

Our Lady of Mount Carmel

Sunday, February 12, 2023
Sixth Sunday in Ordinary Time



PARISH STAFF

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Deacon Edward Muller (retired)
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YOUTH MINISTER

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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, February 11

GN 3:9-24 / MK 8:1-10

8:30 am **Frank Roehrig, Sr.** *by Parish Staff*
 5:00 pm **Catherine Prior** *by John & Katrina Prior*

Sunday, February 12

SIR 15:15-20 / 1 COR 2:6-10 / MT 5:17-37

7:30 am **All Those Serving in the U.S. Military** *by The Sylvester's*
 9:00 am **Marie & Stanley Siergies** *by Kevin Kutyla*
 11:00 am **Cindy Bailey Savage** *by Suzanne Wallace*

Monday, February 13

GN 4:1-15, 25 / MK 8:11-13

8:30 am **Vittoria Guerrera** *by Salayko Family*

Tuesday, February 14 – Memorial of Saints Cyril, Monk

GN 6:5-8; 7:1-5, 10 / MK 8:14-21

8:30 am **Fr. Jean Claude St-Martin** *by Parish Staff*

Wednesday, February 15

GN 8:6-13, 20-22 / MK 8:22-26

7:00 pm **Eleanor Sylvester** *by Parish Staff*

Thursday, February 16

GN 9:1-13 / MK 8:27-33

8:30 am **Intentions of Teresa Arrigo** *by Salayko Family*

Friday, February 17

GN 11:1-9 / MK 8:34—9:1

8:30 am **For All Our Sick Parishioners** *by Parish Staff*

Saturday, February 18

HEB 11:1-7 / MK 9:2-13

8:30 am **Peter Healey** *by Parish Staff*
 5:00 pm **In Thanksgiving**
by Marty & Mary Ann Chapkosky
Intentions of Eileen Thomas and Her Family
by Bill & Charlene Nagy

Sunday, February 19

LV 19:1-2, 17-18 / 1 COR 3:16-23 / MT 5:38-48

7:30 am **Kevin Kutyla** *by Parish Staff*
 9:00 am **Intentions of Luke Condit**
by Dan & Dina Salvatore
 11:00 am **Barbara Froetscher** *by Froetscher Family*

Please Remember To Pray For The Following:



Colleen Apter, Ted Cassera, Matt Chapkosky, Stephanie Cuomo, John, Heather Drew, Emma Finnegan, Denise Holloway, Jason, Patricia Johnson, Bruce Konar, Mike Maldonado, Ellen Mathesen, Susanne Martone, Deacon Ed Muller, Yvette Murphy, Fr. Peter Oddo, Madelyn Patton, Linda Perotti, Don Poling, Rosemary Sciascia, Birute Rusinko, George Shammass, Stephanie, Charles Sullivan, Dannielle Tompson, Thomas Trogani, Constance Van Hoven, James Welden

*This Week the
 Sanctuary Lamp Burns For
 Health & Blessing for
 Valerie Derbyshire*



A GOOD STEWARD

February 5 ----- \$ 2,876.00
 Online Giving ----- \$ 845.00

Thank you for your generosity!

**This week's 2nd collection is for Diocesan Assessment*

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.



Sponsor Certificates/Letter of Eligibility:

Letters of recommendation for sponsors of the Sacraments can be issued only to active registered members of the parish who are receiving the Sacraments on a regular basis but also who have completed their Sacrament of Initiation (Baptism, Eucharist and Confirmation).

Knights of Columbus Pizza Saturday's

The next Pizza Saturday is **February 18th**. The Knights of Columbus will be selling pizza after the 5pm Mass. Come on over to the Community Center for a delicious slice or 2 or for a whole pie from Cesco's Pizza. \$15 for a large cheese pizza or \$2 a slice. Come and Stay or take it to go! Money raised will go towards different charities including the Joseph A. Lacovara Scholarship Fund. Thank you for your support!

**Invite a saint to pray the Rosary with you**

Praying the Rosary can often be difficult for us, as we can become distracted by our many responsibilities.

Not only that, the Rosary can even seem boring to many of us, and we would rather do something else with our time.

One way to enrich our time of praying the Rosary is to pray it with a saint in Heaven.

This could be a canonized saint, or someone we firmly believe is in Heaven. As the Catechism of the Catholic Church explains, saints remain powerful intercessors.

The intercession of the saints. "Being more closely united to Christ, those who dwell in heaven fix the whole Church more firmly in holiness. . . . They do not cease to intercede with the Father for us, as they proffer the merits which they acquired on earth through the one mediator between God and men, Christ Jesus So by their fraternal concern is our weakness greatly helped."

CCC 956

The saints will gladly join us in praying the Rosary from their place in Heaven. Even though we won't be able to see them and likely won't feel their presence, we may be surprised at the invisible grace that we receive from this practice.

The next time you pray the Rosary, consider inviting a saint to pray with you!

Charitable Statements

Please call the office if you'd like to receive a copy of your 2022 contributions.

"I believe the Bible is the best gift God has ever given man. All the good from The Savior of the world is communicated to us through the Book."

– Abraham Lincoln

(Continuation of 'Order of Mass' from last week)

Receiving Communion

The Church teaches and encourages the faithful to participate in receiving the holy communion.

Question:

Is it a more serious sin to receive Communion unworthily than to commit the unconfessed mortal sin?

Answer:

To receive communion unworthily is a form of sacrilege. It would be committing another grievous sin in addition to the mortal sin.

The Catechism of the Catholic Church:

To respond to this invitation we must prepare ourselves for so great and so holy a moment. St. Paul urges us to examine our conscience: "Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment upon himself" (1 Cor 11:27-30). Anyone conscious of a grave sin must receive the sacrament of reconciliation before coming to Communion (1385).

Requisites to Receive Holy Eucharist Worthily

Be in the state of grace. Make a good examination of conscience. If any mortal sins are committed, receive the sacrament of reconciliation before receiving Holy Communion.

Attend the celebration of the Holy Eucharist with devotion and attention.

Observe the one hour fast.

1. Be in the state of grace. Make a good examination of conscience. If any mortal sins are committed, receive the sacrament of reconciliation before receiving Holy Communion.
2. Attend the celebration of the Holy Eucharist with devotion and attention.
3. Observe the one hour fast.

Care should be taken that singers, too, can receive Communion with ease.

In observance of President's Day Monday, February 20, the office will be closed and there is no Eucharistic Adoration.

Ash Wednesday – February 22

The Masses for Ash Wednesday are 8:30 AM and 7:00 PM. Ashes will be distributed at both Masses. It's a day of fast and abstinence.



*Days of abstinence: no meat can be eaten on Ash Wednesday and all Friday's during Lent. This applies to all Catholics 14 and older.

* Days of Fast: Only one full meal is permitted on Ash Wednesday and Good Friday for Catholics between 18 and 59. Two smaller meals are permitted, but the small meals should not equal a second full meal. Drinking coffee, tea and water between meals is allowed. Snacks between meals are not allowed.

Ways to Prepare for Lent

1. Get moving physically

Being made of both body and soul, I'm still inclined to forget how much the body tends to influence the state of my soul. The days when I sit around on the couch for hours, I'm much, much less likely to have the energy to do the right thing. I give less time to my family, I'm less attentive to my husband, and I'm generally depressed about my own state of affairs, which leads to a subtle sense of hopelessness. But on the days when I've taken a walk, or exercised a bit, it couldn't be more different. I'm more cheerful, more hopeful, and have more energy to give to my family. It's the perfect state of mind to try to begin to make changes in my life.

2. Get moving mentally

Feed your mind. Even if you aren't doing spiritual reading, any reading at all might help more than you think. Just reading a whole article, instead of just the headline and then a quick skim, has a way of fostering the habit of following through on what you've started. It helps me learn not to give up easily. And the mind, like any muscle, needs to be used, to stay strong. Using your mind more often can help deepen your understanding of your faith, which is rich beyond measure, and has so much to offer.

(to be continued in next week's bulletin)

Scripture Message February 12, 2022

In the Sermon on the Mount, following the Beatitudes, Jesus reminds us of the ten commandments. Love God and all He created. *"Whoever obeys and teaches these commandments will be called greatest in the kingdom of Heaven."*— Matthew 5:19



Come and spend some time with me **Eucharistic Adoration** **Every Monday 9am-12pm**

This is a personal invitation to you from Jesus. Jesus waits for us in this sacrament of love. If Jesus were actually visible in church, everyone would run to welcome Him, but He remains hidden in the Sacred Host under the appearance of bread, because He is calling us to faith, that we many come to Him in humility.

"The Blessed Sacrament is the 'Living Heart' of each of our churches and it is our very sweet duty to honor and adore the Blessed Host, which our eyes see, the Incarnate Word, whom they cannot see." (Pope Paul VI, Credo of the People of God)

Just as you can't be exposed to the sun without receiving its rays, neither can you come to Jesus exposed in the Blessed Sacrament without receiving the divine rays of His grace, His love, His peace.

National Marriage Week – February 7-14



Every year from February 7-14, National Marriage Week reminds us that marriage is more than a day or a ceremony. A marriage requires dedication and commitment that generates a lifetime of rewards.

The upcoming observances of National Marriage Week (Feb. 7-14) and World Marriage Day (Sunday, Feb. 9) are an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family.

Married Life

Marriage is a vocation to holiness. From their 1st days as husband and wife through their golden years, married couples have the awesome task of witnessing to God's faithful love to each other, their children and society. No couple does this perfectly and everyone needs help when love feels strained and the going gets tough. All marriages can grow in faith, joy and love. Whether you are just starting out in marriage or have 50 years under your belt, the advice, real life stories and Church teachings can help strengthen and bless your marriage.

Jesus then outlines the new moral standards for his disciples



Angry argument splitting a family: The Knot of Vipers by Nobel prize winner Francois Mauriac tells a similar story of an old man who spends the last decades of his marriage sleeping down the hall from his wife. A rift had opened thirty years before over whether the husband showed enough concern when their five-year-old daughter fell ill. Now, neither husband nor wife is willing to take the first step. Every night he waits for her to approach him, but she never appears. Every night she lies awake waiting for him to approach her, and he never appears. Neither will break the cycle that began years before. Neither will forgive.” [Harold H. Bloomfield, M.D., *Making Peace with your Parents*, (Ballantine Books, 1983).] — Shall we say it again? “Stupid! Stupid! Stupid!” But it happens. Do not harbor negative thoughts in your heart. Often healing comes as soon as one party is willing to take the first step. In the gospel Jesus taught how anger can destroy human friendships and relationships. In truth, forgiveness and true reconciliation will lead us to a happy life. But what else could we do to ensure a happy and peaceful life?

Today's reading is a guide to faithful keeping of God's commandment which leads us to live in harmony with each other. The first reading from Sirach, contains the clearest statement in the Old Testament concerning the God-given freedom of the human will and exonerating God from all responsibility for evil in the world. “If you choose, you can keep the commandments . . . before you are life and death, whichever you choose shall be given you.” In the gospel Jesus not only guided his followers how to choose but he further explained the commandments. In fact, his teaching shows us how to go to the root of the commandments about murder, adultery, divorce, taking foolish oaths, retaliation against, and love of, neighbor.

We must be mindful that the Pharisees and scribes who are like morality police of Jesus' time have denounced him for breaking the mosaic laws as well as his association with sinners. In response to his critics he said, “I have not come to abolish the law and the prophets, but to fulfill them.” Thus, he gives more detail on each of the commandments. "Jesus comes across as a hardline preacher of the law in his teaching from the Sermon on the Mount. If we really pay attention to what he said it can make us uncomfortable because he speaks against things that we all do. He condemns anger and resentment against other people, quarreling, uncontrolled sexual desire and disruption of marriages, lying and all the games we play with the truth. All of those are against God's law, he says, and any and all can lead to judgment and condemnation." For instance, Jesus elevated the emotion of anger to the level of murder. And for those who lust he also considered it as "unholy and dehumanizing as adultery." "Jesus then hit the issue of divorce head on. What may sound like gross insensitivity to persons who have gone through divorce, Jesus elevates the importance of marriage, reminding us that leaving a spouse because we found another person better suited for us carries with it great pain and often devastating brokenness." "We can selectively dismiss divorce as a fact of modern life while missing the long-term consequences to children and families when a marriage fails." Finally, Jesus addressed the issue of integrity. You have heard that it was said to those of ancient times, "You shall not swear falsely, but carry out the vows you have made to the Lord." But I say to you, Do not swear at all. Let your word be 'Yes, Yes' or 'No, No'

We really don't want to hear this! We know that these words of Jesus zero in on who we really are, unmasking our pretenses of righteousness and revealing the sinners behind the masks. My experience over these years as a priest is that parishioners are very sensitive when sins become the center of homilies and it can turn some people away from coming to Masses. Some people may ask why will Jesus pick on these details? "But I don't kill people or sleep with other people's spouses or steal from my neighbors, and I speak the truth as accurately as I can. Why does Jesus have to call attention to all those little picky infractions of the rules? Does it really hurt anyone if I get a little heated in an argument with my neighbor, or have a fantasy about a relationship with a coworker?" Well, in his sermon, Jesus wanted to remind us "Sin is a cancer that goes deeper than the actions that other people can see. It infects our hearts and minds, our fears and desires and fantasies that are so embedded in who we are that we may not notice them." The same Jesus who was very hard in his teaching on the sermon will eat with tax collectors and sinners to remind his critics he came to call sinners and save those who are lost. This assures of God's mercy and forgiveness.

His sermon on the mount teaches us that we need to obey God's Law, appreciating its basic principles. Our obedience to the laws must be prompted by our love for God and our gratitude to God for His blessings. We need to forgive, forget, and move toward reconciliation as soon as possible. St. Paul advises us “Be angry (righteous anger) but do not sin” (Eph 4:26). "Let us relax and keep silent when we are angry, wait before acting on our anger, give it time to detoxify and cool off, pray for God's strength for self-control, and give the Holy Spirit time to help us see the event through Jesus' eyes instead of through anger's eyes." We need to be true to God, to ourselves and to others.

– Fr. Abuchi