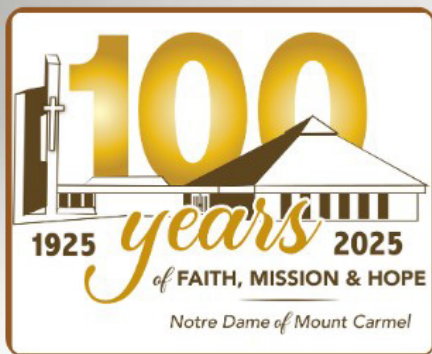


Notre Dame of Mt. Carmel Church

PARISH UPDATE

www.ndcarmel.com

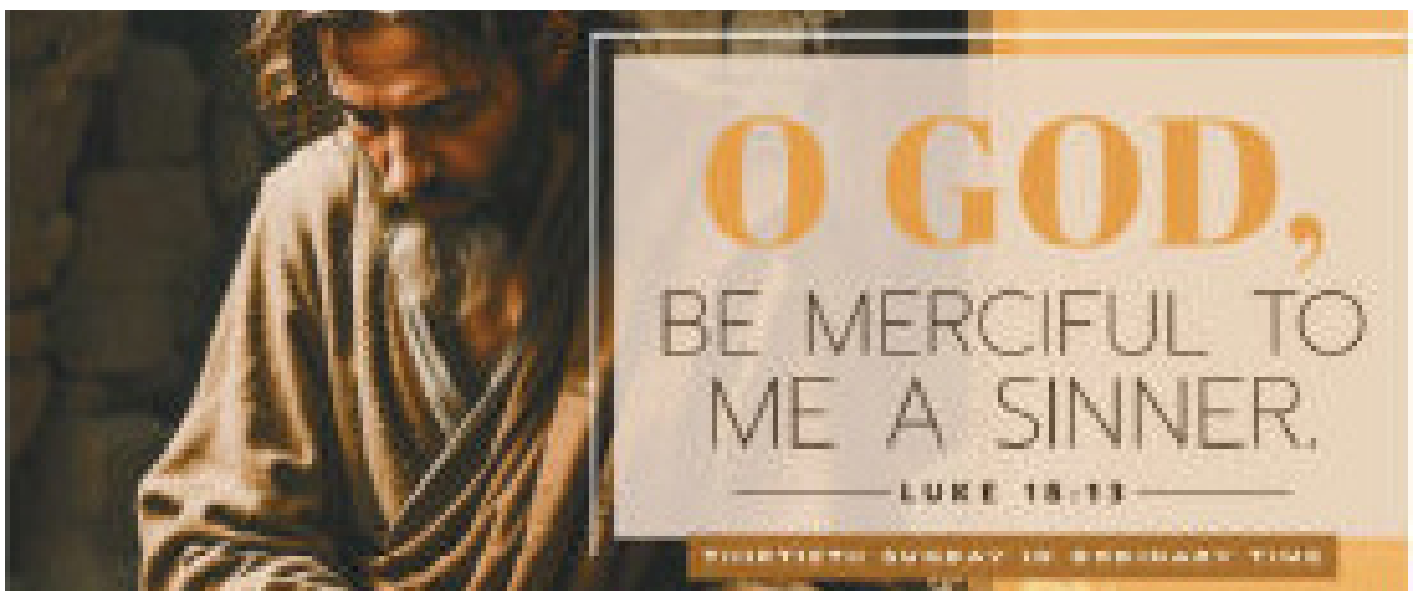


NOTRE DAME OF MT. CARMEL CHURCH

75 Ridgedale Avenue
Cedar Knolls, NJ 07927
973-538-1358

www.ndcarmel.com

Parish Update: October 28, 2025





MASS SCHEDULE

Sunday Mass Schedule

Saturday: 5 pm Vigil (*livestreamed on YouTube*)
Sunday: 7:30 am
9:30 am (Family Mass)
11:30 am
6:00 pm (Mass with Contemporary Worship)

Daily Mass Schedule

Mon - Sat: 12:00 pm (*followed by praying of the Rosary*)
Mon-Fri: 7:30 am LENT ONLY and through Wednesday of Holy Week.

Upcoming Holy Days

ALL SAINTS, November 1: 12:00 pm
Obligation lifted this year as Holy Day falls on a Saturday

THANKSGIVING, November 27: One Mass at 9:30 am

Confession

Saturday: 12:45 pm to 1:30 pm
(*Except Holy Saturday and when Christmas Eve or Christmas Day falls on a Saturday*)
By Appointment with the Pastor (*call the parish office at 973-538-1358*)

Adoration

Thursday: 6:00 pm - 7:00 pm in the Chapel
Friday: 8:00 am - 3:00 pm in the Chapel

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973-538-1358
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Patty Gant



Agnes Loughlin



Mary Malone



Sallyann Augello
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“Whatever you do, work at it with all your heart, as though you were serving the Lord Himself— with intention, attention, and devotion to excellence.”

Colossians 3:23

Our Diocese: Three Counties, One Family of Faith



This past weekend, at all Masses, our parish community viewed a video featuring **Bishop Kevin Sweeney**, who highlighted the extraordinary works of our Diocese carried out by the many disciples who tirelessly serve communities across all three counties.

While it's natural to focus on our own parish and ministries, this message reminds us that, through our generosity, our Diocese comes together as one family—supporting Catholic Charities outreach, seminarian education, inner-city Catholic schools, and retired priests. Please prayerfully consider supporting these invaluable works with your financial gift.

If you were unable to respond to the in-pew card this past weekend, please **click HERE** for details on making a one-time gift or pledge online. Commitment cards are

also available in our Gathering Space. Completed cards may be dropped in the

Hallow: Coming this Advent!

As we invite you to deepen your prayer life with intention through our upcoming partnership with Hallow, we share the story behind this extraordinary spiritual resource!



While our journey officially kicks off on November 30th, **you can begin connecting to the app now!** Please note that our partnership comprises a few offers, depending on the type of access you seek (completely free or a premium subscription). Regardless of the nature of your account (free or premium), you will have full access to the content we share on our Notre Dame of Mt. Carmel community page on the app (as part of the partnership, we will share five collections throughout the year). **Don't forget to join our page (Community tab at the bottom; search for the parish name or zip, then join).** We invite you to follow the prompts to create a profile (if you haven't already), introduce yourself, and start praying!

Ready to give it a try? Click the image for detailed instructions on each of the options mentioned above (printed copies also available in the Gathering Space).

Assistance will be available in the Gathering Space after all Masses the weekend of November 8 & 9!



Walking Together in Faith: The Journey of Confirmation Formation

By Laura Balogh, Director of Family Faith

“Confirmation deepens our baptismal life that calls us to be missionary witnesses of Jesus Christ in our families, neighborhoods, society, and the world.”

(United States Catholic Catechism for Adults)

We are so grateful to have begun another inspiring year of faith formation for our Confirmation families! On Sunday, October 5, we welcomed about 40 teens and their families to **Confirmation Level 1** for the first of four parish sessions in the 2025–2026 formation year. Our Confirmation preparation process is designed to help both parents and teens encounter Christ more deeply and grow as missionary disciples.



Using *Faith & Family Catholic Life Ministries' Pathways Wonder* resources, Level 1 families explore the parables of Jesus through storytelling, hands-on activities, and meaningful conversations at home. Each of the ten Family Meetings focuses on a different parable, helping participants uncover its moral message and apply it to

their daily lives. Throughout the year, families come together for four in-church



Then, on Sunday, October 19, our **Confirmation Level 2** teens and parents gathered for their first meeting of the year, marking an important step on their two-year journey toward receiving the Sacrament of Confirmation in May 2026.



Their first session on October 19th included an introduction to the year's expectations and an invitation from a member of the Youth Ministry Core Team to consider continuing their involvement in parish life after Confirmation.

Meanwhile, Level 2 teens and parents focus on deepening their understanding of the sacrament itself and the call to live as witnesses of Christ. The formation process, based on the Pflaum Gospel Weeklies, emphasizes regular participation at Sunday Mass, service to

Ultimately, the goal of both years of Confirmation formation is to nurture a genuine and lasting relationship with Jesus Christ—one that inspires our teens and families to live their faith joyfully and courageously. Please continue to pray for all our Confirmation families,

the community and Church, and growth

catechists, and leaders as they journey together in faith, guided by the Holy Spirit toward a deeper commitment to the mission of the Church.



"Angelo and I found the parent session this past Sunday to be a truly meaningful experience. Matt (Faith Leader) was amazing—he engaged us thoughtfully, helped us revisit our own Confirmation journeys, and guided us through a powerful reflection on the seven gifts of the Holy Spirit. It was so insightful and motivating to be led by someone who actually "lives" within the Holy Spirit, and not just someone who is volunteering to do a good deed.

We're hopeful that this year will help Tomaso grow not only in knowledge of the faith, but in confidence and personal connection to the sacrament—so that when the time comes, he'll feel truly ready to embrace it with intention and happiness. For most of us on parent night, there was an overwhelming consensus that our own Confirmation experiences felt rushed, dutiful, and more like a requirement than a meaningful milestone (many of us could barely recall the moment itself). This year, we're especially hopeful that Tomaso's journey will be more spiritually enriching, giving him the space to understand, connect with, and truly embrace the sacrament in a way that stays with him and something he relives and relishes in 10, 20, 30, or even 40 years (as in my case) later." - Marisa Pecoraro

Generous Hearts of Notre Dame **Answering God's Call in Unexpected Ways**

Our beautiful new monstrance was brought to our sacred space through the still voice of our Lord in a parishioner's heart. While the donor wishes to remain anonymous, below is the story behind their generous gift.

"There are moments in my life when I'm called to action, requiring that I offer myself more fully. I had been in deep contemplation, meditation, and prayer, discerning my personal attributes and how to use them to serve others. Initially, I felt drawn to volunteer in the Holy Land, helping Palestinian refugees in need. However, when that didn't work out, I redirected my focus, trusting that God would reveal His plan.

Then it happened that the place closest to my heart at Notre Dame —the St. Benedict Chapel —was being renewed as part of our Centennial. It became clear that my calling lay there. As I reflected on my passions, I realized that my love for Eucharistic Adoration and spending time in silent prayer in our chapel were now my focus points for action and the answers to my prayers for direction. I was moved to reach out to Fr. Vidal and offer the new monstrance for our Lord.

I am grateful to have listened to God's call and to respond to His plan. As Scripture notes, "He speaks to us in a small, still voice" (1 Kings 19:11-13). May we be still, listen, and be ready to be amazed by how God wants to use us."



The Bible Timeline: A Journey for All Seasons

By Tanya D'Souza, Discipleship Group Leader

The Bible is the greatest love story ever told. In 2022, I had the joy of leading *The Bible Timeline Study*, and daily reading and meditating on God's Word became a source of beauty, power, and healing in my life. The Living Word has drawn me ever closer to Christ and His Church. In this Jubilee Year of Hope, I felt called to offer the study again, trusting God to bring together those He desired for the journey, and He did.

In May, a small group of disciples began studying salvation history from Genesis to Jesus over 23 sessions. Together, we deepened our faith, shared personal insights, and discovered how God's plan of sheer goodness continues to unfold in our own lives.



We gave thanks for the gift of the Church, the Sacraments, and the fellowship we shared. *The Bible Timeline Study* has been a profound blessing, a time to grow in knowledge, friendship, and unity as brothers and sisters in Christ, truly living the promise that “All things work together for good for those who love Him” (Romans 8:28).



FEEDBACK

"The first day of the Bible Timeline study was the same day I found out I was pregnant with my second child, only a few months after losing my first at 4 weeks. It felt providential. Like God was giving me a sign of new life and new beginnings, but it wasn't the kind of providence I expected. Two weeks later, I miscarried again.

After my first loss, I tried to take control on my own, but it only left me exhausted and far from God's peace. At my breaking point, my only prayer was, "God, please, just hold me." And He did. Through the Bible study, I began to hear His voice in Scripture and learned that His story—and mine—is one of surrender, trust, and redemption. I discovered that faith means trusting His timing even when it doesn't make sense and finding peace in letting go of my own plans. I've come to know God's heart more deeply and to believe that what He desires for my life is far more loving and beautiful than anything I could have imagined. I still struggle with fear and impatience, wanting answers in my own time, but I've learned to surrender those thoughts to God and trust that His plans are greater than mine.

Through the Bible study, I also came to know God not just as an idea, but as a loving Father who is personal, patient, and always near. Scripture helped me see the bigger picture—His plan for the world and for my own life—and taught me that every story of waiting, loss, and redemption reveals the same truth: God never leaves His people.

I'm deeply grateful to God for leading me to Notre Dame of Mount Carmel and to our Bible Timeline study. Growing in faith within such a loving community has been a true blessing. I'm especially thankful to our instructor, Tanya D'Souza, whose wisdom and love for Scripture have been a guiding light on this journey." Molly Monteleone

"Being part of the 24-week Bible Timeline study has been an incredibly meaningful spiritual experience. As a first-time Bible study participant, I was guided through Scripture with readings, homework, videos, and discussions that helped bring God's Word into my life. I'm especially grateful for the friendships formed along the way, as we shared our experiences and encouraged one another. This study not only showed how the books of the Bible fit together but also deepened our relationship with God. It has been a beautiful journey, and I hope we all continue to grow in faith and share God's story with others." Mary Alice Meggiolaro

"Beyond gaining invaluable knowledge, my spirituality grew through the discipleship and camaraderie of our group, with each participant offering unique insights that enriched my perspective. While the course requires time and effort, the spiritual and educational blessings it provides are abundant." Donna Mirocco

"This was an enriching experience that helped me understand how the events of Scripture connect the Old and New Testaments. I also valued meeting fellow parishioners and forming connections across parishes. Our group has even planned to continue with other Bible discussions. I highly recommend this course to anyone looking to deepen their relationship with God and grow in understanding of the Bible." Sharon DiPrimo

"I truly enjoyed the Bible Timeline. Although the class was long and demanding, the spiritual rewards were incredible. I'm amazed at how God brought all of us together for this program, and the friendships we formed—through laughter, tears, and sharing life experiences—will last forever. I'm deeply grateful for our leader's dedication and love throughout this journey." Michael Meggiolaro

"I gained a much deeper understanding of the Old Testament, which I had previously found difficult and violent. The course showed me how the Old Testament laid the foundation for God's promises and how those promises led to the New Testament through Jesus. I also learned from Acts how the Apostles courageously spread the Gospel despite persecution, ensuring that Christianity would endure and that we could experience the love and peace of Jesus today." Cathy Perotta



Knights of Columbus Dinner Dance

By Dennis Fashano

The Knights of Columbus enjoyed food, friendship, and dancing at their annual dinner dance, held last Saturday at Ravello.



Awards were given posthumously to Joe Kowalski for lifetime achievement (seen below with his daughter, Danielle, and two grandsons). Also, to Mike Meluso and John Kastner, the newcomers of the year. Past Grand Knight Mark Kearney was our Knight of the year, and to Jim Matlon for cooking for the council's A-Team.





Both Father Alex and Father Patty were able to attend.



Thanks to John Dispenziere and his wife, Sherri, for chairing this event. Next year will be the 50th anniversary of the council, and all are invited to attend and celebrate this special event with us!

Coming Up: National Vocation Awareness Week

By Tanya D'Souza

National Vocation Awareness Week (November 2-8, 2025) is a week-long celebration dedicated to promoting vocations to the priesthood, consecrated life, and holy matrimony through prayer and education. It is also a time to reflect on our own calling in life.

What can I do?



Discern My
Vocation



Pray for Vocations



Promote
Vocations

Vocations grow in families - It is within the family that a child first learns about God, prayer, faith, Scripture, and Sacraments. It is here they learn to trust in God and His beautiful plan for their lives. Family love and support are essential in promoting vocations.

“The Christian family, which is truly a ‘domestic church,’ has always offered favorable conditions for vocations.” – St John Paul II

Vocations are integral to the life of the Church. The vocation of marriage produces religious vocations, and religious vocations are the human means by which all Catholics enter a grace-filled sacramental life. Fostering strong and courageous vocations in the modern world is the lifeblood of the future of the Church.

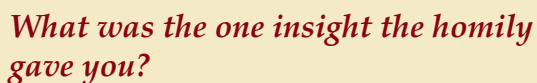
Research supports the idea that parish or education-based Vocation Ministry is crucial. Studies show that the majority of young men consider a religious vocation between the ages of 6 and 18.

The **Vocation Ministry** Team of Notre Dame invites you to explore our [Vocations page](#) on our [Notre Dame website](#), where you'll find a wealth of information and resources. Additionally, **we encourage you to stop by our table in the Gathering Space. There, you can find educational brochures, prayer cards, coloring pages, and a fun vocation cube craft and activity.**

Discerning? Discernment is the process of discovery through which an individual discovers how God calls him or her to love and serve him through prayer, reflection, and discussion. Fr. Mike Schmitz explains that it is best to focus on one thing at a time when discerning a vocation. Not only is it most prudent to discern just one vocation at a time; it is also important to take discernment one step at a time. When we discern with this kind of care and commitment, the path God desires for us should become clear.



Mass Transit Cards



"Remember to give thanks to God."

Was there something special you noticed at Mass today?

"It is bagel day!"

"If God wants you to do something, He will help you."

"God has planted us in this world to bear fruit; fruit of love."

"God is waiting to hear from you. Always speak to God and He will be there to listen."

"Always pray!"

"God wants us to be humble like the tax collector."

"Praying to God is important. It is not just for asking for what you want. It is like your phone call to God."

"The Bishop was asking for money for the poor."

"No gift given too small when given with love."

"Commitment day video."

"We need money to run our Catholic programs. It is important for families to donate."

"Kevin Sweeney is our bishop. He asks us to donate to help others."

"To put yourself up puts you down."

"Respond with faith, hope and trust."

"To spread the gospel and not be ashamed of it. Be a servant of the Lord."

"You should be the last so that others can win."

"Stay humble and never believe you're higher than someone else."

"Even if you're rich, help the poor. Help them find God like how God died, and gave everything for you."

"Faith can be like a tiny mustard seed, but can be very powerful."

"Help others through Catholic Charities."

"Father Vidal has a boss, that boss has a boss, that boss is God!"

"We watched a video together."

"The little boy that did 'Lord hear our prayer' did so well."

"There was no class today."

"My neighbor Eric is a seminary and was at the mass today."

"It was packed!"

"There was a movie."

"We lit a candle."

"There was a large stuffed bear in the church lobby."

"Father Vidal showed us a movie about how the church helps people."

"We watched a video of the Bishop's appeal."

"My aunt came to church with us."

"I saw all of the people sitting in the church from my seat in Joyful Noise."

"They had the big TV down."

"I sang in the choir. We didn't go up during the homily."

"The screen projector."

"There was a family faith class after mass."

"I sang in the Joyful Noise choir."

"My mom did the second reading today."

"We did the rosary activity and my brother was a reader."

"A big bear."

"Not many children."

"No."

"Father Patty was the priest."

"The screen is down with Jesus on it."

"Sat with my best friend."

& This Lamp Week's Intentions Mass Parishioner Announcements

Memories that Share Our Story

7:30 am

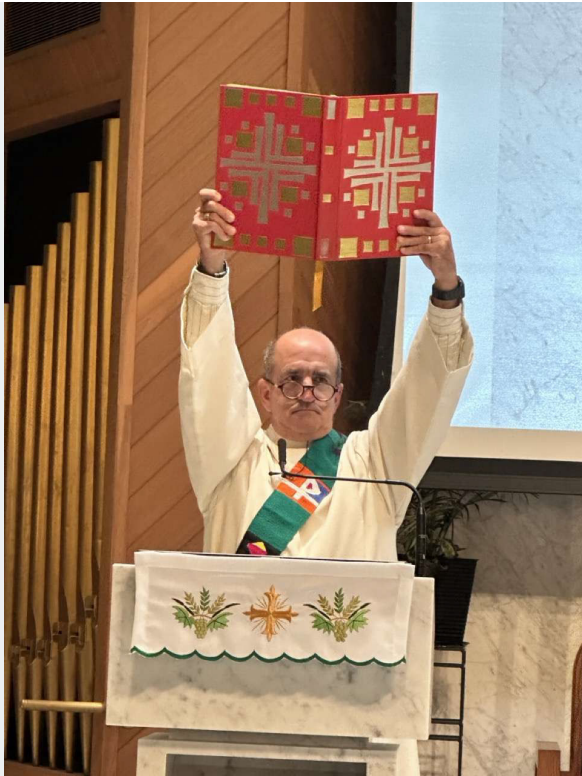




9:30 am Mass







11:30 am Mass





6:00 am Mass



