



OUR LADY OF MOUNT CARMEL

CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802

Jan. 25, 2026



3RD SUNDAY IN ORDINARY TIME

"Come after me, and I will make you fishers of men." - Mt 4:19

"Siganme y los haré pescadores de hombres". - Mt 4, 19

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD. Leccionario | ©1976 Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano.

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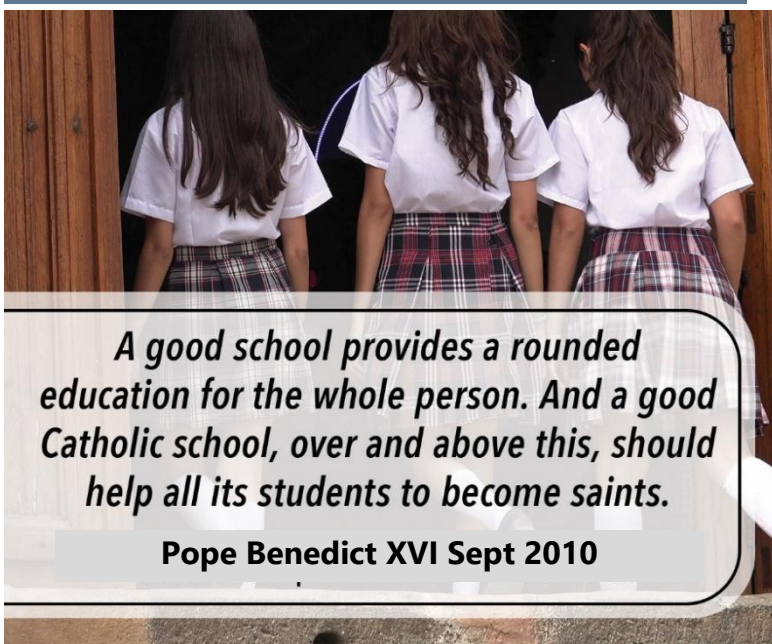
Week of Prayer for Christian Unity (Jan. 18-25, 2026)

Unity is a divine mandate at the core of our Christian identity, more than simply an ideal. It represents the essence of the Church's calling – a call to reflect the harmonious oneness of our life in Christ amidst our diversity. This divine unity is central to our mission and is sustained by the profound love of Jesus Christ, who has set before us a unified purpose. As the Apostle Paul asserts in his letter to the Ephesians, "there is one body and one Spirit, just as you were called to the one hope of your calling" (4:4). This Bible verse, chosen for this year, encapsulates the theological depth of Christian unity.

Ephesians 4:4 summarizes the teachings of Paul about unity, emphasizing, here too, that the followers of Christ represent "one body and one Spirit," united in a single hope. This metaphor signifies the Church as a unified entity transcending barriers of geography, nationality, ethnicity, and tradition.

Paul uses the metaphor of the Church being the Body of Christ to describe its unity with the diversity of its members.

(<https://www.christianunity.va>)



A good school provides a rounded education for the whole person. And a good Catholic school, over and above this, should help all its students to become saints.

Pope Benedict XVI Sept 2010

CELEBRATING OUR CATHOLIC SCHOOL

EDUCATING
Our Children



BUILDING
Our Future



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

The Gospel from today's liturgy (Mt. 4:12-23) narrates the call of the first disciples who, along the lake of Galilee, leave everything to follow Jesus. He had already met some of them, thanks to John the Baptist, and God had placed the seed of faith within them (cf. Jn. 1:35-39). And this is when Jesus goes back to look for them where they live and work. The Lord always looks for us. The Lord always draws near to us, always. This time, he extends a direct call to them: "Follow me!" (Mt. 4:19). And "immediately they left their nets and followed him" (v. 20). Let us take a moment to reflect on this scene: it is the moment of the decisive encounter with Jesus; one they would remember their entire lives and that would be included in the Gospel. From then on, they follow Jesus. And in order to follow him, they leave.

To leave so as to follow. It is always like this with Jesus. One can begin in some way to feel his appeal, perhaps because of others. Then the awareness can become more personal and can kindle a light in the heart. It becomes something beautiful to share: "You know, that passage from the Gospel struck me... That experience of service touched me..." — something that touches your heart. And this is what the first disciples might have done (cf. Jn. 1:40-42). But sooner or later, the moment comes in which it is necessary to leave so as to follow (cf. Lk. 11:27-28). And this is when a decision has to be made: Do I leave behind some certainties and embark on a new adventure, or do I remain where and as I am? This is a decisive moment for every Christian because the meaning of everything else is at stake here. If one does not find the courage to set out on the journey, the risk is to remain a spectator of one's own existence and to live the faith halfway.

To stay with Jesus, therefore, requires the courage to leave, to set out on the journey. What must we leave behind?

Hoy el Evangelio de la Liturgia (Mt 4,12-23) narra la llamada de los primeros discípulos que, en el lago de Galilea, lo dejan todo para seguir a Jesús. Algunos de ellos ya lo conocían gracias a Juan el Bautista, y Dios había sembrado en ellos la semilla de la fe (cf. Jn 1,35-39). Y ahora Jesús vuelve a buscarlos al lugar donde viven y trabajan. El Señor nos busca siempre; el Señor siempre se acerca a nosotros, siempre. Y esta vez les hace un llamamiento directo: «Venid conmigo» (Mt 4,19). Y ellos «al instante, dejando las redes, le siguieron» (v. 20). Detengámonos en esta escena: es el momento del encuentro decisivo con Jesús, el momento que recordarán durante toda su vida y que entra en el Evangelio. Desde entonces siguen a Jesús, y para seguirlo, lo dejan todo.

Dejar para seguir. Siempre es así con Jesús. Se puede comenzar de alguna manera a sentir su atracción, quizás gracias a otros. Luego el conocimiento puede ser más personal y encender una luz en el corazón. Se convierte en algo hermoso que compartir: "Mira, ese pasaje del Evangelio me ha emocionado, esa experiencia de servicio me ha conmovido". Algo que te toca el corazón. Lo mismo habrán hecho los primeros discípulos (cf. Jn 1,40-42). Pero antes o después llega el momento en que hay que dejarlo todo para seguirle (cf. Lc 11,27-28). Y aquí hay que decidir: ¿dejo atrás algunas certezas y me embarco en una nueva aventura, o me quedo como soy? Es un momento decisivo para todo cristiano, porque se juega el sentido de todo lo demás. Si no se encuentra la valentía de ponerse en marcha, se corre el riesgo de quedarse como espectador de la propia existencia y vivir la fe a medias.

Permanecer con Jesús, por lo tanto, requiere la valentía de dejar, de ponerse en camino. ¿Qué debemos dejar?

Pope Francis

(Excerpt from Angelus Address 2023)

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., Jan. 24

5:00 PM

† Steve Britschgi

Sun., Jan. 25

8:00 AM

† Lola Cornell

10:00 AM

† Alberto Rodriguez

12:00 PM

† Roberto & Juana Cruz

Weekdays at 8:15 AM

Mon., Jan. 26

† Msgr. Loi Vergara

Tues., Jan. 27

† Filomena & Luigi Liberati

Wed., Jan. 28

† All departed parishioners

Thurs., Jan. 29

† John Sullivan

Fri., Jan. 30

Muscat family

Sat., Jan. 31

† Peggy Clifford

2nd Collection: Jan. 4 - Facility Repair & Improvements
Jan. 18 - Liturgy Fund

Jan. 11 - Religious Education

Jan. 25 – 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:
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.

Saints of the Week

Sts. Timothy & Titus, Bishops (Jan. 26)
 St. Angela Merici, Virgin (Jan. 27)
 St. Thomas Aquinas, Priest & Doctor of the Church (Jan. 28)
 St. John Bosco, priest (Jan. 31)

*Amado **San Juan Diego**, tú que fuiste elegido por Nuestra Señora de Guadalupe como instrumento para mostrar a tu gente y al mundo que el camino del cristiano es uno de amor, compasión, comprensión, valores, sacrificios, arrepentimiento de nuestros pecados, aprecio y respeto por la creación de Dios, y por encima de todo, uno de humildad y obediencia. Tú, quien ahora sabemos que estás en el Reino de nuestro Señor y cerca de nuestra Madre, sé nuestro ángel y protégenos, quédate con nosotros mientras luchamos en esta vida moderna sin saber, la mayor parte del tiempo, donde fijar nuestras prioridades. Ayúdanos a orar a Dios, por medio del Corazón de nuestra Señora de Guadalupe hacia el Corazón de Jesús, para obtener los dones del Espíritu Santo y usarlos para el bien de la humanidad y el bien de nuestra Iglesia. Amén.*

Remember, O most gracious **Virgin Mary**, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee,
 O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful.
 O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Hail, Guardian of the Redeemer,
 Spouse of the Blessed Virgin Mary.
 To you God entrusted his only Son;
 in you Mary placed her trust;
 with you Christ became man.

Blessed Joseph,
 to us too, show yourself a father
 and guide us in the path of life.
 Obtain for us grace, mercy and courage,
 and defend us from every evil. Amen.

A saint for the children and youth

*O God, You have given us in **St. Carlo Acutis** a model of virtue and holiness for our digital age. We thank you for making him an inspiration to young people through his devotion to the Eucharist, his love for the poor, and his ability to use modern means to spread the Gospel.*

St. Carlo Acutis, friend of God and servant of the poor, intercede for us before the throne of grace. Help us to recognize Christ's presence in the Eucharist, to use our talents in service of others, and to navigate the digital world with wisdom and charity.

*Like you, may each of us proclaim that **"the Eucharist is my highway to heaven"** and strive to live in constant communion with Our Lord. Guide us to use technology as a tool for evangelization and to bring others closer to Christ through our witness.*

Through your intercession, we ask for...

*[**make your request here**].*

We ask this through Christ our Lord. Amen

(www.thecatholiccrusade.com)

Catechism of the Catholic Church **Jesus died crucified**

619 "Christ died for our sins in accordance with the scriptures" (1 Cor 15:3).

620 Our salvation flows from God's initiative of love for us, because "he loved us and sent his Son to be the expiation for our sins" (1 Jn 4:10). "God was in Christ reconciling the world to himself" (2 Cor 5:19).

621 Jesus freely offered himself for our salvation. Beforehand, during the Last Supper, he both symbolized this offering and made it really present: "This is my body which is given for you" (Lk 22:19).

622 The redemption won by Christ consists in this, that he came "to give his life as a ransom for many" (Mt 20:28), that is, he "loved [his own] to the end" (Jn 13:1), so that they might be "ransomed from the futile ways inherited from [their] fathers" (1 Pt 1:18).

623 By his loving obedience to the Father, "unto death, even death on a cross" (Phil 2:8), Jesus fulfils the atoning mission (cf Is 53:10) of the suffering Servant, who will "make many righteous; and he shall bear their iniquities" (Is 53:11; cf. Rom 5:19).

Women's and Men's Club

Women's Club Invitation

Thursday, Feb. 5th

Small Hall @ 6:00 pm

Always a great evening of fellowship

Dinner, drinks, raffle, and fun!

\$20

Bring a friend...First timers are free

Hope to see you there!

Proceeds to benefit OLMC Parish

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/>

Our Lady of Mount Carmel Men's Club

Annual CRAB FEED

Saturday, January 31, 2026
6:00 PM - 10:00 PM
Our Lady of Mount Carmel School



ALL-YOU-CARE-TO-EAT MENU:
Fresh Crab, Pasta, Salad & Bread

TICKETS: \$80 PER PERSON
(21+ Event Only)

 **NO-HOST BAR**

 **LIVE MUSIC & RAFFLE PRIZES!**



SCAN TO PURCHASE TICKETS
<https://www.eventcreate.com/e/olmc-crab-feed-2026>

Hosted by the OLMC Men's Club. All proceeds benefit our parish and school community. Sells out quickly!

I urge you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree in what you say, and that there be no divisions among you, but that you be united in the same mind and in the same purpose. (1 Cor. 1:10)

Go PADRES!



Donut miss out! Discover what makes OLMC so special!

OLMC welcomes all prospective Preschool-8th grade families to a morning that will include an overview of the OLMC curriculum and admissions process for the 2026-2027 school year. You will have an opportunity to meet the teachers, principal, students, and alumni, and tour our campus.



Sunday, Jan. 25, 2026
11 am - 12:30 pm

Our Lady of Mt. Carmel
301 Grand St.
Redwood City

Register at
QR Code



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

(650) 366-6127
info@mountcarmel.org
301 Grand Street
Redwood City, CA

www.school.mountcarmel.org
@olmcpadres
@mountcarmelschool



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*

Date: **February 25th – March 25th**
(All Wednesdays - **5 sessions only!**)

Time: 7:00-8:30pm

Venue: Old Chapel, Parish Center

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

See Poster for more details

*The people who walked in darkness
have seen a great light upon those who dwelt
in the land of gloom a light has shone.
You have brought them abundant joy
and great rejoicing. (Is. 9:1-2a)*

Finance Council

The Parish Finance Council is in need of new members to provide financial oversight for our church and school.

*We are especially looking for parishioners with a **background in business, accounting (CPA), or financial management or civil law.***

*The council usually meets just **four times a year** and plays a vital role in supporting the stewardship of our parish resources.*

*If you are interested in serving, please contact **Father Andy.***