Revival
Pilgrimage from the West
with the St. Junipero Serra Route

MAY 19, 2024

Join Archbishop Cordileone and
the Eucharistic Perpetual Pilgrims
For 11:00 a.m. Mass at
St. Mary of the Assumption Cathedral



Followed by a pilgrimage walk
across the Golden Gate Bridge

For More Information:
www.sfarch.org/eucharistic-revival



Special Needs Retreat for Persons with Intellectual Disabilities

Saturday, April 20, 11:00am—2:30pm

**St. Augustine Church, Parish Center,
3700 Callan Blvd., South San Francisco**

We invite our Special Needs Community to join us for a retreat filled with prayer time, stories of our faith and caring friends. For ages 6 to young adult.

Free registration, free t-shirt and lunch provided. Please contact Lorna Feria at the Office of Faith Formation at 415-614-5654 or 415-370-7340 or email ferial@sfarch.org





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.

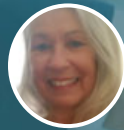
Our dedicated team keeps your best interest in mind at all times by helping you focus on the goals you set, providing guidance on how to achieve them, and ridding your life of pesky elephants.

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