



OUR LADY OF MOUNT CARMEL

CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062 Phone: (650) 366-3802

March 22, 2026

Archdiocesan Annual Appeal 2026

Goal: \$72,794

Collected donations:

(As of 03/10/26) **\$2,100**

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) @ 7pm

Good Friday

(Apr. 3rd)

Veneration of the cross @ 3pm

Veneracion de la cruz @ 7pm

Easter Vigil Mass

(Apr. 4th)

Celebration of the Sacraments of Initiation @ 8pm

Easter Sunday Mass

(Apr. 5th)

Regular Sunday Schedule



5TH SUNDAY OF LENT



Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live." - Jn 11:25

Jesús le dijo: "Yo soy la resurrección y la vida. El que cree en mí, aunque haya muerto, vivirá". - Jn 11, 25

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



PRAY
the Rosary
and
Stations of the
Cross
this
Lenten Season

One "yes" can change the world
The Annunciation of the Lord

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.

Gospel Message

Today, the fifth Sunday of Lent, the Gospel presents to us the resurrection of Lazarus (cf. *Jn* 11:1-45). Jesus knows that his dear friend Lazarus is about to die. He sets out on his journey, but arrives at his house four days after the burial, when by then all hope had been lost. His presence, however, rekindles a little confidence in the hearts of the sisters Martha and Mary (cf. vv. 22, 27). They cling to this light, to this small hope, despite their suffering. Jesus invites them to have faith and asks for the tomb to be opened. He then prays to the Father and shouts to Lazarus: “Come out!” (v. 43). And the latter comes back to life and comes out. This is the miracle, just like that, simple.

The message is clear: *Jesus gives life* even when it seems that all hope has gone. It happens, at times, to feel hopeless — this has happened to us all — or to meet people who have given up hope; embittered by bad experiences, the wounded heart cannot hope. Because of a painful loss, an illness, a bitter disappointment, a wrong or a betrayal suffered, a grave error committed... they have given up hope. At times we hear some say that “there is nothing more to be done!”, and they close the door to all hope. They are moments when life seems to be a sealed tomb: everything is dark, and we can see only sorrow and despair around us. Today’s miracle tells us that it is not like that, this is not the end, that in these moments we are not alone. On the contrary, it is precisely in these moments that He comes *closer than ever to restore life to us*. And at the same time Jesus invites us not to stop believing and hoping, not to let ourselves be crushed by the negative feelings that take away our tears. He approaches our tombs and says to us, as then: “Take away the stone” (v. 39). In these moments, it is as though we have a stone inside, and the only one capable of removing it is Jesus, with his words: “Take away the stone”.

Pope Francis (*Angelus Address* 2023)

Hoy, quinto domingo de Cuaresma, el Evangelio nos presenta la resurrección de Lázaro (cfr. *Jn* 11, 1-45). El Señor, que sabe que su amigo está a punto de morir, se pone en camino, pero llega a casa de Lázaro cuatro días después de que haya sido sepultado, cuando ya se ha perdido toda esperanza. Sin embargo, su presencia enciende un poco de confianza en el corazón de las hermanas, Marta y María (cfr. v. 22-27). Ellas, en medio del dolor, se aferran a esa luz, a esta pequeña esperanza. Y Jesús las invita a tener fe, y pide que abran el sepulcro. Luego reza al Padre, y grita a Lázaro: «¡Sal fuera!» (v. 43). Éste vuelve a vivir y sale. Este es el milagro, tal cual, sencillo.

El mensaje es claro: *Jesús da la vida* incluso cuando parece que ya no hay esperanza. Sucede, a veces, que uno se siente sin esperanza —a todos nos ha pasado esto—, o que encuentra personas que han dejado de esperar, amargadas porque han vivido malas experiencias, el corazón herido no puede esperar. A causa de una pérdida dolorosa, de una enfermedad, de un cruel desengaño, de una injusticia o una traición sufrida, de un grave error cometido... han dejado de esperar. En ocasiones, oímos a alguien que dice: “Ya no hay nada que hacer”, y cierra la puerta a la esperanza. Son momentos en los que la vida se asemeja a un sepulcro cerrado: todo es oscuridad, en torno se ve solamente dolor y desesperación. El milagro de hoy nos dice que no es así, que el final no es este, que en esos momentos no estamos solos,

Al contrario, que precisamente en esos momentos Él se hace *más cercano que nunca para darnos de nuevo la vida*. Y, al mismo tiempo, Jesús nos invita a no dejar de creer y esperar, a no dejarnos abatir por los sentimientos negativos, que nos roban el llanto. Se acerca a nuestros sepulcros y nos dice, como entonces: «¡Quitad la piedra!» (v. 39). En esos momentos tenemos como una piedra dentro y el único capaz de quitarla es Jesús, con su palabra: «¡Quitad la piedra!».

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. 21

5:00 PM

For the Parishioners

Sun., Mar. 22

8:00 AM

† Bryan Willard

10:00 AM

† Latu Tangitau & † Pelepetua Etu

12:00 PM

† Mario Gonzalez

Weekdays at 8:15 AM

Mon., Mar. 23

† Georgette Absi

Tues., Mar. 24

† Ivan Dei Rossi

Wed., Mar. 25

† Lola Cornell

Thurs., Mar. 26

† Fe Corcega

Fri., Mar. 27

† Kim Shah

Sat., Mar. 28

† Tanti Family

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.

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 **TODAY**.

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

St. Toribio de Mogrovejo, bishop

(Mar. 23)

Solemnity of the Annunciation of the Lord

(Mar. 25)

CCC 484 *The Annunciation to Mary inaugurates "the fullness of time", The time of the fulfilment of God's promises and preparations. Mary was invited to conceive him in whom the "whole fullness of deity" would dwell "bodily".*

490 *To become the mother of the Saviour, Mary "was enriched by God with gifts appropriate to such a role." The angel Gabriel at the moment of the annunciation salutes her as "full of grace". In fact, in order for Mary to be able to give the free assent of her faith to the announcement of her vocation, it was necessary that she be wholly borne by God's grace.*

Why do we veil images?

The practice of veiling images alerts us that something is different, it can be startling at first, but the last two weeks of Lent are a time of immediate preparation for the celebration of the Sacred Triduum. The veils are hard to miss and they serve as a reminder to get ready!

The veiled images **build within us a longing for Easter Sunday**. The veils seem out of place, and even counterintuitive. It can seem strange that the crucifix is covered up during Passiontide. Through this absence of images, **our senses are heightened and we become more aware of what is missing**.

When images are unveiled before the Easter Vigil, we are reminded that **we, in a sense, live in a veiled world**. It is through our own death that we are able to see our true home, and the veil is lifted. **Christ lifts the veil through His Resurrection.** (<https://www.sjs.edu>)

Examination of Conscience - PRIDE

*Have I refused to admit my own weaknesses?
Have I dwelt on the failings of others?
Have I judged others, in my thoughts or words?
Have I ranked myself better than others?
Have I borne hatred or disdain for another?
Have I refused to learn from others?
Have I been irritable with others?
Have I been critical of others?
Have I been slow to listen to others and quick to speak over them?
Have I been stubborn? Refused to admit I was wrong?
Have I refused to accept that another person had a better idea?
Have I been arrogant?
Have I held others in contempt?
Have I reacted negatively when questioned?*

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

805 *The Church is the Body of Christ. Through the Spirit and his action in the sacraments, above all the Eucharist, Christ, who once was dead and is now risen, establishes the community of believers as his own Body.*

806 *In the unity of this Body, there is a diversity of members and functions. All members are linked to one another, especially to those who are suffering, to the poor and persecuted.*

807 *The Church is this Body of which Christ is the head: she lives from him, in him, and for him; he lives with her and in her.*

808 *The Church is the Bride of Christ: he loved her and handed himself over for her. He has purified her by his blood and made her the fruitful mother of all God's children.*

809 *The Church is the Temple of the Holy Spirit. the Spirit is the soul, as it were, of the Mystical Body, the source of its life, of its unity in diversity, and of the riches of its gifts and charisms.*

Please see all Advertisements on 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. Inez Krasavcova, ISMM
Speaker



Father Jim McCosack, 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



Looking for a new primary care provider
in the San Francisco Bay Area?
Bella Primary Care is a Catholic,
nonprofit clinic providing primary care,
women's health and crisis pregnancy
services. Located in San Francisco, Bella
offers life-affirming, comprehensive
and personalized medical care
to men, women and families.
Visit Bellaprimarycare.org,
call (415) 775-1500 or
email info@bellaprimarycare.org
to make an appointment or
for more information.



Bella
PRIMARY CARE



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



Prayer + Fasting & Abstinence Sacrifice + Service & Charity

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

Phone: 650-373-0622

On **Sunday, March 30th**, our **second collection** will be dedicated to the ongoing work of the **Society of St. Vincent de Paul**. Our mission remains focused on providing food, clothing, rent assistance, and—most importantly—a compassionate hand to the most vulnerable in our parish.

The need for these humble services continues to grow. Over the past year, we are proud to have **served more than 1,200 families** in our local area. To those who have supported us in the past, we offer our deepest gratitude and prayers. If you have not yet had the opportunity to give, please consider a donation on March 30th to help us continue this vital work.

Hugh Loveless,
President, SSVdPaul-OLMCarmel

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.

Catholic Charities San Francisco (CCSF)

is one of the largest, most comprehensive human services agencies in Northern California reaching more than 70,000 people annually in San Francisco, San Mateo, and Marin Counties. We are an integral part of our communities and play a role in keeping our neighborhoods diverse, productive, safe, and healthy through more than 30 programs and social justice advocacy.

We 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**. Tough issues we face with determination, grit, tenacity, and collaborative problem-solving with those we serve. Our results change lives.

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.