

Our Lady of Mount Carmel

Sunday, August 6, 2023
Feast of the Transfiguration of the Lord



PARISH STAFF

Father Abuchi F. Nwosu..... Pastor
fatherabuchi@aol.com

Deacon Anthony Barile

Deacon Al Kucinski

Deacon Edward Muller (retired)

Dan Salvatore..... Coordinator of Religious Education

Caroline MazzolaSecretary

Ann JohnsonSecretary

PARISH OFFICE

203 Newton-Swartswood Road • Swartswood, NJ 07860

Hours9:00 am - 1:00 pm

Phone973-383-3566

Fax973-383-3831

Emailmtcarmelswartswood@gmail.com

Web www.olmcswartswood.org

RELIGIOUS EDUCATION OFFICE

Hours9:00 am - 1:00 pm

Phone973-579-2355

Emailolmcccd@gmail.com

KNIGHTS OF COLUMBUS, Council 9920

Robert Worman..... Grand Knight
Worman_R@Yahoo.com

DEACON AL KUCINSKI CONTACT INFORMATION

(973)383-4158 askts@ptd.net

YOUTH MINISTER

Aneesha Begraft mtcarmelyouths@gmail.com

WEEKEND MASSES

Saturday5:00 pm

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

DAILY MASSES

Monday-Saturday..... 8:30 am (except Wednesday)

Wednesday7:00 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, August 5

LV 25:1, 8-17 / MT 14:1-12

8:30 am Richard Fletcher

by Judy Fletcher

5:00 pm Nat Buro

by Cassie Liobe

For Healing & Blessings of Luke Condit

by Mary Ellen Reynolds and Maureen Konecnik

Sunday, August 6 – Feast of the Transfiguration of the Lord

DN 7:9-10 / 13-14 / 2 PT 1:16-19 / MT 17:1-9

7:30 am Deceased Members of the Muller & Weisser Families

by Dcn. Ed & Mary Lou Muller

9:00 am Elizabeth Jane O'Connor

by Parish Staff

11:00 am Anna Lukasiuk

by Knas Family

Monday, August 7

NM 11:4B-15 / MT 14:13-21

8:30 am Seamus McDonnell

by Parish Staff

Tuesday, August 8 – Memorial of Saint Dominick, Priest

NM 12:1-13 / MT 14:22-36

8:30 am Cornelia Shea-Sheppard
Dominick Rondinara

by Parish Staff

by Mary Rondinara

Wednesday, August 9

NM 13:1-2, 25—14:1, 26A-29A, 34-35

7:00 pm John Cadmus

by Kate Cadmus

Thursday, August 10 – Feast of Saint Lawrence

2 COR 9:6-10 / JN 12:24-26

8:30 am Alfred W. Kucinski

by Dempsey Family

Friday, August 11 – Memorial of Saint Clare, Virgin

DT 4:32-40 / MT 16:24-28

8:30 am Jim O'Donovan

by Parish Staff

Saturday, August 12

DT 6:4-13 / MT 17:14-20

8:30 am Mario Mazzola

by Mazzola Family

5:00 pm Alan Rietzel

by Ida Odorizzi

Sunday, August 13

1 KGS 19:9A, 11-13A / ROM 9:1-5 / MT 14:22-33

7:30 am Stephen & Madeline Swiss

by Family

9:00 am Cornelia Shea-Sheppard

by Parish Staff

11:00 am Deceased Members of the Knas Family

by Knas Family

Please Remember To Pray For The Following:



Elsie Allen, Colleen Apter, Ellen Burroughs, Diane Butterly, Ted Cassera, Matt Chapkosky, Stephanie Cuomo, John, Heather Drew, Ryan Earley, Marion F. Ferrari, Ralph Ferrari, Emma

Finnegan, Judy Fletcher, Denise Holloway, Jason, Patricia Johnson, Bruce Konar, Mike Maldonado, Marina, Ellen Mathesen, Susanne Martone, Deacon Ed Muller, Yvette Murphy, Fr. Peter Oddo, Madelyn Patton, Linda Perotti, Don Poling, Teri Remke, Birute Rusinko, George Shammass, Stephanie, Charles Sullivan, Nannette Tabak, Thomas Trogani, Constance Van Hoven, Denis Walls, Monty Weaver, James Welden, Virginia Zaleski

*This Week the
Sanctuary Lamp Burns for
Health & Blessing for
Deacon Tony Barile*



A GOOD STEWARD

July 30 ----- \$2,481.00

Online Giving ----- \$455.00

Catholic Communication Campaign \$596.00

Online Giving ----- \$80.00

Thank you for your generosity!

**Next 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).

**60th Anniversary of Ordination –
Rev. Msgr. Robert Carroll**

Please join us for a Holy Mass on Saturday, August 26th at 5pm. A reception will follow in the Church Hall immediately following Mass. Please call the office to RSVP by August 7th (973) 383-3566.



I am here for you, come and spend some time with me

What is Eucharistic Adoration? Adoration of the Most Holy Eucharist (the Blessed Sacrament) is the process of coming before Christ in His entirety; His Body, Blood, Soul and Divinity (we simply can't see Him) to contemplate His awesomeness and to lovingly adore Him. When we do this, we are in His Real Presence, able to speak with Him in our mind and our heart.

Perpetual Adoration means that Christ, in the Most Holy Eucharist, is available for exposition and adoration ongoing, day and night. We do not have that in our parish.

How is this done? The priest takes a consecrated host and places it in a monstrance (monstrance comes from the Latin "monstrare" to show, to expose, to view). The monstrance is then placed on the altar of the church or chapel for exposition. In chapels where there is a tabernacle (an ornate box which holds consecrated hosts) with doors or shutters for lay people to open and close, no monstrance is needed.

What do we actually do at Adoration? Upon entering the chapel or the Church where the blessed sacrament is exposed, we reverently genuflect or bow before His Presence, for He is our King and our God. We have time alone with Jesus, praising and giving thanks. We may also wish to recite our favorite prayers, read the bible, contemplate acts of faith, hope, charity, offer reparation for grievances against Him, pray a rosary or do whatever type of prayerful devotion that suits us before Our Lord. Or, we can simply sit and say nothing, just savoring His Presence with us. Upon leaving, again reverently genuflect and those with bad knees may bow

Visit Jesus

Our parish adoration is open on Mondays after 8:30am Mass until noon except on holidays.

"I encourage Christians regularly to visit Christ present in the Blessed Sacrament, for we are all called to abide in the presence of God. In contemplation, Christians will perceive ever more profoundly the mystery at the heart of Christian life." Saint John Paul II

"The time you spend with Jesus in the Blessed Sacrament is the best time you will spend on earth. Each

moment that you spend with Jesus will deepen your union with Him and make your soul everlastingly more glorious and beautiful in Heaven, and will help bring about everlasting peace on earth." St. Mother Teresa of Calcutta

Teach young people the value of Eucharistic Adoration.

"I urge priests, religious and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of His presence? Like the young Samuel, by learning the words of the prayer of the heart, they will be closer to the Lord, who will accompany them in their spiritual and human growth. The Eucharistic mystery is in fact the "summit of evangelization" (Lumen Gentium) for it is the most eminent testimony to Christ's resurrection." Saint John Paul II

Registration is now open for the 2023-2024 Religious Education Program. Forms are available on our website or contact Dan Salvatore, our Coordinator of Religious Education (973)579-2355.

Why should your child/grandchild attend? The office of Education, Evangelization & Catechesis of the Archdiocese of Hartford has summed up CCD classes as follows:

On a social level, attending CCD classes help children make friends in an atmosphere of positivity and love. The classes become mini-communities where students can ask questions and discuss their beliefs with like-minded peers. They'll come to understand that they are a part of a much larger congregation that is equally as loving and supportive.

On a higher level, Religious Education jumpstarts young children's connection with God. Kids are generally more receptive than adults, and if a bond with God is established and a Catholic identity is formed early, they are both likely to last a lifetime. Lastly, Religious Ed classes promote the same feelings of well-being, peace, and hope as well as desire for good behavior that you experience when you attend Mass.

***Kindly register your child(ren) as soon as possible for planning purposes.**



The Knights of Columbus are looking for all good Catholic gentlemen. Please consider joining our council and participating in our work.

Please scan our QR code for more information or email Bill at wrnagy@ptd.net. Remember to specify council 9920.



8 Reasons to Go to Mass

"Mass is boring." "I don't get anything out of Mass — why should I go?" "Why can't I just pray alone?" These are common feelings, especially among young people but among many adults as well. How should we respond?

"Do this in memory of me." - Jesus (Luke: 22:19)

"If you really thought about who you are, who God is, and how much thanks you owe Him, you would want to go to Mass. The Mass would become the source and center of your spiritual life."

- James Stenson

These are common feelings, especially among young people but among many adults as well. The great Bishop Fulton J. Sheen, when conducting a retreat for teenagers, once gave a talk on the meaning of the Mass. He said, "If you don't get anything out of Mass, it's because you don't bring the right expectations to it." The Mass is not entertainment, he said. It is worship of the God who made us and saved us. It is an opportunity to praise God and thank Him for all that He has done for us.

If we have a correct understanding of Mass, Bishop Sheen said, it will become more meaningful for us. We will want to go to Mass. We will understand why the Mass is God's precious gift to us, and we wouldn't think of refusing that gift. Here are eight reasons to go to Mass:

1. The Command of God.

The Third of the Ten Commandments given to Moses by God is, "Remember to keep holy the Sabbath day" (Exodus 20:8).

2. The Command of Christ.

Why should we keep the Sabbath holy by going to Mass? The Mass was instituted at the Last Supper by Jesus before his Crucifixion. The Last Supper was the first Mass.

When the hour came, he [Jesus] took his place at the table with the apostles . . . Then he took the bread, blessed it, broke it, and gave it to them, saying, "This is my body, which will be given for you. Do this in memory of me" (Luke 22:14,19).

When we celebrate the Mass, we repeat the Last Supper, as Jesus commanded us to do. In doing this, we remember and re-present his great act of love for us on the Cross — taking our sins upon himself so that we, if we follow his commandments, can live with him forever in heaven. **(to be continued...)**

Feeling excluded at your parish? Join the crowd (Continued from last week) by Sara Perla

Your feelings are valid

Beyond those who exclude themselves intentionally, many people who are part of the Catholic community and look super active and involved do not feel that way. One of the things about being single in my community, made up primarily of families, is that women tend to tell me things that they may not tell other married women or moms. I can tell you with assurance, ladies, that the mom that you are jealous of, whom you think has everything together and is friends with everyone and is the heart of the community (picture her, I'll wait) — she sometimes feels like no one understands her, no one cares about her, and that she doesn't fit in. Really.

I hear from the extroverts, "No one reaches out"; from the introverts, "I'm just not a fun mom"; from the parents at the school, "I feel like none of the other parents want to talk to me at the 3rd grade social"; from the homeschoolers, "I don't feel plugged into the parish"; from the older women, "Everything at the parish revolves around the school children"; from the young moms, "I just don't know how to juggle the little ones and have a conversation at the same time."

The thing is: They are all right. They are all saying something that they have experienced and that they feel deeply. Maybe they have been truly excluded from a conversation, a party or a gathering, or maybe there isn't a program at the school for their child's particular needs, or maybe they feel out of place because they do X or Y. It happens to everyone.

But to each of them — to each of you — I say, "Yes, it is hard. Life is hard. Did you ...?"

Please visit the Don Bosco Knights of Columbus Food Booth at the Sussex County Farm and Horse Show August 4th thru 12th. Little Neck clams, hamburgers, cheeseburgers, hot dogs, chicken tenders, corn on the cob, fries, soda and more. Thank you and May God Bless you and your family.

Walk by Faith Prayer

O my Jesus, I believe in You with all my heart. I believe that You are the Holy One of God, and Your words are the words of eternal life. Even when Your teachings may be challenging, I know it is okay to wrestle with them, for they lead me on the path of true fulfillment.

In this world filled with distractions and voices that might lead me astray, I ask for the grace to hear Your voice clearly above all others. Strengthen my faith, dear Lord, so that I may follow You faithfully and navigate the obstacles of life with confidence.

I choose to walk by faith, for You are the Way, the Truth, and the Life. Let Your light illuminate my journey, and may I find peace and joy in following You, my Lord and Savior. Amen.



Transfiguration and our personal mountaintop experience

You go into the movie theatre, find a seat that's suitable. You find a place for your coat, sit down, and get ready to watch the movie. The house lights dim; the speakers crackle as the dust and scratches on the soundtrack are translated into static, and an image appears on the screen. It is not the film you came to see. It is the preview of coming attractions, a brief glimpse of the highlights of a film opening soon. The moviemakers and theater owners hope the preview will pique your interest enough to make you want to come back and see the whole film. — On the Mount of the Transfiguration, Peter, James and John, the inner circle of Jesus' disciples, were given a preview of coming attractions. Today's Gospel gives us a splendid preview of Jesus radiant with Divine glory shining brilliantly through his mortal nature. This momentary transfiguration was a dazzling preview of Heaven, where His Divinity, unalloyed and perfectly pure, shines in glory like the very sun. This is a sneak preview, in other words, of Jesus' final coming in Glory to take us Home, the triumphant climax of the epic love story between God and humanity.

Some time prior to our Lord's final week in Jerusalem, he invited Peter, James, and John to get away with him to a mountain to pray. During the transfiguration, Matthew's gospel tells us the face of Jesus was shone like the sun. "We can only look safely at the sun during a total eclipse. In some way, the glory of God is eclipsed most of the time in Jesus, but here on the mountaintop, the apostles can no longer look directly at his face." "It is such an overwhelming moment that Peter, unable to gaze for more than a second at the formerly familiar Jesus, begins to babble about setting up tents, tabernacles, for Jesus and for the two venerable figures from history, Moses and Elijah, who represent the Law and the Prophets just as Jesus is the Living Law and Prophets." Even more overwhelming is the voice from the bright cloud, the divine voice whose words, "This is my Son, the Beloved; with him I am well pleased; listen to him!" are so overwhelming that the three apostles fall to the ground, paralyzed with fear. It is only the words of the no-longer-transfigured Jesus, "Get up and do not be afraid," that make it possible for the disciples to raise their eyes. The scene closes with the admonition from Jesus to say nothing about what happened until after his death and resurrection.

In the second reading, St. Peter argues, in his Second Letter to the Church, that the Transfiguration of Jesus Christ at which the voice of God the Father was heard by the three apostles (verses 16-18), and the testimony of the Old Testament prophets (in the Messianic prophecies), are the guarantee of the doctrine of Christ's Second Coming.

In the Transfiguration account in today's Gospel, Jesus is revealed as a glorious figure, superior to Moses and Elijah. The primary purpose of Jesus' Transfiguration was to allow Jesus to consult his Heavenly Father in order to ascertain His plan for His Son's suffering, death and Resurrection. The secondary aim was to make his chosen disciples aware of Jesus' Divine glory, so that they might discard their worldly ambitions and dreams of a conquering political Messiah and might be strengthened in their time of trial. However, according to St. Leo the Great, "the great reason for this transfiguration was to remove the scandal of the cross from the hearts of his disciples, and to prevent the humiliation of his voluntary suffering from disturbing the faith of those who had witnessed the surpassing glory that lay concealed." On the mountain, Jesus is identified by the Heavenly Voice as the Son of God. Thus, the Transfiguration narrative is a Christophany, that is, a manifestation or revelation of Who Jesus really **IS**. Describing Jesus' Transfiguration, the Gospel gives us a glimpse of the Heavenly glory awaiting those who do God's will by putting their trusting Faith in Him.

Where do we go from here? We need these 'mountain-top' experiences in our own lives. We can share experiences like those of Peter, James and John when we spend some extra time in prayer. Perhaps we may also fast. None of us would want to imagine our lives without the occasional retreat to meander along a wooded path far from the city's noise. Work without a periodic off-day or vacation would be slavery, not a career. Married couples need time and space to re-connect those chords of love that so easily get out of tune. Imagine life without music, the arts, the three-day weekend, or a quiet place to relax. So, it is with faith. The changing of bread and wine into the body and blood of Jesus by transubstantiation in the Holy Mass, is the source of our strength. Just as the Transfiguration of Jesus strengthened the Apostles in their time of trial, each Holy Mass should be our source of Heavenly strength against our own temptations and our chief source for the renewal of our lives. In addition, each sacrament we receive transforms us. Communion with Jesus in prayer and especially in the Eucharist should be a source of daily transformation of both our minds and hearts, enabling us to love and serve Jesus in every one of our brothers and sisters with whom we come in contact each day.