

## Maria Cascio

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**From:** mail@flocknote.com on behalf of Notre Dame of Mount Carmel Church  
<mail@flocknote.com>  
**Sent:** Tuesday, March 19, 2024 2:04 PM  
**To:** Maria Cascio  
**Subject:** Parish Update: March 19, 2024



### **Alpha: Explore Life, Faith, and Meaning!**

This past weekend at all Masses, parishioners, visitors, and friends had the opportunity to view a short video sharing insights from four Small Group Alpha participants from our Fall 2023 series. Each one shared very different perspectives, yet all reflected the positive impact the Alpha journey has had in their lives.



A new series of **Small Group Alpha** will begin **Wednesday, April 10, 7:00-8:30 pm** here at Notre Dame. Small groups of guests, accompanied by Alpha Team facilitators, will journey through this extraordinary series in one of our cozy spaces, where they will experience a warm welcome, a sense of belonging, and an opportunity to explore, without judgment, matters of faith, purpose, and meaning. All are welcome, regardless of where one finds oneself, spiritually speaking. Please consider the journey for yourself or for someone you know! Visit our website for more details and to register!

Connect | Belong | Discover

*Small Group* **Alpha**

Explore life, faith, and meaning in a safe and non-judgmental space over snacks and refreshments!

**Begins Wednesday  
April 10, 2024 at 7:00 pm**

[www.ndcarmel.com/alpha](http://www.ndcarmel.com/alpha)

**Order of Christian Initiation for Adults (OCIA):**



## The Welcome continues!

By Laura Balogh, Family Faith Director

*Beginning last October 2023, we started adult formation for a faith-filled group of candidates interested in becoming Catholic or taking the remaining steps to become fully initiated members of the Church. This past Sunday, March 17, at the 11:30 am Mass, the newest members, **Chelsea Colongon, Bianca Martinez, Jacy Dizenzo, and Gianna Giradelli**, received their **Rite of Welcome** before receiving the sacraments at the Easter Vigil this year. Two other candidates, **Brandon Koth and Great Unrath**, received this rite in November.*



*[The **Rite of Welcome** is celebrated only with candidates, meaning **those already baptized**, often in another Christian denomination, and are seeking reception into the full communion of the Catholic Church. Alternatively, **the Rite of Acceptance** is celebrated for catechumens, those seeking to begin the process of becoming a member of the Catholic Church through Baptism. This year, we do not have any catechumens as part of the OCIA formation process.]*

*Following their introduction to the congregation, in which Fr. Paddy greeted the candidates, expressing the joy of the Church, each person received the **Signing of the Senses** by their sponsors. The sponsors and the assembly affirmed that they were ready to help the candidates find and follow Christ. They were then signed with the cross on the forehead, all the senses, and their hands and feet. This is a*

*sign of the candidates' desire to deepen their relationship with Jesus and fully share in the life of His Church. Since the entire faith community is called to accompany and pray for all those seeking to join the Church, these rites must be done publicly during Mass.*



*After the liturgy, the candidates received their last formation session from faith leaders Claire and Jim Matlon before receiving the sacraments. The special guest was Karen Harris, wife of Deacon Joe, who discussed Catholic Social Justice with the group and how each person may use their gifts of the Holy Spirit following Confirmation to spread Christ's love in the world. Karen also provided witness to her and Deacon Joe's decades-long service in countless areas of ministry, including Project Appalachia and the Five Friends Group home for adults with disabilities.*

*Please continue to pray for our candidates as they continue their faith journeys, along with their families!*





Do you know anyone interested in becoming Catholic? Please contact Laura Balogh, Faith Formation Director, at [lbalogh@ndcarmel.com](mailto:lbalogh@ndcarmel.com) / 973-538-1358, ext. 121.

## **Discipleship Groups: On the Lenten Journey**

*Enneagram: A Journey of Personal & Spiritual Growth*



*"This 4-week journey of discovery in the Enneagram provided the participants the opportunity to ask God, WHY? Why am I the way I am? While each participant was not promised to fully understand themselves spiritually by the end of the 4 weeks, the participants walked away with a new curiosity about themselves and their purpose in this life: God's purpose for them.*

*Through prayerful contemplation in readings, video, meditation, and small group discussions, we learned from each other not only about ourselves but about others as well. Participants walked away with a renewed spirit in how they can better collaborate with God for the greater good and how we can be more compassionate and empathic towards others." Beth Letizia, DG Leader*

***"Mary, Teach Me to be Your Daughter"***





*"I am grateful for this Lenten journey with a group of amazing women. Each participant showed up at each meeting ready to share her heart and encourage one another. I feel privileged to have met all of these women. To me, they all embody facets of the Blessed Mother herself. Mary is definitely interceding for us as we hold our meetings, centered by a prayer candle and reverent statue of Our Lady (brought by a participant) to remind us that we are all called to be her daughters no matter our state in life." Jessika Caruso, DG Leader*

## **Are you being called to serve as an Extraordinary Minister of the Eucharist?**

**By Todd Kempf, EM Ministry Chair**



*Each time I receive the body and blood of Christ, I am aware that He is in my “body” and my “blood.” Knowing this has always motivated me to be Christ-like. After I made a Cornerstone at Notre Dame, God called me to become an Extraordinary Minister of the Eucharist. I thought, what an awesome way to be more like Christ... give His body and blood to my fellow parishioners! I consider this an honor and privilege.*



*I encourage my fellow Notre Dame parishioners to be more Christ-like and consider becoming Extraordinary ministers of the Eucharist. Some prerequisites include having received the three Sacraments of Initiation, being a registered parishioner, a practicing Catholic, and a positive witness to the Christian way of life. **Please visit our website for full details, and contact our Sacristan Marc Luciani***





*([mluciani@ndcarmel.com](mailto:mluciani@ndcarmel.com)) for the application.*

*Those interested will also need to be appropriately trained. **The next Training Session will be on Wednesday, April 10, from 7:00-9:00 pm in St. Joseph's Corner (our old Gift Shop).***

*Upon completing the training, participants will be commissioned by one of our priests to exercise this ministry here at Notre Dame of Mt. Carmel. I look forward to seeing those called to this ministry at the training session and, ultimately, serving at our Altar and/or ministering Eucharist to our homebound.*

*God Bless,*

*Todd Kempf, Ministry Chair, Extraordinary Ministers of the Eucharist*

## **Living Stations of the Cross**

***The journey for our Performing Arts Ministry has begun...***



In 1988 (approximately), several members of Notre Dame of Mount Carmel in Cedar Knolls decided to mount a production of **The Living Stations of the Cross** as a meaningful way for parishioners to come to know the events of the Passion of Jesus and to feel as if they were there, while He was crucified, died, was buried and rose again. For many years, they continued the tradition. In 2008, under the direction of **Beth Vecchio**, there was an effort to add detail and create better production quality with more realistic costumes, props, and new music. We now have an ensemble of narrators, actors who do not speak, a musical ensemble consisting of keyboard, guitar, cello, and voices, and a master backstage crew! The journey includes two performances: one in a nearby venue (church or other location) preceding Holy Week and one on Good Friday evening here at Notre Dame.





The first rehearsal for this year's production took place this past Saturday morning. It is a joy to see old friends and always welcome new ones! Of course, as is always the case, there is much prep work and roles, functions, and gaps to be filled! But one thing has been a constant: the Holy Spirit guides the ministry's journey, and the ministers' lives are abundantly blessed through this experience of our Lord's journey to the Cross.

**Be a part of it!!** There is still time to join this wonderful group of missionary disciples! The ministry seeks men, women, and teens who can remain still for a few minutes at a time. **Please check out the rehearsal and performance schedule and contact Contact Agnes Loughlin at 973-539-9524 / agnesloughlin25@gmail.com.**

- ***Thursday, March 21st, 7 - 9 pm, rehearsal in Room 201***
- ***Friday, March 22nd, Presentation at St. Elizabeth's, 6:15 pm; gather at 4 pm.***
- ***Tuesday, March 26th, 7 pm - 9 pm, rehearsal in Room 201***
- ***Good Friday, March 29th, presentation at Notre Dame at 8 pm, gather at 6 pm.***

# Family Faith: More Lenten Traditions

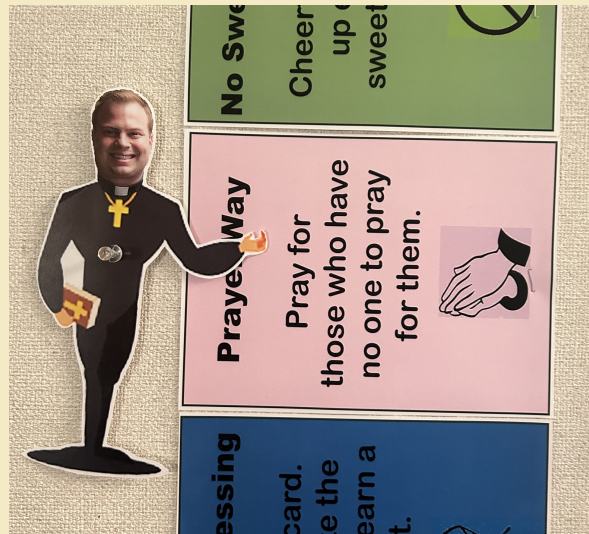
By Diane Byrne, Elementary Family Faith Coordinator

On Sunday, the Arcuri Family shared what they are doing for Lent. Marie-Ann and her son Jacob read **The Tim Tebow Daily Devotional** each evening. (Jacob reads the children's version.) The devotionals help people discover who God made them to be. Jacob read the devotional for March 17, which encourages people to have no negative thoughts.



*On the Lentopoly front...*





*Remember, everyone who completes one of these tasks during the week will earn a heart to place on our cross.*

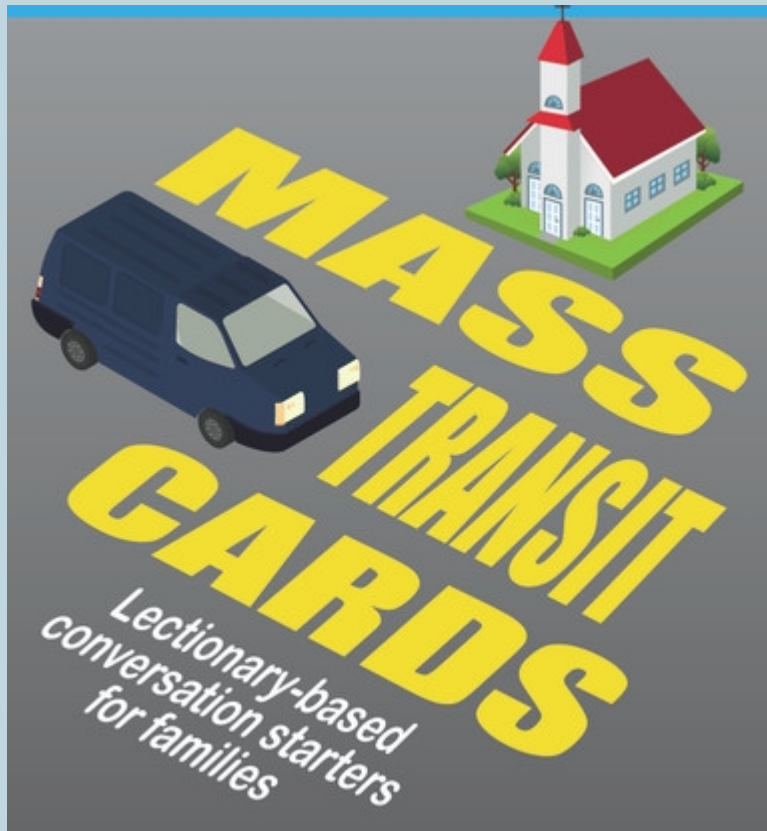


*From last week's tasks... "No treats,  
no screens!"*



## **Family Faith: Mass Transit Conversations**

*(Comments reflect previous Sundays' celebrations)*





***What was one new insight the homily gave you?***

*"Sometimes we lose our way, but there is always hope."*

*"We should look forward to the job of Easter."*

*"Fr Alex discussed "ordinary time" and to live out the gospel "Good news""*

*"Be kind to neighbors."*

*"Always tell the truth"*

*"Follow the commandments joyfully, not trying to find loopholes."*

*"Do your chores; there are no loopholes when it comes to God."*

*"Listen to others, God, Holy Spirit, Jesus, parents, teachers, loved ones, and then you have to act."*

*"The importance of sacrifice."*

*"The rules help us keep harmony. The 10 commandments are God's rules for us."*

*"Look forward to things that bring you JOY!"*

*"Even in darkness, you can still find your way to God and shine through with your light."*

***Was there something special you noticed at Mass today?***

*"The kids have a lot to look forward to."*

*"The Holy Spirit is in all of us."*

*"Fr. Paddy had on a rose-colored robe & told us why -- joy."*

*"Father Padfdy was the priest this week."*

*"The choir sang very well."*

*"The family that shared talked about their tradition of having their Easter baskets blessed the day before Easter."*

*"The priest was wearing a different color."*

*"I saw pictures of the members of the pastoral committee in the gathering area when I put my heart on the cross."*

*"No flowers were present today."*

*"Lentopoly was to give up technology."*

*"Robert & Cata rolled the dice, and Valentina sang in the Joyful Noise Choir."*

*"Father Alex asked us what time we went to bed."*

*"Rose and Nora rolled the dice, roses on the altar."*

*"Here I Am Lord is one of my mom's favorite songs."*

**This Week's Mass  
& Lamp Intentions**

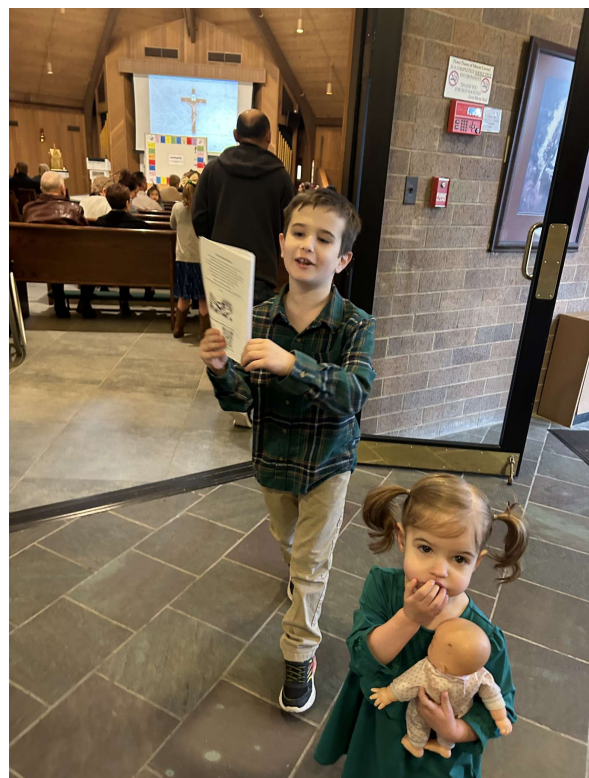
**Parishioner  
Announcements**

***Memories that share our story...***

### *Food Rescue in Action!*



### *Star Welcomers!!*





5 pm Mass





*7:30 am Mass*



*Family Mass*









### *6 pm Mass*



Sent by Cristina Folan - Communications



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