

Our Lady of Mount Carmel

Sunday, December 12, 2021
Third Sunday of Advent



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WEEKEND MASSES

Saturday 5:00 pm

Sunday 7:30, 9:00 & 11:00 am

DAILY MASSES

Monday-Saturday 8:30 am (except Wednesday)

Wednesday 7:00 pm

Holy Days 8:30 am & 7:00 pm

EUCCHARISTIC ADORATION

Monday 9:00 am - 12:00 pm

SACRAMENT OF RECONCILIATION

Saturday 4:15 - 4:45 pm

SACRAMENTS OF BAPTISM, MARRIAGE & ANOINTING OF THE SICK

Please contact the office to arrange.

Masses for the Week

Saturday, December 11

SIR 48:1-4, 9-11 / MT 17:9A, 10-13

8:30 am Healing and Blessings for Suarez –Ramesar Families *by C. Tirado*

5:00 pm Marcy Sugar *by Mike & Ann Monahan*

Sunday, December 12

ZEP 3:14-18A / PHIL 4:4-7 / LK 3:10-18

7:30 am Hugh Marriott *by Lisa Cangelosi*

9:00 am Steve DeAngelis & Sal Romano, Jr. *by Tom & Darlene Scarince*

11:00 am Rush Limbaugh *by Boettcher Family*

Monday, December 13 – Memorial of St. Lucy, Virgin

NM 24:2-7, 15-17A / MT 21:23-27

8:30 am Frances Stassi *by Mazzola Family*

Tuesday, December 14 – Memorial of Saint John of the Cross, Priest & Doctor of the Church

ZEP 3:1-2, 9-13 / MT 21:28-32

8:30 am Healing and Blessings for Bill Rocky *by Mark Boettcher*

Wednesday, December 15

IS 45:6C-8, 18, 21C-25 / LK 7:18B-23

7:00 pm Hugh Marriott *by Mazzola Family*

Thursday, December 16

IS 54:1-10 / LK 7:24-30

8:30 am Stefan & Anna Perun *by Margaret Calascibetta*

Friday, December 17

GN 49:2, 8-10 / MT 1:1-17

8:30 am Kathy Heater *by Heater Family*

Saturday, December 18

JER 23:5-8 / MT 1:18-25

8:30 am Intentions of Brian & Tina Johnson *by Ron & Ann Johnson*

5:00 pm Sophia Elizabeth Piorcek *by Christy Steinbach*

Sunday, December 19

MI 5:1-4A / HEB 10:5-10 / LK 1:39-45

7:30 am Peter Benigno, Jr. *by Patricia Rumsey*

9:00 am Intentions of John Oravec *by Ron & Ann Johnson*

11:00 am Healing of John Jakubek *by Ron & Ann Johnson*

Please Remember To Pray For The Following:



Colleen Apter, Ted Cassera, Matt Chapkosky, Fr. Angelus Croce, Stephanie Cuomo, John, Joe Curulli, Marie Curulli, Larry Domonkos, Emma Finnegan, Jason, Henry Kochanski,

Bruce Konar, Susanne Martone, Mike Maldonado, Deacon Ed Muller, Yvette Murphy, Fr. Peter Oddo, Madelyn Patton, Rosemary Sciascia, George Shammass, Stephanie, Charles Sullivan, Constance Van Hoven

This Week the Sanctuary Lamp Burns for The Intentions of Michael Pasternak



A GOOD STEWARD

Sunday

December 5	\$ 2,880.00
Online Giving	\$ 695.00
Diocesan Assessment	\$ 813.00
Online Giving	\$ 80.00

Thank you for your generosity!

**Second collection this weekend is for Retired Religious Fund*

WOMEN AND MEN OF THE ARMED FORCES

We ask God the Father, through the intercession of St. Michael the Archangel, to protect all the men and women in our Armed Forces. May they be brought back safely to those whom they love:

Captain Jason Gieniewski, US Army.



Scripture Message December 12, 2021

When the crowd begins to wonder if John the Baptist might be the Messiah, John interprets his baptism and makes it clear that his ministry is in preparation for the Messiah. John the Baptist knows his place and role in God's plan of salvation. By encouraging the crowd to act similarly in accordance with their stations in life, John's teaching suggests that each person has a role to play in God's salvation. It is the great mystery of our salvation that God permits and even asks for human cooperation in his divine plans.

"I am baptizing you with water, but one mightier than I is coming. I am not worthy to loosen the thongs of his sandals. He will baptize you with the Holy Spirit and fire. His winnowing fan is in his hand to clear his threshing floor and to gather the wheat into his barn, but the chaff he will burn with unquenchable fire." — *St. John the Baptist*

Dear Parish Family,

Advent and Christmas is a time of joy for Catholics. The Nativity of our Lord is a mystery we could spend our whole lives pondering, but we focus on it especially at this time of year. By coming to us in flesh, Christ brings dignity to our humanity. His life, death and resurrection bring meaning to our lives and provide for our salvation. In knowing that Christ was born for us, we are filled with great joy.

While we marvel at this outpouring of love and mercy from God the Father, we are naturally inclined to consider those who don't know about His love. Those on the margins. Those struggling in mind and body. And so many more who need our prayers.

In a special way I pray that our parish will share the love and mercy of God with those around us, our families and our communities.

God's peace be with you.

Fr. Abuchi

The Four Weeks of Advent

Week 3: Joy (or peace)

Matthew 20:10-11:

"When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshipped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh."



"Rejoice: the Lord is nigh." As Christmas draws near, the Church emphasizes the joy which should be in our hearts over all that the birth of our Savior means for us. The great joy of Christians is to see the day drawing nigh when the Lord will come again in His glory to lead them into His kingdom. The oft-repeated *Veni* ("Come") of Advent is an echo not only of the prophets but also of the conclusion of the Apocalypse of St. John: "Come, Lord Jesus," the last words of the New Testament.

Today is known as Gaudete Sunday. The term Gaudete refers to the first word of the Entrance Antiphon, "Rejoice." Rose vestments are worn to emphasize our joy that Christmas is near, and we also light the rose candle on our Advent wreath.

Christmas Flower Donations

If you would like to donate a Christmas flower to a loved one, donation envelopes can be found at the doors of the Church.



GIVING TREE

***Just a reminder!**

Please return wrapped gifts no later than Sunday, December 19th with the tags securely attached to the gift. Thank you for your generosity!



Prepare ye the way

Advent is here, and Christmas is just around the corner! Come sing with the choir and learn beautiful hymns, new and old. No experience necessary. It would be great if we had enough members to sing at more than one Mass. We practice Thursdays from 7:30-8:30 p.m. and sing on Sunday. If interested, speak to our organist, Carol Kraemer, or any choir member after Mass.

Saint Paul's Abbey 289 Route 206 - Newton

Saint Paul's Abbey has thousands of Christmas trees ready to choose 'n' cut 7 days a week November 26th to December 20th from 10am to 3:30pm. They also have the Abbey Gift Shop with many items that make ideal Christmas gifts, including books, statues, jewelry and more.



How To Forgive Someone Who Hurt You

Forgiveness is so hard, but why? Often, the desire for an eye for an eye overwhelms us, we want the person who hurt us to receive justice and be held accountable. But does holding on to the hurt and anger in fact accomplish our desire for justice?

Again and again, I see that when I choose not to forgive those who hurt me the only person I am hurting is myself. The truth is we live in an egocentric society and those I hold a grudge over don't often even understand or know why. Again, by withholding forgiveness I am only really hurting myself, I give into anger blocking my ability to experience gratitude and joy. I become hardened to the love of God and block his grace in my life. Scripture reminds us, "For if you forgive others their trespasses, your heavenly Father will also forgive you. But if you do not forgive others, neither will your Father forgive your trespasses" (Matthew 6:12-13).

What is Christian Forgiveness: Forgiveness vs Reconciliation

We have to first define what forgiveness is. It is an act of the will. It will require effort. It is not easy, you have to make a commitment right now to want to try. As Saint John Paul II put it, "Forgiveness is above all a personal choice, a decision of the heart to go against the natural instinct to pay back evil with evil."

Forgiveness is not the same as reconciliation which requires remorse and a commitment of change from the person you are reconciling with. Instead it is saying that you will no longer bring up the offense, or let it play around in your head. It is releasing the desire to want to hurt them because they hurt you, and it is not a one-time thing. As we learn new things about how the offense is hurting us we will have to go through the forgiveness process again.

Again forgiveness does not mean continuing in a relationship that is abusive and enabling sinful choices. You have to set new rules or boundaries and demand it will never happen again. It isn't condoning the behavior or allowing unlimited access to you to do the same thing again.

But I am So Angry.... Anger is not something we should act upon, but more a tool for helping us diagnose an underlying concern. Anger is an indicator of a wound, and an invitation for deeper healing. Will you accept this invitation of healing and dig into what is the root concern?

Sometimes we can feel guilty if we cannot offer immediate, complete forgiveness from the heart or we don't feel like forgiving. However, forgiveness from the heart can take a long time, even years, and cognitive forgiveness or just the mental desire to forgive is effective and sincere while we work through the healing to let the heart catch. Accepting where we are in our littleness, then trusting God and trying despite our weaknesses. For this to happen we need to grow in a deep understanding of our offender's weakness and childhood.

We can experience an increase in compassion through regularly bringing the experience to prayer and forgiving when the thoughts come to mind. In prayer we can recognize our powerlessness over anger and surrender it to God, praying "Lord take my anger" or "Lord forgive {my spouse, parent, other person}, for I can't at this time"

(Fitzgibbons, Habits for a Healthy Marriage: A Handbook for Catholic Couples).

Choosing to forgive, is choosing to trust God to be responsible for justice. When the hurt comes back up, we choose to give it back to God because it is his battle now. Our anger is often rooted in a desire for power and control. We desire to control how justice is served and reclaim power over those who hurt us, but at its root we are expressing a lack of trust in God and an ungodly self-reliance (Fearless and Free).

We have to trust that God sees the injustice and weeps with us. Now he is asking, will you let Him fight for you? By surrendering the fight we can find true peace. So when the anger surges and the hurt returns, we can say "I surrender to you this anger and pain, help me to love them better and allow you to be justice and mercy as you will."

Also, our desire and pleasure in venting can block our desire to forgive. We build negative narratives, instead we must be willing to invite the Holy Spirit into the conversation. Looking for constructive solutions even when it seems impossible. These resources might be just what you need!

St. John of the Cross summarizes the true spirit of Christmas in this one quote

Much is always said about the "spirit of Christmas," especially in nearly every Christmas movie ever made! In general this refers to a "spirit of giving," as well as hope, and sometimes charity.

The quest to find the true spirit of Christmas is always in stark contrast with the consumer culture that has taken over the holiday, turning it into a season of "getting," instead of a season of "giving."

St. John of the Cross understood the spiritual life in such a profound way that he was able to summarize the true "spirit" of this time of year (as well as the Christian life in general) in the following quotation.

In the twilight of life, God will not judge us on our earthly possessions and human successes, but on how well we have loved.

St. John of the Cross was a big proponent of **emptying ourselves of all earthly attachments** in order to achieve a greater union with God.

In the end, all of this will pass away and all that will remain are the **good deeds** that we practiced during life.



John's sermon calls his audience for immediate change, to generosity and to get rid of their dishonesty, extortion and brutality.

As many people were filled with expectation, John the Baptist called them to action. He came out of the desert preaching a radical message of repentance and expectation, a sermon filled with verbs: Repent! Bear fruits! Be baptized! His method was a call to action. And his message resonated. Consequently, John spoke profoundly about people's relationship with God and their neighbors. In fact, John offered his audience a true road to happiness.

That day at the Jordan, Luke says, the people were “filled with expectation” (Lk. 3:15) and asked John this question: “What then should we do?” The common people, the tax collectors and Soldiers who listened to John's exceptional sermon was so moved and asked what they could do. The last two groups are detested by people because of their dishonesty, extortion and brutality. Now pay attention to John's responses to their question, “what should we do.” To the common people who came to ask the question, John asked them to be very generous with material things. If you have two coats, that's one too many: Give one to someone without one. If you've got a pantry stocked with more food than you can eat, share some with people whose cupboards are bare. To the tax collectors who came to be baptized he said, “stop cheating the people.” That is, stop collecting more than prescribed by the law. To men in uniform, the soldiers, he said: “don't use your power to get what you want; don't lie; don't threaten; and be content with your wages.”

That was the sermon John preached long ago. Those with two coats were to give away one. Tax collectors were to be honest. Soldiers were called to define their work with integrity. Where does that take us? This joyous good news infusing our Lord's coming in Bethlehem and again in glory calls us more to a way of life rather than a way to believe. It is not just in believing in creeds or recitation of prayers but the way we live our lives. And what do we do? Can we still be joyous in our time? First of all, refuse to believe the way things are is the way things will always be. Those among us who have lived five, six, or more decades are telling us that our nation has descended to a level of incivility and anger unlike any time in modern history. Friends and family have difficulty talking about current events without rancor. Our political parties seem unable to have constructive conversations to solve the problems that plague our national life. We have come to a place where cynicism is rampant and optimism in decline. The joyous good news we hear and celebrate today offers another way forward.

John's message today steers you and me to stop trying to get more than we need. Be wary of power and all the things it seduces you to do. Stop leaning on those weaker than you. Don't insist on your way or the highway. Lies, threats, accusations are the work of the Evil One. In this story, that role is played by Mr. and Mrs. Herod. You deserve a better part. Now let us go back to peoples question to John, “What then should we do.” is just another way of raising the question, “What do you want for Christmas?” or how do you want to prepare and celebrating the coming of savior Jesus Christ?

St. Paul answers it beautifully in the second reading today from the Epistle. “Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be known to God. And the peace of God, which surpasses all understanding, will guard you hearts and your minds in Christ Jesus (Phil. 4:4-7).” That is our Christmas preparation and Christmas list. Joy. Gentleness. No worries. Prayer. Peace. And what could you do? Be generous with what you have, be kind and never take advantage of anybody either because you have the power or you have the means. Now is the time to wedge joy into our already crowded lives. Look around the places where you work and notice the men and women whose countenance seems weighed down with care. Find a private moment to offer hope and assure them of your prayers. Refuse to participate in any conversation that belittles another or looks down on someone who differs from you. Remember to give love where there is hatred and make peace where there is division. St Francis of Assisi, the most joyful of saints, rightly said, “Lord, make us channels of your peace. For it is in giving that we receive.” Our best joy or happiness comes when we're not thinking about ourselves at all but trying to give a helping hand to others in the name of God.

– Fr. Abuchi