



# OUR LADY OF MOUNT CARMEL

## CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802

Feb. 22 2026

### Archdiocesan Annual Appeal 2026

*Goal: \$72,794*

As Catholics, we are called to use our gifts to serve others and bring Christ to the world. Through the **Archdiocesan Annual Appeal**, we strengthen our shared mission by supporting essential ministries that care for our youth, accompany families, serve those most in need, and support our priests.

Inspired by this year's theme, "*Those who hope in the Lord will renew their strength*" (Isaiah 40:31), I invite you to prayerfully consider a gift to the Archdiocesan Annual Appeal. Your generosity makes a real difference in the lives of so many throughout our Archdiocese.

— *Most Rev. Salvatore J. Cordileone*  
*Archbishop of San Francisco*



## 1ST SUNDAY OF LENT

"The tempter approached and said to him, 'If you are the Son of God, command that these stones become loaves of bread.' He said in reply, 'It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God.'" Mt 4: 1-4

"El tentador se acercó y le dijo: 'Si eres hijo de Dios, manda que estas piedras se conviertan en panes.' Jesús le respondió: 'Está escrito: No sólo de pan vive el hombre, sino de toda palabra que sale de la boca de Dios.'" Mt 4, 1-4

Excerpt from the Lectionary for Mass ©2001, 1999, 1979 ©2002  
Lectio: © 1987 Catholic Education in Parish, Italy's Office of the Conference of Bishops (CEI)

# STATIONS — OF THE — CROSS

### All Fridays of Lent

02/20-03/27

English @ 8:45am  
Español @ 7pm

### Rite of Election

Feb. 22 @ ASF Cathedral

The Catechumens (unbaptized) are called forward by the bishop, and affirmed by sponsors and the community.

Catechumens sign the Book of the Elect in the parish registry, solidifying their commitment to enter the Church.

After this rite, the catechumens are known as "the elect" or "the enlightened".

### Confessions Schedule

1<sup>st</sup> & 3<sup>rd</sup> Saturday @ 3:30pm – (Eng & Sp)  
2<sup>nd</sup> & 4<sup>th</sup> Saturday @ 3:30pm – (Eng only)

## 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

**1<sup>st</sup> FRIDAY Devotion:** Eucharistic Adoration follows the 8:15 AM Mass

**CONFESSIONS:** Saturdays, 3:30 PM - 4:30 PM

**ANOINTING OF THE SICK,  
FUNERAL SERVICES or  
HOUSE BLESSING:** 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.** Suggested donation is \$500. Stipend for a musician is a separate fee and it depends on availability. Initial deposit required to reserve the date. Our Hall is not available for receptions.

**MARRIAGE:** Saturdays at 12 noon. Subject to availability. **Please call at least 6 months prior to the approved date of the wedding.** Suggested donation is \$700. Stipend for a musician is a separate fee and it depends on availability. Initial deposit required to reserve the date. Our Hall is not available for receptions.

PARISH CENTER HOURS - Monday-Friday **8:30AM-4:00PM**, break from 12PM-1PM

### CLERGY

|   |  |
|---|--|
| <b>Administrator:</b> <i>Rev. Fr. Andy De Guzman</i>      | <a href="mailto:adeguzman@mountcarmel.org">adeguzman@mountcarmel.org</a>         |
| <b>Parochial Vicar:</b> <i>Rev. Fr. Patrick Okoye</i>     | <a href="mailto:okoye.patrick@sfarch.org">okoye.patrick@sfarch.org</a>           |
| <b>Hospital Chaplain:</b> <i>Rev. Fr. Ernie Jandonero</i> | <a href="mailto:frniej@sfhealingandprayer.com">frniej@sfhealingandprayer.com</a> |
| <b>Deacon:</b> <i>Rev. Mr. Raymond Smith</i>              | <a href="mailto:rsmith@mountcarmel.org">rsmith@mountcarmel.org</a>               |
| <b>Deacon:</b> <i>Rev. Mr. Ricardo Escobar</i>            | <a href="mailto:rescobar@mountcarmel.org">rescobar@mountcarmel.org</a>           |

### LAY STAFF

|  |  |                |
|--|--|----------------|
| <b>Parish Secretary:</b> <i>Luke Mulhall</i>                     | <a href="mailto:lmulhall@mountcarmel.org">lmulhall@mountcarmel.org</a>     | (650) 366-3802 |
| <b>Director, Liturgy:</b> <i>Maria Cornell</i>                   | <a href="mailto:mcornell@mountcarmel.org">mcornell@mountcarmel.org</a>     | (650) 446-5802 |
| <b>Director, Religious Ed:</b> <i>Magdalena Hernandez</i>        | <a href="mailto:mhernandez@mountcarmel.org">mhernandez@mountcarmel.org</a> | (650) 368-8237 |
| <b>OCIA:</b> <i>Rev. Mr. Raymond Smith</i>                       | <a href="mailto:rsmith@mountcarmel.org">rsmith@mountcarmel.org</a>         | (650) 366-3802 |
| <b>Confirmation:</b> <i>Johanna Rasmussen</i>                    | <a href="mailto:jrasmussen@mountcarmel.org">jrasmussen@mountcarmel.org</a> | (650) 366-3802 |
| <b>Music Cantors:</b> <i>Kristen Lapinig &amp; Leodan Guerra</i> |  |                |
| <b>School Principal:</b> <i>Jennifer Bruzzone</i>                | <a href="mailto:jbuzzone@mountcarmel.org">jbuzzone@mountcarmel.org</a>     | (650) 366-6127 |



Pray for our departed parishioners  
**May they rest in peace**  
**AMEN.**



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

Community prayer for all the sick at the Church every **2<sup>nd</sup> Tues of the month** at 7pm.

## Clergy Message

My dear brothers and sisters, humanity has conquered many forces of nature, yet one struggle remains painfully persistent—the battle against sin, disobedience, and the inclination to do evil. Like Paul, we often confess, “The evil I do not want is what I do” (Romans 7:19). This inner conflict has marked the human heart since the fall of Adam and Eve.

But the good news is this: victory over sin is possible. Lent is our training ground—a sacred season when the Church calls us to strengthen our spirits, resist temptation, and grow in virtue. It is a time to become intentional about choosing good, rejecting evil, and cooperating with God’s grace.

Yet we must remember: we cannot win this battle by willpower alone. Jesus tells us, “Without me you can do nothing” (John 15:5). Victory comes when we take up the spiritual weapons God has placed in our hands. First, prayer—our first line of defense. Jesus warns, “Watch and pray that you may not enter into temptation” (Matthew 26:41). Prayer strengthens the will and opens the heart to grace.

Second, fasting, which disciplines our desires and teaches us to hunger for God. As Jesus says, “Man shall not live by bread alone” (Matthew 4:4).

Third, almsgiving, the weapon against selfishness. Scripture tells us, “Whoever is generous to the poor lends to the Lord” (Proverbs 19:17). Charity purifies the heart.

Fourth, the Word of God, which Paul calls “the sword of the Spirit” (Ephesians 6:17). Scripture exposes lies and strengthens faith.

Finally, the sacraments, where God’s power meets our weakness. Confession heals; the Eucharist strengthens; grace transforms.

My dear friends, Lent is the season to take up these weapons and, like Paul, to press on with unwavering faith until victory is achieved. May this holy season lead us to the triumph Christ has already won for us. Amen.

**Fr. Patrick**

Queridos hermanos y hermanas, la humanidad ha conquistado muchas fuerzas de la naturaleza, pero una lucha sigue siendo dolorosamente persistente: la lucha contra el pecado, la desobediencia y la inclinación a hacer el mal. Al igual que San Pablo, a menudo confesamos: “El mal que no quiero es lo que hago” (Romanos 7:19). Este conflicto interior ha marcado el corazón humano desde la caída de Adán y Eva.

Pero la buena noticia es esta: la victoria sobre el pecado es posible. La Cuaresma es nuestro campo de entrenamiento: una temporada sagrada en la que la Iglesia nos llama a fortalecer nuestro espíritu, resistir la tentación y crecer en virtud. Es un momento para ser intencionado al elegir el bien, rechazar el mal y cooperar con la gracia de Dios.

Sin embargo, debemos recordar: no podemos ganar esta batalla solo con fuerza de voluntad. Jesús nos dice: “Sin mí no puedes hacer nada” (Juan 15:5). La victoria viene cuando tomamos las armas espirituales que Dios ha puesto en nuestras manos. Primero, la oración - nuestra primera línea de defensa. Jesús advierte: “Velen y oren para que no caen en tentación” (Mateo 26:41). La oración fortalece la voluntad y abre el corazón a la gracia.

Segundo, el ayuno, que disciplina nuestros deseos y nos enseña a tener hambre de Dios. Como dice Jesús, “El hombre no vivirá solo de pan” (Mateo 4:4).

Tercero, la limosna, el arma contra el egoísmo. La Escritura nos dice: “El que es generoso con los pobres presta al Señor” (Proverbios 19:17). La caridad purifica el corazón.

Cuarto, la Palabra de Dios, que Pablo llama “la espada del Espíritu” (Efesios 6:17). La Escritura expone mentiras y fortalece la fe.

Finalmente, los sacramentos, donde el poder de Dios se encuentra con nuestra debilidad. La confesión sana; la Eucaristía fortalece; la gracia transforma.

Mis queridos amigos, la Cuaresma es el tiempo para tomar estas armas y, como San Pablo, seguir adelante con fe inquebrantable hasta que se logre la victoria. Que este tiempo santo nos lleve al triunfo que Cristo ya ha ganado para nosotros. Amén.

## 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 Oracion
- OCIA – Catechists
- Bible Study Group
- Men’s Club
- Women’s Club

### Liturgical ministries:

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

## MASS INTENTIONS FOR THE WEEK

*Sat., Feb. 21*

5:00 PM

Doonan Family

*Sun., Feb. 22*

8:00 AM

† Art Salcedo

10:00 AM

† For our parishioners

12:00 PM

† Familia Perez Esquivias

Weekdays at 8:15 AM

*Mon., Feb. 23*

† Dorothy Nevius

*Tues., Feb. 24*

† Filomena & Luigi Liberati

*Wed., Feb. 25*

† Rodrigo Zepeda

*Thurs., Feb. 26*

† Lola Cornell

*Fri., Feb. 27*

† Julie Salas

*Sat., Feb. 28*

† Edmund Kolod &

† Manuel Antonio Camargo

**2<sup>nd</sup> Collection:** Feb. 1 - Facility Repair & Improvements  
Feb. 15 - Liturgy Fund

Feb. 8 - Religious Education

Feb. 22 – AAA

**Registration:** If you are new in our community, welcome! **Register at:** [mountcarmelrc.org/registration](http://mountcarmelrc.org/registration)  
Registered parishioners may also update their information on the website.

## 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  
The ministry meets **every 2<sup>nd</sup> & 4<sup>th</sup> 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.

## Saints of the Week

St. Polycarp, bishop and martyr (Feb. 23)

St. Gregory of Narek, Abbot and Doctor of the Church (Feb. 27)

## LENT

*Lent is a 40-day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ.*

*Many know of the tradition of abstaining from meat on Fridays during Lent, but we are also called to practice self-discipline and fast in other ways throughout the season. Contemplate the meaning and origins of the Lenten fasting tradition in this reflection. In addition, the giving of alms is one way to share God's gifts—not only through the distribution of money, but through the sharing of our time and talents. As St. John Chrysostom reminds us: "Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs." (Catechism of the Catholic Church, no. 2446).*

*In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the Order of Christian Initiation of Adults, a period of learning and discernment for individuals who have declared their desire to become Catholics.*

*(from usccb.org)*

## LENT and RECONCILIATION

*Lent is the season of penance and reconciliation. Some might say: "I have nothing to confess" or "I do not believe in this sacrament."*

*Give yourself a chance. The Lord gave this sacrament for your spiritual benefit.*

**CCC 1422** *"Those who approach the sacrament of Penance (confession/reconciliation) obtain pardon from God's mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion."*

## Prayer + Fasting + Almsgiving



## Catechism of the Catholic Church

**"From thence He will come again to judge the living and the dead."**

**680** *Christ the Lord already reigns through the Church, but all the things of this world are not yet subjected to him. the triumph of Christ's kingdom will not come about without one last assault by the powers of evil.*

**681** *On Judgement Day at the end of the world, Christ will come in glory to achieve the definitive triumph of good over evil which, like the wheat and the tares, have grown up together in the course of history.*

**682** *When he comes at the end of time to judge the living and the dead, the glorious Christ will reveal the secret disposition of hearts and will render to each man according to his works, and according to his acceptance or refusal of grace.*

Please see all Advertisements in the bulletin board in the vestibule for details



HELP SAVE LIVES IN REDWOOD CITY!  
[40daysforlife.com/redwoodcity](http://40daysforlife.com/redwoodcity)

A JOURNEY OF FAITH  
Presents

***No Greater Love:  
A Biblical Walk through Christ's  
Passion***

*By Dr. Edward Sri*

*A Perfect Bible Study for Lent  
Open to all Parishioners*

**February 25<sup>th</sup> – March 25<sup>th</sup>**  
**(All Wednesdays - 5 sessions only!)**  
7:00-8:30pm  
Old Chapel, Parish Center

**It is FREE! Call the Parish office to register. Limited seats available.**

*See Poster for more details*

*A gathering for prayer, reflection on the Mass and continuing formation for **Lectors and Extraordinary Ministers of Holy Communion.***

*Extraordinary Ministers of Holy Communion's Session – on Saturday, Feb. 28<sup>th</sup>.*

*From 9:00am – 11:00 am  
at the Parish Center old chapel.*

The poster features a background of a church interior with light streaming through stained glass windows. The text reads: 'LIFE-GIVING WOUNDS' with a red arrow pointing to the left, 'Healing Retreat for Adult Children of Divorce', 'Feb 27 - Mar 1, 2026', 'Vallombrosa Retreat Center 250 Oak Grove Ave, Menlo Park, CA', and 'Weekend retreat will include Holy Mass, opportunities for Confession and Adoration.'

**Feb 27 - Mar 1, 2026**  
Vallombrosa Retreat Center  
250 Oak Grove Ave, Menlo Park, CA  
Weekend retreat will include Holy Mass, opportunities for Confession and Adoration.

The poster shows a young child in a red dress holding a small object. The text includes: 'CRS RICE BOWL', 'WHO IS READY TO CHANGE LIVES THIS LENT?', '¡CAMBIA VIDAS ESTA CUARESMA!', and a QR code with the text 'Scan the QR code to make a donation. Escanea el código QR para donar.'

**CRS RICE BOWL**  
WHO IS READY TO **CHANGE LIVES** THIS LENT?  
**¡CAMBIA VIDAS ESTA CUARESMA!**  
Scan the QR code to make a donation.  
Escanea el código QR para donar.

[crsricebowl.org/change-lives](http://crsricebowl.org/change-lives) | [crsplatodearroz.org/cambia-vidas](http://crsplatodearroz.org/cambia-vidas)

**BE a ST!**  
**(BE A SAINT)**  
 teen youth group  
 7-12<sup>th</sup> grade

**SUNDAYS, 6-8 PM**

- BEAST Games
- BEAST Hot Topic Debates
- BEAST Service Nights
- BEAST Discussions

Scan to Register:

Questions? contact: brjohnpaul@straymondmp.org / florence.debretagne@straymondmp.org

Our Lady of  
 Mount Carmel School  
 PS, TK, K-8

**A Standard of Excellence.**

Our rigorous, Catholic education prepares students for a lifetime of academic success.

**APPLICATIONS OPEN FOR 2026-2027 SCHOOL YEAR**

**LEARN MORE**

(909) 366-6127  
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 www.school.mountcarmel.org  
 @olmc.palms  
 301 Grand Street  
 Redwood City, CA  
 @mountcarmelschool

**EDUCACION RELIGIOSA**

**Silent Women's Retreat**  
 February 27<sup>th</sup> – March 1<sup>st</sup> 2026  
 March 6<sup>th</sup> - 8<sup>th</sup> 2026

Who were the female Saints that stood at the foot of the Cross? We will take a closer look drawing from Holy Scripture. Our Blessed Mother Mary, Mary Magdalena and Mary, wife of Clopas along with many faithful women followers.

Fr. Jim Sullivan is a priest for the Diocese of Oakland; he is assigned to the chaplaincy at Bishop O'Dowd High School.

Fr. Jim Sullivan  
 Retreat Master

**St. Clare's Retreat**  
 2381 Laurel Glen Rd, Soquel, CA 95073  
 831-423-8093  
 www.stclaresretreat.org

*Momento de Dios Contigo*  
**Retiro parroquial de preparación para Cuaresma**

*Facilitado por Rev. Eugenio Aramburo*

**Sabado 2 de Marzo**  
 8:30am - 1:30pm

No se pierda este dia especial de adoracion y fraternidad!

Empezaremos con café, jugo e inscripciones.

Habra venta de tamales a la hora del lonche.

Se pide una donación de \$7 para ayudar con los gastos del Retiro