



OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH AND SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802



19TH SUNDAY IN ORDINARY TIME

Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. - Mt 14:28-29

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

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The Solemnity of the Assumption of the Blessed Virgin Mary was already being celebrated on **15 August** in the 5th century. It bore the sense of Our Lady's "Birth into heaven," or in the Byzantine tradition, her "Dormition." The feast began to be celebrated in Rome in the middle of the 7th century. It was not until 1 November 1950, that Pope Pius XII proclaimed the Dogma of Mary's assumption body and soul into heaven. In the Apostles' Creed, we profess our faith in the "Resurrection of the body" and in "life everlasting." This is the ultimate goal and meaning of our life's journey. This promise of faith is already accomplished in Mary, who is the "*sign of sure hope and comfort*." It is a privilege granted to Mary, and closely connected to her being the Mother of Jesus. Since death and the corruption of the human body are consequences of sin, it was not right that the Virgin Mary – who is free from sin – should be affected by this natural law. Hence the mystery of her "Dormition" or "Assumption into heaven." The fact that Mary has already been assumed into heaven is a reason to celebrate, to rejoice, to hope in the "*already and the not yet*." One of God's creatures – Mary – is already in heaven. With her, and like her, we too, who are God's creatures, will one day be there too. Mary's destiny, united to the transfigured and glorious body of Jesus, is, therefore, the destiny of all those who are united to the Lord Jesus in faith and love. He blesses and multiplies them so that others may also be nourished.

— *Vatican News*

AUGUST 9, 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 8/3/2026)

\$17,335



Prayer to Mary, Assumed into Heaven

O Immaculate Mary, Assumed into heaven,
you who are most blessed in the vision of God:
of God the Father who exalted you among all creatures,
of God the Son who willed that you bear Him as your Son and that
you should be His Mother,
of God the Holy Spirit who accomplished the human conception
of the Savior in you.

O Mary, most pure

O Mary, most sweet and beautiful

O Mary, strong and thoughtful woman

O Mary, poor and sorrowful

O Mary, virgin and mother

woman very human like Eve, more than Eve.

You are near to God by your grace and by your privileges
in your mysteries

in your mission, in your glory.

O Mary, assumed into the glory of Christ

in the complete and transfigured perfection of our human nature.

O Mary, gate of heaven

mirror of divine light

ark of the Covenant between God and mankind,

let our souls fly after you

let them fly long your radiant path,

transported by a hope that the world does not contain eternal
beatitude.

Comfort us from heaven, O merciful Mother,

and guide us along your ways of purity and hope

till the day of that blessed meeting with you

and with your divine Son

our Savior, Jesus. Amen!

(Saint Paul VI)

15 AUGUST
ASSUMPTION OF THE
BLESSED VIRGIN MARY

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

PARISH MASSES & LITURGIES

DAILY MASS: SATURDAY VIGILMASS:	Monday - Saturday, 8:15 AM 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 (2 nd & 4 th Saturdays are in 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 Please call at least 2 months prior to the approved date of baptism.
QUINCEAÑERA MASS:	Saturdays at 12 noon. Subject to availability. Please call at least 5 months prior to the approved date of the Mass.
MARRIAGE:	Saturdays at 12 noon. Subject to availability. Please call at least 6 months prior to the approved date of the wedding.

PARISH CENTER HOURS - Monday-Friday

8:30AM - 4:00PM

break from 12PM-1PM

CLERGY

Pastor: Rev. Fr. Luello Palacpac	palacpac.luello@sfarch.org
Parochial Vicar: Rev. Fr. Patrick Okoye	okoye.patrick@sfarch.org
Hospital Chaplain: Rev. Fr. Ernie Jandonero	frerniej@sfhealingandprayer.org
Deacon: Rev. Mr. Raymond Smith	rsmith@mountcarmel.org
Deacon: Rev. Mr. Ricardo Escobar	rescobar@mountcarmel.org

STAFF

Admin. Assistant: Luke Mulhall	lmulhall@mountcarmel.org	(650) 366-3802
Director, Liturgy: Maria Cornell	mcornell@mountcarmel.org	(650) 446-5802
Director, Religious Ed: Magdalena Hernandez	mhernandez@mountcarmel.org	(650) 368-8237
OCIA: Rev. Mr. Raymond Smith w/ Bill Haack	rsmith@mountcarmel.org	(650) 366-3802
Confirmation: Johanna Rasmussen	jrasmussen@mountcarmel.org	(650) 366-3802
Music Cantors: Kristen Lapinig & Leodan Guerra		
School Principal: Megan Armando	marmando@mountcarmel.org	(650) 366-6127



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 speak the truth in Christ, I do not lie;
my conscience joins with the Holy Spirit in bearing me witness.*

(Rom 9:1)

God Is Near Us and Always Speaking

My dear friends,

As we make our journey through the ups and downs of life, let us remain deeply conscious of God's loving presence in every moment and situation. When Elijah listened, he found God in a gentle breeze. When Peter obeyed Jesus and kept his eyes firmly fixed on Him, he walked on water.

God is not distant. He is near us, always revealing Himself to us. God's revelation of Himself to us can be in both ordinary and extraordinary manners. Sometimes quietly, sometimes loudly, sometimes simply and sometimes in more complex modes. In all of these, He invites us to recognize His presence and steadfastly follow Him, as He walks with us on life's journey. The real spiritual work on our part is to discern God's presence, get connected to Him, and remain with Him; by so doing, we can experience the grace of His presence.

We can find God in everyday life by cultivating a deep sense of faith and a strong desire to encounter Him. When we choose to look, listen, and open our hearts to God, who is Omnipresent, every moment, place, and situation of life can become points of grace and divine encounter.

Some of the ways we can discover God in all things, and at all times, and follow him faithfully, is to live a life of daily rhythm of prayer, to practice gratitude to God in both small and great circumstances, to enter into periods of silence at some points within the hustle and bustle of daily life, to listen to Him, to respond to the Holy Spirit's promptings, and live our faith in charity and peace.

On this Nineteenth Sunday in Ordinary Time (Cycle A), let us continue to ask for the grace to recognize God's presence and His voice in every moment of our lives. Let us respond to His call and remain faithful to His direction. Like Peter, when we recognize Jesus and follow His invitation, we step into His power and experience victory over fear, doubt, and the storms of life.

God is not far away. He is here. He is speaking. And He is inviting us to step out of the boat and walk with Him.

Fr. Patrick

Peter musters the courage to step out onto the water when Jesus calls him. What are some fears the Lord could help you face?



Pedro reúne el valor para salir al agua cuando Jesús le llama. ¿Cuáles son los temores que el Señor podría ayudarte a enfrentar?

God Is Near Us and Always Speaking

Queridos amigos:

Mientras recorremos los altos y bajos de la vida, permanezcamos profundamente conscientes de la amorosa presencia de Dios en cada momento y en cada circunstancia. Cuando Elías escuchó, encontró a Dios en el suave susurro de la brisa. Cuando Pedro obedeció a Jesús y mantuvo su mirada firmemente fija en Él, caminó sobre las aguas.

Dios no está distante. Él está cerca de nosotros, revelándose constantemente en nuestras vidas. Su revelación puede manifestarse tanto de maneras ordinarias como extraordinarias; a veces en el silencio, otras con fuerza; unas veces de forma sencilla y otras de maneras más profundas y misteriosas. En todo ello, Dios nos invita a reconocer Su presencia y a seguirlo con fidelidad mientras camina con nosotros a lo largo del camino de la vida. Nuestra verdadera tarea espiritual consiste en discernir Su presencia, permanecer unidos a Él y caminar a Su lado. Al hacerlo, podemos experimentar la gracia que brota de Su presencia.

Podemos encontrar a Dios en la vida cotidiana cultivando una fe profunda y un sincero deseo de encontrarnos con Él. Cuando decidimos mirar, escuchar y abrir nuestro corazón a Dios, que está presente en todo lugar, cada momento, cada lugar y cada situación de nuestra vida pueden convertirse en una oportunidad de gracia y en un encuentro con Él.

Algunas maneras de descubrir a Dios en todas las cosas y en todo momento, y de seguirlo con fidelidad, son vivir un ritmo diario de oración, practicar la gratitud tanto en las pequeñas como en las grandes circunstancias de la vida, hacer espacio para el silencio en medio del ajetreo cotidiano, escuchar Su voz, responder a las inspiraciones del Espíritu Santo y vivir nuestra fe con caridad y paz.

En este Decimonoveno Domingo del Tiempo Ordinario (Ciclo A), sigamos pidiendo la gracia de reconocer la presencia de Dios y escuchar Su voz en cada momento de nuestra vida. Respondamos a Su llamado y permanezcamos fieles a Su guía. Como Pedro, cuando reconocemos a Jesús y respondemos a Su invitación, damos el paso para salir de la barca y experimentamos Su poder, venciendo el miedo, la duda y las tormentas de la vida.

Dios no está lejos. Él está aquí. Él nos habla. Y nos invita a salir de la barca y caminar con Él.

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 (new)
- Social Media (new)

LITURGICAL MINISTRIES

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

MASS INTENTIONS FOR THE WEEK

Sat., Aug 8

5:00 PM

Pro Populo

Sun., Aug 9

8:00 AM

† Alberto Cuevas

10:00 AM

† Jose & Asteri Tordilla

12:00 PM

Ramiro Goainez Villa

Weekdays at 8:15 AM

Mon., Aug 10 † Elizabeth Frykberg

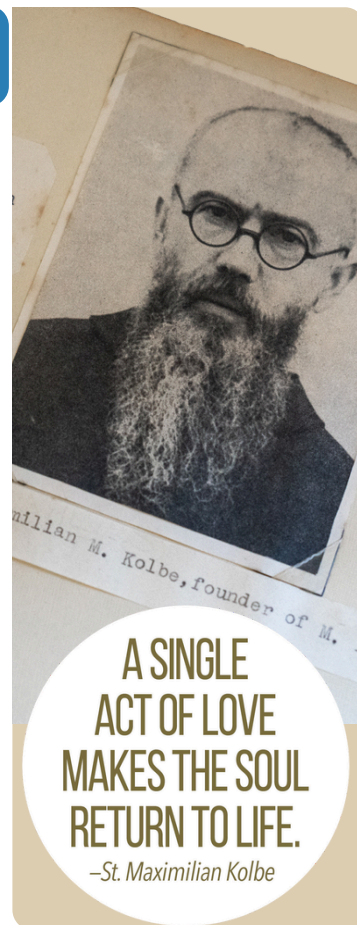
Tues., Aug 11 † Mary Louise Liberati

Wed., Aug 12 † Gerald Smith

Thurs., Aug 13 † Joseines Aguirre

Fri., Aug 14 † Eucharía Mulhall

Sat., Aug 15 Fanga Tangitau



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

Register at: mountcarmelrc.org/registration

Registered parishioners may also update their information on the website.



THANK YOU TO OUR ALTAR FLOWERS DONORS:

August 8: Margie & Bill Haack in memory of Ralph & Mary Haack



2nd Collection: Aug 2 – Facility Repair & Improvement

Aug 9 – Religious Education

Aug 16 – Liturgy Fund

Aug 23 – AAA

Aug 30 – St. Vincent de Paul Society



The Archdiocesan Annual Appeal (AAA) collection Each day, our Archdiocese brings Christ's presence to people in their most vulnerable moments—especially the sick, the hospitalized, and the forgotten. Through the Archdiocesan Annual Appeal, you make this ministry possible. Your support ensures that chaplains can offer the sacraments, spiritual comfort, and the compassionate presence of Christ. The needs remain, and so does our mission. To learn more, please visit: <https://sfarch.org/aaa/>

Mental Health Ministry

Call: Maria Koenigsberg
(650) 366-3802

Or email us at: olmcmentalhealthministry@gmail.com



Good Grief Ministry

Call: Maryann Gonzales
(650) 366-3802

The ministry 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 and FAITH GROWTH

FIRST COMMUNION REGISTRATION

PHONE: 650-368-8237

Registration for First Communion will continue every Sunday throughout the month of August, from 9:00 a.m. to 1:30 p.m., on the church porch.

Registration will also be available at the Parish Center beginning in August, Tuesday through Friday, from 9:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

Religious Education classes will begin in September and will follow this schedule:

- English: Sundays, 8:45 a.m. – 9:45 a.m., followed by the 10:00 a.m. Mass
- Spanish: Wednesdays and Thursdays, 6:30 p.m. – 7:45 p.m.

Class calendars and additional information will be included in the registration packet. *The program is open to children and youth ages 7–15.*

For more information, please email: Magdalena Hernandez
mhernandez@mountcarmel.org

INSCRIPCIONES PARA LA PRIMERA COMUNIÓN

PHONE: 650-368-8237

Las inscripciones para la Primera Comunión continuarán durante todos los domingos del mes de agosto, de 9:00 a.m. a 1:30 p.m., en el pórtico de la iglesia.

También se recibirán inscripciones en la oficina parroquial de martes a viernes, de 9:30 a.m. a 12:00 p.m. y de 1:00 p.m. a 4:00 p.m., a partir del mes de agosto.

Las clases de Catecismo comenzarán en septiembre con el siguiente horario:

- Inglés: Domingos, de 8:45 a.m. a 9:45 a.m.
- Español: Miércoles y jueves, de 6:30 p.m. a 7:45 p.m.

El calendario de clases y toda la información adicional se entregarán junto con el paquete de inscripción. *El programa está abierto para niños y jóvenes de entre 7 y 15 años de edad.*

Para más información, puede comunicarse por correo electrónico a:
mhernandez@mountcarmel.org



MOUNT CARMEL
YOUTH MINISTRY
"In God we live"



All teens ages 13–17 are welcome!

Next Meeting: August 29



Monthly Meeting:
Saturday Aug. 29
following the 5:00
p.m. Mass.
**SCAN CODE
TO LEARN MORE**

mountcarmelyouthministry.org

CONFIRMATION PROGRAM

PHONE: 650-368-8237

The Our Lady of Mount Carmel Confirmation Program is open to High School Students ages 14–18.

Online registration opened on August 1, 2026, and will remain open until the program is full. The registration fee is \$150.00 per youth, and scholarships are available for families facing financial hardship.

For more information, you can contact Magdalena Hernandez via email: mhernandez@mountcarmel.org

ENGLISH



Please Scan
QR CODE
to register

ESPAÑOL



St. Francis of Assisi

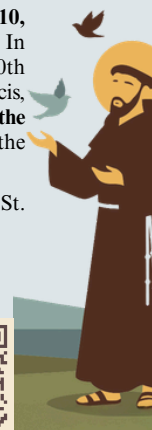
JAN. 10, 2026 - JAN. 10, 2027

Pope Leo XIV has decreed that from Jan. 10, 2026, to Jan. 10, 2027, "a special Year of Saint Francis" shall be proclaimed. In honor of this special year of the occasion of the 800th anniversary of the Transitus (death) of Saint Francis, Archbishop Cordileone has designated several locations where the faithful may make a pilgrimage and pray devoutly to fulfill the conditions for receiving a plenary indulgence:

Designated locations to participate in this special year of St. Francis:

- National Shrine of Saint Francis of Assisi
- Mission Dolores Church
- Saint Francis of Assisi Catholic Church in East Palo Alto
- Mission San Rafael
- Cathedral of St. Mary of the Assumption

Scan code for online resources and more



OCIA PROGRAM

The **Order of Christian Initiation for Adults** (OCIA) is a journey of prayer, learning, and reflection designed for those seeking to become Catholic, those seeking the sacrament of Confirmation, and for those simply exploring the Catholic faith. It is **open to all adults ages 18+.**

Our Lady of Mount Carmel will launch our all new OCIA program, using the *Invited* formation series, **starting Sunday August 23rd.** *Invited* was created with the conviction that OCIA should make disciples, not just deliver doctrine. Following the approach recommended by the Directory of Catechesis, the teaching anchors the whole process. Three priorities shaped the curriculum: fidelity to Church teaching, accessibility for those new to the Faith, and genuine formation of the whole person—mind, heart, and soul.

Contact the parish office for more details and how to enroll.

Every element is ordered toward a single goal: to know the faith and live it. For this reason, prayer is woven throughout the program, with particular moments designed to draw participants into a living relationship with God. Videos and resources support the catechist with focused, heartfelt content to support their teaching and the relationship they build with the participants.

OBSERVANCES FOR THE WEEK

- (Aug. 10) St. Lawrence, *Deacon and Martyr*
 (Aug. 11) St. Clare, *Virgin*
 (Aug. 12) St. Jane Frances de Chantal, *Religious*
 (Aug. 13) Sts. Pontian, *Pope*, and Hippolytus, *Priest, Martyrs*
 (Aug. 14) St. Maximillian Kolbe, *Priest and Martyr*
 (Aug. 15) ***The Assumption of the Blessed Virgin Mary***



ST. CLARE OF ASSISI, A DEVOTED FOLLOWER AND FRIEND OF ST. FRANCIS, CENTERED HER LIFE AROUND POVERTY, PRAYER, AND THE EUCHARIST. AS THE FOUNDER OF THE POOR CLARES, SHE PROMOTED A MINISTRY OF SIMPLICITY, ADORATION, AND SERVICE TO THE POOR.

WATER



Peter said to him in reply, "Lord, if it is you, command me to come to you on the water."

MATTHEW 14:28

Catechism of the Catholic Church

Faith is a Gift of God and a Human Act

153 When St. Peter confessed that Jesus is the Christ, the Son of the living God, Jesus declared to him that this revelation did not come "from flesh and blood," but from "my Father who is in heaven." Faith is a gift of God, a supernatural virtue infused by him. "Before this faith can be exercised, man must have the grace of God to move and assist him; he must have the interior helps of the Holy Spirit, who moves the heart and converts it to God, who opens the eyes of the mind and 'makes it easy for all to accept and believe the truth.'"

GRACE CALLS.
FAITH STEPS OUT.
CHRIST SUSTAINS.



SACRED VOICES CONCERT WITH ROMAN AND VATICAN SINGERS

Forty singers from the most important musical institutions in Rome and at the Vatican will perform at St. Mary's Cathedral in a special Aug. 25 concert featuring the music of the popes and saints. The concert showcases the great Roman polyphonic (Greek for "many voices") tradition of the Sistine Chapel Choir and its most famous composers. Tickets are on sale now for performances at **Cathedral of Saint Mary of the Assumption, San Francisco (Aug. 25, 7:00p)**; Cathedral Basilica of Saint Joseph, San Jose (Aug. 24, 7:00p); Cathedral of the Annunciation, Stockton (Aug. 26, 6:30p); Grace Cathedral, San Francisco (Aug. 27, 8:00p); and Cathedral of Christ the Light, Oakland (Aug. 29, 3:00p).

Contact: Dr. Christoph Tietze | 415-567-2020 x213 | orgelchris@yahoo.com



CATHEDRAL OF
ST. MARY OF THE
ASSUMPTION
1111 GOUGH ST
SAN FRANCISCO
TUESDAY
AUGUST 25, 2026
7:00 PM

TO PURCHASE
TICKETS
SCAN
QR CODE



ONCE-IN-A-LIFETIME EXPERIENCE...
DON'T MISS OUT!



Healing Mass

Every third Friday of the month

Next Mass: August 21, 2026



SF Healing and
Prayer Ministry

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



For **Retreats** please call:
Vallombrosa Retreat Center (650) 325-5614
The Jesuit Retreat Center (650) 917-4024
St. Clare's (831) 423-8093



WOMEN'S CATHOLIC SCRIPTURE STUDY

invites women from parishes all around the Bay Area 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).**

Participants read the lessons and answer home study questions, engage in lively small group discussions, and gather in the large group for inspiring talks. We also like to meet monthly for lunch and fellowship.

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!!!

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/>

Society of St. Vincent de Paul of San Mateo County 50 North B Street San Mateo, CA 94401 **Help Line: 650-343-4403**

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



**\$4299 FROM
SAN FRANCISCO**
(Air/land tour price is \$3769 plus
\$530 gov't taxes/airline
surcharges)
(double occupancy)

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

For More Information, Please Contact:

Maria Cornell

Tel: (650) 678-3545

Email: italypilgrimage2027@gmail.com

DON'T MISS OUT! SIGN UP TODAY!

Our Lady of
Mount Carmel School
Redwood City, CA

**ACADEMIC
EXCELLENCE.
FAITH.
COMMUNITY.
THIS IS OLMC.**

Limited spots are still available for
the 2026-2027 School Year.

LEARN MORE

(650) 366-6127

info@mountcarmel.org

www.school.mountcarmel.org

Offering Preschool, TK, and K-8 Programs.



Archdiocese of San Francisco Restorative Justice Ministry Support people in PRISON

We offer services to enhance the reintegration prospects of former inmates into society. Provide resources, such as bibles and reading materials. We train volunteers and support clergy in addressing the spiritual needs of those in jails and prisons.

For more information on how to volunteer, please call or send email to:

Julio Escobar

(415) 6145572 escobarj@sfarch.org

HELP BEAUTIFY OUR CHURCH

Flowers have long been a beautiful expression of love, gratitude, and prayer. Consider sponsoring the altar flowers for a weekend during Ordinary Time in honor or memory of a loved one, or as a special offering of thanksgiving to God.

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.*



MORE ANNOUNCEMENTS

*Please read the advertisements on the
bulletin board at the vestibule.*