

Welcome!



Notre Dame of Mt. Carmel

CEDAR KNOLLS, NJ
www.ndcarmel.com

NEW HERE?

Welcome!

You may be an active Catholic or considering becoming one, or you might even have been disconnected from the Church for some time. Maybe you've attended one of our Masses, events, or faith enrichment programs, or perhaps you've visited our website or come across one of our posts on social media.

Regardless of what or who brought you here, we welcome you with joy and a sense of hope to our faith community!

This publication will offer you an overview of parish life and community at Notre Dame of Mt. Carmel. However, we would love most to have an opportunity to welcome you more personally! Please consider filling out a Connection Card available here in our Gathering Space or on our website at www.ndcarmel.com (click on the "New Here" button).

We look forward to connecting with you!

"When I filled out my contact information on the website, I didn't know what to expect. I had already tried a few churches but had not felt a "connection." When the Communications Director emailed me and introduced herself, we set a time to chat on Zoom. She was very welcoming, made me feel at ease, and personalized our conversation to what I needed and was looking for. I told her of my desire to reconnect with God and find a church and a community where I can learn and grow. She shared several opportunities to do so, many of which I have experienced and have very much appreciated. Her kind words made me feel that I wasn't alone in my faith journey. She has given me tremendous guidance and tools where I can reconnect with God, the Church, and the community. What a wonderful and nurturing experience. I felt and continue to feel so welcomed and included."

"I was first introduced to the parish when I joined DivorceCare and then I attended the Women's Cornerstone Retreat. I am doing DivorceCare for the 2nd time and I am a team member for Cornerstone. From my 1st interaction with members of the parish, I felt welcomed and accepted. I have enjoyed both groups that I have been a part of and look forward to making new friends and strengthening my faith."



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"My grandsons have become more active doing readings. I really feel drawn to this parish, and this is the first time in 40 years I've felt this. I have tried different denominations, but it hasn't fit. I feel like the Holy Spirit is reaching out to me. I like the message and the feeling that I get from Mass either via zoom while I'm in Florida or in person when I'm there."

A very proud grandmother!

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Our Mission

Notre Dame of Mount Carmel is a Roman Catholic community of faith called to be missionary disciples of Jesus Christ for the purpose of bringing about the Kingdom.

Loving Our Savior

Faith, fully alive, produces a friendship with Jesus Christ, and Mass is the most powerful way we commune with our Friend and Savior. When we worship together here at Notre Dame, Christ speaks to us through the celebrant's words, and we respond in love and gratitude. At every Mass, we participate in both the liturgy of the Word and the Eucharist, entering an experience much like any gathering with close friends: we reconnect with Jesus through conversation (prayer) and then share a meal (Holy Communion). **Through the gift of Mass and all the Sacraments**, Jesus ministers to us, offering healing, nourishment, and spiritual strength.



Mass Schedule

Daily Masses: Mon-Sat: 12 Noon*

Weekend: Sat. Vigil, 5 pm*

Sun: 7:30am, 9:30am (Family Mass), 11:30am,
and 6:00 pm (w/ Contemporary Worship).

* [Also live-streamed](#)

Confessions: Sat. 12:45-1:30pm.

Adoration: Fridays 1:00-3:00pm

Open for Private Prayer: Mon-Fri 8am-9pm;

Sat 8am-6pm; Sun 7:30am-8pm.

Parish Office Hours: Mon-Fri 9am-3pm



Following Our Savior

A path of parish renewal calls us to **a life of discipleship in Christ**, which means growing spiritually, ministering to those within our parish, and serving both the lost and the least in our faith community and beyond. To succeed in our mission at Notre Dame, we must continually **raise and nurture new leaders** who will support those doing the vital work of ministry. A hallmark of leadership is an awareness that living as a disciple means **accompanying others**, wherever they are on the path of life and faith, in a way that opens them to the fullness of God's love and guides them into a genuine friendship with Christ.



Sharing Our Savior

As we anticipate the road ahead for our parish family, what truly matters in light of our mission? Perhaps most important is the intentional and continuous **reliance on the Holy Spirit** to guide our path forward. Another essential is building **our ministry to youth**, without whom there would be no future to contemplate! **Advancements in technology** will allow us to remain connected, keep our parishioners informed, and even reach those without a connection to the church. It will be essential to have a church facility that is clean, attractive, and meets the needs of our active, engaged faith community.



“Where do I begin?”

There are many opportunities for you (and your family) to begin or continue a spiritual journey here at Notre Dame. **The best guidance we could offer would come from an opportunity to have a casual conversation with you, where you could share about your faith journey and where you find yourself spiritually speaking.** Please scan the QR code and fill out a **Contact Card** (also available in our Gathering Space) so that we may coordinate such a conversation. We assure you that this will be a welcoming, safe, and non-judgmental chat! No pressure!



In the meantime, below are some opportunities you might want to consider.

Join us for Mass! Experiencing one of our Masses may offer you a sense of how we love and worship our Savior through our liturgical celebrations. While anyone is welcomed at any of our Masses, there are two that offer a particular focus; **the Family Mass on Sundays at 9:30 am** extends a warm welcome and sense of belonging and engagement to young parents and their children, and the **6 pm Mass on Sunday evenings with contemporary music.** However, you will see that many people attend all of our liturgies regardless of age!



If your heart seeks reconciliation, **the Sacrament of Confession** will offer you an open door to our Lord's mercy and compassion. Confessions take place on Saturdays at 12:45 pm. You may also contact one of our priests any time if you need the sacrament and/or priestly guidance.

If quiet time with our Lord is a need in your heart, please join us for **Adoration of the Blessed Sacrament** any Friday following our 12 Noon Mass through 3:00 pm or on Thursday evenings from 6:00-7:00 pm). You are also welcome to come into the worship space for quiet prayer while our facilities are open.



Journey through Alpha! Alpha is an opportunity for anyone who may have questions about life and faith or who may be searching for deeper meaning and purpose. In the 5+ years that we have been running the Alpha series at Notre Dame, we have welcomed hundreds of people at all stages of their faith journey. Alpha has provided a safe and non-judgmental space to explore, encounter, and grow! We run the series twice in the year, usually in the Spring and Fall. Please visit our website for more details and to register.



Consider a Cornerstone Retreat – Cornerstone is a 24-hour experience offered annually. The retreat begins Friday evening and concludes with the celebration of the 5 p.m. Mass on Saturday. **The Men's Cornerstone Retreat occurs towards the end of January, and the Women's Cornerstone Retreat is usually offered in early February.** Cornerstone allows participants (25 yrs. and older) to find gratitude in their lives. As a result, participants—candidates—revitalize and deepen their spiritual well-being. While prayer and quiet

reflection are components of the weekend, so, too, are faith-sharing and fellowship. Faith-sharing reveals where Christ, the Cornerstone, has played a significant role in candidates' journeys. Candidates consider what has happened, what is happening, and what will happen in their lives. Fellowship leads to spiritual mentorship, which lasts long after 24 hours.



Join a Discipleship Group! Discipleship Groups are opportunities for small groups of people to gather in person or via Zoom for faith-sharing purposes. **A menu of opportunities is available during Lent and also in the Fall.** Groups run anywhere from six to ten sessions. Each group has its faith theme and meeting day/time. Examples of groups from past series include *"The Five People You Meet in Heaven," "Raising Kids Who Care," "The Rosary: Meditating on the Fruits of the Mysteries," "Contemplative Photography," "Bible Stories and Great Works of Art," "God at the Workplace," "Pivotal Players," "Everyone's Way of the Cross."*

Be part of Family Faith Formation: This program welcomes families with children in grade school through 8th-grade Confirmation Preparation.



Families are supported in their journeys to strengthen their Domestic Church, prepare their children for the Sacraments and grow as lifelong disciples of Jesus. Please visit our website for further details!

SS Life Teen Youth Ministry – Following our Contemporary Mass on Sundays at 6:00 p.m., **high school teens** are invited to share a meal, grow closer in existing friendships, and make new ones! Life Nights are the heart of our Youth Ministry. Here the teens are drawn closer in their relationship with Jesus and are challenged to grow and witness a renewed commitment to faith in service to others.



Grow in Faith and Community! Several ministries offer more “focused” opportunities to grow in faith and build community. The **GROW** button on our website will lead you to a comprehensive list. Here are just a few:

- **Marriage Ministry Gatherings** – Offers events throughout the year to help couples strengthen their marriage and build community.
- **Young Adults Holy Hour/Happy Hour** – Thursdays, **6 – 8 pm**. Spend some time (as long as you want) between 6-7 p.m. with Jesus in the Blessed Sacrament. Then, at 7 p.m., join fellow young adults for snacks, drinks, and fellowship!
- **Men’s Group** – Monthly gatherings usually on the fourth Saturday of each month, from 8:00-10:00 am
- **Daughters of Grace** - offers various opportunities for women of all ages to foster spiritual growth, friendship, mentorship, and service.
- **Widow’s Circle**
- **Moms & Tots**
- **Special Needs Youth Ministry**



Share Your Gifts as we Serve those in our community and beyond! Many ministries are serving

both our parish community

and beyond. With the spiritual support of our priests, these ministries are led and supported by parishioners who believe in the mission of our parish of helping bring Christ to others. The **SERVE** section on our website lists the countless opportunities to share your talents and gifts! Once again, we encourage you to connect with us so we can support your discernment of the best way to serve our parish, given your gifts and availability!



"Your life has
purpose.
Your story is
important.
Your dreams
count.
Your voice
matters.
You were born to
make an impact."

Unknown

