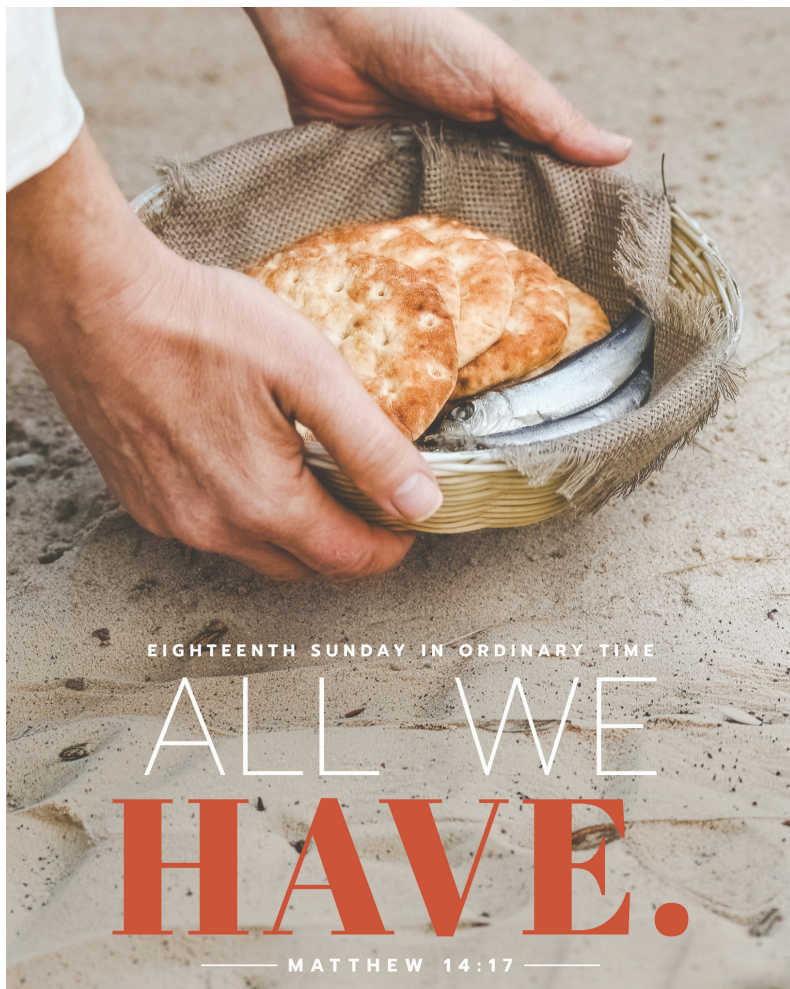




OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH AND SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802



AUGUST 2, 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 07/27/2026)

\$16,885



MONTH OF THE IMMACULATE HEART OF MARY

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, for all the intentions of your Sacred Heart in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month.
Amen.

By Fr. François-Xavier Gautrelet, 1844



A Community Fed by God's Love

Time flies so quickly! It is hard to believe that I have already been at Our Lady of Mount Carmel for a month. As families return from summer vacations, children prepare to go back to school, and registration for our Religious Education programs begins, our parish enters another busy and hope-filled season. This Sunday's readings remind us that, amid all these activities, we are called to remain gathered around Jesus and to receive the nourishment only He can give.

In the Gospel, Jesus feeds more than five thousand people with only five loaves and two fish. The crowd was hungry not only for food, but also for healing, compassion, and hope. Jesus did not send them away. He welcomed them, cared for them, and invited His disciples to share in His mission: "Give them some food yourselves." When we offer the Lord our simple gifts—our time, talents, and resources—He blesses and multiplies them so that others may also be nourished.

This is the kind of parish community we are called to become: a community centered on Jesus, nourished by His Word and the Eucharist, and strengthened by the love from which, as Saint Paul assures us, nothing can separate us. When Christ's love becomes our food, we learn to share rather than hoard, to show compassion rather than neglect, and to ensure that no one is forgotten. May Our Lady of Mount Carmel help us remain united around her Son and become a community in which there is always a place and enough love for everyone.

— Fr. Lu, Pastor

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

For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

(Rom 8:38-39)

***Bread Blessed, Broken and Shared
for the Life of the Many***

Dear Brothers and Sisters,

On this Eighteenth Sunday in Ordinary Time, the Gospel presents a beautiful image of a community gathered around Jesus, nourished by his compassion, and united through the sharing of bread.

After learning of the violent death of John the Baptist, Jesus withdraws to a deserted place. He and his disciples need time to rest, pray, and grieve. But when they arrive, they discover that a large crowd has followed them, bringing the sick and suffering.

Jesus could have asked the people to leave. Instead, his heart is moved. It is compassionate. He welcomes them, heals the sick, and responds to their deeper hunger: healing, hope, acceptance, and love. Before Jesus feeds their bodies with bread, he feeds their hearts with compassion.

As evening approaches, the disciples urge Jesus to send the crowd away so that they can find food. Their suggestion is practical, but Jesus responds: There is no need for them to go away; give them some food yourselves. Jesus does not want the people to be scattered. He wants them to remain gathered around him as one community.

The disciples have only five loaves and two fish, far too little for such a large crowd. Yet they offer what they have. Jesus takes the bread, blesses it, breaks it, and gives it to the disciples to share. What seems insufficient becomes abundant. Everyone eats and is satisfied, and twelve baskets are left over.

These actions taking, blessing, breaking, and giving point us toward the Eucharist. Jesus continues to gather us around his table and nourish us with the gift of himself. The bread is blessed and broken so that it may be shared for the life of many.

The Gospel also teaches us what it means to be a Eucharistic community. Like the bread, we are blessed by God, sometimes broken by life's experiences, and called to share ourselves in loving service. Our time, talents, resources, compassion, and love may seem small, but when placed in the hands of Jesus, he can multiply them for the good of others.

May our parish always remain gathered around Jesus: a community blessed by his love, united even in our brokenness, and willing to share what we have. When we allow Jesus to make our lives bread for others, no one is forgotten, the hungry are fed, and the love of God reaches many.

***Pan Bendecido, Partido y Compartido
para Dar Vida a Muchos***

Queridos hermanos y hermanas:

En este Decimoctavo Domingo del Tiempo Ordinario, el Evangelio nos presenta una hermosa imagen de una comunidad reunida en torno a Jesús, alimentada por su compasión y unida al compartir el pan.

Después de enterarse de la muerte violenta de Juan el Bautista, Jesús se retira a un lugar apartado. Él y sus discípulos necesitan tiempo para descansar, orar y hacer duelo. Pero, al llegar, descubren que una gran multitud los ha seguido, llevando consigo a los enfermos y a los que sufren.

Jesús pudo haber pedido a la gente que se marchara. En cambio, su corazón se conmueve, es compasivo. Los acoge, sana a los enfermos y responde al hambre más profunda que llevan dentro: hambre de sanación, esperanza, aceptación y amor. Antes de alimentar sus cuerpos con pan, Jesús alimenta sus corazones con su compasión.

Al caer la tarde, los discípulos le sugieren a Jesús que despida a la multitud para que puedan ir a buscar alimento. Su propuesta es práctica, pero Jesús les responde: «No es necesario que se vayan; denles ustedes de comer». Jesús no quiere que el pueblo se disperse. Quiere que permanezca reunido en torno a Él como una sola comunidad.

Los discípulos solo tienen cinco panes y dos peces, demasiado poco para una multitud tan grande. Sin embargo, ofrecen lo que tienen. Jesús toma el pan, lo bendice, lo parte y lo entrega a los discípulos para que lo distribuyan. Lo que parecía insuficiente se convierte en abundancia. Todos comen hasta saciarse y todavía sobran doce canastas.

Estas acciones —tomar, bendecir, partir y dar— nos conducen a la Eucaristía. Jesús continúa reuniéndonos alrededor de su mesa y alimentándonos con el don de sí mismo. El pan es bendecido y partido para ser compartido y dar vida a muchos.

El Evangelio también nos enseña lo que significa ser una comunidad eucarística. Como el pan, nosotros somos bendecidos por Dios, a veces quebrantados por las experiencias de la vida, y llamados a compartimos en un servicio lleno de amor. Nuestro tiempo, nuestros talentos, nuestros recursos, nuestra compasión y nuestro amor pueden parecer pequeños, pero cuando los ponemos en las manos de Jesús, Él puede multiplicarlos para el bien de los demás.

Que nuestra parroquia permanezca siempre reunida en torno a Jesús: una comunidad bendecida por su amor, unida incluso en medio de nuestras heridas, y dispuesta a compartir lo que tiene. Cuando permitimos que Jesús haga de nuestra vida un pan para los demás, nadie queda olvidado, los hambrientos son alimentados y el amor de Dios llega a muchos.

Fr. Luello Palacpac
Pastor / Párroco

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 1

5:00 PM

Pro Populo

Sun., Aug 2

8:00 AM

† Marnie Huber

10:00 AM

† Eric McRae & Zamira

Vicenzino Heth

12:00 PM

Familia Ramiro Chavez

Weekdays at 8:15 AM

Mon., Aug 3

† Alfred Absi

Tues., Aug 4

† Mary Aldrich

Wed., Aug 5

† Caridad Saguin

Thurs., Aug 6

† John Sullivan

Fri., Aug 7

† Thomas Huff

Sat., Aug 8

† Tanti Family

**ARM YOURSELF
WITH PRAYER
rather than
A SWORD;
**WEAR HUMILITY
rather than
FINE CLOTHES.**
– *St. Dominic***



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 1st: Tom & Maria Cornell in memory of Lola Cornell



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 PROGRAM

PHONE: 650-368-8237

Our First Communion program is open to children between the ages 7-15. Children who are not baptized will receive the sacrament of Baptism during the second year of religious education.

Registration for First Communion began on **Sunday, August 2, 2026**, from **9:00a.m. to 1:30 p.m.**, at the porch of the church. Registrations will also be accepted at the Parish Center throughout the month of August.

The schedule and further information will be provided in the registration packet.

The last day to register is September 13, 2026.

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



ESPAÑOL



Please Scan
QR CODE
to register



OUR LADY OF MOUNT CARMEL

OCIA PROGRAM

"It could be the moment that changes everything—where a quiet curiosity becomes a real encounter with Jesus Christ."



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.

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



St. Francis of Assisi

JAN. 10, 2026 - JAN. 10, 2027



MOUNT CARMEL
YOUTH MINISTRY
"In God we live"



All teens ages 13-17 are welcome!

Next Meeting: September 5th



Monthly Meeting: First Saturday of each month **following the 5:00 p.m. Mass.**

SCAN CODE TO LEARN MORE

mountcarmelyouthministry.org

OBSERVANCES FOR THE WEEK

- (Aug. 1) St. Alphonsus Liguori, *Bishop and Doctor of the Church*
 (Aug. 4) St. John Vianney, *Priest*
 (Aug. 5) The Dedication of the Basilica of St. Mary Major
 (Aug. 6) **The Transfiguration of the Lord**
 (Aug. 7) St. Sixtus II, Pope, and Companions, *Martyrs*;
 St. Cajetan, *Priest*
 (Aug. 8) St. Dominic, *Priest*



THE TRANSFIGURATION OF THE LORD

Jesus took Peter, James, and his brother, John, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light.
 - Mt 17:1-2

*Dear Lord,
 The heavens and earth declare your glory!
 Fill our hearts with songs of praise for you,
 today and always! Come, Lord Jesus!
 Amen.*

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

©LPI

BLESSING



He said the blessing,
 broke the loaves, and gave
 them to the disciples.

MATTHEW 14:19c

Catechism of the Catholic Church

Jesus Feeds His People

1335 The miracles of the multiplication of the loaves, when the Lord says the blessing, breaks and distributes the loaves through his disciples to feed the multitude, prefigure the superabundance of this unique bread of his Eucharist. The sign of water turned into wine at Cana already announces the Hour of Jesus' glorification. It makes manifest the fulfillment of the wedding feast in the Father's kingdom, where the faithful will drink the new wine that has become the Blood of Christ.

JESUS BLESSES US ABUNDANTLY
 THROUGH THE EUCHARIST



©LPI

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



**SF Healing and
 Prayer Ministry**

Healing Mass
Every third Friday of the month
Next Mass: August 21, 2026

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



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!



Praying for Life

Every Tuesday morning, following the 8:15 a.m. Mass, parishioners from Our Lady of Mount Carmel gather to pray peacefully outside the Planned Parenthood center in Redwood City. Through prayer and a compassionate presence, they entrust mothers, fathers, and unborn children to God's mercy and protection.

If you feel called to join this ministry and pray the Rosary with them, please contact Elvia Arias at (650) 575-4380.

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.