

CHURCH OF ST. MARY-ST. JOSEPH AND OUR LADY OF MT. CARMEL

THE GREAT CITY OF POUGHKEEPSIE, NEW YORK PARISH OFFICE: 845.452.8250 (PH), 845.452.8266 (F)



Pour forth, we beseech you,
O Lord,
your grace into our hearts,
that we, to whom
the Incarnation of Christ your Son
was made known
by the message of an Angel,
may by his Passion and Cross
be brought to the glory
of his Resurrection.

Who lives and reigns with you
in the unity of the Holy Spirit,
God,
for ever and ever.
Amen.

The Opening Collect,
The Fourth Sunday of Advent



The Fourth Sunday of Advent
December 18, A.D. 2022



REV. RONALD PEREZ, *Pastor*
REV. RANATH INDIKA ANTHONY, REV. JUDE SANJEWA PEIRIS, *Parochial Vicars*
REV. ULDARICO DE LA PEÑA, *Hospital Chaplain*
DEACON ROBERT HORTON, *Parish Deacon*



Come home for Christmas



WELCOME TO ALL OUR PARISHIONERS AND GUESTS!

Each family in the parish should register at the Parish Office. / *Cada familia en la parroquia debe inscribirse en la Parroquia.*



PARISH OFFICE

Address: 231 Church Street, Poughkeepsie, NY 12601 **Telephone:** 845.452.8250 **Facsimile:** 845.452.8266 **Email:** D526@archny.org

Monday – Friday: 9:30 a.m. – 12:00 p.m., 1:00 p.m. – 3:30 p.m., 4:30 p.m. – 7:30 p.m.

Other Days and Times: By appointment / *Por Cita*

RELIGIOUS EDUCATION OFFICE

Address: 26 South Hamilton Street, Poughkeepsie, NY 12601 **Telephone:** 845.471.4747 **Email:** stmarypkreligioused@gmail.com

Sunday: 10:30 a.m. – 2:00 p.m.

Tuesday – Wednesday – Thursday: 4:00 p.m. – 8:00 p.m.

Other Days: By appointment / *Por Cita*

The Holy Mass / La Santa Misa

THE LORD'S DAY

“Remember to keep the Lord's Day holy.”

Vigil (Anticipatory):

4:00 p.m. (English): Our Lady of Mt. Carmel Church

Sunday:

7:30 a.m. (English): St. Mary's Church

9:30 a.m. (English): St. Mary's Church

9:30 a.m. (Polish, every Third Sunday of the Month):
Our Lady of Mt. Carmel Church

10:45 a.m. (English): Our Lady of Mt. Carmel Church

12:00 p.m. (Spanish): St. Mary's Church

THE 6 DAYS OF THE WEEK

Monday – Friday:

8:00 a.m. (English): St. Mary's Church

5:30 p.m. (English): St. Mary's Church

Tuesday & Thursday:

7:30 p.m. (Spanish): St. Mary's Church

Saturday:

8:00 a.m. (English): St. Mary's Church

Confession / Confesión

Thursday:

8:00 – 8:45 p.m.: St. Mary's Church

Saturday:

3:00 – 3:45 p.m.: Our Lady of Mt. Carmel Church

Baptism / Bautismo

Every Third Sunday of the Month (English): 2:00 p.m.

Every Third Saturday of the Month (Spanish): 2:00 p.m.

Canon 867 §1.

Parents are *obliged* to take care that infants are *baptized in the first few weeks*; as soon as possible after the birth or even before it, they are to go to the pastor to request the sacrament for their child and to be prepared properly for it.

Confirmation / Confirmación

Elementary school students must be baptized and enrolled in a Catholic school or in the Parish Religious Education program for at least 2 years in order to be confirmed in 8th Grade.

High School students and older must be enrolled in our Rite of Christian Initiation of Adults process in order to be confirmed.

Marriage / Matrimonio

Couples need to consult one of the priests of the parish at least 6 months before wedding date.

Anointing of the Sick / Unción

Available by appointment to the seriously infirmed and the aged.

15th Birthday / Quinceañera

The birthday celebrant must be confirmed in the Catholic Church in order to celebrate her Quinceañera. Schedule the event with the parish *at least 6 months before* the Quinceañera.

How to Make a Good Confession

1. Examine your conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins to a priest.
4. Resolve to amend your life.
5. Do the assigned penance.

In the Confessional, you say:
 "Bless me, Father, for I have sinned. It has been [length of time] since my last confession. These are my sins."

Then confess any mortal sins and the number of times committed. If you have no mortal sins to confess, then confess any venial sins you have committed since your last confession.

Then say: "For these and all the sins of my past, I am truly sorry." The priest may give advice on avoiding sin, then he assigns your penance.

Next, say an Act of Contrition.

Listen as the priest absolves you from all your sins, and then say "Thank you, Father" and leave the confessional.

There are two kinds of actual sin: mortal and venial. **Mortal sin** is an act that is so gravely immoral before God as to be entirely incompatible with true love of God and neighbor. To be an actual mortal sin, the act must be gravely immoral, and be chosen with full knowledge of its grave immorality and with full freedom of choice. Only actual mortal sin takes away the state of grace received at Baptism.

Venial sin is contrary to the true love of God and neighbor, but only to a substantially limited extent. Venial sins do not deserve eternal punishment, nor do they take away the state of grace.

An Examination of Conscience from the Ten Commandments

1. You shall worship the Lord your God, and serve him alone. Do I love God above all else? Do I worship God by prayer, selfdenial, and works of mercy? Do I faithfully adhere to the teachings of Tradition, Scripture, and the Magisterium?

2. You shall not take the name of the Lord your God in vain. Have I misused God's name or violated an oath? Am I guilty of sacrilege against a Sacrament or any holy person, place, or object?

3. Keep holy the Sabbath. Have I deliberately missed Mass on a Sunday or Holy Day without a just reason? Have I kept Sunday as a day for rest and the worship of God? Do I work needlessly on Sunday? Do I make others work needlessly on Sunday?

4. Honor your father and your mother. Do I honor my parents? Have I neglected my duties to my spouse and children? Have I been a good example to my family? Do I care for my aged and infirm relatives? Do I respect persons in authority over me, including my pastor, my bishop, and the Pope?

5. You shall not murder. Have I deliberately harmed myself or others? Have I obtained or condoned abortion, or used abortifacient contraception? Have I chosen hatred or malice in my heart or mind? Have I abused alcohol or drugs?

6. You shall not commit adultery. Have I engaged in sex outside of marriage? Have I been faithful to my marriage vows? Have I used contraception? Have I committed any unnatural sexual acts in my marriage? Has each sexual act in my marriage been unitive and procreative? Have I committed sins of masturbation or pornography? Have I committed homosexual sins? Have I treated other persons as sexual objects? Do I seek to be pure in thought, word, and deed?

7. You shall not steal. Have I committed any type of theft? Do I misuse my money, so as to deny my family their needs? Do I pay my debts? Do I share what I have with those in need?

8. You shall not bear false witness against your neighbor. Have I lied for any reason? Have I used words to cause harm? Am I uncharitable in thought or word? Am I an honest person?

9. You shall not covet your neighbor's wife. Have I committed the grave sin of lust or any interior sexual sins? Have I led anyone else into sexual sin? Am I chaste and modest in thought, word, and deed?

10. You shall not covet your neighbor's goods. Am I jealous of what other people have? Do I envy other people's employees or possessions? Am I greedy or selfish? Do I give my possessions greater importance than they deserve? Do I trust that God will care for all of my material and spiritual needs?

Act of Contrition

O MY GOD,
 I AM HEARTILY SORRY
 FOR HAVING OFFENDED YOU.
 I DETEST ALL MY SINS
 BECAUSE I DREAD
 THE LOSS OF HEAVEN
 AND THE PAINS OF HELL,
 BUT MOST OF ALL
 BECAUSE THEY OFFEND YOU,
 MY GOD,
 WHO ARE ALL GOOD
 AND DESERVING OF ALL MY LOVE.
 I FIRMLY RESOLVE,
 WITH THE HELP OF YOUR GRACE,
 TO CONFESS MY SINS,
 TO DO PENANCE,
 AND TO AMEND MY LIFE.
 AMEN.

Como Hacer Una Buena Confesión

Cinco pasos para una buena confesión

1. Exámen de conciencia.
2. Arrepentimiento.
3. Propósito de no volver a pecar (enmienda).
4. Confesar los pecados a un sacerdote.
5. Después de la confesión, cumplir la Penitencia.

Procedimiento en el confesionario

Usted dice: "Bendígame padre porque he pecado," ó bien, "Ave Maria Purísima, sin pecado concebida." Hace tantas semanas, meses, años, que me confesé.

Prosiga a decir los pecados mortales, cuantas veces le cometio. Si no tiene pecados mortales, entonces confiese los veniales que ha cometido desde su última confesión.

Cuando termine su confesión diga:

"por estos y por todos mis pecados de mi pasado estoy verdaderamente arrepentido". El sacerdote le dirigirá unas palabras y le dará la penitencia y le pedirá que haga el Acto de Contrición.

Espere y escuche cuando le dé la absolución. Después diga: "Gracias Padre", salga del confesionario y haga la penitencia asignada.

Hay dos tipos de pecados. **Mortal:** es una horrible ofensa en contra de Dios que destruye la vida de gracia en el alma. Tres simultaneas condiciones deben estar presentes para que un pecado sea mortal: (1) Que el pecado sea grave, muy serio. (2) Que el pecador sepa que eso que va a hacer "es pecado". (3) Que a pesar de saber que eso es pecado, decida hacerlo.

Venial: Es hacer un pecado pequeño, una falta leve contra la ley de Dios. Faltar a la Santa Misa del domingo deliberadamente es un pecado mortal.

Exámen de Conciencia

Pedimos al Espíritu Santo que nos ilumine y nos recuerde cuáles son los pecados. Repasar los 10 Mandamientos.

1. Amarás a Dios sobre todas las cosas. ¿Me acuesto o me levanto sin rezar? ¿Me avergüenzo de aparecer creyente ante los demás? ¿He creído en supersticiones, por ejemplo; amuletos, sales, brujas, lectura de naipes o de humo de cigarrillo, o espiritistas?

2. No jurarás el nombre de Dios en vano. ¿He dicho el Nombre de Dios sin respeto y por cualquier tontería?

3. Santificarás las fiestas. ¿He faltado a misa los domingos? ¿Cuántas veces? ¿Cuántos domingos voy a misa cada mes?

4. Honrarás a tu padre y a tu madre. ¿He desobedecido a mis padres? ¿No les he querido ayudar? ¿Los he tratado mal? ¿He perdido el tiempo en vez de estudiar o trabajar?

5. No matarás. ¿He deseado que a otros les vaya mal? ¿He peleado? ¿He dicho groserías? ¿Tengo resentimientos contra alguna persona y no le quiero perdonar? ¿No rezo por los que me han tratado mal? ¿Me he burlado de alguien? ¿He puesto sobrenombres? ¿He tratado con dureza? ¿He dicho palabras ofensivas? ¿He hablado mal de otras personas? ¿He contado lo malo que han hecho o lo que dicen de ellos? ¿He escandalizado? (o sea, ¿he enseñado lo malo a los que no lo saben?) ¿Cuántas veces? ¿Me he aprovechado de los más débiles para golpearlos o humillarlos?

6. No cometerás actos impuros. ¿He detenido en mi cerebro por varios minutos pensamientos o deseos impuros? ¿He mirado películas impuras, o revistas pornográficas o escenas impuras por televisión? ¿He dicho o celebrado chistes malos? ¿He hecho acciones impuras conmigo mismo o con algunas personas? ¿Tengo alguna amistad que me hace pecar?

7. No robarás. ¿He robado? ¿Cuánto vale lo que he robado? ¿Pienso devolverlo o dar eso a los pobres? ¿He devuelto lo prestado? ¿He tenido pereza en cumplir los deberes?

8. No mentirás. ¿He dicho mentiras? ¿He inventado de otros lo que no han hecho o dicho? ¿He hecho trampas en negocios o estudios? ¿He creído que Dios no me va a ayudar?

9. No consentirás pensamientos ni deseos impuros. ¿He codiciado la mujer o el esposo de mi prójimo? ¿He mirado a un hombre a una mujer de manera impura?

10. No desearás los bienes ajenos. ¿He deseado los bienes ajenos? ¿He sido evidioso? ¿He sido avaro? ¿He camido más de lo que necesito? ¿He sido orgulloso?

Acto de Contrición

O DIOS MÍO,
ME ARREPIENTO DE CORAZÓN
POR HABERTE OFENDIDO A TÍ,
Y DETESTO TODOS MIS PECADOS,
PORQUE TEMO
A LA PÉRDIDA DEL CIELO
Y A LOS DOLORES DEL INFIERNO,
PERO MÁS QUE TODO
PORQUE ELLOS TE OFENDEN A TÍ,
MI DIOS,
QUE ERES TODO BONDAD
Y MEREDEDOR DE TODO MI AMOR.
RESUELVO FIRMEMENTE,
CON LA AYUDA DE TU GRACIA,
CONFESAR MIS PECADOS,
CUMPLIR LA PENITENCIA
Y ENMENDAR MI VIDA.
AMÉN.



Mass Intentions

SATURDAY, DECEMBER 17

St. Mary's Church

8:00 a.m. All Souls in Purgatory †

Our Lady of Mt. Carmel Church

4:00 p.m. Vera Belmonte †

SUNDAY, DECEMBER 18

St. Mary's Church

7:30 a.m. The People of the Parish

9:30 a.m. Virginia Cervone †

12:00 p.m. Sabina Hernandez †

Our Lady of Mt. Carmel Church

9:30 a.m. Adela Rybacki †

10:45 a.m. Benito Cruz Martinez †

MONDAY, DECEMBER 19

St. Mary's Church

8:00 a.m.

5:30 p.m. Alexander Muraski †

TUESDAY, DECEMBER 20

St. Mary's Church

8:00 a.m. Michael White †

5:30 p.m. All Souls in Purgatory †

7:30 p.m. Gregoria Martinez and Francisco Garcia (L)

WEDNESDAY, DECEMBER 21

St. Mary's Church

8:00 a.m.

5:30 p.m. All Souls in Purgatory †

THURSDAY, DECEMBER 22

St. Mary's Church

8:00 a.m.

5:30 p.m. Jose Vadakum Cherry †

7:30 p.m. Mariano Tomas †

FRIDAY, DECEMBER 23

St. Mary's Church

8:00 a.m.

5:30 p.m. Jennifer, Josie, and Stephanie Kitcher †

SATURDAY, DECEMBER 24

St. Mary's Church

8:00 a.m. Theresa O'Shea †

Our Lady of Mt. Carmel Church

4:00 p.m. The People of the Parish

SUNDAY, DECEMBER 25

St. Mary's Church

12:00 a.m. The People of the Parish

7:30 a.m. The People of the Parish

9:30 a.m. The People of the Parish

12:00 p.m. The People of the Parish

Our Lady of Mt. Carmel Church

9:30 a.m. The People of the Parish

10:45 a.m. The People of the Parish

Mass Intentions

Please, continue to remember all our living and deceased loved ones,
and call 845.452.8250 to schedule Holy Mass for them.

Save the Date for our Anniversary Celebration Next Year!

October 28, A.D. 2023

Saturday at 4:00 p.m., St. Mary's Church

Stay tuned for details.

Welcome home to the Church of St. Mary-St. Joseph and Our Lady of Mt. Carmel!

THE OFFICIAL

**CHURCH OF ST. MARY-ST. JOSEPH
AND OUR LADY OF MT. CARMEL**

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LAS OFICIALES

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These are the official sites of the Church of St. Mary-St. Joseph and Our Lady of Mt. Carmel. All others bearing our parish name in one form or another may belong to another parish that shares our name or are not authorized or sanctioned by our current parish. Therefore, our parish is not responsible for the contents in those other sites.

Please, beware of individuals or organizations who use our name and misrepresent our parish.

Estos son los sitios oficiales de la Iglesia de St. Mary-St. Joseph y Our Lady of Mt. Carmel. Todos los demás que llevan el nombre de nuestra parroquia de una forma u otra pueden pertenecer a otra parroquia que comparte nuestro nombre o no están autorizados o sancionados por nuestra parroquia actual. Por lo tanto, nuestra parroquia no es responsable del contenido de esos otros sitios.

Por favor, tenga cuidado con las personas u organizaciones que usan nuestro nombre y tergiversan nuestra parroquia.

CONGRATULATIONS TO FR. INDIKA ANTHONY!!!

On Wednesday, the 28th of September, Fr. Ranath Indika Anthony joined the Archdiocese of New York during Vespers and Incardination Ceremony in the Lady Chapel of the Cathedral of St. Patrick. He was received by our Archbishop Timothy Cardinal Dolan. Congratulations to Fr. Indika on his new life as Priest of the Archdiocese of New York! *Ad Multos Annos!*

!!!FELICIDADES AL PADRE INDIKA ANTHONY!!!

El miércoles, 28 de septiembre, el P. Ranath Indika Anthony se unió a la Arquidiócesis de Nueva York durante la Ceremonia de Vísperas e Incardinación en la Capilla de Nuestra Señora en la Catedral de St. Patrick. Fue recibido por nuestro Arzobispo Timothy Cardinal Dolan. ¡Felicitaciones al P. Indika sobre su nueva vida como Sacerdote de la Arquidiócesis de Nueva York!

WELCOME TO FR. JUDE PEIRIS!!!

On Monday, the 24th of October, Fr. Jude Sanjeewa Peiris arrived from the Diocese of Ratnapura, Sri Lanka to serve our parish here in the Archdiocese of New York. A very warm welcome to Fr. Peiris on his first time in the United States and the City of Poughkeepsie. We look forward to serving with him in building up our parish! *Ad Multos Annos!*

!!!BIENVENIDO AL PADRE JUDE PEIRIS!!!

El lunes 24 de octubre, el P. Jude Sanjeewa Peiris llegó de la Diócesis de Ratnapura, Sri Lanka para servir a nuestra parroquia aquí en la Arquidiócesis de Nueva York. Una muy cálida bienvenida al P. Peiris en su primera vez en los Estados Unidos y la Ciudad de Poughkeepsie. ¡Esperamos poder servir con él en la edificación de nuestra parroquia! *¡Ad Multos Annos!*

THE FOURTH SUNDAY OF ADVENT

DECEMBER 18, A.D. 2022

THE ARCHDIOCESE OF NEW YORK CHILD PROTECTION ANNOUNCEMENT

LA ARQUIDIÓCESIS DE NUEVA YORK ANUNCIO DE PROTECCIÓN INFANTIL

Anyone who needs to report an alleged incident of sexual abuse of a minor by a priest, deacon, religious or lay person serving in the Archdiocese of New York is asked to contact the victims assistance coordinator, Mrs. Eileen Mulcahy, at 646-749-2949 or via email at victimassistance@archny.org. Information can also be found on the Archdiocesan website, www.archny.org. In keeping with the Archdiocesan policy regarding sexual abuse of minors, this information is provided to ensure that our children remain safe and secure.

Cualquier persona que necesite reportar algún incidente de abuso sexual de un menor por un sacerdote, diacono, religioso/a, o laico sirviendo en la Arquidiócesis de Nueva York, se le pide que contacte al coordinador de asistencia a las víctimas, Señora Eileen Mulcahy, al 646-749-2949 o vía correo electrónico a victimassistance@archny.org. La información también se puede encontrar en el sitio web de la arquidiócesis, www.archny.org. De acuerdo con las normas de la Arquidiócesis respecto al abuso sexual de menores, esta información se provee para asegurar que nuestros niños permanezcan seguros.

THANK YOU VERY MUCH!

¡MUCHAS GRACIAS!

Most importantly – as always – THANK YOU for your presence, for your generosity, for your cooperation, for your loyalty, for your attention, and for coming to the Sacraments of the Catholic Church.

Lo más importante – como siempre – GRACIAS por su presencia, por su generosidad, por su cooperación, por su lealtad, por su atención, y por venir a los Sacramentos de la Iglesia Católica.

	<i>The Perfect Place to Pay Respect.</i>  ACTUAL PHOTO
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