



OUR LADY OF MOUNT CARMEL

CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802

March 29, 2026

Archdiocesan Annual Appeal 2026

Goal: \$72,794

Collected donations:

(As of 03/17/26)

\$2,100



**PALM SUNDAY OF THE
PASSION OF THE LORD**

Easter Lilies

We accept easter lilies donation. Thank you very much.



On Good Friday Apr. 3rd, the Parish Office is open until 12nn only

Holy Week Schedule

Holy Thursday

(Apr. 2nd)

Mass of the Lord's Supper (Eng&Sp) @ 7pm

Good Friday

(Apr. 3rd) No Mass @ 8:15am

Tenebrae & Stations of the Cross @ 2pm

Veneration of the cross @ 3pm

Veneracion de la cruz @ 7pm

Saturday Easter Vigil Mass

(Apr. 4th) No Mass @ 8:15am and 5pm

Celebration of the Sacraments of Initiation @ 8pm

Easter Sunday Mass

(Apr. 5th)

Regular Sunday Schedule



The prospectus for the search for the new principal is now available at the parish and school websites.

Consider giving your child the gift of Catholic education - rich in faith formation, tradition and rigorous academics, supported by a close-knit community of faculty, parents and parish.

At OLMC school, your child will not only be encouraged to achieve academic excellence but also to embrace diversity and follow in the footsteps of Jesus. For further information on the Admissions process for the 2026/2027 academic year, please contact our school office.

**No Confessions on Holy Saturday
April 4th**

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

In today's Gospel, Jesus says one thing from the Cross, one thing alone: "My God, my God, why have you forsaken me?" (*Mt 27:46*). These are powerful words. Jesus had suffered the abandonment of his own, who had fled. But the Father remained for him. Now, in the abyss of solitude, for the first time he calls him by the generic name "God". And "in a loud voice" he asks the question "why?", the most excruciating "why?": "Why did you too abandon me?". These words are in fact those of a Psalm (cf. 22:2); they tell us that Jesus also brought the experience of extreme desolation to his prayer. But the fact remains that he himself experienced that desolation: he experienced the utmost abandonment, which the Gospels testify to by quoting his very words.

Why did all this take place? It was done for our sake, to *serve* us. So that when we have our back to the wall, when we find ourselves at a dead end, with no light and no way of escape, when it seems that God himself is not responding, we should remember that we are not alone. Jesus experienced total abandonment in a situation he had never before experienced in order to be one with us in everything. He did it for me, for you, for all of us; he did it to say to us: "Do not be afraid, you are not alone. I experienced all your desolation in order to be ever close to you". That is the extent to which Jesus served us: he descended into the abyss of our most bitter sufferings, culminating in betrayal and abandonment.

Today, in the face of the many false securities that have now crumbled, in the face of so many hopes betrayed, in the sense of abandonment that weighs upon our hearts, Jesus says to each one of us: "Courage, open your heart to my love. You will feel the consolation of God who sustains you".

Pope Francis (*Homily 2020*)

En el Evangelio de hoy, Jesús en la cruz dice una frase, sólo una: «Dios mío, Dios mío, ¿por qué me has abandonado?» (*Mt 27,46*). Es una frase dura. Jesús sufrió el abandono de los suyos, que habían huido. Pero le quedaba el Padre. Ahora, en el abismo de la soledad, por primera vez lo llama con el nombre genérico de "Dios". Y le grita «con voz potente» el "¿por qué?", el porqué más lacerante: "¿Por qué, también Tú, me has abandonado?". En realidad, son las palabras de un salmo (cf. 22,2) que nos dicen que Jesús llevó a la oración incluso la desolación extrema, pero el hecho es que en verdad la experimentó. Comprobó el abandono más grande, que los Evangelios testimonian recogiendo sus palabras originales.

¿Y todo esto para qué? Por nosotros, para *servirnos*. Para que cuando nos sintamos entre la espada y la pared, cuando nos encontremos en un callejón sin salida, sin luz y sin escapatoria, cuando parezca que ni siquiera Dios responde, recordemos que no estamos solos. Jesús experimentó el abandono total, la situación más ajena a Él, para ser solidario con nosotros en todo. Lo hizo por mí, por ti, por todos nosotros, lo ha hecho para decirnos: "No temas, no estás solo. Experimenté toda tu desolación para estar siempre a tu lado". He aquí hasta dónde Jesús fue capaz de servirnos: descendiendo hasta el abismo de nuestros sufrimientos más atroces, hasta la traición y el abandono.

Hoy, ante tantas certezas que se desmoronan, frente a tantas expectativas traicionadas, con el sentimiento de abandono que nos oprime el corazón, Jesús nos dice a cada uno: "Ánimo, abre el corazón a mi amor. Sentirás el consuelo de Dios, que te sostiene".

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
- 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., Mar. 28

5:00 PM

† Jose Nunez Martinez

Sun., Mar. 29

8:00 AM

† Ed Norman

10:00 AM

† Catarino Lara

12:00 PM

† Pro Populo

Weekdays at 8:15 AM

Mon., Mar. 30

† Marlene Muscat

Tues., Mar. 31

† Julie Salas

Wed., Apr. 1

† Carmen Abeyta

Thurs., Apr. 2

Mass of the Lord's Supper

Fri., Apr. 3

Good Friday of the Lord’s Passion
(Veneration of the Cross w/ Holy
Communion)

Sat., Apr. 4

Easter Vigil Mass

2nd Collection: Mar. 29 – SSVdePaul Apr. 5 – Facility Repair & Improvement
Apr. 12 – Religious Education Apr. 19 – Liturgy Fund Apr. 26 – Cath. Home Missions

Registration: If you are new in our community, welcome! Register at: mountcarmelrc.org/registration
Registered parishioners may also update their information on the website.

Society of St. Vincent de Paul’s mission remains focused on providing food, clothing, rent assistance, and—most importantly—a compassionate hand to the most vulnerable in our parish. Over the past year, we are proud to have **served more than 1,200 families** in our local area. Thank you for your generosity.

Mental Health Ministry

Call: Maria Koenigsberg @
(650) 366-3802
Or email us at:
olmmentalhealthministry@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.

The *Scriptural Stations of the Cross*, often associated with Pope John Paul II, provide a 14-step meditation on Christ's Passion based entirely on biblical accounts. This version focuses on scenes from the Gospels, starting with the Garden of Gethsemane, moving through his trial, crucifixion, and concluding with his burial.

Jesus in the Garden of Gethsemane (Luke 22:39-46)

Jesus is Betrayed by Judas and Arrested (Luke 22:47-48)

Jesus is Condemned by the Sanhedrin (Luke 22:66-71)

Jesus is Denied by Peter (Luke 22:54-62)

Jesus is Judged by Pilate (Luke 23:13-25)

Jesus is Scourged and Crowned with Thorns (Matthew 27:26-30)

Jesus Bears the Cross (John 19:17)

Jesus is Helped by Simon the Cyrenian (Luke 23:26)

Jesus Meets the Women of Jerusalem (Luke 23:27-31)

Jesus is Crucified (Luke 23:33-34)

Jesus Promises His Kingdom to the Good Thief (Luke 23:39-43)

Jesus Speaks to His Mother and the Disciple (John 19:25-27)

Jesus Dies on the Cross (Luke 23:44-46)

Jesus is Placed in the Tomb (Matthew 27:57-60)

Examination of Conscience - VANITY

Vanity is excessive concern about what others think of me –not just what they think of my appearance.

Have I been overly concerned about what others think of me? Have I allowed this to motivate my actions?

Have I failed to follow God's will because of a fear of what others might think of me?

Have I lied or exaggerated to make myself look good?

Have I wasted undue time and money on clothes and appearance?

Have I been content with my lowly position, or have I resented the role that Christ asks of me?

Do I constantly take selfies or spend time primping and correcting my hair, clothing or other aspects of my appearance?

Act of Contrition

O my God, I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things.

I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin.

Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.

Catechism of the Catholic Church

866 *The Church is one: she acknowledges one Lord, confesses one faith, is born of one Baptism, forms only one Body, is given life by the one Spirit, for the sake of one hope (cf Eph 4:3-5), at whose fulfillment all divisions will be overcome.*

867 *The Church is holy: the Most Holy God is her author; Christ, her bridegroom, gave himself up to make her holy; the Spirit of holiness gives her life. Since she still includes sinners, she is "the sinless one made up of sinners." Her holiness shines in the saints; in Mary she is already all-holy.*

868 *The Church is catholic: she proclaims the fullness of the faith. She bears in herself and administers the totality of the means of salvation. She is sent out to all peoples. She speaks to all men. She encompasses all times. She is "missionary of her very nature" (AG 2).*

869 *The Church is apostolic. She is built on a lasting foundation: "the twelve apostles of the Lamb" (Rev 21:14). She is indestructible (cf Mt 16:18). She is upheld infallibly in the truth: Christ governs her through Peter and the other apostles, who are present in their successors, the Pope and the college of bishops.*

870 *"The sole Church of Christ which in the Creed we profess to be one, holy, catholic, and apostolic, subsists in the Catholic Church, which is governed by the successor of Peter and by the bishops in communion with him. Nevertheless, many elements of sanctification and of truth are found outside its visible confines"(LG 8).*

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. Cordaro
Celebrant



Sister M. Inez Kinnaman, ISMM
Speaker



Fisher 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



Flocknote is a communication platform primarily designed for churches, ministries, and other faith-based organizations to stay connected with their members. Think of it as a combination of email newsletters, text messaging, and group management tools—but specifically tailored for religious communities.

You get updates through email and text messages as they happen within our parish and school community. The Sunday bulletins are available too ahead of each Sunday.

Some of us are already receiving flocknotes. To sign up, text “RWC” to 84576, or click on the Flocknote sheep on the Parish website.

April 9-12	San Jose Cursillo Women's Retreat: www.sanjosecursillo.org
April 24-26	Men's & Women's Retreat (Contemplative Prayer): Anthony Lilles, STD
April 30-May 3	San Jose Cursillo Men's Retreat: www.sanjosecursillo.org
May 15-17	Marian/Legion of Mary for Men & Women
May 29-31	Men's & Women's Silent Ignatian Retreat: Fr. Ed Broom, OMV
June 5-7	Men's & Women's Silent Retreat: Opus Sanctorum Angelorum

House retreats include Holy Mass, conferences, opportunities for confession, Eucharistic adoration, and time for silent prayer. Weekend retreats are \$325 for a single occupancy room, \$305 per person for a double occupancy room, and \$125 for a Saturday day commuter. Contact us if you would like to organize a retreat for your parish or group.



St. Clare's Retreat

2381 Laurel Glen Road, Soquel, CA 95073

www.stclaresretreat.org

(831) 423-8093



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

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.



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) 364-6127
- www.school.mountcarmel.org
- info@mountcarmel.org
- @mscpa2025
- 301 Grand Street
Redwood City, CA
- @mountcarmelschool