



February 5, 2023 Fifth Sunday in Ordinary Time

*Our Lady of
Mount Carmel
Parish*



Welcome!

No matter your past or present status in the Catholic Church . . . Your current family or marital status . . .
Your past or current religious affiliation . . . Your personal history, age, background, ethnicity . . .
You are invited, accepted and most welcomed at Our Lady of Mount Carmel Parish.
May all who walk through our door know that God loves them.

Our Lady of Mount Carmel Parish Center

800 Avila Court, Pittsburgh, PA 15237 | Phone: 412-367-9001 | Fax: 412-366-8415
Office Hours: Monday-Friday, 9:00 a.m.-5:00 p.m.
www.mountcarmelpgh.org

Saint Athanasius Church

7 Chalfonte Avenue, West View, PA 15229

Incarnation of the Lord Church

4071 Franklin Road, Pittsburgh, PA 15214

Holy Cross Academy

307 Siebert Road, Pittsburgh, PA 15237
412-364-7171

Saint Sebastian Church

311 Siebert Road, Pittsburgh, PA 15237

Saint Teresa of Avila Church

1000 Avila Court, Pittsburgh, PA 15237

Community Center

7 Chalfonte Avenue, Pittsburgh, PA 15229
412-585-5575



Pastor's Perspective

Reverend John R. Rushofsky
Pastor

412-367-9001
jrushofsky@mountcarmelpgh.org

MAINTENANCE AND KNEELERS

It is evident that our **Incarnation of the Lord Church** is having some maintenance issues. We are very much aware of these matters and are in the process of addressing them, but this takes time when we need to get estimates, or hang on for parts that are sitting in a harbor somewhere, or are waiting on a vendor who is struggling with employee shortages. Unfortunately, we are dealing with all of the above.

So here's what's coming up: stretching wrinkled carpeting if possible—if not, then replacing it; fixing and painting damaged inside walls, once outside walls are in shape; having restrooms on the main floor; attending to radiators so as not to continue causing boiler problems; addressing some recent wiring and lighting issues, and other things as well.

All of our buildings are aging, and a few have been neglected for so long that it's **taking us a while to catch up**. We thank you for your patience.

* * * * *

A couple weeks ago I wrote here that we are replacing the **painful kneelers** in Saint Sebastian Church at an **unbudgeted cost of \$19,510**. Within the next few days I received **two offers of financial assistance**, one of which was a generous gift of \$5,000 from a donor who wishes to remain anonymous but who has a strong devotion to Saint Joseph. Thank you, generous donor!

Anyone who wishes to contribute to this worthwhile project can let me know, and don't worry: there is **no need to match the above donor**. Any amount is welcome!

When we consider the beating the kneelers take, we're not surprised that they can wear out over years of punishment, but we also know that **our poor knees need tender loving care** if they become problematic as we...uh...mature.

IN OTHER NEWS: Lent begins in just 2½ weeks, so it's not too soon to start to consider what Lenten sacrifices or devotions you might want to use to enrich your Lenten experience....I continue to hear that people are receiving emails from "me" asking for gift cards for some person in need. **These emails are not from me**. They do not come from my parish email address and are not written in my style or manner of wording. This happens every couple months and has gone on for several years. **Please just delete them!**....Stay tuned for more news....

SOMETHING TO THINK ABOUT:

"God doesn't require us to succeed; he only requires that we try."

- *Saint Teresa of Calcutta*

Our Lady of Mount Carmel

Parish Announcements

Sanctuary Lamp Intentions

Saint Athanasius Church

Mike and Michelle Lucas
*Requested by
Kathy Gourgues*

Incarnation of the Lord Church

Jim and Cyrilla Grosjean
*Requested by
Carol Hance*

Buried From Our Parish

Frank J. Capan
John M. Colbert, Jr.
Richard P. Cuda
Kimberly Ann Owsiany
Doris Pierce
Gordon H. Poecking



Holy Cross Academy's Wall of Giving Continues In Church Narthexes

Holy Cross Academy's Wall of Giving continues through February 19th. The boards are now on display in the narthexes of our churches. Select an envelope with a number on it and return that amount of money in the enclosed envelope to the school. This fundraiser benefits Catholic school students, including those who attend HCA.

Today's Mass—February 5, 2023



Music for the Fifth Sunday in Ordinary Time

Mass of Christ the Savior—Breaking Bread # 914 thru # 922

Gathering Hymn: **Table of Plenty**—Breaking Bread # 311

Responsorial Psalm: **The Cry of the Poor**—Breaking Bread # 626

Preparation of the Altar: **As a Fire Is Meant for Burning**—Gather # 744

Communion Hymns: **Bread for the World**—Breaking Bread # 346

Your Words Are Spirit and Life—Breaking Bread # 608

Sending Forth: **The Spirit Sends Us Forth**—Breaking Bread # 393

Readings

First Reading: *Isaiah 58:7-10*

In the work of justice, light shall break through darkness.

Second Reading: *1 Corinthians 2:1-5*

Paul shows that he came to Corinth preaching Christ crucified.

Gospel Reading: *Matthew 5:13-16*

Jesus teaches that his disciples are to be the salt of the earth and the light of the world.

Follow Today's Readings Online

Scan the QR code below.



Our Lady of Mount Carmel



Devotions at Our Lady of Mount Carmel Parish

Get the complete schedule at
www.mountcarmelpgh.org.

First Sunday Rosary

Today (Sunday), 12:30 p.m.
Saint Teresa of Avila Church

Spirit Refill Rosary and Presentation

Monday, February 13th, 7:00 p.m.
Saint Teresa of Avila Church
“How Do I Do This? The Spiritual
Journey Within Parish Mergers”
Reverend Robert J. Miller

Third Wednesday Holy Hour With Adoration and Benediction

Wednesday, February 15, 7:00 p.m.
Silent adoration, reflection,
evening prayer,
spiritual reading, and Benediction at
7:45 p.m.
Saint Teresa of Avila Church

Divine Mercy Devotions

Thursdays, 3:00 p.m.
Saint Sebastian Church Chapel

Miraculous Medal Novena

Tuesdays following 8:30 a.m. Mass
Saint Athanasius Church

Submitting Items to Flocknote and the Bulletin

As a reminder, all items to be considered for inclusion in Flocknote need to be received by the Monday preceding the Friday on which that week's Flocknote is sent.

Bulletin items need to be received on the Monday two weeks before the date of publication.

In both cases, photos and art are always welcome.

Please send all items to jfries@mountcarmelpgh.org.

Narthex Monitors Come Alive As Our Lady of Mount Carmel Parish Goes Digital

We're pleased to announce that the new flatscreen message boards in all four church narthexes are now in use. The narthex signs replace the easels and posters that were formerly displayed in the narthexes, which have been collected and removed. You may still use table space in the narthexes for flyers, brochures and other items that are of a “take one” nature.

To have your announcement placed on the narthex screens, please send your request to jfries@mountcarmelpgh.org at least two weeks in advance. Your message will be developed and designed with a minimum of words and include a link to the parish website, if needed.

The monitors complement our new parish signage, including the new digital message board on the lawn in front of Saint Sebastian Church.

Our Lady of Mount Carmel



CHRISTLIFE™
CATHOLIC MINISTRY FOR EVANGELIZATION

It all begins with **Discovering Christ**. Move to a deeper encounter by **Following Christ**.
Enhance your experience through **Sharing Christ**.

Supporting ChristLife Participants With Prayer

Last month, ChristLife participants began their journey in the first phase of the program entitled “Discovering Christ.”

Each week for the duration of ChristLife, we are posting a prayer that we request you say in order to provide spiritual support for the participants. Below is the prayer for week six.

Week 6 Session: This Thursday, February 9th
Topic: New Life in the Spirit
Prayer: We pray for our “Discovering Christ” participants, that the Holy Spirit will strengthen and guide them on their journey to become more mature disciples of Jesus.

YOUR YEAR-
END
GIVING
STATEMENT
IS NOW ON
ITS WAY



Year-end giving statements are now in the mail, so you should receive yours any day now, if you haven't done so already. If you do not receive one by this Friday, February 10th and would like a statement, please contact Naomi at nwells@mountcarmelpgh.org or 412-367-9001, ext. 8419. Thank you for your generosity throughout the year!

Volunteer Now For Lenten Fish Fry



Our 2023 parish Lenten Fish Fry will take place on the Saint Teresa of Avila campus each Friday during Lent between 4:30 and 7:30 p.m., offering both sit-down and drive-through service. To accommodate all of our hungry patrons, many volunteers are needed.

Duties include:

Serving in the dining room and/or helping with take-out.

Contact: Connie Stewart, 412-818-3057.

Food preparation and/or working in the serving line or kitchen.

Contact: Dave Eifler, 412-780-3208.

Or, send an email to:

olmcfishfry@gmail.com. Tell us where you'd be interested in helping and the appropriate person will get back to you. Thank you!

Our Lady of Mount Carmel



LENT

A SEASON OF REFLECTION,
RENEWAL, AND PREPARATION

Lenten Schedule Available On the Parish Website

Lent is just around the corner, and our parish is planning a number of Masses, services and other events to observe and celebrate this holy season. This Lent, we're also presenting a three-day Parish Mission (see lower right), and, of course, our popular annual Fish Fry. You can find information about all of these events at www.mountcarmelpgh.org/lent2023.

Second Collection This Weekend Benefits Parish Tuition Program

The second collection this weekend—the end of Catholic Schools Week—will benefit the Parish Tuition Assistance Program, also known as the Angel Fund. The funds collected this weekend remain in our Parish and aid children attending Holy Cross Academy whose families have chosen to have daily faith and values formation embedded in their children's academic foundation, and who otherwise could not afford to attend our Catholic grade school. Thank you for your generosity.



Get Your Numbers
Now! Support Our
Music Ministry,
And Win Prizes

There are a few numbers available for the 2023-2024 edition of our popular 300 Club.

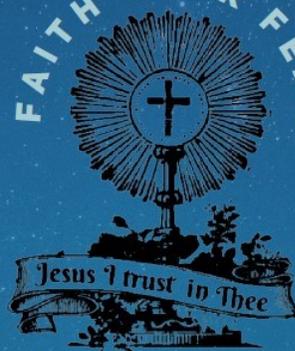
Numbers are
very limited,
so make sure
to get yours
today!

Order forms are available in the narthex of each church. You can also order your numbers online by visiting us at mountcarmelpgh.org.

ENCOUNTER

A THREE-NIGHT PARISH MISSION

FAITH OVER FEAR



COME AND LET CHRIST REVIVE YOUR FAITH

MARCH 13, 14, 15. 7:00 - 8:30PM
ST. TERESA OF AVILA CHURCH, OLMC PARISH



BISHOP
ZUBIK



BISHOP
WALTERSHEID



FR. JOE
FREEDY



BRIAN
KISSINGER



NOAH
PEPMEYER

Our Lady of Mount Carmel

Parish Mission Statement

Our Lady of Mount Carmel Parish, with roots dating back more than 150 years, is a vibrant Catholic family of word, sacrament, prayer, and service. Centered in Jesus Christ, we strive to live and proclaim the Good News, building a community worth sharing. With Mary as our example and patron, we seek to deepen our faith and holiness, bringing help and hope to all.

Diocesan Victim Assistance Hotline phone number is 1-888-808-1235. The State of PA Child Protective Services telephone number is 1-800-932-0313.

Contact Us

Our Lady of Mount Carmel Parish
800 Avila Court
Pittsburgh, PA 15237
Phone: 412-367-9001
Fax: 412-366-8415
Website: www.mountcarmelpgh.org
Hours: Monday–Friday, 9:00 a.m. to 5:00 p.m.

Important Information

Masses

Saturday, 4:00 p.m., St. Teresa of Avila
Saturday, 5:00 p.m., St. Athanasius
Saturday, 6:00 p.m. St. Sebastian
Sunday, 8:00 a.m., Incarnation of the Lord
Sunday, 9:00 a.m., St. Athanasius
Sunday, 10:00 a.m., St. Sebastian
Sunday, 11:00 a.m., St. Teresa of Avila
Monday–Friday, 8:30 a.m., St. Athanasius
Monday–Friday, 12:00 Noon, St. Sebastian

Mass Intentions

To schedule a Mass at any of our four churches, contact Julie Stiehler at 412-367-9001 or jstiehler@mountcarmelpgh.org.

7-Day Sanctuary Lights

Dedications for the Sanctuary Light are available each week for \$20 at each of our four churches. To reserve a date contact Julie Stiehler at 412-367-9001 or jstiehler@mountcarmelpgh.org.

Confessions

Mondays, 12:30 p.m., St. Sebastian Church
Saturdays, 11:00 a.m.–Noon, St. Athanasius
Also, by appointment

Open for Private Prayer (Monday-Friday)

St. Athanasius, 8:00 a.m. to 3:00 p.m.
St. Sebastian, 10:00 a.m. to 6:00 p.m.
St. Teresa of Avila, 9:00 a.m. to 3:00 p.m.

Registering in the Parish

Call Nancy Koslosky at 412-367-9001, ext. 8536, or email her at nkoslosky@mountcarmelpgh.org.

Scheduling a Baptism

Call Gina Harms at 412-367-9001, ext. 8410, or email her at gharms@mountcarmelpgh.org.

Religious Education

Please direct all questions about religious education and Catechesis of the Good Shepherd to Will Reaves, Faith Formation Department, at 412-367-9001. ext. 8521 or wreaves@mountcarmelpgh.org.

Confirmation

In our parish, Confirmation takes place in the spring. For more information contact Will Reaves, Faith Formation Department, at 412-367-9001. ext. 8521 or wreaves@mountcarmelpgh.org.

Becoming a Baptism or Confirmation Sponsor

Please direct all inquiries to Nancy Koslosky at 412-367-9001, ext. 8536 or nkoslosky@mountcarmelpgh.org.

Obtaining a Baptismal Certificate

These requests may be directed to the Diocesan Archives and Records Center at 412-456-3158.

Scheduling the Sacrament of Matrimony

To begin planning and scheduling the sacrament of marriage in one of our churches, contact Deacon Cliff Homer at chomer@mountcarmelpgh.org.

Rosaries and Devotions

A full list of devotions scheduled each month is available at www.mountcarmelpgh.org/devotions.

Mass Intentions

Date	Time	Location	Intention	Requested By
Monday February 6 <i>St. Paul Miki and Companions, Martyrs</i>	8:30 AM	St. Athanasius	Theodore Kurtzhals †	Jola K. Meinert
	12 PM	St. Sebastian	Mary E. Rodgers †	Rob Rodgers
	12:30 PM	St. Sebastian	Confessions following the 12 PM Mass	
Tuesday February 7 <i>Weekday</i>	8:30 AM	St. Athanasius	Joseph Cheetham †	Family
	12 PM	St. Sebastian	Barbara Braidie †	Ellen & Al Bialek
Wednesday February 8 <i>Weekday/St. Jerome Emiliani; St. Josephine Bakhita, Virgin</i>	8:30 AM	St. Athanasius	Carlene Theresa Turak †	Dad, Mom & Jayson
	12 PM	St. Sebastian	Rita Martin †	Cheryl Hasenbein
Thursday February 9 <i>Weekday</i>	8:30 AM	St. Athanasius	Ryan James Horvath †	Mom & Dad
	12 PM	St. Sebastian	Suzanne Nicoletti †	Vince Penco
Friday February 10 <i>St. Scholastica, Virgin</i>	8:30AM	St. Athanasius	Pietro DiPietro †	Rina DiPietro
	12 PM	St. Sebastian	Michael Tokar †	Mary Tokar
Saturday February 11 <i>Weekday/Our Lady of Lourdes; BVM</i>	11 AM	St. Athanasius	Confessions	
	4 PM Vigil Mass	St. Teresa of Avila	Joanne Bergman †	Greg & Lori McQueen & Jeannine Patton
	5 PM Vigil Mass	St. Athanasius	Pietro DiPietro †	Don Mikec
	6 PM Vigil Mass	St. Sebastian	Nancie D'Amico †	Kathy Perlik
Sunday February 12 Sixth Sunday in Ordinary Time	8 AM	Incarnation of the Lord	The People of Our Lady of Mount Carmel Parish	
	9 AM	St. Athanasius	Thomas William & Betty Ann Sibenik †	Thomas Sibenik
	10 AM	St. Sebastian	Deceased of Bahney & Mielcarek Families †	Sharpe Family
	11 AM	St. Teresa of Avila	Billie Jo Franko †	Children

Staff Directory

CLERGY TEAM

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Rev. Michael Maranowski, Chaplain
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Sister Karen Brink, OSB

Parish Social Ministry



“For Christ plays in ten thousand places, Lovely in limbs not His To the Father through the features of men’s faces.” G.M.Hopkins, SJ

ALUMINUM CAN RECYCLING

Our parish Knights of Columbus collect and recycle aluminum cans. This program has been in existence more than eight years and has grown to the point where they collected more than 30,500 cans in 2022. Although the Knights financially support more than a dozen charities, the money generated from aluminum can collection is donated exclusively to the Angel Fund at Holy Cross Academy which subsidizes tuition for needy families. Please help by donating your empty aluminum cans. It only requires a small effort.

There are two collection locations. One is a tan colored bin in the upper parking lot of St. Sebastian Church, and the other is a barrel located against the parking lot wall of the Community Center at St. Athanasius. Both are marked ALUMINUM CANS.

Thanks for protecting
the environment by recycling!



TIME TO GO SHOPPING FOR THE FOOD PANTRY

Detergent, dishwashing soap, jelly, oatmeal, juice (no apple), fruit cocktail, noodles, Manwich, Chef Boy R Dee spaghetti (no ravioli), and paper products are the items currently most needed in the parish food pantry. Drop your gifts in any of the bins located in each church narthex.

Our parish food pantry, sponsored by the Saint Vincent de Paul Conference, regularly serves about forty families every two weeks. Your kind gifts bless these individuals and families in a very special way.

BLESSINGS!

HOW SELFLESSNESS CAN LEAD TO HAPPINESS

It’s natural for us to pursue our own wants and needs, so long as they don’t veer into materialism and self-indulgence. The truth, however, is that we can never be truly happy unless we also embody a spirit of selflessness and giving. This approach to life will help us become better people who grow closer to God, and change the lives of those around us for the better. —Christopher News Notes #638



Ted Rybka

Fifth Sunday in Ordinary Time

We are all called to be salt of the earth and light for the world. Isaiah has some advice to help us disperse the darkness and live in the light. *Hint: Light is meant to be shared.* Paul is determined to bring the light of faith to the Corinthians by displaying the power of the Holy Spirit. Jesus tells his disciples to let their light shine for all to see. May God's word inspire us to be like the just one, lighting the way for others through the darkness.

Music Ministry Fundraisers

As many of you already know, our entire music ministry oversees multiple fundraisers and community events each year. The purpose is two-fold, supporting each choir or music group to do what they need to do on a weekly basis, while allowing us to forge ahead with much needed capital improvements throughout the music department, particularly in the music/choir areas of each church. Over the past few years, we have accomplished the following capital improvements because of your outstanding generosity and support:

- ◆ Replaced all Gather hymnals and Breaking Bread hymnals and covers in all four churches.
- ◆ Completed the pipe organ project at St. Teresa of Avila Church.
- ◆ Purchased choral books and companion hymnals for all choirs and groups in each building.
- ◆ Refurbished the choir area at St. Sebastian Church with all new seating and music racks.
- ◆ Completely renovated the music room and choral library next to Schoppol Hall.
- ◆ Purchased music stands, racks, and carts for all instrumentalists.
- ◆ Purchased handbells, tables, pads, and other ringing equipment for the Handbell Choir.
- ◆ Purchased the baby grand piano and humidifier at St. Teresa of Avila Church.
- ◆ Created the new music ministry/choir area in Incarnation of the Lord Church.

These are just a few examples. The truth is, we could fill an entire page with all of the improvements we have made over the years. Your unwavering support of the **300 Club**, **North Hills Food Truck Festival**, **CASH BASH**, and the **Caritas Concert Series** will allow us to move ahead with the following music ministry projects in the near future:

- ◆ **New pipe organ project at Incarnation of the Lord Church.**
- ◆ **Refurbish the choir loft at St. Athanasius Church with all new seating and music racks.**
- ◆ **Install a new festival trumpet division on the pipe organ at St. Sebastian Church.**
- ◆ **Build choir risers at Incarnation of the Lord Church.**
- ◆ **Install humidifiers on the baby grand pianos at St. Athanasius, Incarnation of the Lord, and St. Sebastian Churches.**



Looking for an easy way to help us with these projects? The new season of the 300 Club will begin on St. Patrick's Day. Join the 300 Club, win cash prizes totaling \$12,000, and help support our music ministry projects. You can join the 300 Club on our parish website, pick up a form in the narthex or parish center, or contact Judy Dulemba at 412-367-9001, Ext. 8517, or email jdulemba@mountcarmelpgh.org. A million thanks for your support!



Will Reaves

Faith Formation

ths

Finding time is the most important element to developing a successful prayer life. However, almost as important as time is place. Of course, we can pray during our daily commute, at our desk, lying in bed before going to sleep, or even in the shower. But it's always best to give God our complete and uninterrupted attention, and the best way to accomplish that is to be in a place without interruptions or competition for attention. We have to be honest with ourselves about what leads us to distraction, and keep it away from where we choose to pray. Can you not avoid looking at your phone for longer than ten minutes? Leave it in another room, preferably on silent. Do the sounds of nature calm your heart or draw your attention to the bird singing nearby? Your answer lets you know whether praying outside is helpful.

There are other factors that help us to keep our focus. Some people will find it easiest to concentrate in prayer while standing; others, sitting. Kneeling at times can also be useful, but only if your knees will be ok. For me, I've learned that I tend to think as I walk, so praying while I walk is a challenge—my mind starts focusing on some random idea and my attention wanders. Having religious art as a meditative tool can be helpful as well—keep a crucifix or icon near your chosen prayer spot if you can. If you can take the time to stop by a church and spend time in the presence of a tabernacle, that's best of all, although many of us have schedules that make such visits difficult. But don't worry if the best location for prayer isn't possible for you. Instead, just focus on making sure you have a good one.

Challenge: Think about the place you pray most often. Are there any distractions there that you can remove? Or is there a better place you can go?

YOUTH NIGHT SCHEDULE

MIDDLE SCHOOL
EVERY OTHER THURSDAY
6-7:30PM
(NEXT MEETING 2/09)

HIGH SCHOOL
WEDNESDAYS
6-7:30PM

LOCATION
Parish Community Center
@ Saint Athanasius Campus
7 Chalfonte Ave

JOIN the FLOCKNOTE!

Scan the codes below to sign up for our email list!

YOUNG ADULTS



YOUTH GROUP



OR email Evelina Sluga at esluga@mountcarmelpgh.org to be added!





Mr. Noah Wolf
Principal

DiBella's Subs

Dine **TO** Donate Online

Support a great cause while enjoying Pittsburgh's favorite subs!

Place an order online or in store from Feb. 12 to Feb. 18

& 20% of your check will be donated to:

Holy Cross Academy

Using code: HCA20

In store

1. When checking out, mention the fundraiser's code to have 20% of your subtotal donated to the organization

Online

1. Order online at order.dibellas.com or scan the QR code 
2. Select your store and items you'd like to order
3. Click "checkout"
4. Enter code HCA20 in the "Dine to Donate" box under the payment method

Valid for orders in store and online placed at DiBellas.com or via the DiBella's mobile app only. Not valid on 3rd party or catering orders.

Order online or visit us in store at:

**9030 St. Simon Way
McCandless Township, PA 15237**

DINE-IN » TAKEOUT » DELIVERY » CURBSIDE | Order at DiBellas.com

Please visit the **Giving Wall** in the back of one of our four churches and take an envelope. Our goal is to fill all 100 envelopes and raise money for Holy Cross Academy! Put the amount of money that equals the number on the envelope you took and return it to the 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.)

Giving Wall

DORMONT APPLIANCE
Your local appliance experts!

North Hills:
3447 Babcock Boulevard
Pittsburgh, PA 15237
412-369-0200

South Hills:
2875 West Liberty Avenue
Pittsburgh, PA 15216
412-531-9700

dormontappliance.com



DEVLIN

FUNERAL HOME
devlinfuneralhome.com

Mark B. Devlin • Thomas B. Devlin
Brian P. Devlin • Joseph Mignella

-Cranberry-

724-772-8800
2678 Rochester Rd.

-North Hills-

412-364-0510
806 Perry Hwy.

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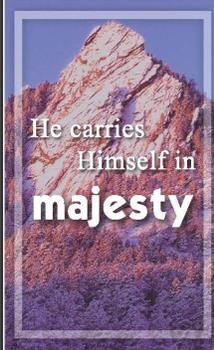
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