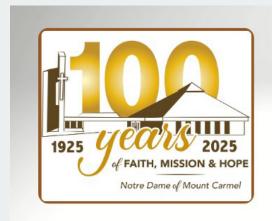
Notre Dame of Mt. Carmel Church

PARISH UPDATE

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NOTRE DAME OF MT. CARMEL CHURCH

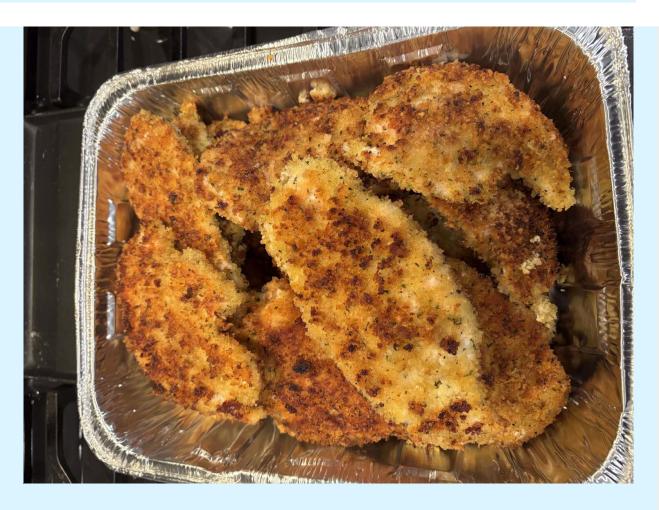
75 Ridgedale Avenue Cedar Knolls, NJ 07927 973-538-1358

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Parish Update: November 25, 2025



Generous Hearts of Notre Dame: Service, Sacrifice, and Chicken Cutlets

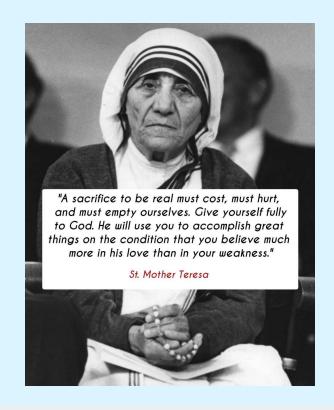


"Hi! My name is Mary Malone, and I am part of the Food Rescue Ministry here at Notre Dame of Mount Carmel. In late October, an email was sent to the ministry about an incredible opportunity to feed young women at the Plaid House in Morristown. The Plaid House provides residential and supportive services to teenage girls ages 14 to 18. Our Food Rescue ministry is looking for volunteers to cook or deliver a meal on Mondays or Wednesdays.



I loved the idea and thought of so many friends in the ministry who enjoy cooking and would jump at the chance to cook for the girls. As for me, I am more than happy to deliver meals... but cooking? That was a hard no. I have to be honest: even though friends and family say I'm a great cook, I simply do not enjoy it—not even a little! Maybe it's leftover fatigue from years of preparing meals for my kids, who each had a picky phase at different times. Whatever the reason, cooking has never been a passion of mine.

Later that day, while reading a letter written by Mother Teresa, one sentence stopped me in my tracks: "If you want to help, share something of yourself—not from your abundance, but until it hurts. Make a sacrifice." Those words stayed with me for the rest of the day. I felt a gentle nudge—almost a whisper—calling me to help the young women at the Plaid House.

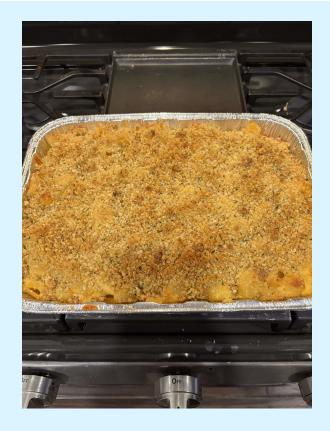


I knew then that I needed to step out of my comfort zone and do something that stretched me. So, I volunteered to cook a meal. I began thinking about what to make—something warm, comforting, familiar. I immediately thought of my sons and how much they love my chicken cutlets and homemade mac and cheese. When the day arrived to cook, I was surprisingly calm, organized, and even a little excited. I truly believe Mother Teresa was with me in the kitchen that afternoon as I breaded and fried every chicken cutlet. Everything went smoothly, and as I cooked, I could feel God's love for the girls at the Plaid House.

When I delivered the meal to their residence in Morristown, I received warm greetings from the staff. A few of the girls came to collect the food, their faces lighting up with gratitude and joy. As I walked back to my car, that familiar feeling washed over me again. All I could think was: that could have been one of my children. And how grateful I would be, as a mother, if someone fed my child with such care.

I will continue volunteering and cooking meals for the Plaid House, and I strongly encourage you to consider volunteering as well. It is a beautiful opportunity—not only to serve, but to do so as a family, preparing a meal together for young women who deserve to feel loved and cared for."

Mary Malone





Is there room for service and sacrifice in your heart and kitchen?



Faithful Stewards Behind the Scenes

Often working quietly behind the scenes, our Finance Ministry strives to ensure our parish community and mission remain financially strong and sustainable. As we care for our spiritual home—its physical foundation and the living stones who make up our parish—the Finance Council helps us remain faithful stewards of the offerings entrusted to us.

Last week, three of the Finance Ministry members, **Mike Critchely** (Chair), **Will Fernandez** (Co-Chair), and **Debbie White**, gathered with **Father Vidal**, Facilities Manager **Leo Remirez**, and our Bookkeeper, **Karen Fajardo**, to discuss existing facility needs, short-term priorities, and projects that need to be postponed.



It is a blessing to bring to light that behind the numbers, spreadsheets, graphs, investments, budget comparisons, and projections are the dedicated and prayer-filled hearts of parishioners and staff who love our community deeply and serve with abundant integrity and generosity.



Hallow-ND Partnership: Be Still: Advent Challenge Begins December 1st



Prepare your heart for Jesus this Advent with daily prayer on Hallow!

To join:

- 1. Go to **Hallow.com/Parish** on your web browser to redeem an exclusive offer and join your parish page.
- 2. Download or open the Hallow app
- 3. Create an account or log in 8
- 4. Search for our parish (zip 07927) in the Chruch tab
- 5. Join the Advent Pray25 Challenge
- 6. Start praying on December 1st!



Need help? Email commsupport@ndcarmel.com

The Chosen: Journeying Through the Seasons

"Leading the Chosen Discipleship Groups with my dear friends, Ann McLoughlin and Kathy Bogwold, for the past 5 years has been a joy! It is a privilege to accompany fellow believers in the journey to be in close relationship with our Savior. The Chosen is a true, holy anointed vehicle to that end. Coming together weekly to share insights, opinions, scripture, and to share our very selves has been nothing short of a blessing!" Patty Migliore-Torres



"I've loved watching The Chosen from the beginning, but going through Season 5 together really made it extra special. Taking time each week to talk about what we saw helped me grow in my faith and feel even closer to Jesus.

The group discussions were such a blessing; everyone brought unique perspectives and heartfelt insights that often opened my eyes to things I hadn't noticed before. I also appreciated the sense of community that developed over the weeks. It was wonderful to meet so many kind, thoughtful people who are all seeking to grow in faith together."

Steven Monteleone

"I had an amazing time at this Chosen Study! I learned so much about our Lord, his apostles, and I was just so happy to have answers to all my questions without being judged! Patty and Kathy were sweet and very knowledgeable - I believe this helped me secure my Faith and understanding of our Lord. Can't wait for season 6!!!"

Tammy Moore

Food Rescue: Rescuing Not Just Food!

Did you know our Food Rescue Ministry is more than a food ministry? It's a top notch networking machine of grace in action! A few years ago, the ministry connected with Walmart, which generously donates all kinds of "left-over" merchandise—items that often go far beyond food. These donations have helped the ministry fill Blessing Bags, supply the Missionaries of Charity in Newark with needed things, and support several other outreach efforts.

And the latest gift? Bicycles! Their destination? Catholic Charities in Paterson, where they'll be given to individuals in dire need of reliable transportation—offering not just mobility but dignity and opportunity. We are so grateful for the partnerships, generosity, and servant hearts that make this ministry flourish. God truly multiplies, in His own perfect time, every "yes" we give!









Centennial Merchandise: LAST CHANCE TO PURCHASE!

Looking for an awesome Christmas gift for family and friends? Celebrate our parish's 100th anniversary with limited-edition merchandise from the Vocations Ministry! Two new items have been added to the collection: A beautiful white mug and a long-sleeve t-shirt. Choose from t-shirts, long-sleeve T-shirts, sweatshirts, hats, tote bags, and mugs—each featuring our official Centennial logo. Show your ND spirit and love for our parish and commemorate this once-in-a-lifetime milestone in style.

Please drop off in church office by November 26 Make checks payable to ND Carmel Church



CAP ONE SIZE

PRICE: \$20



ONE SIZE



ONE SIZE PRICE: \$15



LONG SLEEVE (YOUTH/ADULT) ** PRICE: \$30



T-SHIRT (YOUTH/ADULT) ** PRICE: \$25



SWEATSHIRT (YOUTH/ADULT) ** PRICE: \$35

Order today. **Form submission deadline: Tomorrow, November 26th**. Click above to access the order form.

This is the last opportunity to purchase these items. All proceeds support the mission and vision of the Vocations Ministry and our parish. Look out for us in the gathering space after Mass this weekend, November 22-23, or contact Tanya D'Souza at tancait@gmail.com to place your order.

This Week's Lamp & Mass Intentions

Parishioner Announcements

Memories that Share Our Story

7:30 am Mass













9:30 am Mass



















Please note there will be no Adoration of the Blessed Sacrament this Friday, November 28.