



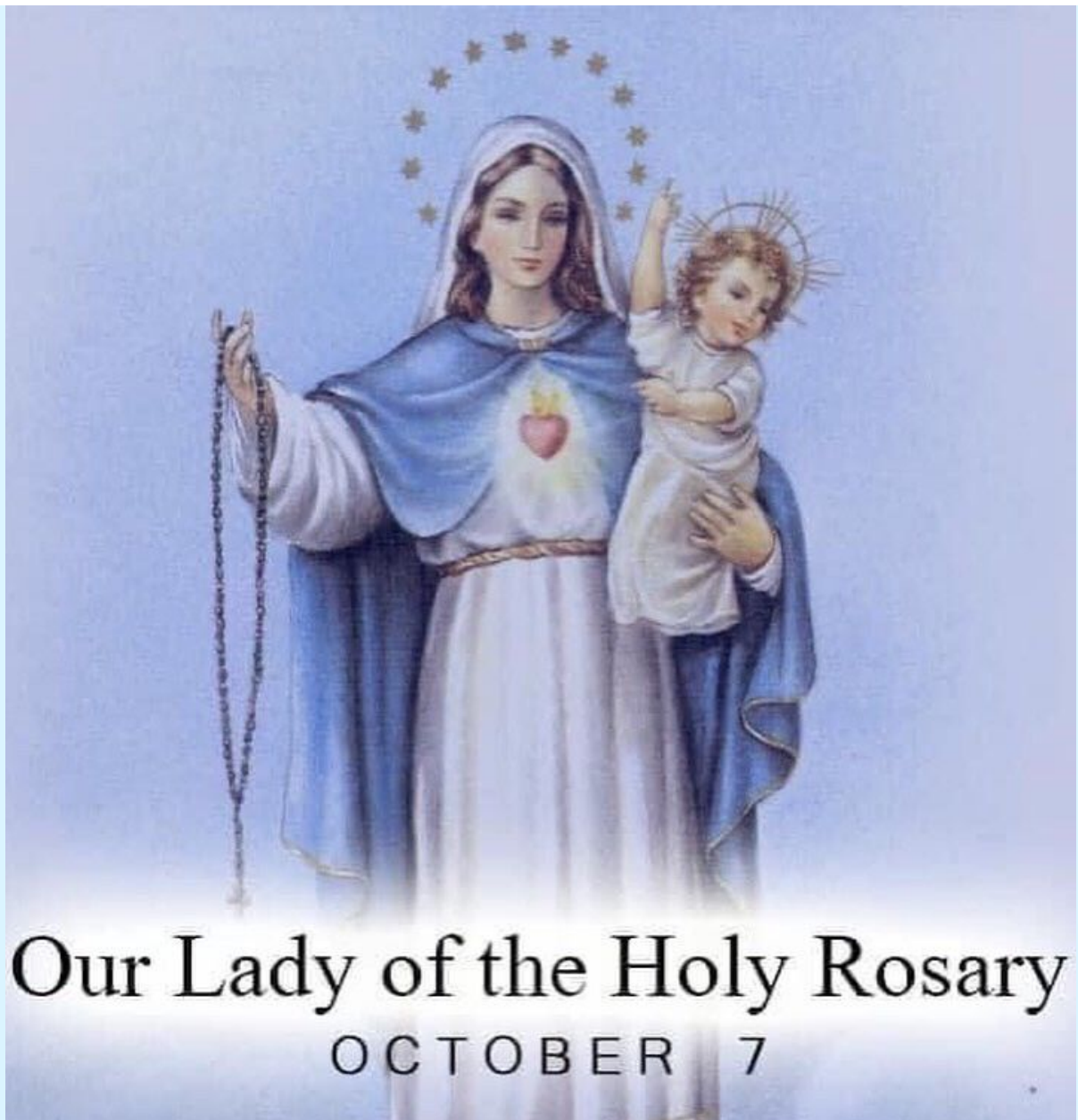
NOTRE DAME OF MT. CARMEL CHURCH

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

www.ndcarmel.com

Parish Update: October 7, 2025

Our Lady of the Rosary



"The Rosary has been an integral part of my family's life, and one which remains a part of every day's set of experiences.

My mother lived and prayed the Rosary during World War II: she huddled with us hysterical children in the back of a horse-drawn wagon as we fled from the Russians in 1944; she held my brother in her arms for comfort because there was no medical help when he was badly hurt during an air raid as we passed through Budapest in Hungary; she cried as we went without shelter or adequate food as refugees in Austria. She prayed the Rosary as we crossed the ocean on our way from Germany to the USA in 1950, and repeated "thanks be to God" as we passed in front of the Statue of Liberty. She had done that every day since then.

Rosary beads have been present and in use during the birth of children, weddings of friends and family members, graduations, and many other momentous events. Somehow, they were

involved with every small and large event in every facet of life. Through it, we asked for gifts and we gave thanks for the treasures that we received. In all of them, we know that, like my earthly mother, Mary is always there at our side. It is no coincidence that we have been so blessed; it comes from the intimate union that we formed with Mary while praying the Rosary.

The Rosary is truly a Way of Life. When we pray the Rosary, we invite Mary into our house and into our lives. She always accepts the invitation, and she comes with beautiful house-warming gifts, and most importantly, wherever Mary is, her son will also be there. That is why I am never without the beads in my pocket or in my hands.” Adolf Schimpf



We are deeply grateful to longtime and beloved parishioner, **Adolf Schimpf**, for sharing his inspiring story of devotion to Our Lady and his praying of the Rosary. Adolf offers a humble yet powerful witness to our Catholic faith each day as he faithfully leads our community of prayer warriors in the Rosary, **Monday through Saturday, following the Noon Mass.**

This October, the month of the Rosary, Pope Leo invites us to pray the Rosary for peace. The Rosary is a powerful prayer of peace, reflection, and grace—an anchor for our hearts in the midst of life’s challenges. Whether you have never prayed the Rosary and wish to learn more, or you’re hoping to pray it more consistently and with more profound devotion, we invite you to take this opportunity to grow closer to Our Blessed Mother and her Son. There are many resources available, including the widely used Hallow app. Not sure where to start? Visit our

PRAY THE ROSARY FOR PEACE

Pope Leo XIV urges Catholics to pray the Rosary every day during the month of October to invoke God's gift of peace.

**PRAY PERSONALLY,
AS A FAMILY AND IN THE COMMUNITY.**



parish office to begin the conversation!

Vivere Christus Award

For several years, each parish in the Diocese of Paterson has bestowed the **Vivere Christus Est Award** (“To live is Christ”) on an individual, couple, or family who lives as faithful stewards of God’s grace and generosity as they respond to the call of missionary discipleship. This initiative aims to acknowledge the value and importance of the laity and express gratitude and appreciation to those who unselfishly give of their time, talent, and treasure to build up God’s Kingdom.

Our parish family of Notre Dame has chosen **Jen Qvotrup** as the recipient of the 2025 Vivere Christus Award.

NOTRE DAME OF MT. CARMEL CHURCH Cedar Knolls, NJ

2025 VIVERE CHRISTUS AWARD



Jen Qvotrup

Jen first connected with Notre Dame in the summer of 2020, during COVID, as a guest in a Virtual Alpha series. The experience was transformative and sparked a journey of active discipleship. She soon joined the Alpha team for the following series and now serves as a core team member of the ministry. Her generous spirit has touched many areas of parish life—sharing her time, talent, and treasure as a Family Faith Catechist, Discipleship Group Leader, and Vacation Bible School Leader. In early 2024, Jen’s leadership was further recognized when she was named co-chair of our Parish Pastoral Council. Through it all, Jen witnesses to her deep

faith and commitment to the mission of the Church in a humble and gentle way—an example of discipleship that inspires others.

“I am deeply grateful to receive the Vivere Christus Award. I thank God continuously for leading me to the beautiful faith community of Notre Dame of Mt. Carmel. It is a blessing to serve with such a loving and caring group of people as we work together, pray together, and help others discover and deepen a relationship with our Lord.” Jen Qvotrup

Please join us in congratulating Jen for her commitment to the mission of the Church and the gifts she continues to share with our parish family and beyond!

The Vivere Christus Est Award will be presented at a service on Sunday, October 19, 2025, at 3:00 PM at the Cathedral of St. John the Baptist in Paterson. All are welcome to attend!

Transitional Diaconate Ordination Highlights

Source: EWTN

Each year, a group of American seminarians studying in Rome is ordained to the transitional diaconate in St. Peter’s Basilica. This year, beneath the majestic mosaics of the Basilica, 16 men from the Pontifical North American College committed their lives to the service of the Church through their ordination to the transitional diaconate. With over 1,500 guests from across the United States in attendance, the Basilica was filled with family and friends who had come to witness their generous response — their profound “yes” — to God’s call. Bishop Joseph G. Hanefeldt, of the Diocese of Grand Island, Nebraska, reminded the men of their calling to be sacramental signs of the Church and to the world — Christ who came “to serve and not to be served.” EWTN Vatican journalist Bénédicte Cedergren reports.



“Congratulations to our newly ordained deacon, Deacon Lucas Folan! We rejoice with his proud parents, Ken and Cristina Folan who have nurtured and supported him along this journey of faith. May the Lord continue to bless Deacon Lucas with wisdom, humility, and a servant’s heart as he begins his ministry, and may his family be filled with joy and grace for the gift of his vocation. My prayer is that he always finds strength in Christ, inspiration in the Gospel, and peace in serving God’s people.” Fr. Vidal



*Dear Notre Dame Family,
Thank you for your outpouring of prayers and love leading up to, during, and after my ordination to the diaconate. I am moved by the way you opened your hearts to God’s invitation to pray for me, my classmates, and the Church, and encourage you to continue to do so. It was a moment of grace*

“We are deeply grateful to have been present at this beautiful Mass of Ordination. We wholeheartedly congratulate the newly ordained Transitional Deacons (and their families), and offer our prayers for their continuing journey. In a special way, we thank Bishop Kevin Sweeney and all the hearts

in the truest sense of the word. I love you and am humbled to be newly consecrated for service to you. Know of my prayers of thanksgiving and I look forward to seeing you soon.

Gloria Deo

Deacon Lucas Folan

who were present physically and spiritually, near and far, in support of Lucas. Your continuing love, prayers, and support fill our hearts with gratitude and lift Lucas's journey and ministry. We humbly ask for your continued prayers." Ken & Cristina Folan

Deacon Sunday: This Sunday, October 12!

By Tanya D'Souza, Vocations Ministry Leader



The Vocation Ministry has designated the Second Sunday of October as Deacon Sunday, this year to be celebrated on Sunday, October 12th. The purpose of the event is twofold -- to affirm and appreciate men who have responded to the call to the diaconate, and to encourage other men to consider a diaconate vocation. [In our Diocese of Paterson, we are now down to fewer than 90 active deacons (due principally to retirements), and the average age of our active deacons is pushing 70 (only three are 55 or younger).]

“What must I do to inherit eternal life?” Pray for those men who serve us as deacons. By answering a call to the diaconate, a man seeks to follow Jesus' path by serving and enriching the lives of others.



Let us keep Deacon Joe and Deacon Eric in our prayers. They deserve our gratitude and affirmation for their selfless work, proclaiming the Word of God, performing baptisms, witnessing marriages, delivering homilies, and generously sharing their unique gifts in their ministry, both within and beyond the walls of our parish.



Our Notre Dame Vocations Ministry has prepared a "Deacon Sunday" display in our Gathering Space. Be sure to stop by and take the opportunity with gratitude and intention to celebrate our Deacons who have impacted your faith journey.

We will also honor our Deacons at the 9:30 am Mass this coming Sunday. Please join Vocation Ministry on Deacon Sunday in praying for our deacons and praising God for their gift of service and charity.

To learn more about our Deacons, Joe Harris and Eric Kispert, and to listen to their stories of their call to the Permanent Diaconate and what it has been like since they were ordained, please visit ndcarmel.com/deacons

If you are called to serve as a deacon, speak with your pastor or contact the Office of the Diaconate at patersondiocese.org/pe.

A Gift of 100 Holy Hours

As we joyfully continue to celebrate **100 years of faith, mission, and hope**, we are reminded of the countless hearts who have gathered in prayer, worship, and service—anchored in the loving presence of our Lord in the Blessed Sacrament.



In honor of our centennial, we invite you to join us in a beautiful spiritual offering: **100 Holy Hours of Adoration**. This is our collective gift of gratitude and love to the One who has sustained our parish for 100 years!

100 years
1925 - 2025
OF FAITH, HOPE, AND LOVE

Notre Dame of Mt. Carmel

In honor of our Centennial, let us unite in prayer by offering
100 Holy Hours for our loved ones!

Please take a Holy Hour card(s) from this board for a desired date and time slot, provide your contact information and place the card(s) in the box. Mark your calendar and come before the Lord to offer Him that Holy Hour for your loved one(s).

OCTOBER (30 HOURS)				
	3rd	10th	17th	24th
8-9 am	♥	♥	♥	♥
9-10 am	♥	♥	♥	♥
10-11 am	♥	♥	♥	♥
11 am-12 pm	♥	♥	♥	♥
1-2 pm	♥	♥	♥	♥
2-3 pm	♥	♥	♥	♥

NOVEMBER (24 HOURS)				
	7th	14th	21st	28th
8-9 am	♥	♥	♥	♥
9-10 am	♥	♥	♥	♥
10-11 am	♥	♥	♥	♥
11 am-12 pm	♥	♥	♥	♥
1-2 pm	♥	♥	♥	♥
2-3 pm	♥	♥	♥	♥

DECEMBER (24 HOURS)				
	5th	12th	19th	26th
8-9 am	♥	♥	♥	♥
9-10 am	♥	♥	♥	♥
10-11 am	♥	♥	♥	♥
11 am-12 pm	♥	♥	♥	♥
1-2 pm	♥	♥	♥	♥
2-3 pm	♥	♥	♥	♥

JANUARY (30 HOURS)					
	2nd	9th	16th	23rd	30th
8-9 am	♥	♥	♥	♥	♥
9-10 am	♥	♥	♥	♥	♥
10-11 am	♥	♥	♥	♥	♥
11 am-12 pm	♥	♥	♥	♥	♥
1-2 pm	♥	♥	♥	♥	♥
2-3 pm	♥	♥	♥	♥	♥

Spending time in **Adoration of the Blessed Sacrament** is an intimate way to encounter Christ—face to face, heart to heart. Whether you come in silence, with Scripture, or in prayer for loved ones, every moment you offer becomes part of a living legacy of faith for generations to come.



We encourage you to consider dedicating **one Holy Hour** on one of the designated days in thanksgiving for our parish and for the special intentions of a loved one! Stop by the display in the Gathering Space to sign up!

"One Step Closer" on Benedictine Humility

By Laura Balogh

On Tuesday, September 16, 2025, the monthly *One Step Closer* program returned after a summer hiatus, with parishioner Dan Balogh presenting on the topic of ***Benedictine Humility: Without the Monastery***.

Saint Benedict (c. 480–547 AD) was an Italian monk, abbot, and the "father of Western monasticism," known for establishing a twelve-step rule for monastic life, which became the standard for countless monastic orders and spread throughout Europe. Even though St. Benedict lived over 1,500 years ago, and the focus of his

rule was those in religious life, his message remains relevant to the world today, as humility is the gateway to all virtues. Dan spoke about each of St. Benedict's twelve steps and provided suggestions on how we can live out each one in our own lives, outside the walls of a monastery.



"I have to commend this presentation on Humility. This virtue is important and challenging to discuss during a time when egoism is embraced and prevalent in our society. We learned that there are twelve steps in the Benedictine Humility, some of which were intended for application during the time period in which it was written, around 500 AD, for monks to practice obedience. To be silent then could correspond to listening more today. We discussed that the gifts we have are not for our own use; they are given to us by God and meant to be shared. Practicing humility lets us know we need to be the most humble of servants to the Lord and others so that we can give Him the proper praise." Helen Krisiewicz

"I felt Dan's presentation on humility was such a wake-up call for me. Growing up, the expectations of society, especially for women, were to be assertive and stand up for oneself. For a woman to "know her place" was considered an insult of the highest degree. Benedictine humility reminds us that to truly serve the Lord, we have to admit that we are nothing without God. Dan spoke about the path to Heaven. I think walking with humility is so difficult in a world that promotes just the opposite. But I hope to carry those 12 steps and the Litany of Humility with me and "know my place" with God. I am His humble servant." Rita McLeary

"I recently attended this year's first "One Step Closer" topic of humility given by Dan Balogh. Having prepared a lesson for confirmation students on the subject, I

The purpose of *One Step Closer* is to provide opportunities for faith formation among adults, with different topics presented each month. **Our next**

thought I would be familiar with most of the material. That was not the case. Early in the program, Dan noted what a tragedy it would be if we lived our lives without becoming saints. The remainder of the presentation was a road map on how to do that. For instance, it is more important to obey God, so we don't disappoint Him, not because we fear consequences. Taken literally, the twelve steps of humility may seem extreme, but they are really a call for us to do better. As always, Dan was well prepared, very detailed, and entertaining." Paul De Luca

presentation, on Tuesday, October 21, will be provided by Charles Malaniak on the topic of Purgatory.

ONE STEP CLOSER

FOR HEAVEN'S SAKE, WHAT THE HELL IS PURGATORY?

DESCRIPTION

Is purgatory actually in the Bible?

If Jesus's sacrifice is enough, why is it necessary?

And how can a loving God allow suffering after death?

What can I do now to make the dead become perfect?

Join us for this fascinating exploration of purgatory, and why Catholics believe in it. Should we fear it? Can we avoid it? Is it proof of a vindictive God, or actually proof of a merciful God?

WHEN
Tuesday, October 21, 7-8:30 PM

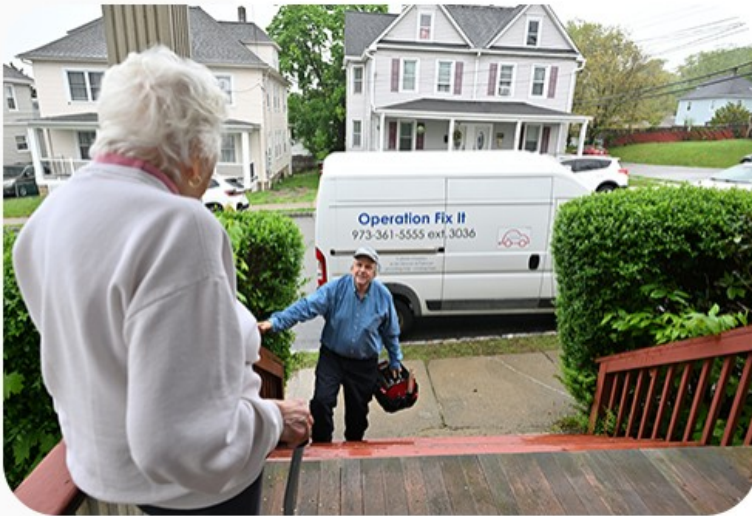
WHERE
Notre Dame of Mt. Carmel
75 Ridgedale Avenue, Cedar Knolls, NJ
The Parish Hall (downstairs)

ONE STEP CLOSER
is an ongoing series breaking open the richness of our beautiful Catholic faith, bringing disciples one step closer to Christ.



2025 Diocesan Ministries Appeal: “Three Counties, One Family of Faith”

*As stated in this year's Diocesan Ministries Appeal theme, “**Three Counties, One Family of Faith**,” the impact of the Appeal can be felt in every corner of our Diocese. For instance, the Appeal helps support the following ministries and programs in **Morris County**:*



- *Group residences for adults with disabilities in Parsippany, Oak Ridge, and Succasunna*
- *Fix-It and Chore programs for homebound seniors and disabled veterans*
- *Homelessness Prevention Program*
- *Nazareth Village residence for diocesan senior priests, Chester*
- *Mary's Hands family assistance center and ESL classes, Morristown*
- *Services for veterans and their families*
- *Assistance for people with HIV/AIDS*
- *Food pantry, Dover*
- *Gruenert Center Day Habilitation program for adults with disabilities, Lake Hopatcong*
- *Treatment services for individuals struggling with addiction*
- *Catholic Religious Education for Adults with Disabilities, Oak Ridge*

*Thank you to all who support this important work! Lives are transformed through your generosity. **Next week, the work of the Appeal in Passaic County will be highlighted.** Please consider a donation to the 2025 Diocesan Ministries Appeal. Visit www.2025appeal.org to make a gift today.*

Knights Happenings

By Dennis Fashano

On September 18, Knight of Columbus installed their new officers for the Columbian year beginning July 1 through June 30 of next year.



Father Rybinsky, OLM Pastor and our chaplain for this year, was part of the installation, blessing the Knights' medals.

Following the installation ceremony, hors d'oeuvres and dinner were served in the OLM gym for Knights and their wives.



Last Thursday, the Knights of Columbus welcomed Katie Olsen, director of development from PG Chambers School. She spoke about what the school does to help those intellectually and physically challenged. PG Chambers serves students from ages 3 to 14 throughout many northern New Jersey counties.



Seen with Katie are Past Grand Knight Dennis Fashano, current Grand Knight John Monahan, and brother Mike Mulligan. Mike was instrumental in involving brother Knights to help refurbish over a dozen chairs at their school recently.

Respect Life: A Prayer for Hope!

A Prayer for Hope

Heavenly Father, in the sacrament of Baptism, you have given us the gift of new life. Through your Son, our Lord Jesus Christ and the Holy Spirit, you have made us your own.

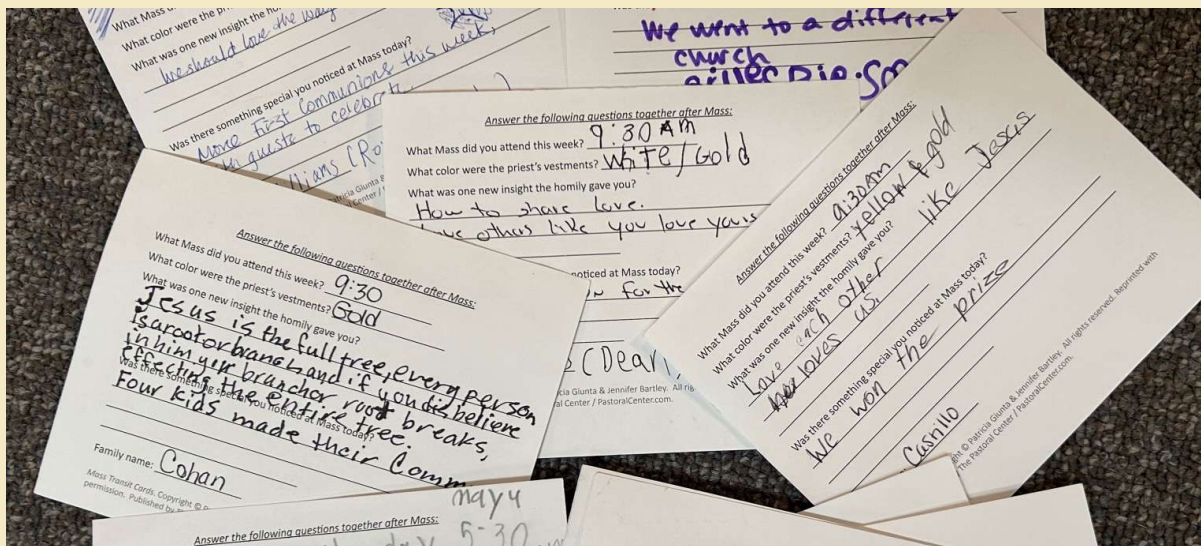
Help us to recognize the gift of human life as a sign of hope in our world.

Reveal to us the places where your precious gift of life is most in need of protection and strengthen us to defend life in all stages and circumstances, from the child in the womb to the elderly and dying.

Guided by your Holy Spirit, guard us from discouragement and give us the grace to be messengers of hope, filled with confidence that nothing can separate us from your love.

Through Christ our Lord. Amen.

Mass Transit Cards



What was the one insight the homily gave you?

"Obey your parents."
"God sent His son to save us from our sins."
"The important things in our lives are the people we love."
"Faith can start as a tiny seed, then grow into big Faith."
"We can strengthen our faith through church, prayers, and charity."
"Even with little faith, greatness can be done."
"Our choices can help us be closer to God and others."
"Have Faith when bad things happen."
"Faith - make our faith stronger by being servants of the Lord and spreading the gospel. Never doubt the Lord, have trust and faith."
"We are here to be in God's service."
"Jesus gave his life on the cross because he loves us so much."
"When we do good things quietly and with love, God is very happy."
"God wants us to see and help others, not just think about ourselves."
"Jesus tells us that we must always choose to be honest, kind, and faithful even in the little things."
"You want to have faith and give it to other people by praying so faith can grow."
"Faith is always the answer!"

Was there something special you noticed at Mass today?

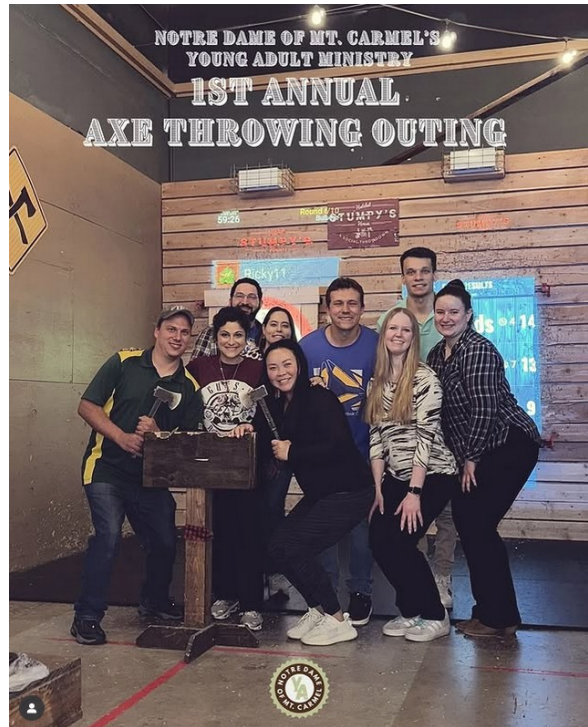
"We signed a card for Fr. Vidal."
"My cousins are in the choir."
"Peter holds the key to heaven."
"A child read a prayer."
"The Tabernacle."
"Sal and my brother answered a question."
"So many children! :)"
"Celebration of Fr. Vidal."
"A lot of people here today."
"Love."
"We pick up our witness family box today."
"There were a lot of cars in the parking lot."
"Choir today."
"No."
"Joyful noise is singing again."
"I went with my grandmom."
"My son and daughter find joy in mass on Sundays!"
"It was the first kids' choir in forever!"
"Only one boy in chorus."
"We went to mass at a different time."
"Fr. Patty was the priest."

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

**Parishioner
Announcements**

Memories that Share Our Story

Young Adults



Godly Grandparents!



