



OUR LADY OF MOUNT CARMEL

CATHOLIC CHURCH & SCHOOL

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

The Most Holy
TRINITY



God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. - Jn 3:16-17

Excerpts from the Lectionary for Mass, ©2001, 1998, 1970 CCD.

May 31, 2026

Archdiocesan Annual Appeal 2026
Goal: \$72,794

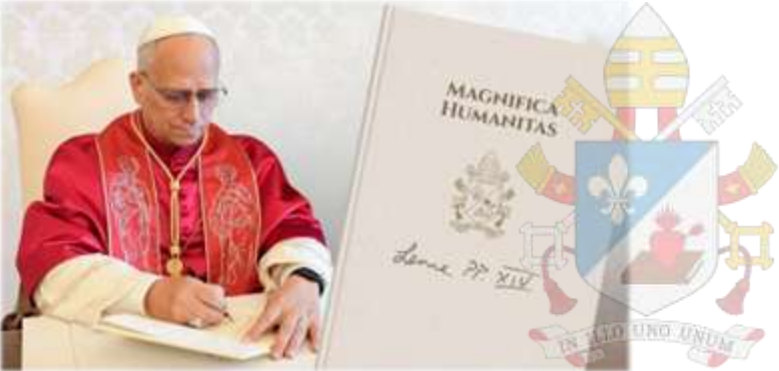
Collected donations:
(As of 05/26/26) **\$14,735**



Marking the 135th anniversary of *Rerum Novarum*, Pope Leo XIV releases his first encyclical, entitled:

Magnifica Humanitas: On Safeguarding the Human Person in the Time of Artificial Intelligence.

He appeals for the safeguarding of humanity, promotion of truth, dignity of work, social justice, and peace. The complete text is available for free @ www.vatican.va



Greetings and Prayers
Birthday & Wedding Anniversary celebrants this week

The 2nd collection today is for Society of St. Vincent de Paul

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>	frerniej@sfhealingandprayer.org
Deacon: <i>Rev. Mr. Raymond Smith</i>	rsmith@mountcarmel.org
Deacon: <i>Rev. Mr. Ricardo Escobar</i>	rescobar@mountcarmel.org

STAFF

Admin. Assistant: <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

6 So the LORD passed before Moses and proclaimed: The LORD, the LORD, a God gracious and merciful, slow to anger and abounding in love and fidelity, 7 continuing his love for a thousand generations, and forgiving wickedness, rebellion, and sin. (Ex. 34:6-7a)

Gospel Message

Today, the Solemnity of the Most Holy Trinity, the Gospel is taken from Jesus' dialogue with Nicodemus (cf. *Jn* 3:16-18). Nicodemus was a member of the Sanhedrin, passionate about the mystery of God... Jesus listens to him, understands he is a man on a quest, and then first, he surprises him, answering that in order to enter the Kingdom of God, one must be reborn; then, he reveals the heart of the mystery to him, saying that God loved humanity so much that he sent his Son into the world. Jesus, therefore, the Son, speaks to us about his Father and his immense love.

The very word "God" suggests to us a singular, majestic and distant reality, whereas hearing about a Father and a Son brings us back home. Yes, we can think of God in this way, through the image of a *family gathered around the table*, where life is shared. After all, the table, which, at the same time is an altar, is a symbol with which certain icons depict the Trinity. It is an image that speaks to us of a *God of communion*. Father, Son and Holy Spirit: *communion*. But it is not only an image; it is reality! It is reality because the Holy Spirit, the Spirit that the Father poured into our hearts through Jesus (cf. *Gal* 4:6), makes us taste, makes us savor God's presence: a presence that is always close, compassionate and tender. The Holy Spirit does with us what Jesus does with Nicodemus: he introduces us to the mystery of new birth, the birth of faith, of Christian life, he reveals the heart of the Father to us, and he makes us partake in God's very life.

Our God is a *communion of love*: and this is how Jesus revealed him to us. And do you know how we can remember this? With the simplest gesture, which we learned as children: the sign of the cross. By tracing the cross on our body, we remind ourselves how much God loved us, to the point of giving his life for us; and we repeat to ourselves that his love envelops us completely, from top to bottom, from left to right, like an embrace that never abandons us. And at the same time, we commit ourselves to bear witness to God-as-love, creating communion in his name.

Pope Francis

From Angelus Address in 2023

Hoy, Solemnidad de la Santísima Trinidad, el Evangelio está tomado del diálogo de Jesús con Nicodemo (cfr. *Jn* 3,16-18). Nicodemo era un miembro del Sanedrín, apasionado por el misterio de Dios... Jesús lo escucha y comprende que es un hombre que está en un proceso de búsqueda. Entonces, primero lo sorprende, respondiéndole que para entrar en el Reino de Dios es preciso renacer; y después le desvela el corazón del misterio diciéndole que Dios ha amado tanto a la humanidad que ha enviado a su Hijo al mundo. Jesús, el Hijo, nos habla del Padre y de su inmenso amor.

La palabra "Dios" nos sugiere una realidad singular, majestuosa y distante, mientras que oír hablar de un Padre y un Hijo nos reconduce a casa. Sí, podemos pensar en Dios a través de la imagen de *una familia reunida en torno a la mesa* donde se comparte la vida. Por lo demás, la mesa, que al mismo tiempo es altar, es un símbolo junto al que ciertos iconos representan a la Trinidad. Es una imagen que nos habla de un *Dios comunión*. Padre, Hijo y Espíritu Santo: *comunión*. ¡Pero no es solo una imagen, es realidad! Es realidad porque el Espíritu Santo, el Espíritu que el Padre mediante Jesús ha infundido en nuestros corazones (cfr. *Gal* 4,6) nos hace gustar, nos hace experimentar la presencia de Dios: presencia siempre cercana, compasiva y tierna. El Espíritu Santo hace con nosotros como Jesús con Nicodemo: nos introduce en el misterio del nuevo nacimiento -el nacimiento de la fe, de la vida cristiana-, nos desvela el corazón del Padre y nos hace partícipes de la vida misma de Dios.

Nuestro Dios es *comunión de amor*, y así nos lo ha revelado Jesús. ¿Y saben qué podemos hacer para recordarlo? El gesto más simple, que hemos aprendido de niños: la señal de la cruz. Con el gesto más simple, con esta señal de la cruz, trazando la cruz sobre nuestro cuerpo, recordamos cuánto nos ha amado Dios, hasta dar la vida por nosotros; y nos repetimos que su amor nos envuelve completamente, de arriba abajo, de izquierda a derecha, como un abrazo que no nos abandona nunca. Al mismo tiempo, nos comprometemos a testimoniar a Dios-amor, creando comunión en su nombre.

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 30

5:00 PM

† Jose and Cruz Quinones

Sun., May 31

8:00 AM

† Estrella Bueno

10:00 AM

† Ida Figone

12:00 PM

† Concepcion Anguiano

† Joseines Aguirre

Weekdays at 8:15 AM

Mon., June 1 † Lola Cornell

Tues., June 2 † Corinne Centeno

Wed., June 3 † Proserfina N. Esturco

Thurs., June 4 † Fr. Sean Corcoran, CSSp

Fri., June 5 † George Smith

Sat., June 6 † Peter Hoan & Marie Loc

2nd Collection: June 7 – Facility Repair & Improvement

June 14 – Religious Education

June 21 – Liturgy Fund

June 28 – Peter’s Pence

Registration: If you are new in our community, welcome! Register at: mountcarmelrc.org/registration

Registered parishioners may also update their information on the website.

Peter’s Pence collection is a gesture of solidarity through which every member of the faithful can participate in the activity of the Pope as Pastor of the universal Church.

The faithful’s offerings to the Holy Father through the Peter’s Pence Collection are destined to Church needs, to humanitarian initiatives and social promotion projects, as well as to the support of the Holy See.

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.

Saints of the Week

(June 1st) St. Justin, Martyr
(2nd) Sts. Marcellinus and Peter, Martyrs
(3rd) St. Charles Lwanga and Companions, Martyrs
(5th) St. Boniface, Bishop and Martyr
(6th) St. Norbert, Bishop



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

*The grace of the Lord Jesus Christ
and the love of God
and the fellowship of the Holy Spirit be
with all of you. (2 Cor. 13:13)*

Catechism of the Catholic Church **The dogma of the Holy Trinity**

253 *The Trinity is One. We do not confess three Gods, but one God in three persons, the "consubstantial Trinity". The divine persons do not share the one divinity among themselves but each of them is God whole and entire: "The Father is that which the Son is, the Son that which the Father is, the Father and the Son that which the Holy Spirit is, i.e. by nature one God." In the words of the Fourth Lateran Council (1215), "Each of the persons is that supreme reality, viz., the divine substance, essence or nature."*

254 *The divine persons are really distinct from one another. "God is one but not solitary." "Father", "Son", "Holy Spirit" are not simply names designating modalities of the divine being, for they are really distinct from one another: "He is not the Father who is the Son, nor is the Son he who is the Father, nor is the Holy Spirit he who is the Father or the Son." They are distinct from one another in their relations of origin: "It is the Father who generates, the Son who is begotten, and the Holy Spirit who proceeds." The divine Unity is Triune.*

255 *The divine persons are relative to one another. Because it does not divide the divine unity, the real distinction of the persons from one another resides solely in the relationships which relate them to one another: "In the relational names of the persons the Father is related to the Son, the Son to the Father, and the Holy Spirit to both. While they are called three persons in view of their relations, we believe in one nature or substance." Indeed "everything (in them) is one where there is no opposition of relationship." "Because of that unity the Father is wholly in the Son and wholly in the Holy Spirit; the Son is wholly in the Father and wholly in the Holy Spirit; the Holy Spirit is wholly in the Father and wholly in the Son."*

**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.



DOMINGO, 7 DE JUNIO
12:00 PM
Misa en español
1:30 PM – 3:30 PM
Evento de servicio comunitario



PARROQUIA OUR LADY OF MOUNT CARMEL GIMNASIO DE LA ESCUELA
300 Fulton St.
Redwood City, CA 94062



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 o llame al (415) 614-5616



MASS FOR IMMIGRANTS & REFUGEES

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



SUNDAY, JUNE 7
12:00 PM
Spanish-language Mass
1:30 PM – 3:30 PM
Community service event



OUR LADY OF MOUNT CARMEL PARISH SCHOOL GYM
300 Fulton St.
Redwood City, CA 94062



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 or call (415) 614-5616

Create the marriage you want with the spouse you have!

SAINT MARK Catholic Church
325 Marine View Ave,
Belmont, CA 94002

Saturday
Jun 13
8:30 am - 4:30 pm

More Info
contact: Ed Hopfner
hopfnere@sfarch.org

To register, **SCAN QR CODE**
or visit: www.sfarch.org/aim





PS, TK, K-8

A Standard of Excellence.

ENROLLING FOR THE 2026-2027 SCHOOL YEAR



WELCOME

Redwood City's very own

Megan Armando

It is with great joy and excitement that we share with you the appointment of our new Principal, Mrs. Megan Armando. After an extensive search process, we are thrilled to welcome a faith-filled and experienced leader to guide Our Lady of Mount Carmel School into its next chapter.

Mrs. Armando comes to OLMC with deep ties to Catholic education. She is a previous student of St. Pius School, Notre Dame High School Belmont, St. Mary's College, NDNU, and USF. She was a double major in History and Religious Studies, holds a single-subject credential in History, and earned a Master's Degree in Organizational Leadership.

Mrs. Armando has been an employee of the Archdiocese of San Francisco for over 20 years, beginning her career at her alma mater, St. Pius School, and continuing on at St. Charles where she worked in administration for 12 years. She continued in administration at St. Matthew School for two years, and we are now blessed to welcome Mrs. Armando to Our Lady of Mount Carmel School as our new Principal.

Her dedication to Catholic education, commitment to student growth, and passion for building strong school communities make her an incredible addition to OLMC. We are excited for our students, families, and staff to get to know her in the months ahead.

(Thanks to Ms. Jen Bruzzone, our current principal for the text of the announcement)

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

More announcement

For Retreats please call: Vallombrosa Retreat Center (650-325-5614), the Jesuit Retreat Center (650-917-4024) and St. Clare's (831-423-8093).

Please read **the advertisements on the bulletin board** at the vestibule.

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.