



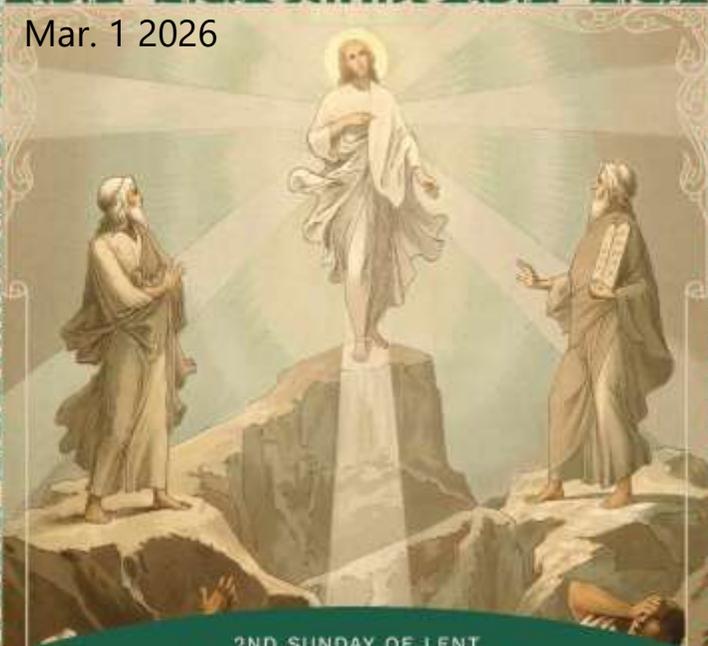
# OUR LADY OF MOUNT CARMEL

## CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802

Mar. 1 2026



2ND SUNDAY OF LENT  
2º DOMINGO DE LA CUARESMA

**MOSES AND ELIJAH  
APPEARED TO THEM.**

**MOISÉS Y ELÍAS SE  
LES APARECIERON.**

### Archdiocesan Annual Appeal 2026

*Goal: \$72,794*

### Community Lenten Confessions

Mar. 18<sup>th</sup> (Wednesday)

@ 7pm

Priests will be hearing confessions. You are invited to take this opportunity to receive God's forgiveness through the sacrament of Reconciliation.

### Order of Christian Initiation of Adults (OCIA)

#### The three Scrutinies

Mar. 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> @ 8am Mass

The scrutinies which are celebrated on Sundays of Lent and are reinforced by exorcisms, are rites for self-searching and repentance and have above all spiritual purpose.

The elect who will receive the three sacraments of initiation, must have the intention of achieving an intimate knowledge of Christ and His Church, and they are expected particularly to progress in genuine self-knowledge through serious examination of their lives and true repentance.

In order to inspire a desire for purification and redemption by Christ, these scrutinies are celebrated.

*(from OCIA manual)*

# STATIONS — OF THE — CROSS

### All Fridays of Lent

02/20-03/27

English @ 8:45am

Español @ 7pm

### 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

<b>DAILY MASS:</b>	Monday - Saturday, 8:15 AM
<b>SATURDAY VIGIL MASS:</b>	5:00 PM - English
<b>SUNDAY MASSES:</b>	8:00 AM, 10:00 AM - English; 12:00 PM - Español
<b>1<sup>st</sup> FRIDAY Devotion:</b>	Eucharistic Adoration follows the 8:15 AM Mass
<b>CONFESSIONS:</b>	Saturdays, 3:30 PM - 4:30 PM
<b>ANOINTING OF THE SICK, FUNERAL SERVICES or HOUSE BLESSING:</b>	Please call the Parish Center to set an appointment.
<b>BAPTISM - Monthly:</b>	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.
<b>QUINCEAÑERA MASS:</b>	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.
<b>MARRIAGE:</b>	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>

### 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 w/ Bill Haack</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

The Catechism says that the Transfiguration is “a foretaste of the kingdom.”

**556** On the threshold of the public life: the baptism; on the threshold of the Passover: the Transfiguration. Jesus' baptism proclaimed "the mystery of the first regeneration", namely, our Baptism; the Transfiguration "is the sacrament of the second regeneration": our own Resurrection. From now on we share in the Lord's Resurrection through the Spirit who acts in the sacraments of the Body of Christ. the Transfiguration gives us a foretaste of Christ's glorious coming, when he "will change our lowly body to be like his glorious body." But it also recalls that "it is through many persecutions that we must enter the kingdom of God."

St. Paul said: *20 Our citizenship is in heaven, and from it we also await a savior, the Lord Jesus Christ. 21 He will change our lowly body to conform with his glorified body by the power that enables him also to bring all things into subjection to himself.* (Phil. 3)

St. Augustine said: "You have made us for yourself, O Lord, and our hearts are restless until they rest in You". Humanity is created and designed for a relationship with God. It is in God we find fulfillment and true happiness.

We look forward to our glorification in God's Kingdom. The way to get there is to follow the path of the Lord – Passion, Death and Resurrection.

*24 Jesus said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. 25 For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it.* (Mt. 16)

After the event of Transfiguration, Jesus and the three disciples went to Jerusalem to enter into God's glory by the way of the cross.

**Fr. Andy**

El Catecismo dice que la Transfiguración es “un anticipo del reino”.

**556** En el umbral de la vida pública se sitúa el Bautismo; en el de la Pascua, la Transfiguración. Por el bautismo de Jesús "fue manifestado el misterio de la primera regeneración": nuestro Bautismo; la Transfiguración "es es sacramento de la segunda regeneración": nuestra propia resurrección. Desde ahora nosotros participamos en la Resurrección del Señor por el Espíritu Santo que actúa en los sacramentos del Cuerpo de Cristo. La Transfiguración nos concede una visión anticipada de la gloriosa venida de Cristo "el cual transfigurará este miserable cuerpo nuestro en un cuerpo glorioso como el suyo". Pero ella nos recuerda también que "es necesario que pasemos por muchas tribulaciones para entrar en el Reino de Dios."

*San Pablo dijo: 20 Nosotros somos ciudadanos del cielo, y esperamos ardientemente que venga de allí como Salvador el Señor Jesucristo. 21 El transformará nuestro pobre cuerpo mortal, haciéndolo semejante a su cuerpo glorioso, con el poder que tiene para poner todas las cosas bajo su dominio.* (Fil. 3)

San Agustín dijo: "Nos has hecho para ti, oh Señor, y nuestros corazones están inquietos hasta que descansan en Ti". La humanidad está creada y diseñada para una relación con Dios. Es en Dios donde encontramos la realización y la verdadera felicidad.

Esperamos nuestra glorificación en el Reino de Dios. El camino para llegar allí es seguir el camino del Señor – Pasión, Muerte y Resurrección.

*24 Entonces Jesús dijo a sus discípulos: «El que quiera venir detrás de mí, que renuncie a sí mismo, que cargue con su cruz y me siga. 25 Porque él que quiera salvar su vida, la perderá; y el que pierda su vida a causa de mí, la encontrará.* (Mt. 16)

After the event of Transfiguration, Jesus and the three disciples went to Jerusalem to enter into God's glory by the way of the cross.

## 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. 28*

5:00 PM

† Paul Quinn

*Sun., Mar. 1*

8:00 AM

† Camille Torres

10:00 AM

† Linda Perez

12:00 PM

† Ernesto Gonzalez

Weekdays at 8:15 AM

*Mon., Mar. 2*

-

*Tues., Mar. 3*

† Deceased Parishioners

*Wed., Mar. 4*

† Julie Salas

*Thurs., Mar. 5*

† Filomena & Luigi Liberati

*Fri., Mar. 6*

† Marie Hop

*Sat., Mar. 7*

† Camille Torres

**2<sup>nd</sup> Collection:** Mar. 1 - Facility Repair & Improvements      Mar. 8 - Religious Education  
Mar. 15 - Liturgy Fund      Mar. 22 – Cath. Relief Services      Mar. 29 - SSVdePaul

**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](mailto: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. Katharine Drexel, Virgin (Mar. 3)

St. Casimir, (Mar. 4)

Sts. Perpetua & Felicity, Martyrs (Mar. 7)

### The Litany of Humility

*O Jesus! meek and humble of heart, Hear me.*

*From the desire of being esteemed,  
Deliver me, Jesus.*

*From the desire of being loved...  
From the desire of being extolled ...  
From the desire of being honored ...  
From the desire of being praised ...  
From the desire of being preferred to others...  
From the desire of being consulted ...  
From the desire of being approved ...  
From the fear of being humiliated ...  
From the fear of being despised...  
From the fear of suffering rebukes ...  
From the fear of being calumniated ...  
From the fear of being forgotten ...  
From the fear of being ridiculed ...  
From the fear of being wronged ...  
From the fear of being suspected ...*

*That others may be loved more than I,  
Jesus, grant me the grace to desire it.*

*That others may be esteemed more than I ...  
That, in the opinion of the world, others may  
increase and I may decrease ...  
That others may be chosen and I set aside ...  
That others may be praised and I unnoticed ...  
That others may be preferred to me in  
everything...  
That others may become holier than I, provided  
that I may become as holy as I should...*

### The Serenity Prayer

God, grant me the serenity  
to accept the things I cannot change  
the courage to change the things I can  
and the wisdom to know the difference.  
Living one day at a time,  
enjoying one moment at a time.  
Accepting hardships as the pathway to peace.  
Taking, as he did, the sinful world as it is,  
not as I would have it.  
Trusting that he will make all things right  
if I surrender to His will;  
that I may be reasonably happy in this life,  
and supremely happy with Him forever.  
—Reinhold Niebuhr, 1892-1971

## Prayer + Fasting + Almsgiving



### Catechism of the Catholic Church "I believe in the Holy Spirit."

**685** To believe in the Holy Spirit is to profess that the Holy Spirit is one of the persons of the Holy Trinity, consubstantial with the Father and the Son: "with the Father and the Son he is worshipped and glorified."<sup>6</sup> For this reason, the divine mystery of the Holy Spirit was already treated in the context of Trinitarian "theology." Here, however, we have to do with the Holy Spirit only in the divine "economy."

**686** The Holy Spirit is at work with the Father and the Son from the beginning to the completion of the plan for our salvation. But in these "end times," ushered in by the Son's redeeming Incarnation, the Spirit is revealed and given, recognized and welcomed as a person. Now can this divine plan, accomplished in Christ, the firstborn and head of the new creation, be embodied in mankind by the outpouring of the Spirit: as the Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

**Rite of Election**  
02/22/2026  
Cathedral of Saint Mary of the Assumption



**Women's Club Invitation**

*St. Patrick's Day Theme  
Thursday, March 5th*

*Small Hall - Doors Open at 6:00 pm  
Dinner, Drinks, Raffle, Fun  
Don't forget to wear your green!  
A special prize for the best Irish Ditty!!*



*A great evening of fellowship.  
Women over 21 are invited.*

**\$20**

*Proceeds benefit OLMC*

**Be Prepared For A Disaster**

Catholic Charities  
MARIANA • SAN FRANCISCO • SAN RAFAEL

Cal OES  
EMERGENCY PREPAREDNESS

**Your Church is a Sanctuary During Times of Crisis**

When a serious disaster impacts the vulnerable, the community's immediate and desperate need for aid may arrive directly at your doors.

We want to make sure that your church is fully equipped to deliverer necessary support following a disaster, helping to **ensure your legacy of compassion.**

Secure your church's ability to deliver immediate, life-saving aid to the vulnerable by registering for our essential Large Scale Disaster Preparedness training.

Teach church's leaders and key volunteers **how to establish an emergency response team, create a comprehensive emergency plan for your church, and learn essential skills like triage, first aid, and CPR.**

Contact us: [lrdriguez@catholiccharitiessf.org](mailto:lrdriguez@catholiccharitiessf.org)

**CRS RICE BOWL**

WHO IS READY TO **CHANGE LIVES** THIS LENT?

¡CAMBIA VIDAS ESTA CUARESMA!

Scan the QR code to make a donation.  
Escanee el código QR para donar.

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

*The LORD said to Abram: "Go forth from the land of your kinsfolk and from your father's house to a land that I will show you. "I will make of you a great nation, and I will bless you; I will make your name great, so that you will be a blessing. I will bless those who bless you and curse those who curse you. All the communities of the earth shall find blessing in you." (Gen. 12:3)*

**Saint Francis Xavier Parish  
in Kiraeni-Tanzania**

OLMC has supported this parish each year. Fr. Epiphany Msuri, is the current pastor. The parish community is situated in an area that is very dry, almost like a semi-desert and depend on rainfall to survive. Most of the years they experience severe drought two to three or even more consecutively. Your generous hearts and empathy to the sister parish have brought enormous relief and hope to many lives; people with disability, women and children especially orphans.

A donation box will be placed at the vestibule from **Mar. 2<sup>nd</sup> until 30<sup>th</sup>**. Your donations will go a long way to help the poor in this community. Thank you very much for your generosity.

**Prayer + Fasting + Almsgiving**



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

*Facilitado por Rev. Eugenio Aramburo*

7 de Marzo (Sabado)  
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

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

☎ (925) 366-8127      🌐 www.school.mountcarmel.org  
✉ info@mountcarmel.org      @olcatholic  
📍 301 Girard Street      @mountcarmelschool  
Redwood City, CA



**CALLLED TO LEAD**  
SAN FRANCISCO BAY AREA  
CATHOLIC MEN'S CONFERENCE  
WITH **BEAR WOZNICK**

**SATURDAY, MARCH 21, 2026**  
8:30 AM - 1:30 PM - Registration: 7:30 AM - 8:30 AM

**ST. PIUS CHURCH**  
1300 Woodside Rd  
Redwood City,  
CA 94061

**ADMISSION: \$50**  
Early Bird: \$40 (before 2/17)  
Under 20 years old: \$25  
(Lunch included)  
Register by Tuesday, March 17, 2026

**SPECIAL GUEST SPEAKERS**

**FR. DENNIS MICHANOS**      **CARLOS GUTIERREZ**

**REGISTER HERE**      **REGISTER AT**  
1 **www.stbaymen.info**  
For more info,  
contact Ed Hopfme:  
hopfme@stfrch.org  
Alta (415) 614-8574

**MASS WITH ARCHBISHOP  
SALVATORE CORDILEONE**  
Sacrament of Confession  
will be available

**ARCHDIOCESE OF  
SAN FRANCISCO**