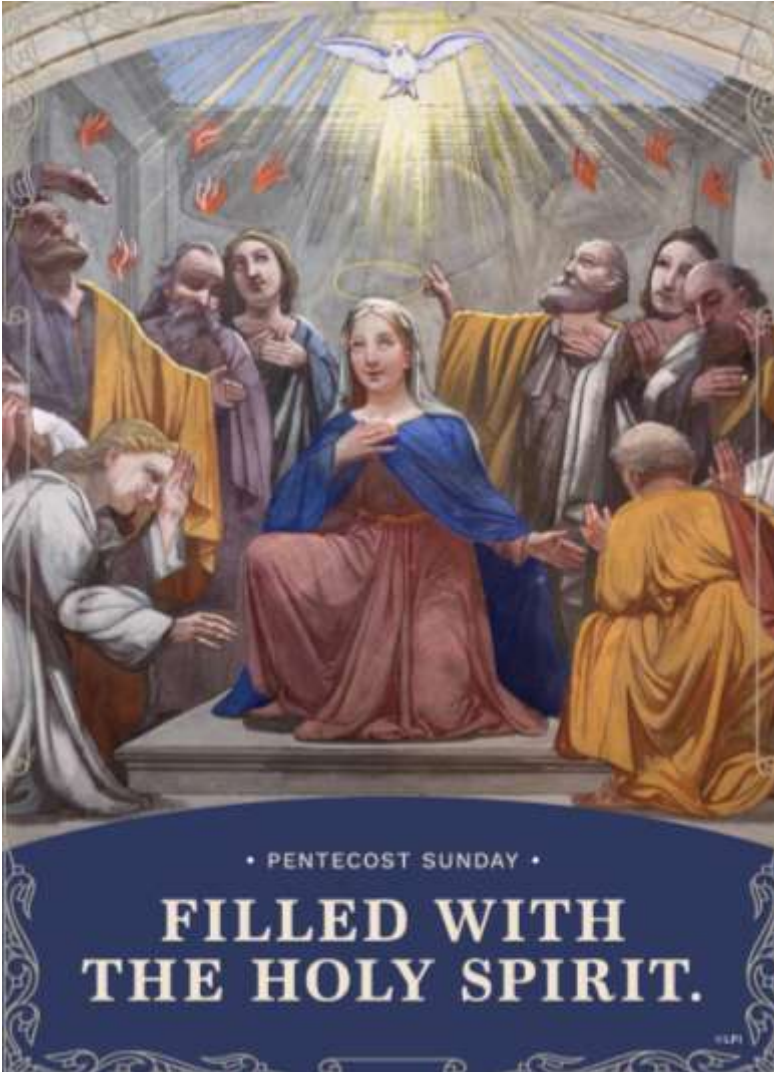




# OUR LADY OF MOUNT CARMEL

## CATHOLIC CHURCH & SCHOOL

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



May 24, 2026

**Archdiocesan Annual Appeal 2026**

*Goal: \$72,794*

Collected donations:

*(As of 05/12/26)*

**\$14,735**



Parish Center is closed on  
Monday, May 25th



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.

**Thank You  
all parishioners and  
the Women's Club**

Our donation to  
St. Francis Xavier Parish,  
Kiraeni-Tanzania

*Greetings and Prayers*

**\$4,291**

Birthday & Wedding Anniversary celebrants this week

## 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 (2 <sup>nd</sup> & 4 <sup>th</sup> Saturdays are in English only)
<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.
<b>MARRIAGE:</b>	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

<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:frerniej@sfhealingandprayer.org">frerniej@sfhealingandprayer.org</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 Staff:</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:jbruzzone@mountcarmel.org">jbruzzone@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*

3 Then there appeared to them tongues as of fire,\* which parted and came to rest on each one of them. 4 And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. (Acts 2)

## Gospel Message

As we heard in the first reading (cf. Acts 2:1-11), the Spirit accomplished something extraordinary in the lives of the Apostles. Following Jesus' death, they had retreated behind closed doors, in fear and sadness. Now they receive a new way of seeing things, an interior understanding that helps them to interpret the events that occurred and to experience intimately the presence of the Risen Lord. The Holy Spirit overcomes their fear, shatters their inner chains, heals their wounds, anoints them with strength and grants them the courage to go out to all and to proclaim God's mighty works.

The Spirit breaks down barriers and tears down the walls of indifference and hatred because he "teaches us all things" and "reminds us of Jesus' words" (cf. Jn 14:26). He teaches us, reminds us, and writes in our hearts before all else the commandment of love that the Lord has made the center and summit of everything. Where there is love, there is no room for prejudice, for "security" zones separating us from our neighbors, for the exclusionary mindset that, tragically, we now see emerging also in political nationalisms.

It was on the feast of Pentecost that Pope Francis observed: "In our world today, there is so much discord, such great division. We are all 'connected', yet find ourselves disconnected from one another, anesthetized by indifference and overwhelmed by solitude" (Homily, 28 May 2023). The wars plaguing our world are a tragic sign of this. Let us invoke the Spirit of love and peace, that he may open borders, break down walls, dispel hatred and help us to live as children of our one Father who is in heaven.

Brothers and sisters, Pentecost renews the Church and the world! May the strong wind of the Spirit come upon us and within us, open the borders of our hearts, grant us the grace of encounter with God, enlarge the horizons of our love and sustain our efforts to build a world in which peace reigns.

### **Pope Leo XVI**

*Excerpt from homily in 2025*

Como hemos escuchado en la primera lectura, el Espíritu lleva a cabo algo extraordinario en la vida de los Apóstoles. Ellos, después de la muerte de Jesús, se habían encerrado en el miedo y en la tristeza, pero ahora reciben finalmente una mirada nueva y una inteligencia del corazón que les ayuda a interpretar los eventos que han sucedido y a tener una íntima experiencia de la presencia del Resucitado: el Espíritu Santo vence su miedo, rompe las cadenas interiores, alivia las heridas, los unge con fortaleza y les da el valor de salir al encuentro de todos para anunciar las obras de Dios.

El Espíritu rompe las fronteras y abate los muros de la indiferencia y del odio, porque "nos enseña todo" y nos "recuerda las palabras de Jesús" (cf. Jn 14,26); y, por eso, lo primero que enseña, recuerda e imprime en nuestros corazones es el mandamiento del amor, que el Señor ha puesto en el centro y en la cima de todo. Y donde hay amor no hay espacio para los prejuicios, para las distancias de seguridad que nos alejan del prójimo, para la lógica de la exclusión que vemos surgir desgraciadamente también en los nacionalismos políticos.

Precisamente celebrando Pentecostés, el Papa Francisco observaba que «Hoy en el mundo hay mucha discordia, mucha división. Estamos todos conectados y, sin embargo, nos encontramos desconectados entre nosotros, anestesiados por la indiferencia y oprimidos por la soledad» (Homilía, 28 mayo 2023). Y de todo esto son una trágica señal las guerras que agitan nuestro planeta. Invoquemos el Espíritu de amor y de paz, para que abra las fronteras, abata los muros, disuelva el odio y nos ayude a vivir como hijos del único Padre que está en el cielo.

Hermanos y hermanas: ¡Por Pentecostés se renueva la Iglesia y el mundo! Que el viento vigoroso del Espíritu venga sobre nosotros y dentro de nosotros, abra las fronteras del corazón, nos dé la gracia del encuentro con Dios, amplíe los horizontes del amor y sostenga nuestros esfuerzos para la construcción de un mundo donde reine la paz.

## 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., May 23*

5:00 PM

† Paul Quinn

*Sun., May 24*

8:00 AM

† Angelina Garcia

10:00 AM

† Salvador Puga Vazquez

† Eva Vazquez

12:00 PM

For the parishioners

Weekdays at 8:15 AM

*Mon., May 25*

† Lola Cornell

*Tues., May 26*

† Nimal Pieris

*Wed., May 27*

† Elisa Jimenez

*Thurs., May 28*

† Filomena & Luigi Liberati

*Fri., May 29*

† Doria A. Eaker

*Sat., May 30*

† Dave Cereghino

**2<sup>nd</sup> Collection:** May 3 – Facility Repair & Improvement

May 10 – Religious Education

May 17 – Liturgy Fund

May 24 – Catholic Charities

May 31 – SSVdPaul

**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.

**Society of St. Vincent de Paul's** (SSVdP) 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](mailto:olmmentalhealthministry@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

(25<sup>h</sup>) Mary, Mother of the Church

(26<sup>th</sup>) St. Philip Neri, Priest

(27<sup>th</sup>) St. Augustine of Canterbury, Bishop

(29<sup>th</sup>) St. Paul VI, Pope



### 7 Gifts of the Holy Spirit

**Fear of the Lord:** *this is a reverential fear, not a servile fear. This gift helps us to reverence God properly and avoid temptations towards sin out of love of him.*

**Piety:** *the honor and worship we show to God through our reverence.*

**Fortitude:** *supernatural courage! The ability to persevere through spiritual, physical, and mental difficulties.*

**Counsel:** *reception to God's guidance in our moral decisions, and obedience to his answer out of pursuit of the good.*

**Knowledge:** *a sense of the faith. Knowing what's of God and what's not.*

**Understanding:** *a deeper understanding of the faith.*

**Wisdom:** *judging and ordering all things in life according to God's revelation.*

*(from Ascension Press)*

### Prayer to the Holy Spirit

*Come, Holy Spirit, fill the hearts of your faithful.  
And kindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And you will renew the face of the earth.*

*Lord,  
by the light of the Holy Spirit  
you have taught the hearts of your faithful.  
In the same Spirit  
help us to relish what is right  
and always rejoice in your consolation.  
We ask this through Christ our Lord.  
Amen.*

### Catechism of the Catholic Church *I believe in the Holy Spirit*

**687** "No one comprehends the thoughts of God except the Spirit of God."<sup>2</sup> Now God's Spirit, who reveals God, makes known to us Christ, his Word, his living Utterance, but the Spirit does not speak of himself. the Spirit who "has spoken through the prophets" makes us hear the Father's Word, but we do not hear the Spirit himself. We know him only in the movement by which he reveals the Word to us and disposes us to welcome him in faith. the Spirit of truth who "unveils" Christ to us "will not speak on his own."<sup>8</sup> Such properly divine self-effacement explains why "the world cannot receive (him), because it neither sees him nor knows him," while those who believe in Christ know the Spirit because he dwells with them.<sup>9</sup>

**688** The Church, a communion living in the faith of the apostles which she transmits, is the place where we know the Holy Spirit:

- in the Scriptures he inspired;
- in the Tradition, to which the Church Fathers are always timely witnesses;
- in the Church's Magisterium, which he assists;
- in the sacramental liturgy, through its words and symbols, in which the Holy Spirit puts us into communion with Christ;
- in prayer, wherein he intercedes for us;
- in the charisms and ministries by which the Church is built up;
- in the signs of apostolic and missionary life;
- in the witness of saints through whom he manifests his holiness and continues the work of salvation.

**Archdiocese of San Francisco  
Restorative Justice Ministry**

**Support people in PRISON**

We offer services to enhance the reintegration prospects of former inmates into society.

Provide resources, such as bibles and reading materials.

We train volunteers and support clergy in addressing the spiritual needs of those in jails and prisons.

*For more information on how to volunteer, please call or send email to:*

**Julio Escobar**  
(415) 6145572  
escobarj@sfarch.org



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.

To sign up, text "RWC" to 84576, or click on the Flocknote sheep on the Parish website.



# MISA POR INMIGRANTES Y REFUGIADOS

Acompáñenos en oración y solidaridad mientras nos unimos para apoyar y fortalecer a nuestras comunidades inmigrantes y refugiadas.

**CUÁNDO**

**DOMINGO,  
7 DE JUNIO**

12:00 PM  
Misa en español

1:30 PM – 3:30 PM  
Evento de servicio comunitario

**DÓNDE**

**PARROQUIA OUR LADY  
OF MOUNT CARMEL  
GINNASIO DE LA ESCUELA**

300 Fulton St,  
Redwood City, CA 94062

**HORA**

12:00 PM  
Misa en español

1:30 PM – 3:30 PM  
Evento de servicio comunitario

**Taller "Conozca Sus Derechos"** ofrecido por un abogado de inmigración de Catholic Charities. El abogado presentará información importante sobre sus derechos al interactuar con inmigración o las autoridades. Al final, responderá preguntas generales del público y explicará cómo los asistentes pueden programar una consulta con Catholic Charities.

*Nuestra Señora de Guadalupe, ruega por nosotros.*



ARCHIDIÓCESIS DE  
**SAN FRANCISCO**

OFICINA DE VIDA Y  
DIGNIDAD HUMANA



Para más información, escriba a: [Immigration@sfarch.org](mailto:Immigration@sfarch.org) o llame al (415) 614-5616

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# MASS FOR IMMIGRANTS & REFUGEES

Join us in prayer and solidarity as we come together to support and uplift our immigrant and refugee communities.

**WHEN**

**SUNDAY,  
JUNE 7**

12:00 PM  
Spanish-language Mass

1:30 PM – 3:30 PM  
Community service event

**WHERE**

**OUR LADY OF  
MOUNT CARMEL PARISH  
SCHOOL GYM**

300 Fulton St,  
Redwood City, CA 94062

**TIME**

12:00 PM  
Spanish-language Mass

1:30 PM – 3:30 PM  
Community service event

A **Know Your Rights Workshop** will be offered by an immigration attorney from Catholic Charities. The attorney will provide important information about your rights when interacting with immigration or law enforcement. At the end, the attorney will answer general questions from the audience and guide attendees on how to schedule a consultation with Catholic Charities.

*Our Lady of Guadalupe, pray for us.*



ARCHIDIÓCESIS DE  
**SAN FRANCISCO**

OFFICE OF HUMAN  
LIFE & DIGNITY



For More Information, email: [Immigration@sfarch.org](mailto:Immigration@sfarch.org) or call (415) 614-5616

**St. Clare's Retreat**

2381 Laurel Glen Rd., Soquel, CA

Contact us at **831-423-8093** or [info@stclaresretreat.org](mailto:info@stclaresretreat.org)

MAY 29-31 Men & Women's Silent Ignatian Retreat (God's Mercy): Fr. Ed Broom, OMV

JUNE 5-7 Men & Women's Silent Retreat: Opus Sanctorum Angelorum

Our Lady of  
Mount Carmel School

PS, TK, K-8

A Standard of  
Excellence.

ENROLLING FOR  
THE 2026-2027  
SCHOOL YEAR



**Catholic Charities San Francisco (CCSF)** 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.

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.

### 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**



### Prayer to the Sacred Heart of Jesus

O Most Sacred Heart of Jesus:

You know the longings of our hearts, and you desire that we enjoy friendship with you.

From your pierced side, you have poured out the wellspring of life, for which we thirst.

Your heart burns with a love for all people to return to a right relationship with you.

We celebrate the abundant gifts you have given this nation, founded on the self-evident truths that our Creator has endowed all people with the right to life, liberty, and the pursuit of happiness.

We make reparation for the offenses against you and against human dignity that have taken place in this nation.

May our hearts be united to yours, so that our families and communities enjoy peace and happiness; may broken relationships be reconciled, injustices repaired, and the wounds of our land be healed.

May your holy Catholic Church serve as a sign, pointing all people to your infinite love.

O Desire of Nations and Center of History, we ask you to bless these United States of America.

Who live and reign with God the Father  
in the unity of the Holy Spirit,

God, for ever and ever,

Amen.

Most Sacred Heart of Jesus, have mercy on us!

Immaculate Heart of Mary, pray for us!



United States  
Conference of  
Catholic Bishops



Will Guilo, 'Stained glass, with paint-on-glass window, inside a cemetery sepulcher' Paris, France. Unsplash Free License. © 2025, United States Conference of Catholic Bishops, Washington, DC. All rights reserved.