

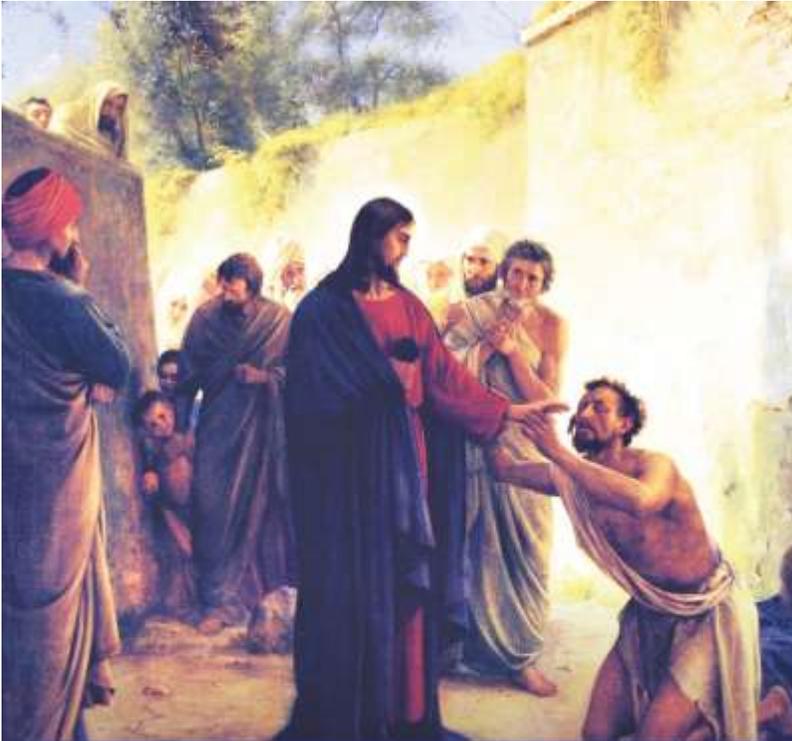


OUR LADY OF MOUNT CARMEL

CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802



4TH SUNDAY OF LENT

When Jesus heard that they had thrown him out, he found him and said, "Do you believe in the Son of Man?" - Jn 9:35

Supo Jesús que lo habían echado fuera, y cuando lo encontró, le dijo: "¿Crees tú en el Hijo del hombre?" - Jn 9, 35

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCC. Leccionario: ©1978 Comisión Episcopal de Pastoral Litúrgica de la Conferencia del Episcopado Mexicano. ©LPI

Pray the Rosary and Stations of the Cross this Lent

Laetare means “rejoice” — in Latin. On **Laetare Sunday** (as similarly with the Third Sunday of Advent’s Gaudete Sunday) the Church expresses **hope and joy in the midst of our Lenten fasts and penances**. The liturgical color is **rose** — this change in color indicates a glimpse of the joy that awaits us at Easter, just before we enter into the somber days of the Holy Week.

Healing Mass & Anointing of the Sick
Mar. 20th (Friday) at 6pm

March 15, 2026

Archdiocesan Annual Appeal 2026

Goal: \$72,794

Collected donations: \$1,100
(As of 03/03/26)

From our School

The search process for the **next principal** of Our Lady of Mt. Carmel School has begun. We invite all parishioners to support us in discernment through your prayers as we seek the right leader to guide our school community into the future.

Holy Week Schedule

Palm Sunday liturgy

(Mar. 28th & 29th)

Regular Sunday liturgy Schedule

Blessing of Palms at all Masses

Holy Thursday

(Apr. 2nd)

Mass of the Lord’s Supper (Eng&Sp) @ 6:30pm

Good Friday

(Apr. 3rd)

Veneration of the cross @ 3pm

Veneracion de la cruz @ 6:30pm

Easter Vigil Mass

(Apr. 4th)

Celebration of the Sacraments of Initiation @ 8pm

Easter Sunday Mass

(Apr. 5th)

Regular Sunday Schedule

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 (2 nd & 4 th Saturdays are in English only)
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.
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

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

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 w/ Bill Haack</i>	rsmith@mountcarmel.org	(650) 366-3802
Confirmation: <i>Johanna Rasmussen</i>	jrasmussen@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.

Clergy Message

God's call always reaches us before we even know how to look for Him.

In today's first reading, we witness how God chooses David to be anointed as the new king. Samuel travels to Bethlehem as the Lord directs, carefully examining each of Jesse's sons. Yet it is the youngest—the one no one expected—whom God reveals as His chosen one. God sees what human eyes often overlook.

Saint Paul reminds the Ephesians that they were once in darkness, but through their baptism they now live as children of the light. Baptism is not only a moment of grace; it is a lifelong call to walk in the radiance of Christ.

In the Gospel, Jesus heals the man born blind. Confusion and questioning swirl around the miracle, but Jesus makes His mission unmistakably clear: He has come so that those who do not see might see. His light restores sight, restores dignity, restores hope.

Today, as we celebrate the Second Scrutiny with our elect, we are reminded that we too have been brought from darkness into light through the grace of baptism. God's call continues to shape us, guide us, and open our eyes to His presence.

Let us pray for our elect—that they, like us, may be filled with the grace of baptism and strengthened by God's call. And may all of us never forget the gift of being led into the light of Christ.

Deacon Ray

El llamado de Dios siempre nos llega antes de que sepamos cómo buscarlo.

En la primera lectura de hoy, somos testigos de cómo Dios elige a David para ser ungido como el nuevo rey. Samuel viaja a Belén como el Señor lo indica, examinando cuidadosamente a cada uno de los hijos de Jesé. Sin embargo, es el más joven—el que nadie esperaba—a quien Dios revela como su elegido. Dios ve lo que los ojos humanos a menudo pasan por alto.

San Pablo recuerda a los Efesios que una vez estuvieron en tinieblas, pero a través de su bautismo ahora viven como hijos de la luz. El bautismo no es solo un momento de gracia; es un llamado de toda la vida a caminar en el resplandor de Cristo.

En el Evangelio, Jesús sana al hombre nacido ciego. La confusión y el cuestionamiento giran alrededor del milagro, pero Jesús hace Su misión inequívocamente clara: Él ha venido para que aquellos que no ven puedan ver. Su luz restaura la vista, restaura la dignidad, restaura la esperanza.

Hoy, al celebrar el Segundo Escrutinio con los elegidos, se nos recuerda que también nosotros hemos sido traídos de la oscuridad a la luz por la gracia del bautismo. El llamado de Dios continúa formándonos, guiándonos y abriendo nuestros ojos a Su presencia.

Oremos por los elegidos, para que ellos, como nosotros, sean llenos de la gracia del bautismo y fortalecidos por la llamada de Dios. Y que todos nosotros nunca olvidemos el don de ser guiados a la luz de Cristo.

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., Mar. 14

5:00 PM

† Thomas Warren

Sun., Mar. 15

8:00 AM

† Peter & Frances Carini

10:00 AM

For our parishioners

12:00 PM

† Familia Patino Mota

Weekdays at 8:15 AM

Mon., Mar. 16

† Ernesto Garcia

Tues., Mar. 17

† Mary Louise Liberati

Wed., Mar. 18

† Joseph Tam & Marie Imelda Pham

Thurs., Mar. 19

† Lydia Mangibuyat

Fri., Mar. 20

† Kim Shah

Sat., Mar. 21

† George Smith

2nd 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
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.

Saints of the Week

SINS vs VIRTUES

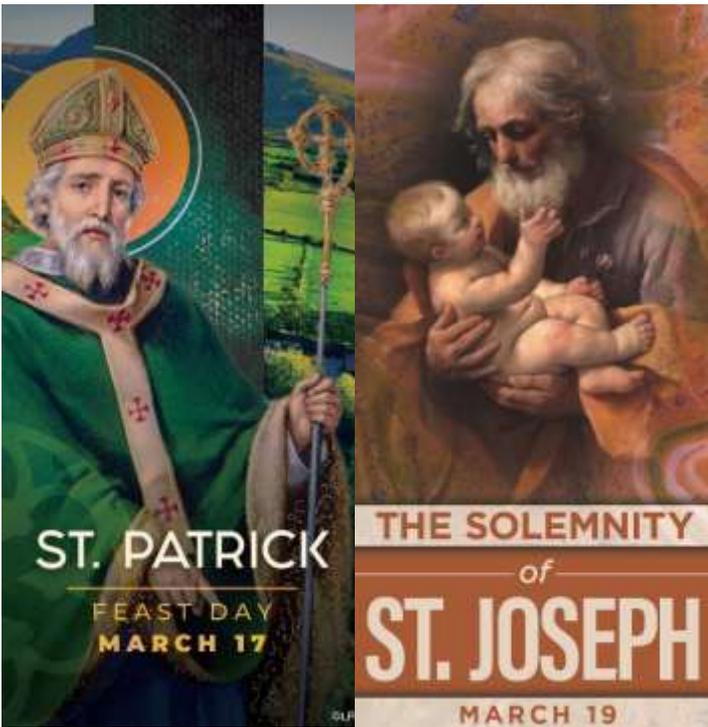
St. Cyril of Jerusalem, bishop (Mar. 18)

7 capital sins
CCC 1866

7 virtues

Pride
Avarice/Greed
Envy
Wrath/Anger
Lust
Gluttony
Sloth

Humility
Charity
Kindness
Patience
Chastity
Temperance
Diligence



Catechism of the Catholic Church *"I believe in the Catholic Church."*

A prayer to St. Carlos Acutis

*O God our Father,
we thank you for giving us Carlo,
a model of life for young people,
and a message of love for all.
You made him fall in love with
your son Jesus,
making the Eucharist
his "highway to heaven."
You gave him Mary as a beloved mother,
and you made him, through the Rosary,
a cantor of her tenderness.
Receive his prayer for us.
Look above all upon the poor,
whom he loved and assisted.
Grant me too, through his intercession,
the grace that I need
(mention your intention). Amen.*

777 The word "Church" means "convocation." It designates the assembly of those whom God's Word "convokes," i.e., gathers together to form the People of God, and who themselves, nourished with the Body of Christ, become the Body of Christ.

778 The Church is both the means and the goal of God's plan: prefigured in creation, prepared for in the Old Covenant, founded by the words and actions of Jesus Christ, fulfilled by his redeeming cross and his Resurrection, the Church has been manifested as the mystery of salvation by the outpouring of the Holy Spirit. She will be perfected in the glory of heaven as the assembly of all the redeemed of the earth (cf Rev 14:4).

779 The Church is both visible and spiritual, a hierarchical society and the Mystical Body of Christ. She is one, yet formed of two components, human and divine. That is her mystery, which only faith can accept.

780 The Church in this world is the sacrament of salvation, the sign and the instrument of the communion of God and men.

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



Archdiocese of San Francisco's Women's Conference

A Retreat with the Merciful Heart of Jesus
on the eve of Divine Mercy Sunday

Saturday, April 11, 2026 | 9:30 a.m. - 6:00 p.m.

Star of the Sea Catholic Church, 4420 Geary Boulevard, San Francisco, CA

\$55 per person



Archbishop Salvatore J. Cordileone
Celebrant



Sister M. Inga Krasaviciute, ISMM
Speaker



Father Jim McGroark, MIC
Speaker

The conference provides an opportunity to receive the Divine Mercy Sunday Indulgence,
with time for the Sacrament of Reconciliation and 4:30 p.m. Vigil Mass.
Conference will be held in the gym and Mass will be in the church.
Lunch is included.



Learn more and register at sfarch.org/womens-conference



Be Prepared For A Disaster

**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 deliver 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

Poor families around the world are struggling to access the basic necessities which they need in order to survive. This Lent, Catholics can participate in **CRS Rice Bowl**, and **The Catholic Relief Services Collection**, which benefits CRS and other efforts by the Church to help those in need. The second collection for this is on **March 22nd**.



Lunchbreak Rosary; Pray on the International Day of the Unborn Child & Learn About Evangelium Vitae

Wednesday, March 24, 2026, at 1 p.m.

Join during your lunchbreak to pray the Rosary for the Unborn, build a Culture of Life & celebrate the anniversary of Evangelium Vitae. Guest speaker: Ryan Mayer. Register below:

sfarch.org/event/rosary-for-unborn-child



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 is placed at the vestibule from **Mar. 2nd until 30th**. Your donations will go a long way to help the poor in this community. Thank you very much for your generosity.

*Prayer + Fasting & Abstinence
Sacrifice + Service & Charity*

BEaST!
(BE A SAINT)
teen youth group
7-12th 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.debetagne@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

900) 366-8127 www.school-mountcarmel.org
info@mountcarmel.org @olmcpsdca
301 Grand Street Redwood City, CA

Called 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 DANIEL MICHANAS CARLOS CORDERO

MASS WITH ARCHBISHOP SALVATORE CORDILEONE
Sacrament of Confession will be available

ARCHDIOCESE OF SAN FRANCISCO

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