



OUR LADY OF MOUNT CARMEL

CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802

Feb. 8, 2026



5TH SUNDAY IN ORDINARY TIME

"You are the light of the world. A city set on a mountain cannot be hidden." - Mt 5:14

"Ustedes son la luz del mundo. No se puede ocultar una ciudad construida en lo alto de un monte". - Mt 5, 14

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Parish Collections

July 1 – Dec. 31, 2025

1st Collection:

*Sunday Masses	\$158,600
*Holy Days of obligation	\$2,700
*Christmas Offering	\$14,400
Total	\$175,700

2nd Collection:

*Religious Ed	\$10,700
*Maintenance & Repair	\$31,650
*Liturgy	\$12,100
Total	\$54,450



WORLD DAY OF THE SICK

11 FEBRUARY 2026

Ash Wednesday
Day of Imposition of Ashes
Feb. 18, 2026

Mass (English)
@ 8:15am
Lit. of the Word (English)
@ 6pm
Lit. of the Word (Spanish)
@ 7pm



Archdiocesan Annual Appeal 2026

Goal: \$72,794

National Marriage Week

here in the United States is part of a bigger, global movement of International Marriage Week.

What an honor to be a part of something that unites and strengthens marriages all over the globe!



 National Marriage Week USA
MARRIAGE IS WORTH IT! • EVERY FEB 7-14

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

**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

Administrator: <i>Rev. Fr. Andy De Guzman</i>	adeguzman@mountcarmel.org
Hospital Chaplain: <i>Rev. Fr. Ernie Jandonero</i>	frerniej@sfhealingandprayer.com
Deacon: <i>Rev. Mr. Raymond Smith</i>	rsmith@mountcarmel.org
Deacon: <i>Rev. Mr. Ricardo Escobar</i>	rescobar@mountcarmel.org

LAY STAFF

Parish Secretary: <i>Luke Mulhall</i>	lmulhall@mountcarmel.org	(650) 366-3802
Director, Liturgy: <i>Maria Cornell</i>	mcornell@mountcarmel.org	(650) 446-5802
Director, Religious Ed: <i>Magdalena Hernandez</i>	mhernandez@mountcarmel.org	(650) 368-8237
OCIA: <i>Rev. Mr. Raymond Smith</i>	rsmith@mountcarmel.org	(650) 366-3802
Confirmation: <i>Johanna Rasmussen</i>	jasmussen@mountcarmel.org	(650) 366-3802
Music Cantors: <i>Kristen Lapinig & Leodan Guerra</i>		
School Principal: <i>Jennifer Bruzzone</i>	jbruzzone@mountcarmel.org	(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 **2nd Tues of the month** at 7pm.

Gospel Message

In today's Gospel Reading (cf. Mt 5:13-16), Jesus says to his disciples, "You are the salt of the earth. ... You are the light of the world" (vv. 13-14). He uses a symbolic language to indicate to those who intend to follow him some criteria for living presence and witnessing in the world.

First image: salt. Salt is the element that gives flavor and which conserves and preserves food from corruption. The disciple is therefore called to keep society far from the dangers, the corrosive germs which pollute the life of people. It is a question of resisting moral degradation, sin, bearing witness to the values of honesty and fraternity, not giving in to worldly flattery of careerism, of power, of wealth. "Salt" is the disciple who, despite daily failures — because we all have them — gets up again from the dust of his errors, and begins again with courage and patience, every day, to seek dialogue and encounter with others. "Salt" is the disciple who does not look for consensus and praise, but strives to be a humble, constructive presence, faithful to the teachings of Jesus who came into the world not to be served, but to serve. And there is a great need for this attitude!

The second image that Jesus proposes to his disciples is that of light: "You are the light of the world". Light disperses darkness and enables us to see. Jesus is the light that has dispelled the darkness, but it [darkness] still remains in the world and in individuals. It is the task of Christians to disperse it by radiating the light of Christ and proclaiming his Gospel. It is a radiance that can also come from our words, but it must flow above all from our "good works" (v. 16). A disciple and a Christian community are light in the world when they direct others to God, helping each one to experience his goodness and his mercy. The disciple of Jesus is light when he knows how to live his faith outside narrow spaces, when he helps to eliminate prejudice, to eliminate slander, and to bring the light of truth into situations vitiated by hypocrisy and lies. To shed light. But it is not my light, it is the light of Jesus: we are instruments to enable Jesus' light to reach everyone.

Pope Francis

(from *Angelus Address 2020*)

En el Evangelio de hoy (cf. *Mateo* 5, 13-16), Jesús dice a sus discípulos: «Ustedes son la sal de la tierra [...]. Ustedes son la luz del mundo» (vv. 13,14). Utiliza un lenguaje simbólico para indicar a los que tienen intención de seguirlo ciertos criterios de presencia y testimonio vivo en el mundo.

Primera imagen: *la sal*. La sal es el elemento que da sabor y conserva y preserva los alimentos de la corrupción. Por lo tanto, el discípulo está llamado a mantener alejados de la sociedad los peligros, los gérmenes corrosivos que contaminan la vida de las personas. Se trata de resistir a la degradación moral y el pecado, dando testimonio de los valores de honestidad y fraternidad, sin ceder a los halagos mundanos del arribismo, el poder y la riqueza. Es «sal» el discípulo que, a pesar de los fracasos diarios —porque todos los tenemos—, se levanta del polvo de sus propios errores, comenzando de nuevo con coraje y paciencia, cada día, para buscar el diálogo y el encuentro con los demás. Es «sal» el discípulo que no busca el consentimiento y la alabanza, sino que se esfuerza por ser una presencia humilde y constructiva, en fidelidad a las enseñanzas de Jesús que vino al mundo no para ser servido, sino para servir. ¡Y hay mucha necesidad de esta actitud!

La segunda imagen que Jesús propone a sus discípulos es la de *la luz*: «Ustedes son la luz del mundo». La luz dispersa la oscuridad y nos permite ver. Jesús es la luz que ha disipado las tinieblas, pero aún permanecen en el mundo y en las personas. Es la tarea del cristiano dispersarlas haciendo brillar la luz de Cristo y proclamando su Evangelio. Es una irradiación que también puede provenir de nuestras palabras, pero debe fluir sobre todo de nuestras «buenas obras» (v. 16). Un discípulo y una comunidad cristiana son luz en el mundo cuando encaminan a los demás hacia Dios, ayudando a cada uno a experimentar su bondad y misericordia. El discípulo de Jesús es luz cuando sabe vivir su fe fuera de los espacios estrechos, cuando ayuda a eliminar los prejuicios, a eliminar la calumnia y a llevar la luz de la verdad a situaciones viciadas por la hipocresía y la mentira. Hacer luz. Pero no *mi* luz, es la luz *de Jesús*: somos instrumentos para que la luz de Jesús llegue a todos.

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. 7

5:00 PM

† Tom Warren

Sun., Feb. 8

8:00 AM

† Tony & Larry Carini

10:00 AM

† Nestor Tordilla

12:00 PM

† Margarito Villa

Weekdays at 8:15 AM

Mon., Feb. 9

† Corazón Ronan

Tues., Feb. 10

† Patricia Wolohan

Wed., Feb. 11

† Deceased Parishioners

Thurs., Feb. 12

† Ivan Dei Rossi

Fri., Feb. 13

† Camille Torres

Sat., Feb. 14

† Augusto Saguin

2nd 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
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 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.

Feasts of the Week

St. Scholastica, Virgin (Feb. 10)

Memorial of Our Lady of Lourdes (Feb. 11)

Saints Cyril, Monk, and Methodius, Bishop
(Feb. 14)

Falling in love with God

*Nothing is more practical
than finding God,
than falling in Love
in a quite absolute, final way.
What you are in love with,
what seizes your imagination,
will affect everything.
It will decide what will get you
out of bed in the morning,
what you do with your evenings,
how you spend your weekends,
what you read, whom you know,
what breaks your heart,
and what amazes you
with joy and gratitude.
Fall in Love, stay in love,
and it will decide everything.*

The prayer is attributed to Father Pedro Arrupe (1903-1991) from the Basque region of Spain who became the 28th Superior General of the Society of Jesus.



Prayer of St. Anselm

*O my God, teach my heart
where and how to seek You,
where and how to find You.
You are my God and You are my all and
I have never seen You.
You have made me and remade me,
You have bestowed on me
all the good things I possess,
Still I do not know You.
I have not yet done that for which I was made.
Teach me to seek You.
I cannot seek You unless You teach me
or find You unless You show Yourself to me.
Let me seek You in my desire,
let me desire You in my seeking.
Let me find You by loving You,
let me love You when I find You. Amen*

Catechism of the Catholic Church

On the third day He rose from the dead

656 Faith in the Resurrection has as its object an event which as historically attested to by the disciples, who really encountered the Risen One. At the same time, this event is mysteriously transcendent insofar as it is the entry of Christ's humanity into the glory of God.

657 The empty tomb and the linen cloths lying there signify in themselves that by God's power Christ's body had escaped the bonds of death and corruption. They prepared the disciples to encounter the Risen Lord.

658 Christ, "the first-born from the dead" (Col 1:18), is the principle of our own resurrection, even now by the justification of our souls (cf. Rom 6:4), and one day by the new life he will impart to our bodies (cf. Rom 8:11)



HELP SAVE LIVES IN REDWOOD CITY!

Please check the website for details

40daysforlife.com/redwoodcity

Holy Land products for Sale
Feb. 7th (5pm) & 8th (8am-1pm)

This mission provides financial support to the minority Christians in Israel and Palestine by offering their religious artistic olive wood carvings for sale at churches.

7 Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. 8 Whoever does not love does not know God, for God is love. 9 God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. 10 In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. 11 Beloved, since God loved us so much, we also ought to love one another. 12 No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us. (1 Jn. 4:7-12)

PRESENTATION TOPICS Human Flourishing and the Ethics of Technology Science and Ethics of In Vitro Fertilization Technology and the Mental Health Crisis and more!

CONTINUING EDUCATION AVAILABLE FOR:
 Physicians | Physician Assistants
 Nurses | Nurse Practitioners
 Chaplains | Clergy | Religious



For more information / registration visit:

www.sfarch.org/lgw

or contact Ed Hopfner HopfnerE@SFArch.org



Funeral Mass for Camille Torres
Feb. 13, 2026 @ 11am, OLMC
Reception follows



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

- ☎ 925-388-0277
- ✉ info@mountcarmel.org
- 📍 201 Grand Street, Redwood City, CA
- 🌐 www.school.mountcarmel.org
- @ourladyofcarmel
- @mountcarmelschool



Baptism & Confirmation

The parents are the first and primary ministers of faith because of their central position during the formative years of the child's life. Through their daily contact with the child, they will share their faith and help the child discover the Father's loving presence in all creation. For this environment to exist the parents must live lives rooted in faith.

WHO MAY BE GODPARENTS?

Baptism:

1184.1 He/she is a baptized, confirmed, and active Catholic who is able to receive the sacraments.

1184.2 He/she is in frequent contact with the parents and is capable of encouraging them and their child to live the faith.

1184.3 A baptized, confirmed, and active member of the Orthodox Church may be a Godparent. In such a case an Orthodox Priest must be consulted because of ecumenical considerations. Members of other Christian Churches may be Christian witnesses to the Baptism.

Confirmation:

1243.1 Sponsors: The ordinary practice is that there be individual sponsors for each candidate being confirmed. It is desirable that the Godparent at Baptism be the sponsor at Confirmation to better express the relationship between Baptism and Confirmation. Parents may present their children for Confirmation and in this way be sponsor. The sponsor for any candidate may be male or female.

1243.2 Pastors will see that the sponsor, chosen by the candidate, is spiritually qualified for the office. The sponsor should be sufficiently mature for this role, belong to the Catholic Church and have been initiated in the three Sacraments of Baptism, Confirmation, and the Eucharist. The sponsor should also be a person of faith, actively participating in the life of the Church, especially by receiving the Eucharist regularly.

1243.3 The sponsor should be of an age and living proximity that will enable the sponsor to be present to the candidate as he/she grows in the life of faith. The custom of having proxy sponsors for someone who is and who will continue to be separated by long distances from the candidate is discouraged.

(from Archdiocese of San Francisco website)
<https://sfparishconnect.com/docs/sacraments/>



Silent Women's Retreat
 February 27th – March 1st 2026
 March 6th -8th 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



3/6-8/2026

2/27-3/1, 2026