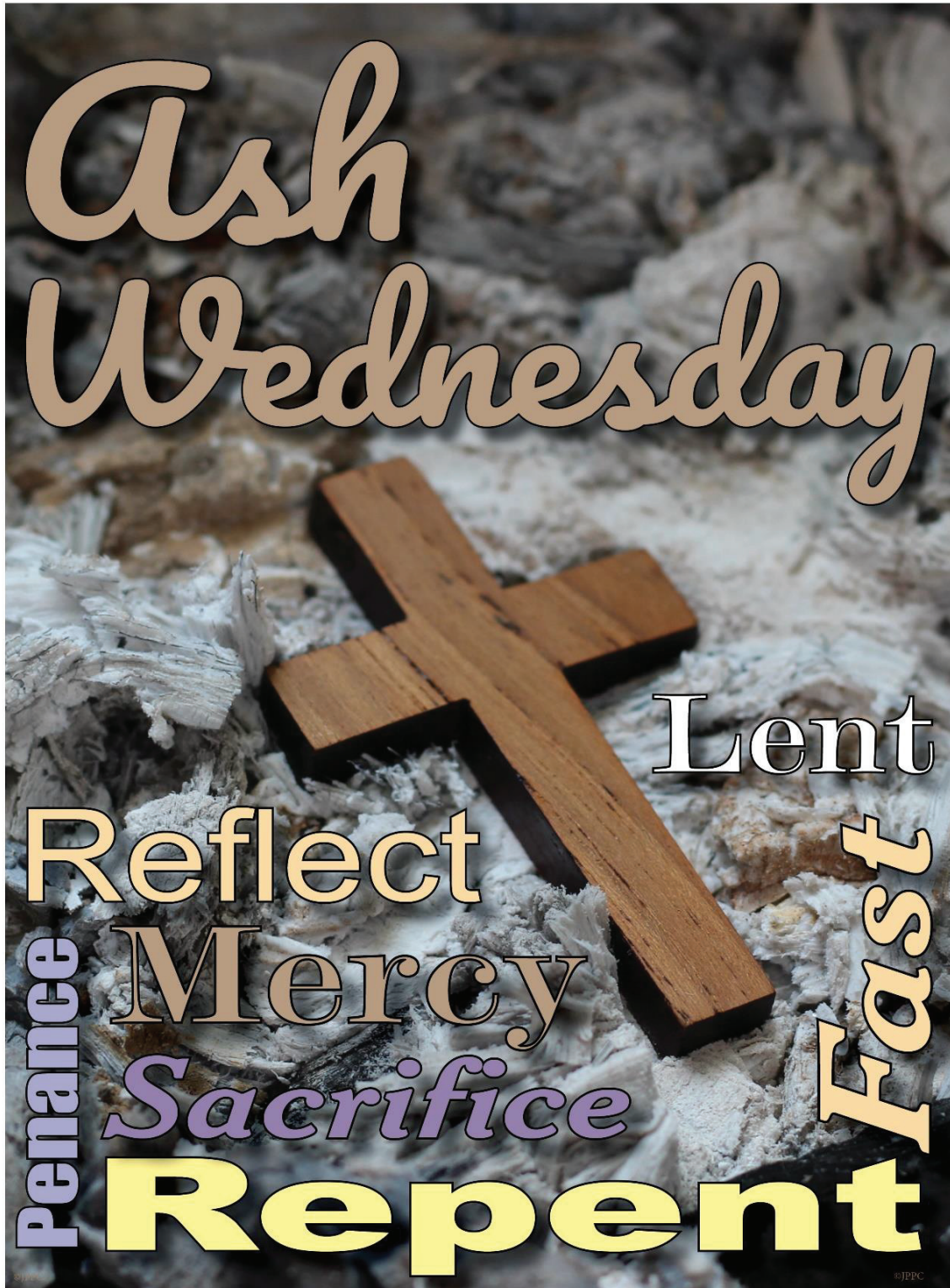


Church of St Mary – Our Lady of Mt Carmel

23 South High Street, Mt Vernon, NY - (914) 664-5855



# St. Mary-Our Lady of Mt. Carmel

23 South High Street • Mount Vernon, New York 10550

(914) 664-5855 • Fax (914) 663-6097

[http:// www.stmarys-ny.com](http://www.stmarys-ny.com) - <https://www.facebook.com/StMaryMV>

## ~ MASSES ~

### Saturday Evening

5:00pm, 7:00pm (Spanish)

### Sunday

8:00, 9:30am (Spanish), 11:30am

### Daily (Mon-Sat)

9:00am – English

### Monday & Wednesday

7:00pm – Spanish

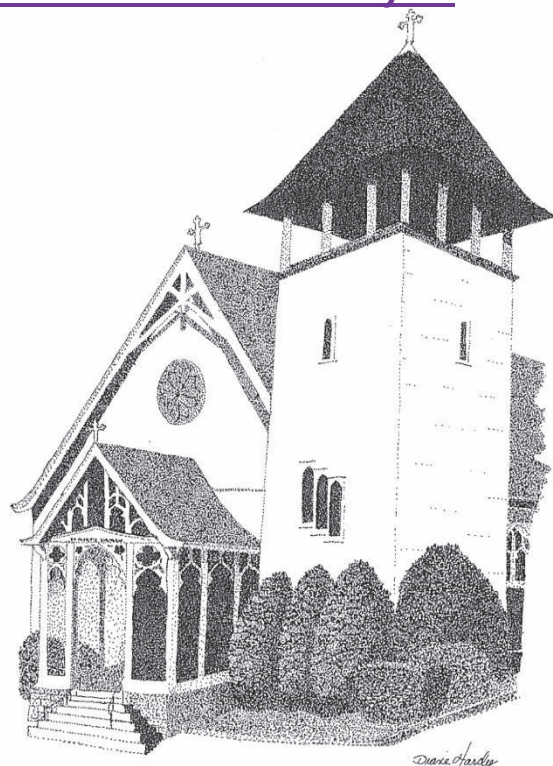
### Holy Days

9:00am and 7:30pm

## ~ OFFICE HOURS ~

**Sunday:** Closed

**Monday through Saturday:** 9:30am – 2:00pm



### Rev. Francis P. Scanlon

*Pastor*

### Deacon Joe Patrona

*Minister of Education*

### Christine Class

*Acting Parish Secretary*

### Alan J. May

*Business Manager*

### Clara Vazquez

*Parishioner Outreach*

### John Griffiths

*Minister of Music*

### Stephen M. Bauert

*Maintenance Engineer*

### Juan M. Cruz

*Custodian Assistant*

## BAPTISMS & WEDDINGS

Please call the Rectory for an appointment with the Pastor  
(914) 664-5855.

## CONFESSIONS

Saturday: 4:00 - 4:45pm or call office for an appointment

## CATHOLIC CHARISMATIC PRAYER MEETING

Wednesdays at 8:00pm in Parish Hall.

Teachings, Witnessing, Scripture Sharing, and more, to give honor and praise to God the Father, Son and Holy Spirit. All ages are welcome!

## SPANISH PRAYER MEETING

Every Friday at 7:00 pm in Parish Hall.

First Friday: Healing Mass 7:00 pm

All are invited!

*In all facilities (office, Church, hall), everyone must wear a mask. Social distancing must be maintained (you know, 6 feet...). We have sanitizing stations: everyone must sanitize their hands upon entering. No physical contact (including the sign of peace).*

***If you are not feeling well in any way, please stay home.***

***If you are vulnerable (due to illness, age, etc.), please stay home.***

### Lenten Prayer, Fasting & Alms Giving:

During Lent, Catholics do three things to grow closer to God: Pray, fast and give alms. These are the three pillars of Lenten spirituality. In Christ we are all family. How can we not take care of each other? During the 40 days of Lent, we are called to pay attention to the needs of our sisters and brothers, to feel compassion and to take action to accompany them. God asks us to live by serving others seeing Jesus in each sister and brother regardless of who they are or what they believe. The first pillar of Lent is prayer. We pray to grow in our relationship with God and ask God for guidance on how to live according to his will. In our prayers, we thank God for the gifts we have been given. We also pray for those who experience need of any kind: Physical, spiritual or emotional. During Lent, we make extra effort by praying each day to become the person God calls us to be. The second pillar of Lent is fasting. Fasting means we give something up to be more sensitive and better understand and support our sisters and brothers suffering from hunger around the world. Enlightened by the Holy Spirit, we recognize that their well-being is important and connected to our own. The third pillar of Lent is almsgiving. When we give to those in need, we honor Jesus' call to care for our neighbors by serving and sharing with them the gifts we have received. Through the CRS Rice Bowls program families learn about how our sisters and brothers across the globe overcome hardships like hunger and malnutrition, and how through Lenten alms, we have the power to make the world a better place for all. Please take a Rice Bowl and at the end of Lent return it to the Church and we will send the donations to Catholic Relief Services.

### Lenten Fast and Abstinence

During the season of Lent, the Church urges the faithful to reflect a spirit of penance in their daily lives through performing acts of fasting and abstinence. Lent begins on Ash Wednesday, March 2 and ends on Holy Thursday, April 14. Ash Wednesday and Good Friday are days of fast and abstinence. This is a serious matter within Church law. Fasting mean only one full meal a day may be taken. Two smaller meals may be eaten to maintain physical strength but together they should not equal another full meal in quantity. Snacking between meals is not permitted. Catholics ages 18-59 are obligated to fast on Ash Wednesday and Good Friday. Those who are not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent that they are able. Abstinence forbids the eating of meat or poultry. Those who have reached the age of 14 and older are obligated to abstain from eating meat are urge to join in the discipline of abstaining to the extent that they are able. All Fridays of the year are designated as days of penance during which we are encouraged to practice self-denial out of gratitude for the suffering and death of Jesus accepted for us. The time for fulfilling the Easter Duty extends from the First Sunday of lent March 6, to Holy Trinity Sunday June 12.

### Ash Wednesday March 2, 2022

**Masses on Ash Wednesday are**

**9:00 am English, 12:00 pm English**

**7:00 pm Spanish. Ashes will be given at all the Masses and during the day at the rectory.**

### Mass Intentions - February 27- March 5

|               |                                                                                                                                                         |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday, 2/27  | 8:00 am – Francisca & Manuel Rodrigues (Deceased)<br>9:30 am – Zoraya Cando De Hernández (1st Aniversario en Cielo)<br>11:30 am – Gene Lanza (Deceased) |
| Monday, 2/28  | 9:00 am – Health of Silvia Tirado<br>7:00 pm – Health of Josephine Thomas                                                                               |
| Tuesday, 3/1  | 9:00 am – Dennis M Solano Sr. (Birthday in Heaven)                                                                                                      |
| Wednesday 3/2 | 9:00 am – Health of Luz Rodriguez<br>12:00 pm – Health of Fr. Isaac Mensah<br>7:00 pm – Health of Angel Santiago                                        |
| Thursday, 3/3 | 9:00 am – Slavko Kapic (Deceased)                                                                                                                       |
| Friday, 3/4   | 9:00 am – Linda Jean Kennedy Briggs (Deceased)<br>7:30 pm – All our parishioners                                                                        |
| Saturday, 3/5 | 9:00 am – Deceased Members of the Ruddy Family<br>5:00 pm – Anthony Pedro (Deceased)<br>7:00 pm – Linda Jean Kennedy Briggs (Deceased)                  |

**Parish Office Hours: Mon – Fri 9:30 – 2:00; Closed: Saturday & Sunday**

### **Oración de Cuaresma, Ayuno y Limosna:**

Durante la Cuaresma, los católicos hacen tres cosas para acercarse a Dios: orar, ayunar y dar limosnas. Estos son los tres pilares de la espiritualidad cuaresmal. En Cristo todos somos familia. ¿Cómo no cuidarnos entre todos? Durante los 40 días de Cuaresma estamos llamados a estar atentos a las necesidades de nuestros hermanos y hermanas, a sentir compasión ya actuar para acompañarlos. Dios nos pide que vivamos sirviendo a los demás viendo a Jesús en cada hermana y hermano sin importar quiénes son o lo que creen. El primer pilar de la Cuaresma es la oración. Oramos para crecer en nuestra relación con Dios y pedirle a Dios orientación sobre cómo vivir de acuerdo a su voluntad. En nuestras oraciones, damos gracias a Dios por los dones que nos ha dado. También oramos por aquellos que experimentan necesidades de cualquier tipo: físicas, espirituales o emocionales. Durante la Cuaresma, hacemos un esfuerzo adicional al orar todos los días para convertirnos en la persona que Dios nos llama a ser. El segundo pilar de la Cuaresma es el ayuno. Ayunar significa renunciar a algo para ser más sensibles y comprender y apoyar mejor a nuestros hermanos y hermanas que padecen hambre en todo el mundo. Iluminados por el Espíritu Santo, reconocemos que su bienestar es importante y está conectado con el nuestro. El tercer pilar de la Cuaresma es la limosna. Cuando damos a los necesitados, honramos el llamado de Jesús de cuidar a nuestro prójimo sirviéndoles y compartiendo con ellos los dones que hemos recibido. A través del programa Platos de Arroz de CRS, las familias aprenden cómo nuestras hermanas y hermanos de todo el mundo superan dificultades como el hambre y la desnutrición, y cómo a través de las limosnas de Cuaresma, tenemos el poder de hacer del mundo un lugar mejor para todos. Tome un Plato de Arroz y al final de la Cuaresma devuélvalo a la Iglesia y enviaremos las donaciones a Católica Relief Services.

### **Ayuno de Cuaresma y Abstinencia**

Durante el tiempo de Cuaresma, la Iglesia insta a los fieles a reflejar un espíritu de penitencia en su vida diaria mediante la realización de actos de ayuno y abstinencia. La Cuaresma comienza el Miércoles de Ceniza, 2 de marzo, y termina el Jueves Santo, 14 de abril.

El Miércoles de Ceniza y el Viernes Santo son días de ayuno y abstinencia. Este es un asunto serio dentro de la ley de la Iglesia. El ayuno significa que solo se puede tomar una comida completa al día. Se pueden comer dos comidas más pequeñas para mantener la fuerza física, pero juntas no deben equivaler a otra comida completa en cantidad. No está permitido picar entre comidas. Los católicos de 18 a 59 años están obligados a ayunar el Miércoles de Ceniza y el Viernes Santo. Se alienta a aquellos que no están específicamente obligados a ayunar a unirse a la disciplina del ayuno en la medida de lo posible. La abstinencia prohíbe comer carne o aves. Aquellos que han alcanzado la edad de 14 años o más están obligados a abstenerse de comer carne y se les insta a unirse a la disciplina de abstenerse en la medida de sus posibilidades.

Todos los viernes del año están designados como días de penitencia durante los cuales se nos anima a practicar la abnegación en agradecimiento por el sufrimiento y la muerte de Jesús aceptado por nosotros.

El tiempo para cumplir con el Deber Pascual se extiende desde el Primer Domingo de Cuaresma el 6 de Marzo hasta el Domingo de la Santísima Trinidad el 12 de Junio

### **Miércoles de ceniza 2 de marzo de 2022**

Las misas del Miércoles de Ceniza son 9:00 am inglés, 12:00 pm inglés 7:00 pm español. Las cenizas se entregarán en todas las Misas y durante el día en la rectoría.

**Weekly Collection**

**February 20, 2022 \$4,640.00**

**February 21, 2021 \$4,672.00**

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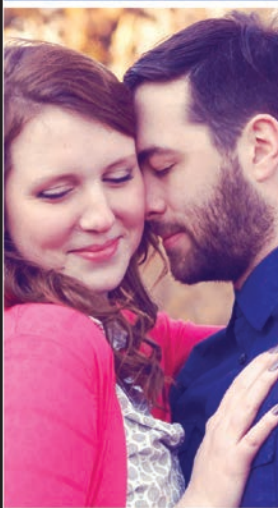
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