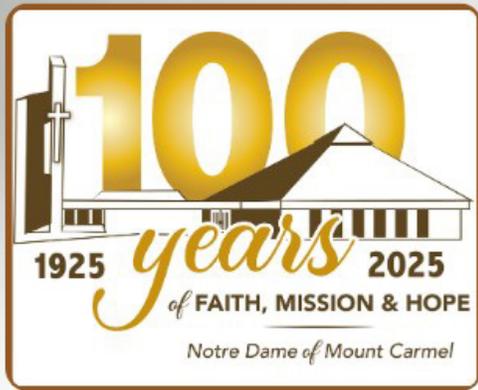


Notre Dame of Mt. Carmel Church

PARISH UPDATE

www.ndcarmel.com



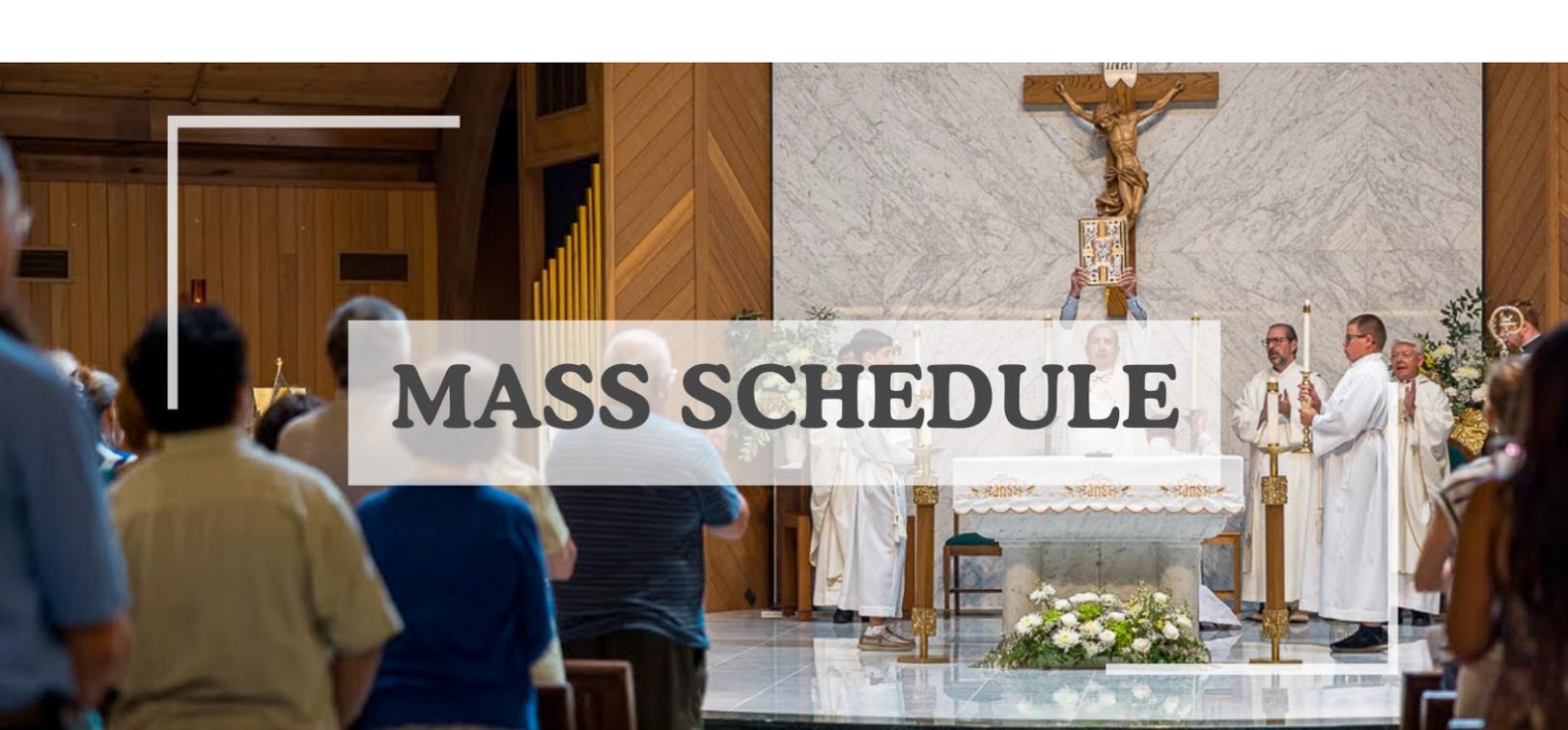
**NOTRE DAME
OF MT. CARMEL CHURCH**

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

www.ndcarmel.com

Parish Update: January 27, 2026





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 Holidays (Parish Office Closed)

- Monday, Jan. 19, Martin Luther King's Birthday
- Monday, Feb. 16, President's Day

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
www.ndcarmel.com
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Instagram: @ndcedarknolls
YouTube: @NotreDameofMtCarmel

Notre Dame of Mt. Carmel Staff



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Men's Cornerstone 26: Looking Back

By Stan Rydz, Men's Cornerstone Co-Leader

At this year's Cornerstone retreat, 29 candidates, led by a team of Cornerstone brothers, gathered in the Notre Dame of Mount Carmel Church Hall to take part in activities designed to help them become more attuned to their spiritual lives.



The retreat included a variety of activities. Several introduced the candidates to Catholic practices such as the rosary, reconciliation, and Eucharistic adoration.

The heart of the retreat, however, was listening to five men share their deeply personal spiritual journeys. After each talk, the candidates discussed the themes and challenges that had been raised. Because everyone agreed to confidentiality, these conversations were especially honest and open.



At the conclusion of the retreat, participants were invited to share their reflections on the experience. Their responses made all the effort of the retreat team worthwhile. Some candidates committed themselves to repairing broken family relationships. Others found comfort in realizing they



were not alone in their struggles. Several expressed gratitude for having been encouraged to attend the retreat in the first place. Overall, the response was overwhelmingly positive, with participants describing the retreat as a meaningful and valuable experience.

Click below for our [Closing] 5 pm Vigil Mass reel:

Click below for testimonials at Closing Mass:



As Fr. Paddy noted, these men have encountered the Lord through this retreat -- they are now called to follow in His footsteps to the mission fields of their families and their communities. *"The people who walked in darkness have seen a great light; upon those who dwelt in the land of gloom a light has shone." Isaiah 9:2*

Women's Cornerstone 26: Looking forward!

By Patty Allocca, Women's Cornerstone Co-leader

I have had the pleasure of being with Women's Cornerstone since the winter of 2023. When I attended the women's cornerstone retreat, I was so touched by the whole experience. It was truly amazing to see such a remarkable team of women coming together and working behind the scenes. I knew that I wanted to be a part of this extraordinary venture.



*I have had the blessing of working alongside **Patty Struck** and **Pat Whitley** as co-leaders. As we prepare for our retreat this coming weekend, it is amazing to see so many details come together so beautifully. A team of 24 women working together, sharing all of their gifts and talents, is quite humbling.*



Throughout the year of preparation, we pray together, do team-building, laugh, cry, and we share our hearts. Throughout the year of preparation, we open our hearts to our wonderful Lord to guide our footsteps, and we pray for all the women who will be joining us at the retreat.



There are so many beautiful moments that touch our hearts so deeply. One particular experience that touched my heart deeply was at our final meeting this month. Each team member took her turn to pray spontaneously to our wonderful Lord. It was awe-inspiring to hear their beautiful hearts give thanks and praise to our wonderful Lord for the ways He has blessed us in our lives and for bringing us together.

We ask that our glorious Holy Spirit come crashing down this coming weekend to touch every woman with His beautiful love, light, grace, mercy, and peace. Amen.

*Lenora Abruzeze
Marie Alwell
Ann Bono
Kelly Burrows
Laura Costanzo
Michele Crivella
Maddie Dale*

*Amie Grasso
Cindy Greco
Lynne Lucivero
Susan Magennis
Josephine Malaniak
Debbie Maulbeck
Meli Mendez
Lori Monahan
Dawn Morano
Karen Paine
Jennifer Palumbo
Tracey Pillion
Christine Sirica*

*Lisa Dispenziere
Erin Donnelly
Debbie Elorette
Celia Ezidiewgwu
Karen Fajardo
Donna Goodwin*

*Karen Spieker
Amy Tierney
Linda Trignano
Doris Truer
Myrda Vargas
Karen Zavaglia*

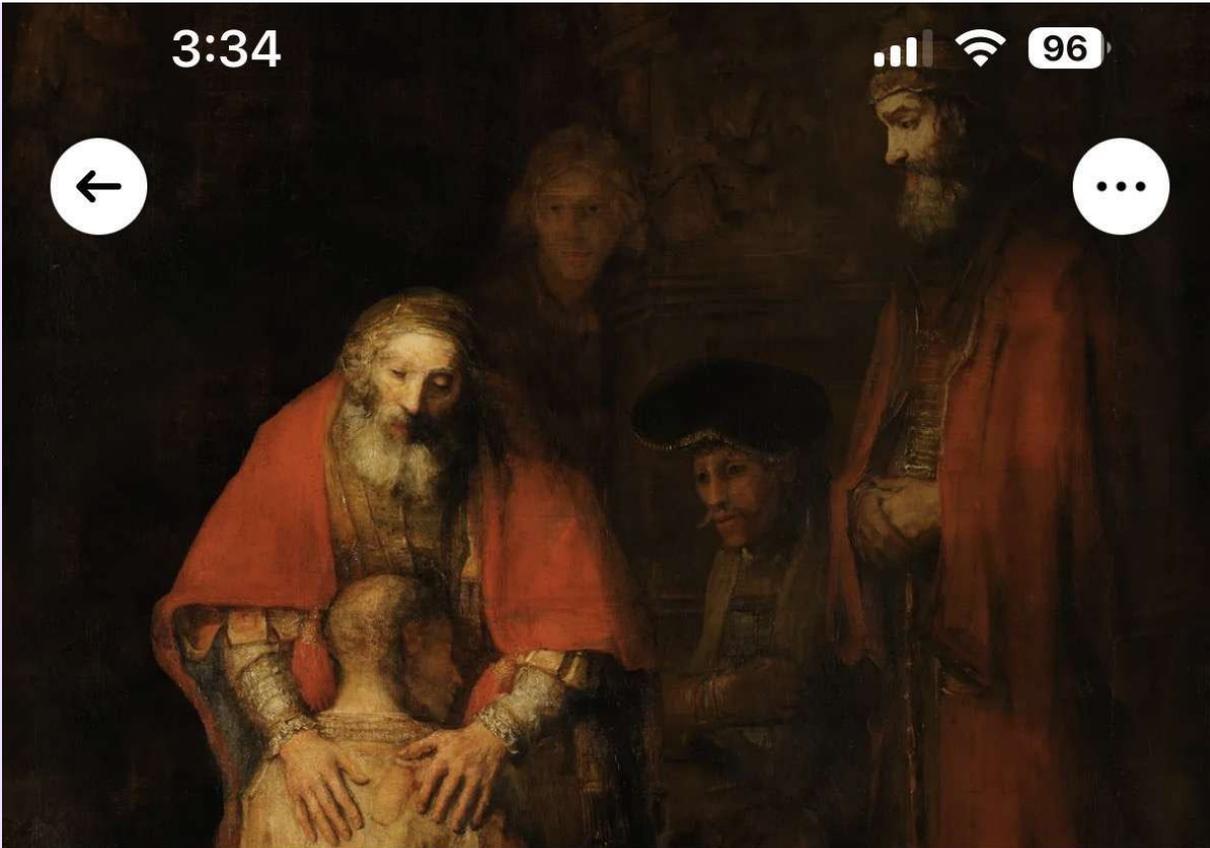
Hallow: Wrapping Up Our 2nd Collection!

Today marked the conclusion of our second collection on Hallow, 14 Days of Prayer, as part of our partnership. As sister Olga reminded us in the last session (The Fruit of Prayer), *"the more we spend time with Him in prayer, the more His grace will help us to -- please God, little by little, use His words and speak like Him. The more we remain in God's presence through prayer, the more His grace will also help us to act like Him and hopefully with time, look like Him as well."*

Our small community of prayer warriors through the Hallow App continues to grow; we now have 170 members currently accessing various collections through our partnership. This Lent, we invite everyone to journey together in prayer through **Hallow's Lent Pray40 prayer challenge** — available at no cost to you! **The Lent Pray40 challenge begins on Ash Wednesday, February 18.** You can already join the Lent Pray40 waitlist on our parish page.

3:34

96



Lent Pray40: The Return

Hosted By



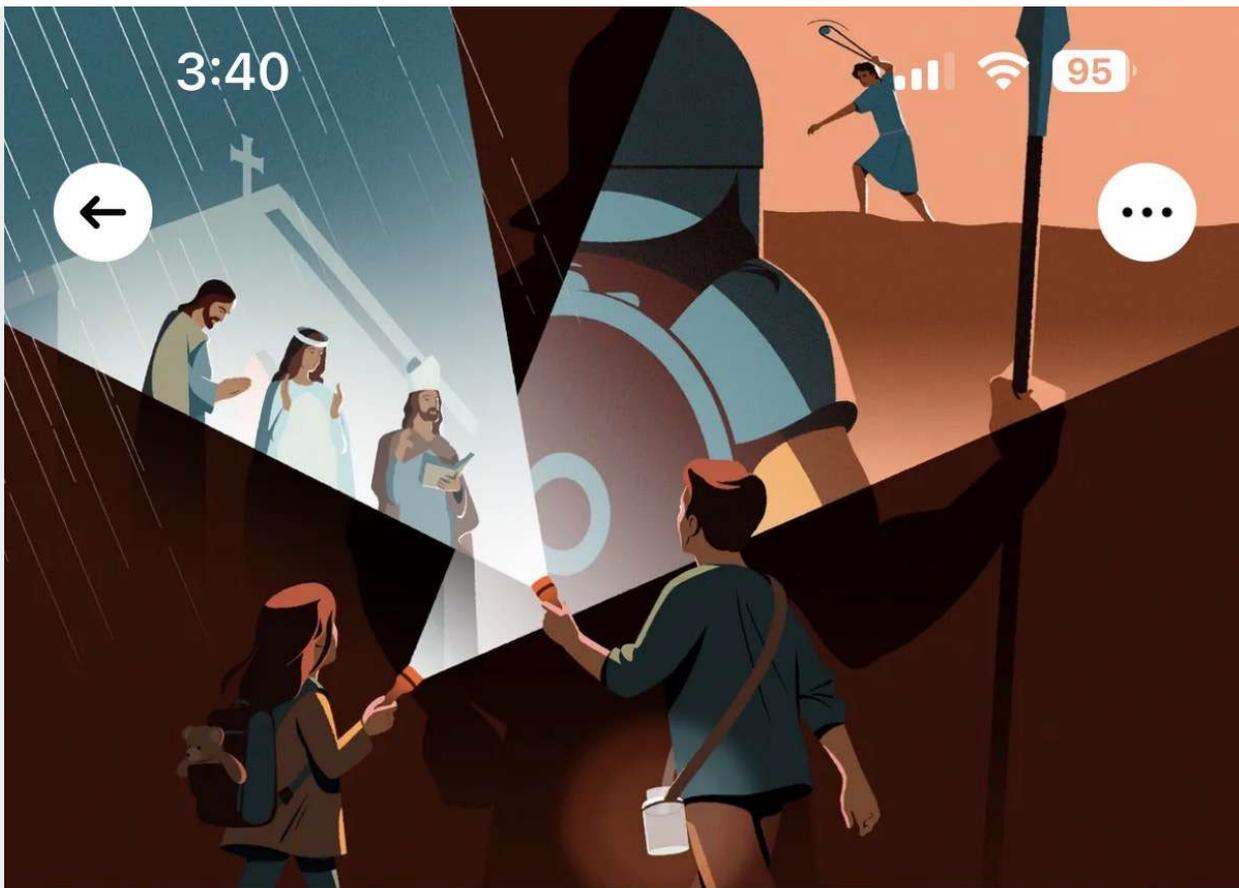
Notre Dame of Mt. Carmel

Join Jonathan Roumie, Fr. Mike Schmitz, Mark Wahlberg, Chris Pratt, Mother Olga, Sister Miriam, Jeff Cavins, and more this Lent for Pray40—a journey back home to the Father with *The Brothers Karamazov* and the Return of the Prodigal Son by Fr. Henri Nouwen. We'll see how Dostoevsky's famous novel brings the Parable of the Prodigal Son to life like never before, showing us how we're all farther from God than we need to be. The good news is God is waiting for us each with open arms, running out to meet us while we are still a long way off. We'll step into the lives of the characters together and discover the ways their struggles and brokenness mirror our own. We'll let go of what holds us back, return home to the Lord, and let Him send us out as His hands and feet. Join us today.

Attention Parents: Lent Challenge for Kids!

We're also excited to share that a Kids' Lent Challenge will be available on our parish page beginning on Ash Wednesday. This will be a wonderful opportunity for families with children to journey through Lent together in an engaging and exciting way, helping kids grow in prayer alongside the rest of our parish community.





Kid's Lent: Miracle Hunters

Hosted By



**Notre Dame of
Mt. Carmel**

Featuring



Saints Alive

Join the Kids' Lent Challenge: Miracle Hunters! Follow Mia, Paul, Brad, and Grace as they set out to discover the truth about miracles and how God is always at work in our lives. Throughout the series, families will meet new friends, dive into Saints Alive-style saint stories, hear inspiring vocation journeys, play games, pray together, and enjoy episodes from the hit game show Holy Moly! Together we'll see that even when miracles don't happen the way we want or expect, God is still at work in His love for us. This series is perfect for kids aged 6-12. [LESS](#)

✓ 18.3K joined

Starts in 21 days

Our partnership is a beautiful opportunity for us to walk together through the 40 days of Lent as one parish family — praying daily, reflecting deeply, and supporting one another along the way. This is not something we're meant to do alone, but something we will enter into together, alongside Fr. Vidal and our wider parish community.

This Lent, let's commit to walking together — supporting one another in prayer, growing closer to Christ, and entering more fully into the grace of the season.

Leadership Summit: Why Participate?

Leadership is an essential aspect in the life of a parish on mission. After all, we are followers of Jesus, our perfect Leader. Whether we are leading a ministry, serving in ministry, or ministering in our families and communities, we are leaders of our Church.

Through Divine Renovation, we learned about the three key aspects of a renewal: ***The Primacy of Evangelization, the Best of Leadership, and Reliance on the Holy Spirit.*** The Summit is a key opportunity to lift Leadership at Notre Dame, as we gather to celebrate and equip our leaders and ministers, and invite into that journey those who have a heart for the mission and future of our parish.

Leadership coach, author, and speaker Ron Huntley, also our guiding coach when we first embarked on renewal with Divine Renovation, recently shared a powerful message:

Motion isn't Momentum

Here's the distinction:

- *Motion is just movement in any direction.*
- *Momentum is movement that builds—because it's aligned with meaning, purpose, and a clear direction.*



When there's no clear alignment on the direction we're planning to go, teams don't stop working. They just start working on different stories, and moving in different directions.

Ron Huntley

Our Leadership Summit is definitely about building Momentum for our mission, through our joint gifts and vision, fueled by the power of the Holy Spirit! Our planning team is working (passionately!) to make this event a fruitful experience for all. **Please don't wait to register. Click below now to register today!**

NOTRE DAME OF MT. CARMEL CHURCH

2026 LEADERSHIP SUMMIT

A CLEAR PATH



WHEN:

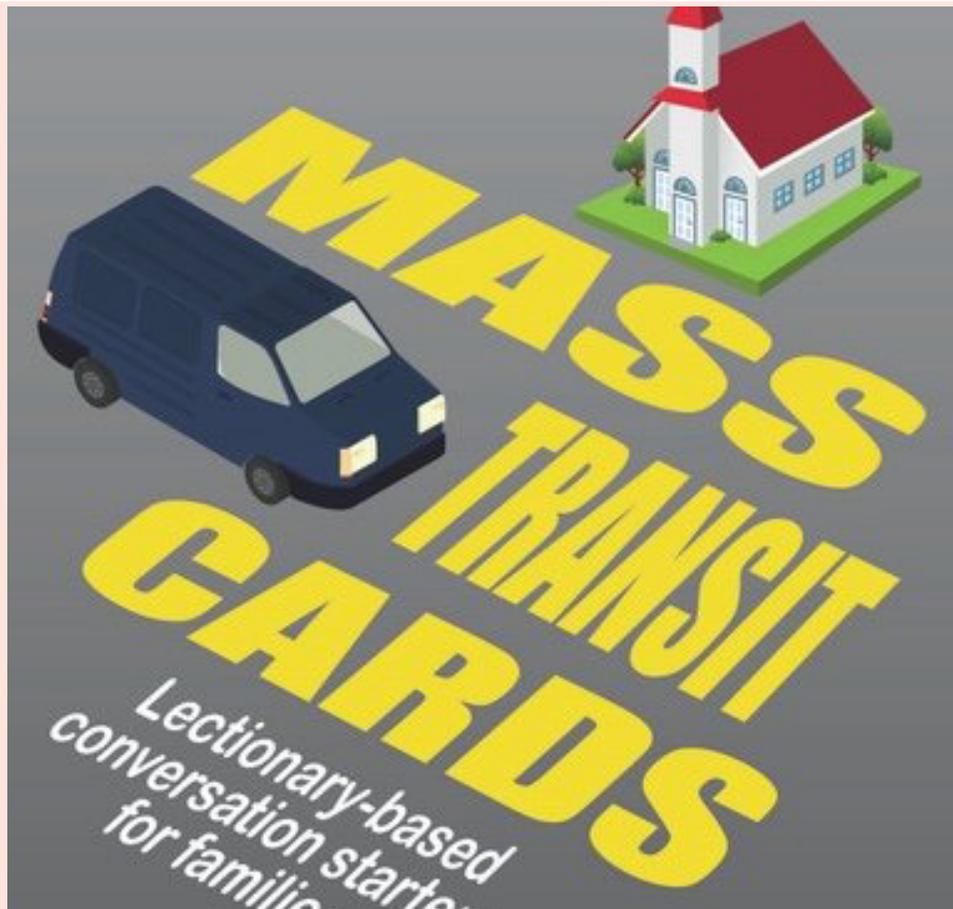
SATURDAY
FEB. 28, 2026
8:30 – 11:45 AM
In the Parish Hall

WHO:

Ministry leaders,
core teams,
ministry members,
and anyone who,
even if not currently serving
in a ministry,
has a heart for
our parish, its mission,
and its future!

Join us for breakfast and fellowship, prayer and reflection,
compelling content, personal witness, and small group discussion.
We will **CELEBRATE** the gifts of leadership and service, and be **INSPIRED**
and **EQUIPPED** to impact others as disciples on mission!

REGISTER AT WWW.NDCARMEL.COM



What was one insight the homily gave you?

*"Christ's mission is to guide us to the light."
"You should go to confession if you were not there in a long time because Jesus can forgive your sins."*

"I have to be the light."

"Jesus is not just a teacher, he can heal what we can't fix alone. Jesus must be a priority."

"We are ready for snow but are we ready to be the light of Christ. Go where it is dark and be the spark."

"Be one of Jesus's leaders who leads people to Jesus."

"The Lord is my light and my salvation!"

"Jesus was the light for the people after John's death and he is our light."

Was there something special you noticed at Mass today?

"Father Paddy was here!"

"A snowstorm was coming and the church was packed."

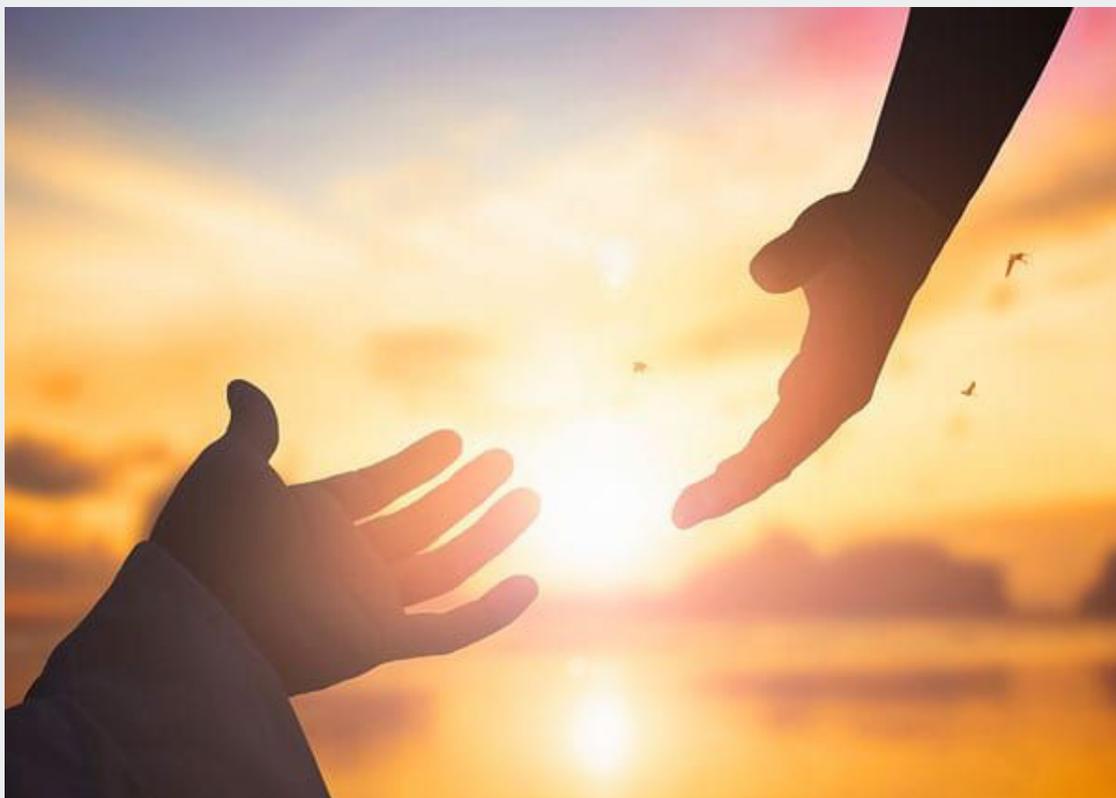
"Church was packed, it was so nice to see!" "Father Paddy gave mass."

"Father Paddy and Men's Cornerstone."

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

**Parishioner
Announcements**

A Final Thought...



"The Lord wants to overwhelm you right now with His love and His grace. He wants you to know that it doesn't matter what might be in your past, even if it was last night. He loves you and has a wondrous plan for your life. He's inviting you to follow Him, to come alongside Him at this urgent time in our culture to help rescue others, to give them hope, to tell them what He's done for us, and to do what we can to make this world more in conformity with how He and His Father created it to be." Fr. John Riccardo