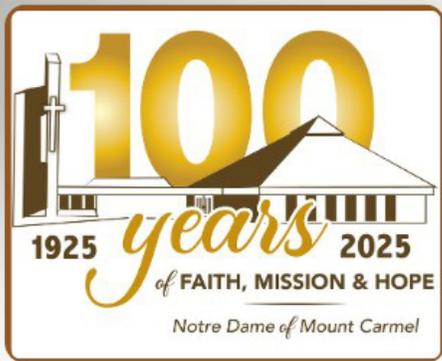


Notre Dame of Mt. Carmel Church

PARISH UPDATE

www.ndcarmel.com

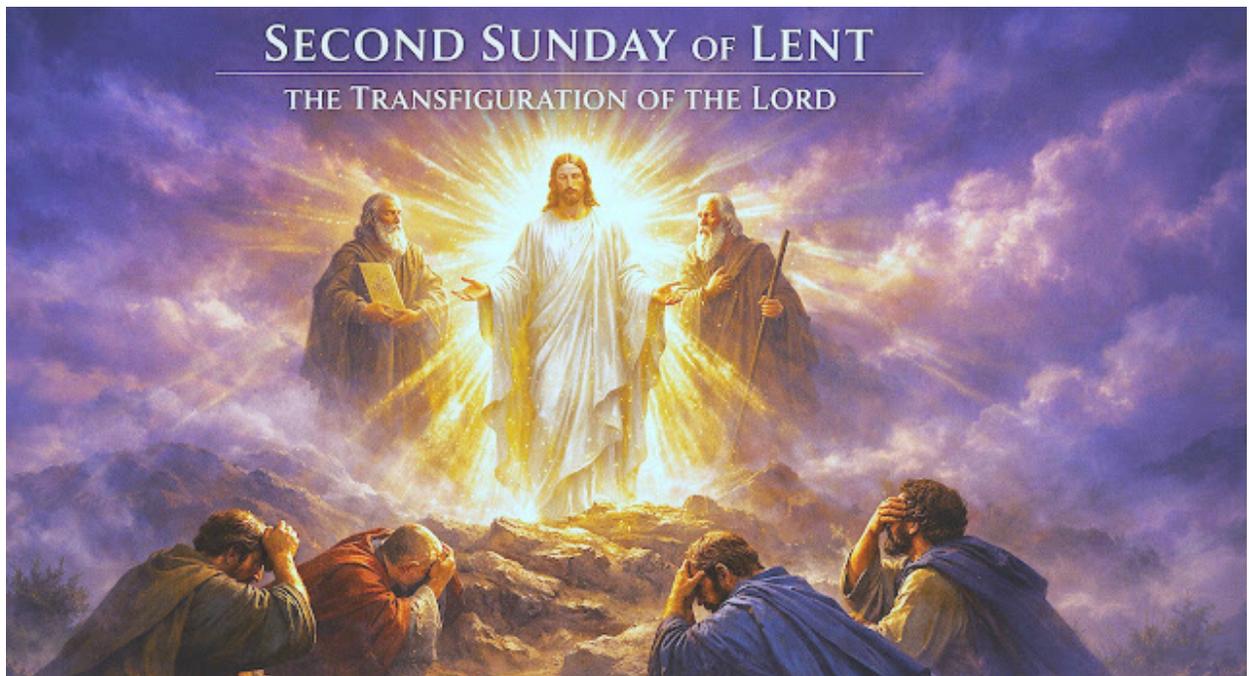


**NOTRE DAME
OF MT. CARMEL CHURCH**

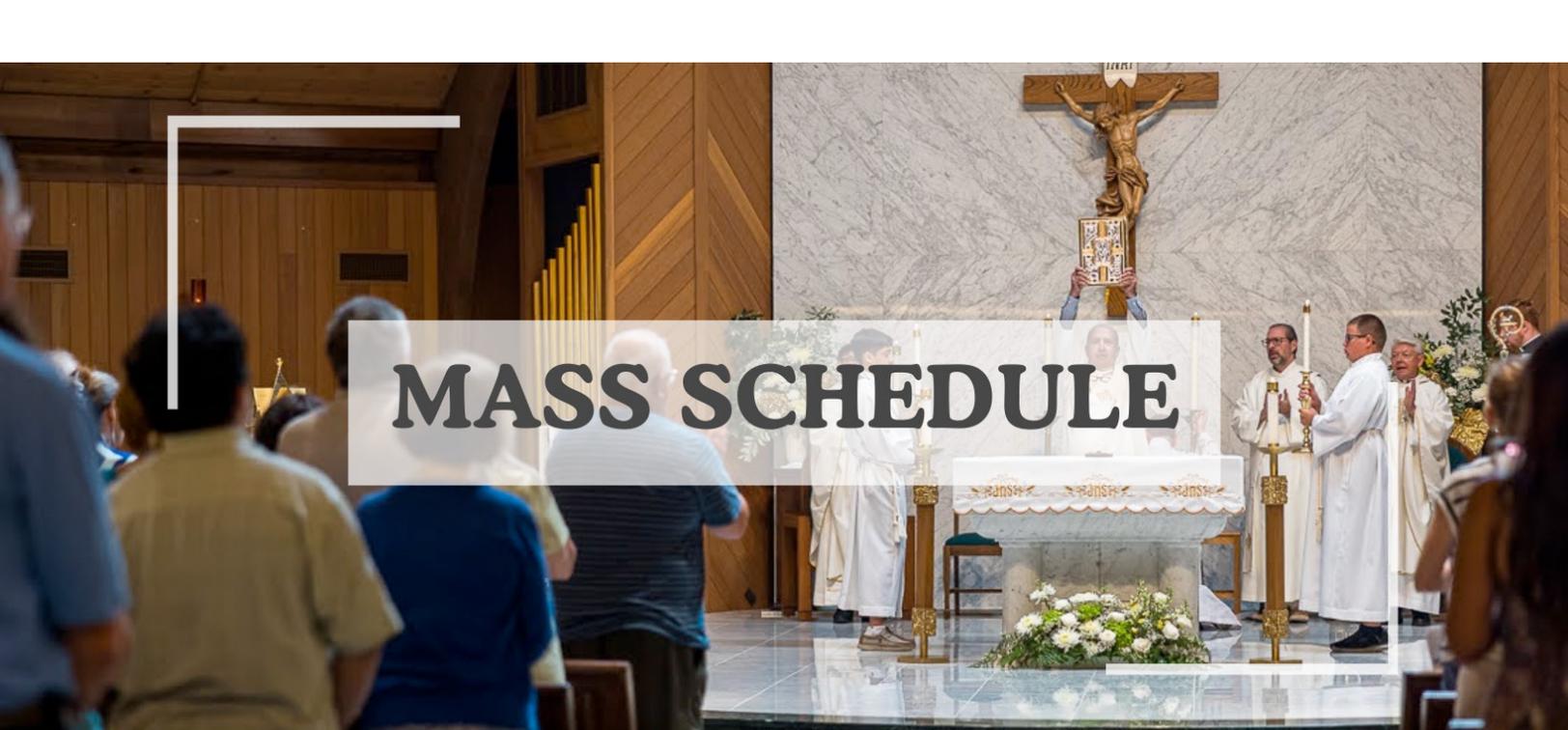
75 Ridgedale Avenue
Cedar Knolls, NJ 07927
973-538-1358

www.ndcarmel.com

Parish Update: March 3, 2026



SECOND SUNDAY OF LENT
THE TRANSFIGURATION OF THE LORD



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

Notre Dame of Mt. Carmel Church
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Cedar Knolls, NJ 07927
973-538-1358
www.ndcarmel.com
Facebook: @ndcarmel
Instagram: @ndcedarknolls
YouTube: @NotreDameofMtCarmel

Notre Dame of Mt. Carmel Staff



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Deacon Eric Kispert
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Volunteer Main Office Support *volunteer@ndcarmel.com / x100*



Patty Gant



Agnes Loughlin



Mary Malone



Sallyann Augello
Database Administrator
registration@ndcarmel.com



“For no one can lay a foundation other than the one that is there, namely, Jesus Christ.”

First Corinthians 3:11

Your Voice in Our Parish Future

As we celebrate 100 years of faith at Notre Dame of Mount Carmel, we are beginning a prayerful discernment process to understand how God is calling us to meet our immediate capital needs and strengthen our mission for the future. We want to ensure our parish home remains a vibrant place of encounter with Christ and that our ministries continue to grow and flourish.

This Thursday, every household will receive an email from Fr. Vidal requesting your input and feedback on our plans through a brief survey. It should only take you a few minutes to complete the survey, which will be open through Friday, March 13. We deeply value each of you, and we want to include everyone in this important discernment.

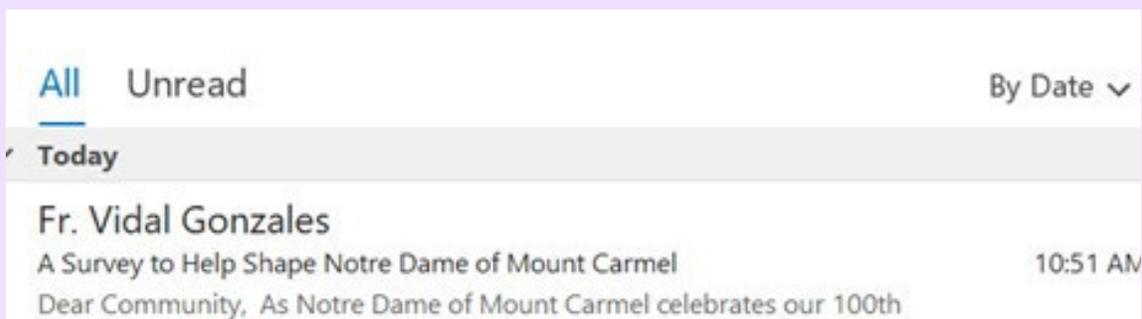
Your prayers, insights, and involvement will help shape the future of our parish family, so when you receive the emailed survey, please take the time to respond promptly.

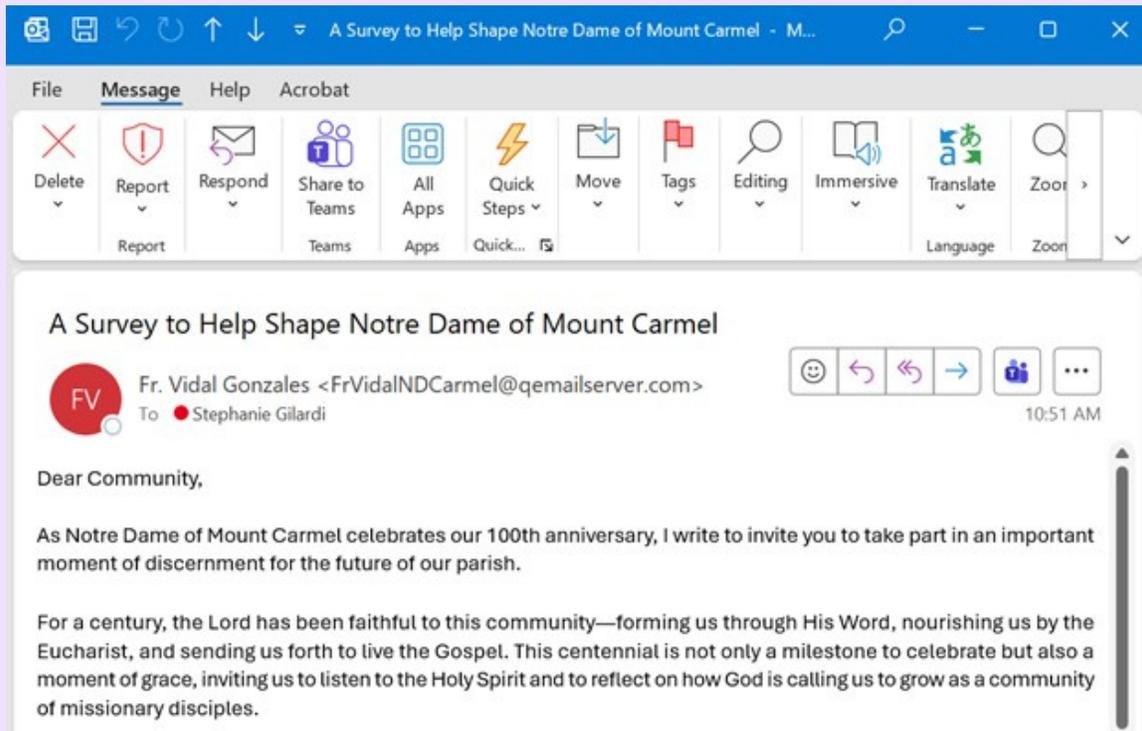
IMPORTANT!!

Please note that while the email will come from Fr. Vidal, it will not be sent via Flocknote nor from Father's ndcarmel email address. Instead, it will be sent via the survey administrator's platform.

When you open the email, you will see that the sender's email is FrVidalNDCarme. The domain name 'qemailserver' is associated with Qualtrics, the survey platform.

Please refer to the images below to easily recognize this important mailing.





If you have any questions, please email commsupport@ndcarmel.c. Bless you!

Gathered, Guided, Sent: A Clear Path of Discipleship

By Jen Qvotrup, Leadership Summit Team



Discipleship and mission. Accompaniment and teamwork. These were the recurring themes of the Leadership Summit, “A Clear Path of Discipleship,” held on Saturday, February 28. A convening of nearly 90 generous hearts representing our parish ministries gathered to share faithful witness, inspiring content, reverent prayer, and meaningful fellowship. The Holy Spirit was present and among us, guiding our words and our movements.





The purpose of the Leadership Summit was threefold:

To inspire: We paused to reflect on where we have been throughout the past 100 years: a parish that has experienced the bountiful gifts of Benedictine spirituality; a parish that continues to journey from maintenance to mission under the blessing and guidance of several wonderful pastors; a parish that has fostered many fruitful ministries in evangelization, faith formation, worship, and discipleship. We are grateful to Cristina Folan for her leadership and wisdom in setting the context.

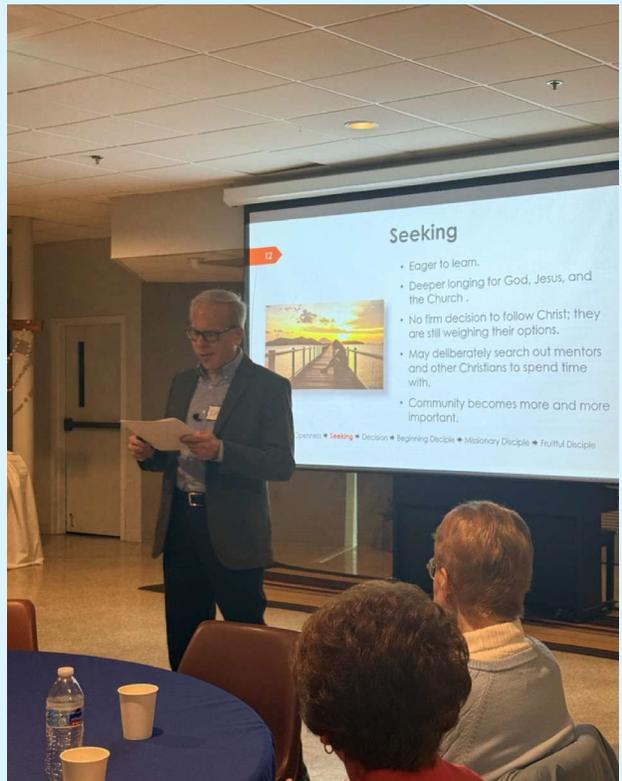


We heard from two impactful speakers who gave voice to their respective discipleship journeys: Jennifer Chianta, who is relatively new to our parish family, and Allwyn Colaco, who has been with NDMC for 16 years and is active in our Men's Ministry. Jennifer and Allwyn have had very different experiences on the discipleship path, and it was a pure gift to share in their heartfelt and emotional witness.



To equip: We are a community of faith that is on mission to make missionary disciples of Jesus, and to do this effectively, we must be equipped!

Dan Balogh presented content from Jim Jansens' book, ***A Clear Path***, exploring how seekers move through the various thresholds of discipleship—from building trust, to deciding to follow Christ, and then journeying to become a missionary disciple. Drawing from his own transformational journey from atheist to evangelist, Dan weaved into his presentation the story of how he experienced those thresholds in a very real and impactful way during his journey of discipleship.



I, Jen Qvotrup, then introduced the steps of a clear path of discipleship, helping participants understand how to intentionally connect with and accompany seekers at various stages and guide them forward along this path.



To reinforce the message, Debby Kispert led participants in a fun and interactive activity in which they could put their new knowledge of the discipleship thresholds into practice.



To celebrate: With hearts filled with gratitude to our parish family and to all who continue to minister with love and faith both within and beyond our parish walls, we shared a delicious breakfast and gave participants a beautiful gift box filled with sweet treats and inspirational content. We are grateful to Debby Kispert for leading the effort of preparing these lovely tokens of appreciation.





As with everything that we do as a parish family, we gathered in prayer, led by Maria Cascio and Bob Flynn. We prayed along the road to Emmaus, experienced guided meditation, lifted our prayer intentions to our Lord, and in holy fellowship, we lit candles with flame from the Paschal Candle, reminding us of our Baptism and our lifelong faith journey toward Christ.





While the planning team deeply sensed the presence of the Holy Spirit throughout the morning and felt confident that many graces were received, participants have been invited to share their feedback in a brief follow-up survey. From the responses received thus far, we are encouraged by the affirming submissions, a noted renewed sense of hope for our parish's future, and a shared question rising from many hearts: ***What comes next?***

"Thank you for the wonderful leadership summit on Saturday. After it was all done, I felt energized and ready to move forward with all that the Spirit is calling me to do."

"I walked into the summit feeling that it was something important to attend and learn. I walked away with an unexpected transformational experience!"

"It lacked a clear conclusion of what our next steps will be regarding leading our parish. Testimonials were great, but not sure it should have been labeled a Leadership gathering. There was no

"Evangelizing and mission, and discipleship groups need to be coordinated to ensure more success. Also how motivated and enthusiastic everyone is and filled with the Holy Spirit."

"This Leadership Summit gave the leaders the vision of the future of our Parish. To make fruitful disciples of us, our Parish family and beyond is quite a lofty goal, but with open hearts, love of Christ, and the help of the Holy Spirit, we can move forward and toward this goal."

conclusion or moving forward suggestions or comments."

"It's everyone's responsibility to help make disciples, and a vital part of this is to be able to identify what stage each person is in on their spiritual journey."

"After each testimonial, I expected discussion questions asking about the conversion thresholds in each story. The testimonials were inspiring, and I would have loved to discuss them more."

"I was especially moved by the Allwyn's and Jenn C.'s presentations. Their talks were excellent examples of how the concepts of a "Clear Path" work."

"I think I just didn't know how we would follow up as a group, or was it a one time meeting?"

"I was familiar with the book, A Clear Path prior to the Summit. However, the morning far exceeded my expectations. The energy and enthusiasm of the team and participants demonstrated that the Holy Spirit was working in everyone. The event was a great combination of practical overview of the stages, moving witness stories and prayer. I truly feel positive about the future of our parish as we prayerfully discern our way forward."

As we discern **“What comes next?”**, we reflect on and consider the consistent recommendation from other parishes and dioceses that have implemented the Clear Path: this is not a process to rush. It is a journey — one that unfolds over years — requiring prayerful discernment and patience, especially as a shared invitation to move forward **together** and in the context of our own parish history and culture.

Our first step will be to share the vision and foundational concepts of the Clear Path with our broader community. The conceptual content will soon be available on our website. We also encourage summit participants to begin serving as vision carriers by sharing what they have learned within their respective ministries and beyond.

In the shorter term, we anticipate the conversation continuing in small-group settings, and we plan to offer opportunities to journey through the *Clear Path* book to help deepen understanding and affirm the strategy.

Your continued prayer, participation, and feedback will be essential as we take these next steps — and the many more that lie ahead.

“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness, and streams in the wasteland.”

Isaiah 43:19

Postmarked from Jerusalem

By Diane Byrne, Elementary Family Faith Coordinator



Our Letters from Jerusalem series continued on Sunday; Families received another letter from the Apostle Andrew. He wrote about Jesus getting upset in the temple, then healing the blind and lame. The activities families are asked to complete include creating a church with blocks, having a cleaning party, and eating Peeps S'mores.





**Congratulations to our 5th Grade NDMC/OLM
Girls Basketball CYO champs!**



**Knights Happenings:
Scholarship Opportunity for 8th Graders**

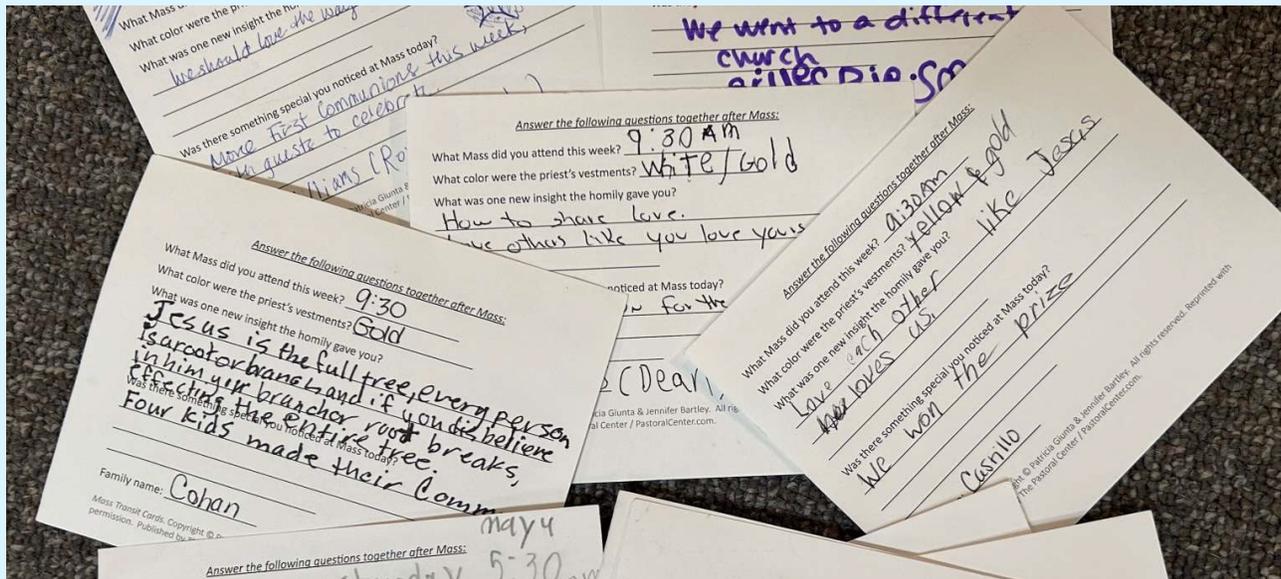
The Msgr. John J. Sheerin Assembly, Fourth Degree, will award a one-time \$750.00 Scholarship to an Eighth-Grade student entering a Catholic High School in the Fall of 2026. The Student must submit an original Essay of between 500 and 750 words on the theme "WHAT DOES PATRIOTISM MEAN TO ME?"

The applicant must have a relative who is a member of the Knights of Columbus in one of the 8 Councils in our Assembly: Morristown #359, Chatham #2086, Florham Park/Madison #2248, Morris Plains #3459, Mendham #6462, East Hanover 6504, Stirling #6575, and Whippany #6904.

Upon verification of membership status, an official Application and instructions will be sent to the Student. The Student's Essay must be received by the Committee Chairman, Jerry Wolfe, no later than 9:00 PM, Friday, May 1, 2026, so please complete this request form early and forward it electronically to gjwolfe47@gmail.com

Or mail it to SK Jerry Wolfe, 79 Forest Way, Morris Plains, NJ 07950.

Mass Transit Cards



What was one insight the homily gave you?

"Listening is very important."

"We can listen to God every time we come to church."

"Sometimes we are so distracted that we don't hear God."

"Sometimes we don't pay attention to God,

Was there something special you noticed at Mass today?

"Trees without leaves at the altar."

"Fr. Vidal used technology as a metaphor."

"Different music and piano player."

"The kids were singing."

like with our earpods and cell phones or both."

"Do not be tempted."

"To be grateful for the things and blessings the Lord gives me."

"Learned about Jesus's trip up the mountain. God said to listen to Jesus."

"On the mountain Jesus changes. On the altar he also changes each week."

"Always think to yourself is this kind? Should I be doing this? And always listen to the people around you and me."

"If you block your ears you cannot hear the voice of Jesus."

"It's important to always listen to Jesus by doing what he asks."

"When the mass ends, it is the start of us spreading the word of Jesus."

"When you are not distracted you can hear Jesus' voice in your heart."

"To trust and follow Jesus, his teachings and how he loves others."

"3 apostles of Jesus: Peter, John and James."

"More on Lent and Jesus' journey in the desert."

"I will find time to pray to listen to God."

"Jesus was like a light on the mountain."

"They put up a purple ribbon for Lent."

"There were not a lot of people at church."

"I usually go to 9:30 mass but today I went to 11:30 mass."

"Fr. Paddy was here!"

"There was a violin player."

"The Chorus."

"The music was louder/different."

"Lots of people."

"The children sang music today."

"The decorations at the altar show the desert."

"Everyone in purple even the sash on Jesus."

"A ring around the cross."

"I attended mass with my friend."

"Watching others pray and follow Jesus is a beautiful thing."

"2nd Sunday of Lent. Everything is purple."

"There are decorations."

"I got my communion banner kit!"

"Crosby was not listening."

"I saw someone with pokemon cards."

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

**Parishioner
Announcements**

Memories that Share Our Story...

Family Mass (Click below for Reel)



Notre Dame of Mt. Carmel

Bob Hurd · Transfigure Us, O Lord

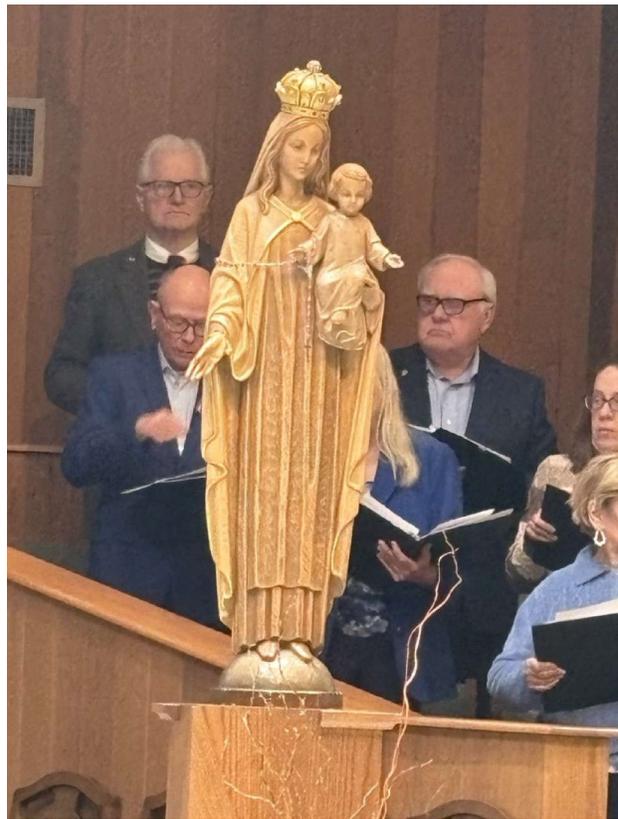
"Transfigure us, O Lord... See more



15



11:30 am Mass



6 pm Mass



A Final Thought...

"Resentment slowly rewrites the story of what happened so that the wound becomes the lens through which you interpret everything. Resentment is what happens to us when we let one chapter of the book [our story]. That something happened, and yes, it's real, and it's painful, and it deserves a paragraph. Maybe it deserves a chapter. But resentment turns it into "This is my story." I'm not just remembering what happened; I'm letting it narrate who I am."

Fr. Mike Schmitz (Hallow Lent Pray40: The Return)