



OUR LADY OF MOUNT CARMEL

CATHOLIC CHURCH & SCHOOL

300 Fulton Street, Redwood City, CA 94062

Phone: (650) 366-3802

Mar. 8 2026



3rd Sunday

OF LENT

"A woman of Samaria came to draw water. Jesus said to her, 'Give me a drink.'" Jn 4:7-8

"Una mujer de Samaria llegó a sacar agua, y Jesús le dijo: 'Dame un poco de agua'" Jn 4,7-8

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Pray the Rosary and Stations of the Cross this Lent

The **Return of the Prodigal Son** demonstrates the mastery of the late **Rembrandt**. His evocation of spirituality and the parable's message of forgiveness has been considered the height of his art. The whole represents a symbol of homecoming, of the darkness of human existence illuminated by tenderness, of weary and sinful mankind taking refuge in the shelter of God's mercy."

<https://www.rembrandtpaintings.com/>

Archdiocesan Annual Appeal 2026

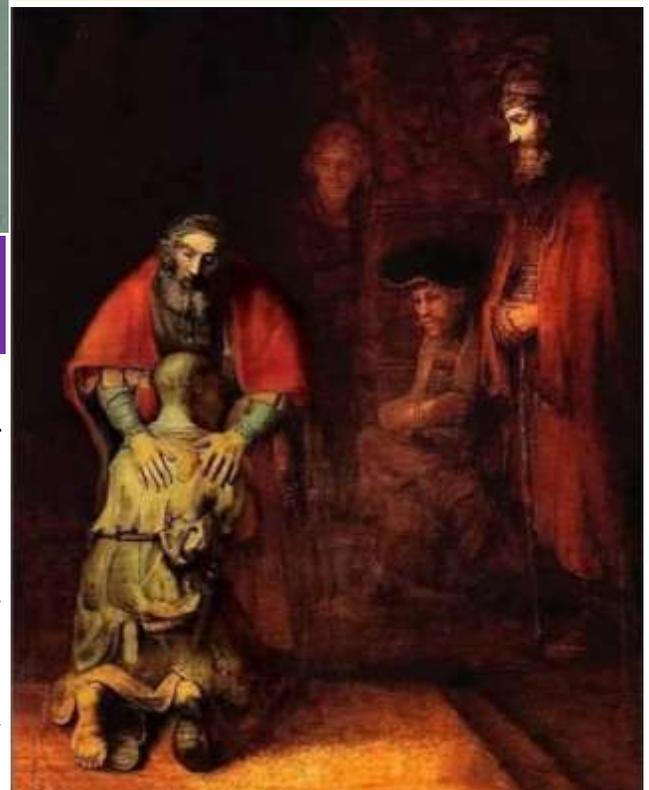
Goal: \$72,794

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

Community Lenten Confessions

Mar. 18th (Wednesday)
@ 7pm

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



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
Parochial Vicar: <i>Rev. Fr. Patrick Okoye</i>	okoye.patrick@sfarch.org
Hospital Chaplain: <i>Rev. Fr. Ernie Jandonero</i>	frniej@sfhealingandprayer.com
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>	jbuzzone@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

This Sunday, the Gospel presents to us one of the most beautiful and fascinating encounters Jesus has — the one with the Samaritan woman (cf. *Jn* 4:5-42). Jesus and his disciples take a break near a well in Samaria. A woman arrives and Jesus says to her, “Give me a drink” (v. 7). I would like to pause specifically on this expression: *Give me a drink*.

This scene depicts Jesus, thirsty and tired. A Samaritan woman finds him at the hottest hour, at midday, asking for refreshment like a beggar. It is an image of God’s abasement. God lowers himself in Jesus Christ for our redemption. He comes to us. In Jesus, God made himself one of us, he lowered himself. Thirsty like us, he suffers our same thirst. Thinking about this scene, each one of us can say: the Lord, the Teacher, “asks me for a drink. So, he is thirsty like me. He shares my thirst. You are truly near me, Lord! You are linked to my poverty.” I can’t believe it! “You have grasped me from below, from the lowest part of myself, where no one reaches me” (P. Mazzolari, *La Samaritana*, Bologna 2022, 55-56). And you have come to me from below and you have grasped me from below because you were thirsting and thirst for me. In fact, Jesus’ thirst is not only physical. It expresses the deepest thirsts of our lives, and it is, above all, *a thirst for our love*. He is more than a beggar. He “is thirsty” for our love. And this will emerge at the culminating moment of his passion, on the cross, where, before dying, Jesus will say: “I thirst” (*Jn* 19:28). That thirst for love brought him to descend, to lower himself, to be one of us.

But the Lord who asks for a drink is the One who gives to drink. Meeting the Samaritan woman, he speaks to her about the Holy Spirit’s living water. And from the cross, blood and water flow from his pierced side (cf. *Jn* 19:34). Thirsty for love, Jesus quenches our thirst with love. And he does with us what he did with the Samaritan woman — he comes to meet us in our daily life, he shares our thirst, he promises us living water that makes eternal life well up within us.

Pope Francis

(*Angelus Address 2023*)

Este domingo el Evangelio nos presenta uno de los encuentros más hermosos y fascinantes de Jesús, el encuentro con la samaritana (cf. *Jn* 4,5-42). Jesús y los discípulos hacen una parada junto a un pozo en Samaria. Llega una mujer y Jesús le dice: «Dame de beber» (v. 7). Quisiera detenerme precisamente en esta expresión: *Dame de beber*.

La escena nos muestra a Jesús sediento y cansado, que se encuentra en el pozo de la samaritana en la hora más calurosa a mediodía, y como un mendigo pide algo fresco. Es una imagen del abajamiento de Dios: Dios se abaja en Jesucristo por la redención, viene a nosotros. En Jesús, Dios se hizo uno de nosotros, se abajó; sediento como nosotros, sufre nuestra misma canícula. Contemplando esta escena, cada uno de nosotros puede decir: el Señor, el Maestro, «me pide de beber. Tiene, por lo tanto, sed como yo. Tiene mi sed. ¡Estás cerca de mí realmente, Señor! Estas vinculado a mi pobreza — ¡no me lo puedo creer!— me has tomado desde abajo, desde lo más bajo de mí mismo, donde nadie puede alcanzarme» (P. Mazzolari, *La Samaritana*, Bologna 2022, 55-56). Y tú viniste a mí, desde abajo, y me tomaste desde allí, porque tenías, y tienes, sed de mí. La sed de Jesús, de hecho, no es solo física, expresa las sequedades más profundas de nuestra vida: es sobre todo la *sed de nuestro amor*. Es más que un mendigo, está sediento de nuestro amor. Y emergerá en el momento culminante de la pasión, en la cruz; allí, antes de morir, Jesús dirá: «Tengo sed» (*Jn* 19,28). Esa sed de amor que lo llevó a descender, a abajarse, a ser uno de nosotros.

Pero el Señor, que pide beber, es Aquel que da de beber: al encontrarse con la samaritana le habla del agua viva del Espíritu Santo y desde la cruz derrama sangre y agua desde su costado atravesado (cf. *Jn* 19,34). Jesús, sediento de amor, sacia nuestra sed con amor. Y hace con nosotros como con la samaritana: se acerca a nosotros en lo cotidiano, comparte nuestra sed, nos promete el agua viva que hace brotar en nosotros la vida eterna (cf. *Jn* 4,14).

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. 7

5:00 PM

† Thomas Warren

Sun., Mar. 8

8:00 AM

For parishioners

10:00 AM

† Jenny Fitzgerald

12:00 PM

† Imelda Miranda &

† Rosalio Oceguerat

Weekdays at 8:15 AM

Mon., Mar. 9

† Marguerite Corman

Tues., Mar. 10

† Kim Shah

Wed., Mar. 11

† Kathleen Coburn

Thurs., Mar. 12

† Carmen Bueno

Fri., Mar. 13

† Rodrigo Zepeda

Sat., Mar. 14

† Joseph Huan Phan

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.

St. Frances of Rome, Religious (Mar. 9)

PEACE PRAYER

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

ORACION POR LA PAZ

Señor, haz de mí un instrumento de tu paz. Que allá donde hay odio, yo ponga el amor. Que allá donde hay ofensa, yo ponga el perdón. Que allá donde hay discordia, yo ponga la unión. Que allá donde hay error, yo ponga la verdad. Que allá donde hay duda, yo ponga la Fe. Que allá donde desesperación, yo ponga la esperanza. Que allá donde hay tinieblas, yo ponga la luz. Que allá donde hay tristeza, yo ponga la alegría. Maestro, que yo no busque tanto ser consolado, cuanto consolar, ser comprendido, cuanto comprender, ser amado, cuanto amar. Porque es dándose como se recibe, es olvidándose de sí mismo como uno se encuentra a sí mismo, es perdonando, como se es perdonado, es muriendo como se resucita a la vida eterna. Amén.

Corporal

*Feed the hungry
Give drink to the thirsty
Shelter the homeless
Visit the sick
Visit the prisoners
Give alms to the poor
Bury the dead*

Spiritual

*Instruct the ignorant
Counsel the doubtful
Admonish sinners
Forgive injuries
Comfort the sorrowful
Bear wrongs patiently
Pray for the living and the dead*



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

742 "Because you are sons, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!'" (Gal 4:6).

743 From the beginning to the end of time, whenever God sends his Son, he always sends his Spirit: their mission is conjoined and inseparable.

744 In the fullness of time the Holy Spirit completes in Mary all the preparations for Christ's coming among the People of God. By the action of the Holy Spirit in her, the Father gives the world Emmanuel "God-with-us" (Mt 1:23).

745 The Son of God was consecrated as Christ (Messiah) by the anointing of the Holy Spirit at his Incarnation (cf Ps 2:6-7).

746 By his Death and his Resurrection, Jesus is constituted in glory as Lord and Christ (cf Acts 2:36). From his fullness, he poured out the Holy Spirit on the apostles and the Church.

747 The Holy Spirit, whom Christ the head pours out on his members, builds, animates, and sanctifies the Church. She is the sacrament of the Holy Trinity's communion with men.



HELP SAVE LIVES IN REDWOOD CITY!

40daysforlife.com/redwoodcity



Men's Club Invitation

*Celebrate St. Patrick's Day
with a traditional Irish feast!*

*Wear green (or not) and come enjoy some
corned beef and good company.*

*All men and dads of the community are
invited*

*at **6pm on Thursday, March 12th**
in the Small Hall.*

Be Prepared For A Disaster

Catholic Charities
MARIANA • SAN FRANCISCO • SAN RAFAEL

Cal OES
UNIVERSITY OF CALIFORNIA

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: lrodriguez@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 | crsplatodearroz.org/cambia-vidas

*5 Hope does not disappoint,
because the love of God has been poured out
into our hearts through the Holy Spirit
who has been given to us.
8 God proves his love for us
in that while we were still sinners
Christ died for us. (Romans 5)*

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.debretagne@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 @olmc.palms
301 Grand Street Redwood City, CA @mountcarmelschool

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: hopfhere@starch.org
Alta (415) 614-8574