

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: February 10, 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
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Notre Dame of Mt. Carmel Staff



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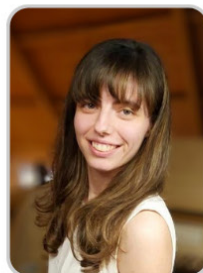
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Young Adults First Sip 'N' Bite 2026!

Hallow: Promo, Prayer, Participation!

This past weekend, we were blessed to welcome **Deacon John Davis**. He drove three hours from his hometown of Chestertown, MD, where he belongs to Sacred Heart Catholic Church. Deacon John spoke at all Masses on behalf of Hallow and in support of the partnership we established with Hallow in early Advent 2025 (through the end of 2026). Deacon John inspired our community not simply to connect with an app, but to deepen our commitment to prayer—recognizing that prayer transforms not only our personal relationship with Christ, but also unleashes powerful graces when we come together as a strong community of prayer warriors.



Between the 9:30 am and 11:30 am Masses, Deacon John shared with us in the Upper Room about his own conversion (an inspiring story we will share in the near future) and the call to the vocation of Permanent Diaconate. Participants at the session had the opportunity to listen to a session on the Hallow App from the *21 Days with Daniel* collection, featuring Sr. Rita Yoches, TOR, and her remarkable vocational testimony (from basketball player to religious sister), which speaks to how Scripture and her faith journey led her to the convent ([click below](#)).



hallowapp
Original audio

hallowapp
"Then one day, scripture cut me open before I even understood what was happening ... The priest didn't just absolve me, he saved my life."

Sr. Rita Clare Yoches T.O.R. is a Franciscan Sister of Penance of the Sorrowful Mother, an incredible order from in the Diocese of Steubenville, Ohio.

In today's session of 21 Days with Daniel, Sr. Rita Clare shares a bit of her testimony and call to religious life. Click the link in our bio to hear more from Sr. Rita Clare!

4w

miha_mamag
4w Reply

evelynmaria_
4w Reply

dadash425
God bless you sister Rita! Such a beautiful

Liked by **pr3ttypinkbows** and others
January 9

Add a comment...

Post

Deacon John closed the session by leading us into "action" speaking into how prayer can work in our lives and in the life of our parish.





Thanks to Deacon John and the movement of the Holy Spirit, our Notre Dame Hallow community on Hallow grew from 170 to 240, and counting! We are excited about the **upcoming Lent challenge: The Return.**

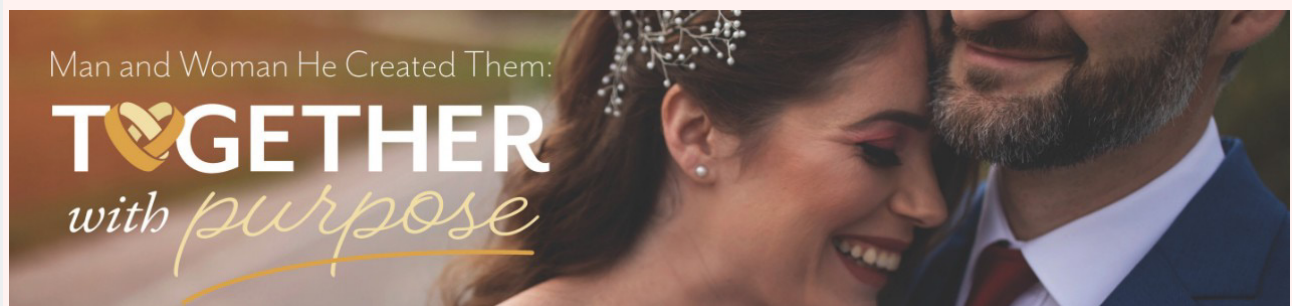
It is not too late for you to join and experience the graces of prayer in your Lenten journey and support our parish through communal prayer! Click the image to join today, with or without a subscription, or contact commsupport@ndcarmel.c if you need assistance.



Kicking off National Marriage Week 2026

By Debby Kispert

National Marriage Week is celebrated this week, February 7-14. The theme selected by the U.S. Conference of Catholic Bishops is ***Man & Woman He Created Them: Together With Purpose***. It celebrates the complementary gifts of men and women, enabling them serve each other and their communities.



Our Marriage Ministry kicked off the celebration here at ND with the **6th Annual Not-So Newlywed Game**. Both couples and singles joined in for a delicious dinner, fellowship, and lots of laughter!

Special thanks to the game participants, **Jim & Claire Matlon, Stan & Nellie Rytz, Dan & Laura Balogh (winners!), and Kevin & Theresa Litts**. Click the image for a recap reel on our social media!



To commemorate this special week, our **Vocations Ministry** set up a beautiful display in the Gathering Space featuring coloring sheets for kids, copies of a Marriage Prayer for Couples, and testimonials from five couples in the parish. Be sure to stop by this weekend and check it out!

"Our marriage has always been deeply rooted in recognizing God's love for us. It was his love that brought two people vacationing in Hawaii who lived on opposite coasts together. From that moment on, we believe God had a dream bigger than any we could have imagined for ourselves. It's by his grace that he has blessed us with a full life, a wonderful family, and rewarded us with grandchildren. We believe that God has a



plan, we just need to recognize it as it unfolds." Jim & Gina Walljasper

"Celebrating our 40th anniversary last October has given us a chance to do a review and preview of the commitments and promises we made to each other back on our wedding day, lived out now in conversation with our children, grandchildren, and a sweet new great-grandson! Over the sweep of these years, we have faced unexpected challenges and received unmerited blessings as we continue to help each other become more faith-filled, more present to everyone we meet, and more grateful for all we are to each other. The yes we made to our vocational call as married persons gives us a sharper focus on service and kindness, to companionship others through our senior years, new energy for adventures, and new eyes to see the best in each other and all those we meet." Jim & Linda Baratte

"For us, the end goal of marriage is this: Heaven. Our spiritual mission is to help one another reach this aim. Twenty years ago, we didn't fully understand this spiritual imperative as immature newlyweds, but we do now. The sacrament of marriage is the tool we use to help each other grow in holiness and virtue more so than anywhere else in our life. Rob and I like to say, "Being married is the fastest way to practice becoming a Saint!" Robert & Brianne Lee



"We quickly recognized that our marriage was part of God's plan early in our relationship when He sent us a personal answer to a specific prayer. Knowing that we were God's answer to both of our prayers has affected so many decisions in our lives and our marriage. When things in life - raising 2 children with special needs, a job layoff, and parenting differences - put a strain on our relationship, we always fell back into our steadfast belief that God gave each of us to one another. It continues to be our blessing and duty to nurture and treasure that gift." Joe & Ann Bono



"We were given to each other by God. We each came from different parishes in Manhattan and traveled to Steubenville for the 1983 Summer Scripture Conference at Franciscan University. We met at about 9 am on July 6, 1983, when we sat next to each other at the conference. It was love at first sight, and we were married 11 months later. Knowing that God put us together has been our foundation, most especially in hard times such as illness and the death of parents. That is the rock on which our marriage is built." David & Cindy Spellman



Married couples are also warmly invited to join us at the 5 pm Vigil Mass this Saturday, for a Special Blessing & Renewal of Wedding Vows!



Fr. Vidal: Share Your Blessing

Fr. Vidal: Share Your Blessing

"On January 18 and 23, 2026, I had the grace of once again conducting the annual Share Your Blessings program. This year, about 200 people - families and many children - were able to benefit from it. As I looked around and witnessed the joy, I felt deep gratitude to God. There were games for the children with simple prizes, food shared during lunch, and goods distributed to every family. On the surface, it may have looked like a successful event, and indeed it was, but for me, it was much more than that.

As a priest, moments like these remind me why the Church exists - to make Christ present, especially among those most in need. Watching children laugh and play, seeing families sit together to share a meal, and personally handing out goods to parents, I could not help but recall the words of Jesus: "I was hungry, and you gave me food; I was thirsty, and you gave me drink." In those faces, I encountered Christ Himself.

What struck me most was how giving also transformed those of us who served. In offering what we had, we received even more. I was reminded that mercy is never one-sided. When we serve the poor, we are also being served by them, because they reveal to us the face of Christ and teach us how to trust, hope, and rejoice even in simplicity.



This experience continues to challenge me personally and pastorally. Jesus does not ask us to perform works of mercy only on special occasions, but to make them a way of life. The Share Your Blessings program is one moment in the year that I have been doing, but the call to mercy is daily. As a priest, I am reminded that my

ministry must always lead people not only to the altar, but also to the margins, where Christ is already waiting.

I am deeply thankful to all those who shared their blessings so generously. This outreach would not have been possible without the donors who gave from their hearts, whether through food, goods, financial support, or time. Your generosity became an instrument of God's mercy. Through your giving, families were nourished, children were made joyful, and hope was renewed. You may not have met every person who benefited, but please know that your kindness reached them in very real ways. May the Lord, who sees in secret, reward you abundantly." Fr. Vidal

Special Request from Fr. Jude

Former ND pastor, Fr. Jude Salus, is reaching out to our community in efforts to help one of the grandchildren of former parishioners here at Notre Dame. Young Max, 15 years old, is in desperate need of a stem cell transplant. Please click [HERE](#) or below for details and pray about how you might be able to help, including reaching out to others on young Max's behalf.

Be a hero!
Join my donor circle.

GIFT OF LIFE
BARKOW REGISTRY

GIVE TO CIRCLE

JOIN REGISTRY

SHARE

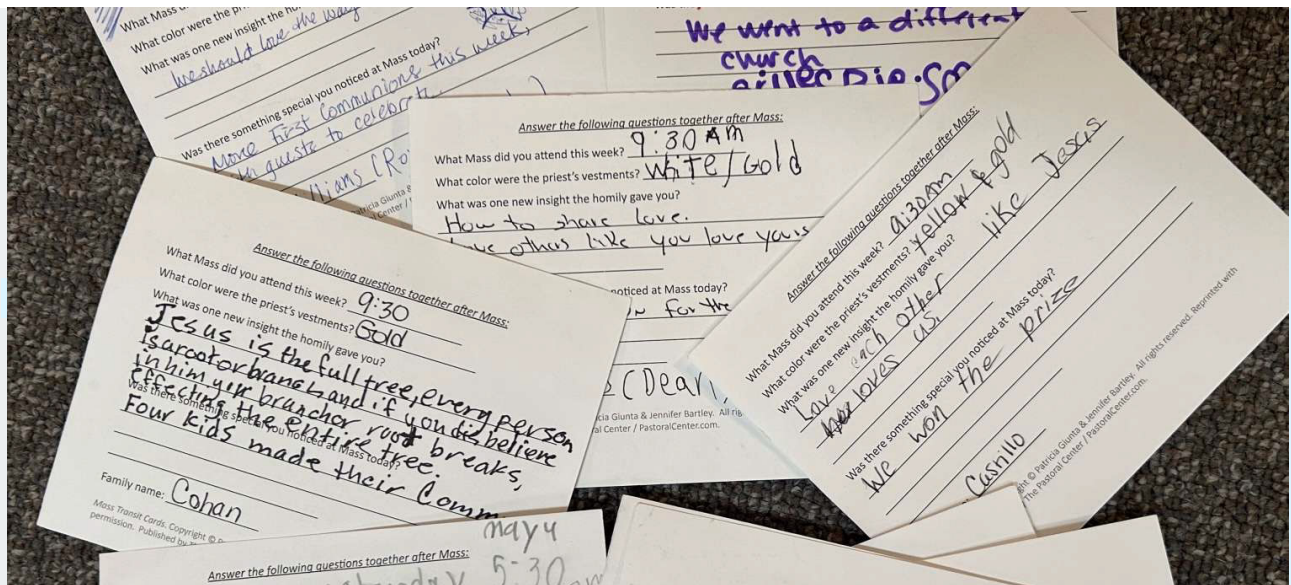
 DOLLARS RAISED \$184	 SWABS 338	 MATCHES FOR OTHERS 0	 TRANSPLANTS FOR OTHERS 0
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Swab for Max Donor Circle

17 MEMBERS ^

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What was one insight the homily gave you?

"It's important to always be kind and forgive others."

"Happiness is a goal and Jesus lays a road map for us on how to embrace the happiness as a goal."

"Be the salt of the earth and the light of the world. Spread God's word."

"Be kind. Show gratitude."

"Listening to God will give us blessings."

"Be the salt of the earth and light of the world. Spreading the word and being the light. Jesus is our light - always."

"Be kind, respectful, and share the word of God."

"God loves us and blesses us all the time."

"We have to put into action what we hear in the readings."

"You are not supposed to only pray inside church. You should pray outside church."

"Faith on earth leads to rewards in Heaven."

"Giving part of your fortune can drive away the darkness."

"Small acts of kindness can have a large impact on others."

"Be grateful and keep your eyes open for all of Jesus's blessings big and small."

Was there something special you noticed at Mass today?

"I had my class after church."

"No."

"New plants."

"Our friends did the music sheets."

"Some new flowers."

"Carmella loves going to the front of the church to learn the gospel. Kids learn best that way!"

"The Deacon's sash was very colorful - I really liked it."

"Spread the word. Be good."

"Warmth - in temperature & spirit (inside!)"

"A microphone."

"Hallow app display."

"There were not a lot of people and I think it's because of the wind and cold."

"They both told the homily."

"We handed out the song sheets."

"Spoke about the Hallow app."

"Drums!"

"We sat in a different spot today."

"Faith in church is not enough. Faith and works must also be done outside of church."

This Week's Mass & Lamp Intentions

Parishioner Announcements

Memories that Share Our Story...

5 pm Vigil Mass





Family Mass







6 PM Mass with Contemporary Worship

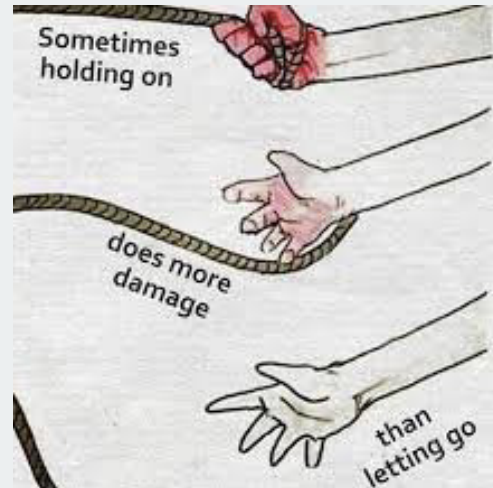


A Final Thought...

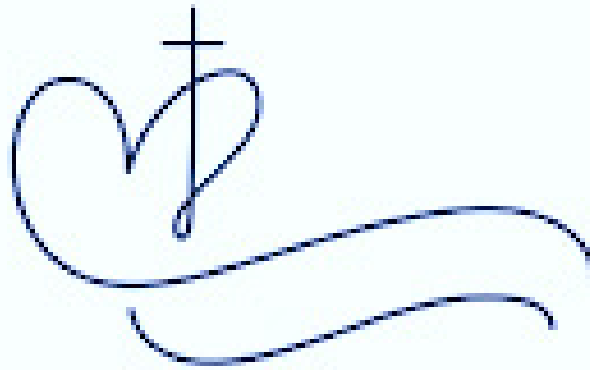
"We are called by Christ to make the ordinary extraordinary. We are called to bring the supernatural into the natural world. We are everyday people called to live the Gospel within our everyday lives, making those lives then simply extraordinary.

Don't think for a second this is an overstatement. When you begin to see stewardship in all aspects of your life and strive to achieve complete surrender to God, all things are possible. You and I have been given much by God. The choice is now ours."*

Tracy Eart Welliver, MTS, Living an Extraordinary Life



**Stewardship is about knowing the gifts and talents you have been given by God, cultivating them to an increase, and then giving them back to God and His people.*



"All Christians are but God's stewards. Everything we have is on loan from the Lord, entrusted to us for a while to use in serving Him."

- John MacArthur