

Catholic Schools

The beginning of wisdom is fear of the Lord,
and knowledge of the Holy One is understanding.

Proverbs 9:10

January 31, 2021 Fourth Sunday in Ordinary Time

Welcome to ...

*Our Lady of
Mount Carmel
Parish*



800 Avila Court
Pittsburgh, PA 15237
www.MountCarmelPgh.org

Our Lady of Mount Carmel Parish (412) 367-9001

St. Athanasius Church
7 Chalfonte Ave. West View, PA 15229

Incarnation of the Lord Church
4071 Franklin Rd. Pittsburgh, PA 15214

Holy Cross Academy (412) 364-7171
307 Siebert Rd. Pittsburgh, PA 15237

St. Sebastian Church
311 Siebert Rd. Pittsburgh, PA 15237

St. Teresa of Avila Church
1000 Avila Court Pittsburgh, PA 15237

Education & Community Center (412) 931-6633
2 Wentworth Ave. Pittsburgh, PA 15229



Fr. John R. Rushofsky
Pastor

jrushofsky@mountcarmelpgh.org
412-367.9001

Pastor's Perspective

THE BIG MOVE



IN OTHER NEWS: You As you can see from the above pictures, **our move to our new Parish Center** on January 19 & 20 went smoothly, although we are still settling in and getting things organized. We were all surprised at how complex the process was, especially considering the relocation of phones, computers, files, etc. Meanwhile, when all is more or less in order—and perhaps some pandemic restrictions are lightened—we hope to have a kind of **grand opening**, with a blessing serving, tours, and a light reception. We'll see what we can work out....Stay tuned for more news....

SOMETHING TO THINK ABOUT:

“You can't go back and change the beginning, but you can start where you are and change the ending.”

- C. S. Lewis

Our Lady of Mount Carmel Parish

Our New Parish Center is Now Open

Since opening the new Our Lady of Mount Carmel Parish Center last week, we've received a number of questions from parishioners about it. In this article, we answer some of them. An expanded version of these FAQs is also posted at www.mountcarmelpgh.org.

Where is the new Parish Center?

The new Our Lady of Mount Carmel Parish Center is located in the former St. Teresa of Avila School building at 800 Avila Court, directly across the parking lot from St. Teresa of Avila Church.

How do I contact the Parish?

The main parish phone number is 412.367.9001.

Where do I enter the Parish Center?

The main entrance is the same as when it was the school. It's on the side of the building that doesn't face the church and is parallel to Perry Highway. There is ample parking around the Parish Center as well. When you do visit the Parish Center, *please wear a mask*. You will not be admitted without one.

When you enter the building, you will be greeted by Julie Stiehler, whose office includes the reception desk and window. She will receive you and contact the priest, deacon or staff member you are there to meet, to let them know you've arrived.

What is the purpose of the Parish Center?

The Parish Center serves as a central location, or "official headquarters," for Our Lady of Mount Carmel Parish. All parish clergy and employees maintain their offices there. The Parish Center accommodates all staff, who now maintain offices in the building.

In addition, the Parish Center offers meeting rooms, a reception area and other spaces that allow us to perform our work and parish functions comfortably and efficiently.

Continued on next page

READINGS / Fourth Sunday in Ordinary Time

First Reading: *Deuteronomy 18:15-20*
Moses tells the people that God will raise up for them a new prophet.

Second Reading: *1 Corinthians 7:32-35*
Paul expresses his concern that those who are married are more likely to face the distractions of earthly life than those who are celibate.

Gospel Reading: *Mark 1:21-28*

Jesus heals a man with an unclean spirit and his fame spreads throughout Galilee.



Our Lady of Mount Carmel Parish

New Parish Center Now Open

Continued from previous page

Will our clergy and office staff remain in the rectories and offices at the parish churches following the move into the Parish Center?

Our parish priests will continue to live in the rectories at OLMC churches. All parish clergy and staff will maintain offices at the parish center. Resident and retired priests who live in the parish, but are not active as parish clergy, will continue to live in the rectories as well. When you have a meeting with a priest, you will meet with him at the Parish Center.



Will Masses continue to be offered at all the parish churches?

Yes, Our Lady of Mount Carmel is an active, vibrant and growing parish comprising four churches that serves the spiritual needs of its parishioners. While we are now unified as a single, unique parish, all of our churches (St. Sebastian, St. Athanasius, St. Teresa of Avila, and Incarnation of Our Lord) continue to offer daily and weekly Masses and Confessions as per the ongoing schedule that can be accessed at www.mountcarmelpgh.org.

Will parish organizations now meet at the Parish Center?

Yes, but not until there is some resolution of the continuing COVID-19 situation. Since the pandemic began last spring and

summer, most parish organizations have been meeting via such online meeting platforms as Zoom. Most continue to do this, as it's the safest way for groups and teams of people to interact. This arrangement will continue until it is deemed safe to do otherwise in accordance with State, County and Diocesan guidelines.

In addition, the in-person meetings that take place among parish staff are conducted in accordance with those same guidelines. Protective masks are worn in the offices and such measures as so-

cial distancing continue to be taken out of an abundance of caution.

Is St. Teresa of Avila School no longer open/active?

The former St. Teresa of Avila and St. Sebastian schools have been merged into Holy Cross Academy, a regional school that is part of the North Hills Regional School District. Holy Cross Academy is located on the St. Sebastian Church footprint.

How can I send mail to the new Parish Center?

The mailing address is:
Our Lady of Mount Carmel Parish
800 Avila Court
Pittsburgh, PA 15237.

Our Lady of Mount Carmel Parish



Subscribe to Our Weekly *Flocknote*

Every Friday, Our Lady of Mount Carmel Parish publishes *Flocknote*, a free newsletter filled with information that keeps parishioners up to date regarding news, events, programs, and more taking place in our parish.

To subscribe, go to www.mountcarmelpgh.org, click on the Flocknote link, complete the brief form, and press the button.

Men's Retreats Planned for February 5–7 and 19–21

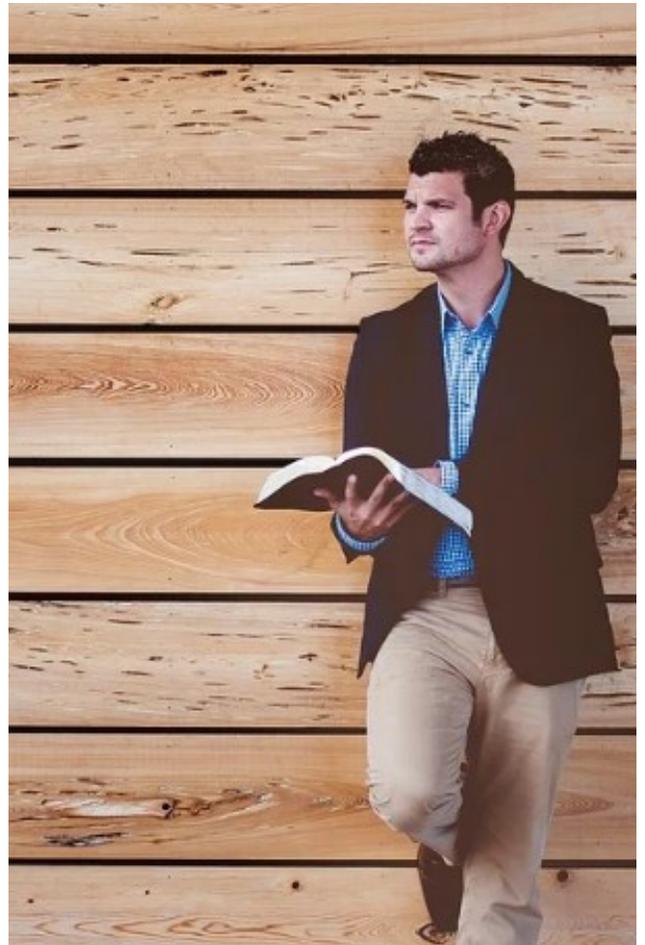
The men of Our Lady of Mount Carmel Parish are invited to take part in our parish's annual Men's Retreat at St. Paul of the Cross Retreat Center on the South Side. This season's retreat theme is *Hope Does Not Disappoint (Romans 5:5) – Finding Hope in an Imperfect World*.

In response to COVID-19 guidelines, each retreat will accommodate a maximum of 35 retreatants. Retreat dates are:

- Next Friday, February 5–Sunday, February 7
- Friday, February 19–Sunday, February 21

The suggested offering for the Saturday retreat day is \$125/person, which includes lunch and dinner. The stipend for weekend retreats is \$250/person, which covers the retreat center's actual costs.

To register, call the Retreat Center at 412-381-7676.





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Gathering Hymn: **Blest Be the Lord**

REFRAIN: Blest be the Lord; blest be the Lord, the God of mercy, the God who saves.
I shall not fear the dark of night, nor the arrow that flies by day.

1. He will release me from the nets of all my foes.
He will protect me from their wicked hands.
Beneath the shadow of his wings I will rejoice
To find a dwelling place secure. (Refrain)
2. I need not shrink before the terrors of the night,
Nor stand alone before the light of day.
No harm shall come to me, no arrow strike me down,
No evil settle in my heart. (Refrain)

Text: Based on Psalm 91. Text and music © 1976, OCP. All rights reserved.

Responsorial Psalm: **If Today You Hear God's Voice**

REFRAIN: If today you hear God's voice, harden not your hearts.
If today you hear God's voice, harden not your hearts.

1. Come, ring out our joy to the Lord, hail the rock who saves us,
Let us come now before our God, with songs let us hail the Lord. (Refrain)
2. Come, let us bow and bend low, let us kneel before God who made us,
For here is our God, we the people, the flock that is led by God's hand. (Refrain)
3. O that today you would hear God's voice, "Harden not your hearts,
As on that day in the desert when your parents put me to the test." (Refrain)

Text: Psalm 95: 1-2, 6-7, 8-9; Music: © 1983, 1994. GIA Publications, Inc.

Preparation of the Altar: **In Christ Alone**

1. In Christ alone my hope is found, he is my light, my strength, my song.
This cornerstone, this solid ground, firm through the fiercest drought and storm.
What heights of love, what depths of peace, when fears are stilled, when strivings cease.
My comforter, my all in all, here in the love of Christ I stand.
2. No guilt in life, no fear in death, this is the pow'r of Christ in me;
From life's first cry to final breath, Jesus commands my destiny.
No pow'r of hell, no scheme of man, can ever pluck me from his hand;
Till he returns or call me home, here in the pow'r of Christ I'll stand.

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Distribution of Holy Communion: Look Beyond

REFRAIN: Look beyond the bread you eat; see your Savior and your Lord.
Look beyond the cup you drink; see his love poured out as blood.

1. Give us a sign that we might believe in you.
Moses brought us manna from the sky. (Refrain)
2. I am the bread which from the heavens came;
Those who eat this bread will never die. (Refrain)
3. The bread I give you will be my very flesh;
My blood will truly be your drink. (Refrain)
4. This man speaks harshly; who can listen to his word?
We shall no longer follow him. (Refrain)
5. You, my disciples, will you also leave?
Lord, to whom shall we go? (Refrain)

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Distribution of Holy Communion 2: 10,000 Reasons/Bless the Lord

REFRAIN: Bless the Lord, O my soul, O my soul; worship his holy name.
Sing like never before, O my soul; I'll worship your holy name.

1. The sun comes up, it's a new day dawning, it's time to sing your song again.
Whatever may pass and whatever lies before me, Let me be singing when the evening comes.
(Refrain)
2. You're rich in love and you're slow to anger. Your name is great and your heart is kind.
For all your goodness I will keep on singing: Ten thousand reasons for my heart to find.
(Refrain)
3. And on that day, when my strength is failing, the end draws near and my time has come;
Still my soul will sing your praise unending: Ten thousand years and then forevermore.
(Refrain)

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Sending Forth: Healing River of the Spirit

1. Healing river of the Spirit, bathe the wounds that living brings.
Plunge our pain, our sin, our sadness deep beneath your sacred springs.
Weary from the restless searching that has lured us from your side,
We discover in your presence peace the world cannot provide.
2. Wellspring of the healing Spirit, stream that flows to bring release,
As we gain our selves, our senses, may our lives reflect your peace.
Grateful for the flood that heals us, may your Church enact your grace.
As we meet both friend and stranger, may we see our Savior's face.

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Mass Intentions



Date	Time	Location	Intention	Requested By
Monday February 1 <i>Weekday</i>	8:30 AM	St. Athanasius	Robert Benna †	Pat Benna
	12 PM	St. Sebastian	Living & Deceased Residents of Ross Hill	Elizabeth Krisinsky
Tuesday February 2 The Presentation of the Lord	8:30 AM	St. Athanasius	Patricia George Harper †	Sr. Joan Harper
	12 PM	St. Sebastian	Marie Dougherty †	Kristen & Michael Dougherty
Wednesday February 3 <i>Weekday/St. Blaise, Bishop and Martyr; St. Ansgar, Bishop</i>	8:30 AM	St. Athanasius	David Wieszorek †	Wife: Loretta
	12 PM	St. Sebastian	Deceased of Wittig Family †	Ron & Flo Wittig
Thursday February 4 <i>Weekday</i>	8:30 AM	St. Athanasius	Carol Galford †	Bell Family
	12 PM	St. Sebastian	Charles & Richard Loch †	Lois Loch
Friday February 5 <i>St. Agatha, Virgin and Martyr</i>	8:30 AM	St. Athanasius	David Chieffe †	Dolores Chieffe
	12 PM	St. Sebastian	Father Bob Coyne †	Lindsay Quigley
Saturday February 6 <i>St. Paul Miki and Companions, Martyrs</i>	11 AM	St. Athanasius	Confessions	
	4 PM Vigil Mass	St. Teresa of Avila	Betty Ann & Thomas William Sibenik †	Thomas Sibenik
	5 PM Vigil Mass	St. Athanasius	Frank Sciotto †	Nicholas Sciotto & Children
	6 PM Vigil Mass	St. Sebastian	Mary Ann Pavlic †	St. Sebastian Women's Retreat Group
Sunday February 7 Fifth Sunday in Ordinary Time	8 AM	Incarnation of the Lord	Alyce Kaminski †	Carolyn & Jim Roth
	9 AM	St. Athanasius	For the People of Our Lady of Mount Carmel Parish	
	10 AM	St. Sebastian	Millie Colose †	Eileen & Joe Chnupa
	11 AM	St. Teresa of Avila	Dorothy McAllonis †	Delores Golembiewski



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Mary Jo Robbins

Fratelli Tutti

Pope Francis' encyclical on fraternal and social friendship addresses many social concerns of our day. Using the parable of the Good Samaritan we are encouraged to consider just which character we might be in the story. We most likely have been each character at different times. We all have moments of feeling wounded and abandoned. Sometimes we suffer from indifference, seeing a need but not being able or knowing how to do anything to help—so we do nothing. Other times our anger or selfishness hurts others deeply. And sometimes, we are able to find the strength to do the right thing without concern for personal inconvenience or cost.

So, who is our neighbor? A good way to begin to answer a question sometimes is to ask the opposite question: Who is *not* my neighbor? Who would we not stop to help alongside the road? Those are challenging questions that require deep reflection and honesty with ourselves. Ouch, that is not easy to do.

Lent begins in just over two weeks. Maybe this can be a source of inspiration for our Lenten journey this year. For more information or to read the encyclical visit the Vatican website: humandevlopment.va

Food Pantry Needs: Dishwashing soap, detergent, juice, and Progresso soup. *We especially need paper products.* We have set out two food collection bins outside of Haber Hall at the St. Sebastian site. You can also drop off donations in the narthex at St. Athanasius Church when it is open, or leave in the bin outside of Athanasian Hall. Thank you!

Just a Reminder: Privacy laws prohibit the sharing of information between hospitals, nursing homes, rehab centers, and the church. We cannot call a personal care home and ask for a list of Our Lady of Mount Carmel parishioners—they, by law, cannot give us that information. Sr. Pat Mahoney, Associate Social Minister, maintains information about our homebound, and parishioners in nursing and personal care homes. Visits are not permitted during the pandemic, but we are continuing outreach through calls and cards. Should you have updated information to share, please contact Sr. Pat at 412-364-8999 ext 8624 or email pmahoney@mountcarmelpgh.org.

Grief Support: Anchorpoint Counseling Ministry has reopened two of their bereavement support programs. On the 1st and 3rd Tuesday of the month they offer a program at Saints John and Paul Church in Wexford from 7:00-8:30pm. On the 2nd and 4th Wednesday of the month they offer a program at their McKnight Park Drive office from 1:00-2:30pm. This is the time of our previous group here at OLMC St. Sebastian site. We are unable to host due to social distancing requirements and the small size of our meeting space. Both programs are led by Jay Sperling, certified grief counselor and are at no cost. Please call Anchorpoint for more information at 412-366-1300.



Ted Rybka



Fourth Sunday in Ordinary Time

Moses promised the Chosen People that God would raise up a prophet among them who would speak God's words. Saint Paul was called by God to preach to the Gentiles. Jesus spoke words with the power to drive out unclean spirits, astonishing the people in the synagogue with his authority. May we hear God's voice still speaking to us today and harden not our hearts.

Music Ministry Fundraisers

As you may already know, the pandemic has not stopped the progress we are making within our new parish community, particularly as we continue with two of our three organ projects. One of the things the pandemic has changed is the way we hold our fundraisers which are absolutely necessary in order for us to continue these improvements.

I sincerely thank you for your support of our recent virtual Cash Bash. I hope you were able to watch the program when it was on our website. It was different than what we are used to but it captured the spirit of OLMC Music Ministry and we received lots of positive feedback from our parishioners. So many folks generously supported this fundraiser and helped us realize a profit of \$9,370.80 after expenses.

You may not realize it, but we have lost five different fundraisers so far since March 2020, including the Food Truck Festival, Craft & Vendor Spectacular, and three concerts in our Caritas Concert Series. We stand to lose at least three more over the next several months. Losing eight major fundraisers is a real struggle, even when choirs and groups are temporarily on break, because departmental needs don't ever change. Just having five organs and sixteen pianos and keyboards can be enough to break the bank.

In order to help us keep things moving, I would like to announce our newest fundraiser, the 300 Club. This fundraising event is easy to participate in during a time when many folks are in their homes. There's really no work to it, and the odds of winning something at least once are excellent, although the odds of winning something multiple times are very good, too. This is a year long raffle with 62 different drawings, one every week, plus some special event drawings, with cash prizes totaling \$10,000. Tickets cost \$100 each and can be purchased on the parish website. One ticket holder will be entered in all 62 drawings and can win multiple times. We are only selling 300 tickets for this fundraiser. Order forms are available in any of the narthexes or the new parish center, or on our parish website. Please consider participating in this new fundraising project if you are able. Thanks so much for your unwavering support of our parish music ministry!



Deacon Bob Koslosky

Faith Formation



Fourth Sunday in Ordinary Time ~ Jesus has power over evil.

Breaking Open the Word: Mark 1:21-28

He has authority over all creation. The Gospels reveal Jesus to be the true prophet, the one who not only brings the word of God but who is the **Word of God**. In the first chapter of the Gospel of Mark, there are several stories illustrating Jesus' authority. Today's passage tells of Jesus casting out a demon. The people are amazed because the demon obeys Jesus.

Listen to the Word:

Today's Gospel gives witness to shouting demons. Are there any words or phrases which strike you? Is there anything in this Gospel that resonates with your heart?

Look into Your Life:

Children: Name one bad/mean thing that you can ask Jesus to take away from world.

Youth: Jesus was able to free the man from the unclean spirit within him. Is there something you hope Jesus will free you from? What is happening in the world that needs Jesus' help?

Adults: What are the evils in today's world that you pray God will free us from?

Incarnate the Word: Choose one of the following activities to further reflect on the Sunday readings: Watch the news together with your family. Talk about evils in today's world that you want Jesus to heal. Remind family members that Jesus has power over evil... Jesus' words have authority and power. Put your Bible in a special place in the home where people can see it and where family members can read it.



Rites of the Initiation Process

- Rite of Acceptance into the Order of Catechumens
 - For unbaptized inquirers
 - Occurs after discernment by team, pastor and inquirer as to readiness to explore deeper into faith
 - Now called catechumens
- Rite of Welcoming
 - For baptized inquirers
 - Occurs after discernment by team, pastor and inquirer as to readiness to explore deeper into faith
 - Now called candidates

On the **Feast of the Baptism of the Lord**—Saturday, January 9, 2021 **Our Lady of Mount Carmel** formally accepted and welcomed our **Rite of Christian Initiation of Adults & Children** participants who will be baptized, confirmed and invited to the table of the Lord. As a community of faith we are blessed with 3 catechumens and 2 candidates: our **catechumens—Mya Rubel, Natalie Romo, Hannah Baumwell,** and our **candidates—Linda Porco and Ariana Nelson.**

World Marriage Day observances is Sunday, February 14, 2021! World Marriage Day is an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family. The theme for 2021 is

"To Have, To Hold, To Honor"





Holy Cross Academy

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4:00PM - 7:00PM**

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- Pick up in front of Holy Cross Academy - 307 Siebert Road, Pgh PA 15237
- Pre-order using the link <https://tinyurl.com/HCApastadinner> or drive up the night of
- Cash Only!

Giving Wall

Please visit the Giving Wall in the back of church and take an envelope. Our goal is to fill all 200 envelopes and raise over \$20,000 for the school! Put the amount of money in that equals the number you took and return to school in the self-addressed envelope provided inside. (For example: if you take envelope #23, you are pledging to donate \$23 to Holy Cross Academy and will send \$23 to the school; If you take envelope #113, you are pledging to donate \$113 and will send \$113 to Holy Cross Academy.)

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