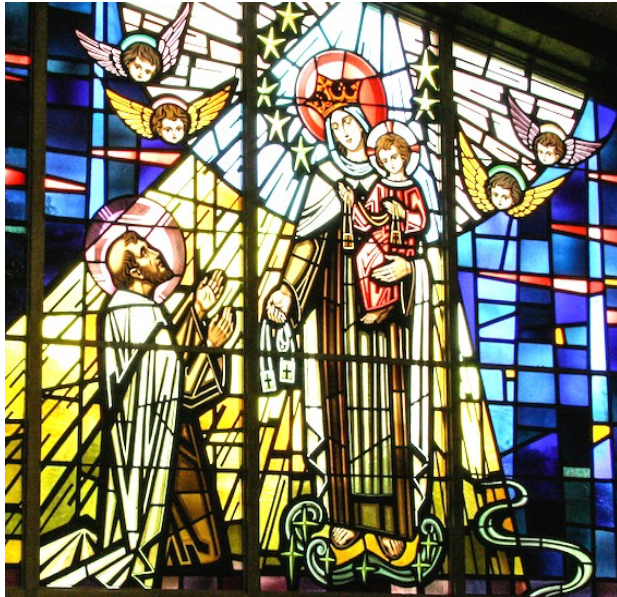


Our Lady of Mount Carmel

Sunday, June 2, 2024

Solemnity of the Most Holy Body and Blood of Christ



PARISH STAFF

Father Abuchi F. Nwosu Pastor
pastor@olmcswartswood.org

Deacon Anthony Barile

Deacon Al Kucinski

Deacon Edward Muller (retired)

Dan Salvatore Coordinator of Religious Education

Caroline Mazzola Secretary

Ann Johnson Secretary

PARISH OFFICE

203 Newton-Swartswood Road • Swartswood, NJ 07860

Hours 9:00 am - 1:00 pm

Phone 973-383-3566

Fax 973-383-3831

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Web www.olmcswartswood.org

RELIGIOUS EDUCATION OFFICE

Hours 9:00 am - 1:00 pm

Phone 973-579-2355

Email ccd@olmcswartswood.org

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

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.

**Saturday, June 1 – Memorial of Saint Justin, Martyr**

Jude 17, 20B-25 / MK 11:27-33

8:30 am All Souls in Purgatory*by Parish Staff***5:00 pm Luke Condit***by Dan & Ronnie Stevens***Sunday, June 2 – The Solemnity of the Most Holy Body and Blood of Christ**

DT 4:32-34, 39-40 / ROM 8:14-17 / MT 28:16-20

7:30 am Deceased Members of the Muller & Weisser Families*by Dcn. Ed & Mary Lou Muller***Joseph Durso***by Brent & Mary Hammell***9:00 am Peter Kucinski***by Dcn. Al & Cathy Kucinski***11:00 am For conversion and healing of body, soul, mind and spirit of Ethan Nelson Maldonado***by Adriana Martinez***Monday, June 3 – Memorial of Saint Charles Lwanga and Companions, Martyrs**

2 PT 1:2-7 / MK 12:1-12

8:30am For the Intentions of Sylvia & John Bera*by Parish Staff***Tuesday, June 4**

2 PT 3:12-15A, 17-18 / MK 12:13-17

8:30 am In Loving Memory of Mary Anna Volkmann*by Ann Briggs***Wednesday, June 5 – Memorial of Saint Boniface, Bishop and Martyr**

2 TM 1:1-3, 6-12 / MK 12:18-27

7:00 pm Richard Fletcher*by Judy Fletcher***Thursday, June 6**

2 TM 2:8-15 / MK 12:28-34

8:30 am Ely Sagun*by La Pieta Prayer Group***Health & Blessings for Danielle Capuzzi***by Lisa Cangelosi***Friday, June 7 – Solemnity of the Most Sacred Heart of Jesus**

HOS 11:1, 3-4, 8C-9 / EPH 3:8-12, 14-19 / JN 19:31-37

8:30 am Health & Blessings for Jean Stewart*by Lisa Cangelosi***Saturday, June 8 – Memorial of the Immaculate Heart of the Blessed Virgin Mary**

2 TM 4:1-8 / LK 2:41-51

8:30 am For God's Healing and Blessings of**Frank Roehrig***by Parish Staff***5:00 pm Mary Ellen Nienstedt***by Cassie Liobe***Sunday, June 9**

GN 3:9-15 / 2 COR 4:13—5:1 / MK 3:20-35

7:30 am Stephen & Madeline Swiss*by Family***Anna Coticelli***by Dr. Theresa Kucinski and Ivan Gonzalez***9:00 am Valerie Derbyshire***by Dcn. Ed & Mary Lou Muller***11:00 am Mary Ellen Nienstedt***by Pat & Lester Zaleski***Please Remember To Pray For The Following:**

Elsie Allen, Colleen Apter, Ellen Burroughs, Fred Burroughs, Diane Butterly, Ted Cassera, Matt Chapkosky, Stephanie Cuomo, John, Heather Drew, Ryan Earley, Baby Erickson, Marion F. Ferrari, Ralph Ferrari, Kerry Fleet, Judy Fletcher, Angelo Furmato, Lucy Furmato, Rebecca Haze Kemp, Denise Holloway, Jason, Robert Jardine, Jere Johnson, Patricia Johnson, Bruce Konar, Michael Lord, Mike Maldonado, Ellen Mathesen, Susanne Martone, Deacon Ed Muller, Yvette Murphy, Fr. Peter Oddo, Madelyn Patton, Zach Polak, Birute Rusinko, George Shammas, Saige, Stephanie, Andrew Sorce, Aleksandr Stolyarov, Charles Sullivan, Nannette Tabak, Thomas Trogani, Constance Van Hoven, James Welden, Virginia Zaleski



***This Week the Sanctuary Lamp
Burns for
Mary Ellen Nienstedt***

A GOOD STEWARD

May 26 ----- \$2,700.00

Online ----- \$350.00

Peter's Pence ----- \$511.00

Online ----- \$100.00

****Next week's second 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)

Preparing to Receive Our Lord in the Eucharist

We can start preparing to receive the Eucharist before we step into Mass by dressing neatly and modestly. When we dress modestly, it demonstrates to our Lord that we desire to show reverence toward Him. The Mass is a banquet where Heaven meets Earth, with God present at all times. Why would you dress immodestly in front of our Lord at His banquet?

Before 1957, it was required by the Church that Catholics fast from midnight before receiving Holy Communion. Pope Pius XII changed the fasting laws to abstaining for three hours from food, but water was acceptable to drink. Paul VI, in 1964, declared that we needed to abstain for only one hour. Thus, before we receive Communion, we need to abstain from food for one hour at the very least. If we are able to abstain for three hours or even from midnight, we should attempt to do so. Of course, those who are ill or in danger of death are exempt from this fast.

Before we receive Christ, we must examine our conscience and ask ourselves if we are free of mortal sin. If we have mortal sin on our soul, then we cannot receive Communion, for it is a sin to receive Him in that state. We can receive Him only in the state of grace. Venial sin does not prevent us from receiving the Eucharist, but it does prevent us from receiving more of the graces that we receive from Communion.

St. Paul says in 1 Cor. 11:27-28 that we should not receive in an unworthy way: "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." As St. Paul says, to receive the bread of our Lord in the state of mortal sin defiles the Eucharist. He says we must examine ourselves before we receive Christ, making sure our souls are clean, so we do not commit this offense. Thus, we must receive Holy Communion worthily by being in the state of grace.

When we receive the Eucharist, we should spend time praying and meditate on Christ's sacrifice and the beauty of the Eucharist. We can spend that time thanking the Lord, asking Him for blessings or help in being able to love and obey Him more, or simply adoring Him.

Shop Rite and Weis Gift Cards are available to purchase in the Church office and after all weekend Masses.

CORPUS CHRISTI FOOD DRIVE – THIS WEEKEND

Due to the unprecedented requests from the local poor, Bishop Sweeney has authorized a Diocesan-wide food collection in all parishes on the



Feast of Corpus Christi, Saturday/Sunday, June 1st – June 2nd. Our parish is being asked to provide canned carrots, peas, mixed vegetables and paper towels.

Monetary donations will also be accepted and can be made online at www.ccpaterson.org/corpus.

This is a reminder to be prepared on that day to help address the needs of the poor in our Diocesan Community. Kindly drop off donations in the Church Hall.

Thank you for your continued support of Catholic Charities and our brothers and sisters in need.

We are the **Knights of Columbus**, the largest men's Catholic Fraternal organization in the world, founded on the principals of Charity, Unity, Fraternity and Patriotism.



We meet every 1st Tuesday of the month in Biesiada Hall at 7:00pm. We welcome all practical Catholic gentlemen of the parish, over the age of 18, to join us and help in our charitable works.

You may also scan our QR code for more information, or email Bill at wrnagy@ptd.net. Specify council 9920 if joining online. God Bless.



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.

Knights of Columbus Council 9920**Announcement**

The Knights of Columbus, Our Lady of Mt. Carmel Council # 9920 will once again award a tuition and/or supplies assistance memorial Scholarship award to a member of Our Lady of Mt. Carmel Parish for the academic year 2023-2024, in memory of Brother Knight, SK Joseph A. Lacovara.

Applications are available on the table at the front of the church. Please read the instructions carefully and return the application by Saturday July 27, 5PM. If there are any questions, please ask one of the Knights, or email Bill Nagy at wrnagy@ptd.net. God Bless,
Council 9920

**SACRAMENTAL NEEDS**

Ministry to the Sick: Please call the parish office for a priest visit to the physically handicapped, aged, hospitalized, sick and shut in.

Sacrament of Reconciliation: The Sacrament of Reconciliation is celebrated individually every Saturday afternoon at 4:15pm or by individual appointment with Fr. Abuchi at any time.

Baptisms: Parents may contact the parish before or after their child's birth. The Sacrament of Baptism is celebrated every Sunday at the 11 am Mass or after. We also accommodate other days. You will be invited to attend a Pre-Baptismal session either before or after the birth of your child.

Sacramental Marriage ~ The couple should contact the office several months before the desired date for the marriage to insure proper preparation for this Sacrament. Those who are civilly married may also contact the priest to help them convalidate their marriage in the Church.

Assumption College for Sisters, Denville, NJ, is seeking instructors: ESL 103 Introductory Reading (3 credits) and Anatomy and Physiology (4 credits) for the Fall of 2024. Contact Sister Teresa Bruno, academic dean, at academicdean@acs350.org.

WWW.ACS350.ORG

Parish Membership: Our Parish family invites all of its members to participate fully in our spiritual and social life. Every family moving into the parish is requested to register. If you move to another parish, or change your address, please notify us.

Catholic in Recovery – You are not alone

HAS your faith walk with Jesus been impaired due to your or others behavior, compulsion, or addiction? Do you have trouble letting go of vices that keep you from focusing on God?

CATHOLIC in RECOVERY is a 12-step recovery program about addressing these issues which allows you to focus on and hear God's voice and to follow. We welcome all Catholics who are interested in recovery from addiction and deepening their relationship with Jesus Christ and the Catholic Church.

MEETINGS – Sparta - Our Lady of the Lake

294 Sparta Ave - Saturdays 7:30am-8:30am and Thursdays 6:30 - 7:30pm-pm (starting June 6, 2024)

Branchville - Our Lady Queen of Peace

209 Rt 206 South - Mondays 6:30pm-7:30pm

Don't take Summer vacation from God

Summer is almost here. Of course, it is a great time. There are vacation plans, Sunday brunch, holidays, family reunions, and trips to the lake, beach or mountains. It's summer and everyone gets to play. Kids are off from school and sleep in, you read your summer novel, you meet friends for dinner, and it feels like everyone can breathe a sigh of relief from routine and busy schedules.

It's tempting to schedule weekend getaways and forget about church. But Church doors will always be open and there is daily Masses and Sunday Masses. People will say it doesn't hurt to miss a week or two. And while weekly Mass attendance doesn't make you holy, or earn you points with God, it is our best hope for growth in grace. And it does draw you closer to God. What's the purpose of vacation if not to reconnect with family? What's the purpose of summer activity if not to connect with friends and loved ones? And our relationship with God is no different. Use the blessing of slower schedules, beautiful weather and longer days to nurture your relationship with God too. Summer offers us so many opportunities to grow in our faith. If you take advantage of it, you may just find you have a better summer than you ever imagined you would!

We wouldn't expect our bodies to stay healthy if we binged on sugar or never exercised. We can't expect our souls to stay healthy either when we don't feed our spirits the Word of God and experience Him in Eucharistic celebration. As you enjoy your Summer break, please make some time and join us to pray together at weekday Masses and Sunday Masses.



By frequent attendance to Mass-the Eucharistic celebration we express our gratitude for His blessings and favors in our lives.

Dominic Tang, the archbishop of Canton was imprisoned in China for 22 years, from the 5th of February 1958 to 9th June 1980, for his faith and loyalty to the Church and papacy. Of these 22 years of imprisonment, 7 years were in solitary confinement. His solitary confinement cell was not large enough to stand up nor to lie down and stretch your legs fully. And so, he prayed the Rosary all the time with his fingers. One day, Archbishop Tang was surprised with the news that he could leave his solitary confinement cell for a few hours to do whatever he wanted. His persecutors wondered what he would ask for: A hot shower? A change of clothes? A long walk outside? A chance to call or write to family? What would it be? Archbishop Tang responded without hesitation, as he must have been longing of this every day of his 22 years of imprisonment. He says, "I would like to say Mass!" One other similar story is the Vietnamese Jesuit, Joseph Nguyen-Cong Doan, who spent nine years in labor camps in Vietnam, relates how he was finally able to say Mass when a fellow priest-prisoner shared some of his own smuggled supplies. "That night, when the other prisoners were asleep, lying on the floor of my cell, I celebrated Mass with tears of joy. My altar was my blanket, my prison clothes, my vestments. But I felt myself at the heart of humanity and of the whole of creation." Both stories point to the value and the importance of Eucharist to these men of God. So, on this Solemnity of the Most Holy Body and Blood of Jesus, may we again appreciate our freedom and accessibility of Eucharist in our lives which we may often take for granted.

The readings on this Solemnity highlight the importance of Eucharist. The emphasis is on the theme of Covenant blood. For instance, in the first reading from the book of Deuteronomy, Moses spoke to the people about their exodus from Egypt and from slavery. By sprinkling of the blood of the animal, their homes were differentiated from the homes of the Egyptians which consequently led to Angel's "Passover" and execution of the first male born of Egyptians. The Israelites made a covenant with God. In thanksgiving for God's delivery, they must honor this covenant and celebrate this Passover every year. In the second reading, St. Paul affirms that Jesus sealed the New Covenant with his own Blood, thereby putting an end to animal sacrifices. Today's Gospel highlighted how Jesus converted this ancient ritual of Passover celebration into a Sacrament and sacrifice. Thus, instead of the lamb's blood, Jesus offered his own Divine/human Body and Blood, and instead of sprinkling us with blood, Jesus changed the Passover and instituted at the last supper the new pattern to be followed. That is the celebration of the Eucharist. At the last supper: "After taking the cup, he gave thanks and said, "Take this and divide it among you. For I tell you I will not drink again of the fruit of the vine until the Kingdom of God comes. And he took bread, gave thanks and broke it, and gave it to them, saying, this is my body given for you; do this in remembrance of me. In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you" (Luke 22: 17-20).

In today's gospel from John, Jesus details the importance of Eucharist to his audience, "I am the bread of life...Whoever eats my flesh and drinks my blood remains in me and I him...whoever eats my flesh and drinks my blood has eternal life and I will raise him up on the last day." So, our belief in this Real Presence of Jesus in the Holy Eucharist derives from the literal interpretation of the promise of Christ to give us his Body and Blood for our spiritual food and drink (John 6: 51-58). The theologians explain the Real Presence of Christ in the Eucharist by a process called transubstantiation: the entire substance of bread and wine is changed into the entire substance of the risen and glorified Body and Blood of Christ, retaining only the "accidents" (taste, color, shape) of bread and wine.

Brothers and sisters, on this Solemnity, may we remember the value of attending Mass and receiving communion. Therefore, let us appreciate the "Real Presence" of Jesus in the Holy Eucharist, by receiving Him with due preparation and reverence. By receiving Holy Communion, we become Christ-bearers. Consequently, we take Christ into our family, in our towns and streets, in the workplace, and everywhere. By coming to Eucharistic celebration frequently, we express our gratitude for His blessings and favors in our lives. By receiving Christ in the Eucharist, we take him to our world, we carry his message and become a beacon of hope to the failing world, a beacon of love, mercy, peace, forgiveness, self-giving, sacrificial service. — **Fr. Abuchi**