

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> - <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

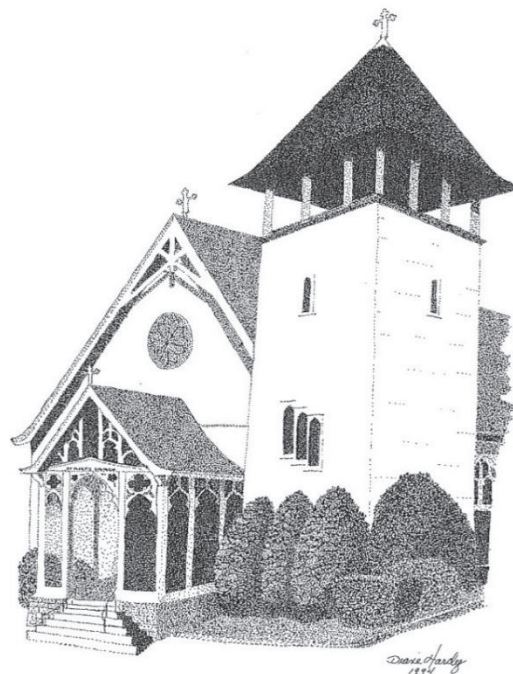
Holy Days

9:00am and 7:30pm (Spanish)

~ OFFICE HOURS ~

Sunday: Closed

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



Rev. Francis P. Scanlon

Pastor

Deacon Joe Patrona

Minister of Education

Christine Class

Parish Secretary

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 or Deacon at (914) 664-5855.

CONFESSIONS

Saturday 4:00 - 4.45pm or call office for appointment

CATHOLIC CHARISMATIC PRAYER MEETING

Wednesdays at 7:30pm 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: Holy Hour 6:30 - 7:30 pm

First Friday: Healing Mass 7:30 pm

“Truly you have formed my inmost being; You knit me in my mother’s womb. You knew that I was there – You saw me before I was born.” (Psalm 139: 13, 16) **PRAY FOR THE UNBORN**

ABUSE SURVIVORS: We are grateful you are here today. We are sorry for the intense pain you suffer. We know there are many types of abuse; including sexual, physical, emotional and psychological. We hope you find this Church community a place of sensitivity that does not exacerbate your pain. We pray that you seek the support and help you need. We also pray that God holds you in His gentle loving hands and helps you to heal. Amen

Fifth Sunday in Ordinary Time – V Domingo del Tiempo Ordinario February 4, 2024

Preparing For Lent 2024

When Ash Wednesday draws near, Catholics and other Christians seem to fall into two distinct groups when it comes to what to give up for Lent. The first group takes it down to the wire: Tuesday night, continuing an internal dialogue trying to figure out what Lenten sacrifice to make. It's a conversation they have every year. And it may include lines you've said yourself in past years: "I never know what to give up for Lent!" The second group is dialed in on the start of Lent, ready to activate "Lent autopilot" and prepare to give up the same thing as last year. And two years ago.

And every year. Lent is more than just "giving something up" and fasting from meat on Fridays. In fact, Pope Francis challenges us to think about fasting as something more powerful than we normally consider it, describing it as "learning to change our attitude towards others and all of creation, turning away from the temptation to 'devour' everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts." However, Lent can be an unhealthy time for those who struggle with scrupulosity, or it can be overwhelming to people who are already in a time of suffering. For some, the best Lent might be to make sure they get at least 7 hours of sleep or making the commitment to attend therapy. At the start of Lent, we should ask

ourselves – what pulls me away from loving God, loving others, and loving myself well? How can I incorporate acts of sacrifice, acts of giving, and acts of prayer that will help me love as God loves? Giving thought to observing Lent is important. Whether you wait until the last minute to decide or you've known your Lenten sacrifice since *last* Lent, it's worth spending time to thoughtfully consider how to make the most of your experience this year. Because observing Lent is so much bigger than what you "give up."

Lenten Day of Reflection

Just to inform you that our Lenten Day of Reflection will be on Saturday, February 17, 2024 from 9am to 3pm. Our presenter this year is Carmelite Father Justin who is the Campus Minister at Inoa Prep School. What a wonderful way to begin our Lenten Season.

Cardinal Annual Stewardship Appeal

The Cardinal's Annual Stewardship Appeal, a critical component of the archdiocesan mission, raises funds to sustain the various ministries, institutions, and outreach programs that serve thousands of individuals and families throughout New York. As members of the parish community, we are encouraged to contribute to the Appeal by meeting our designated fundraising goal. Please consider making a gift today to support the Church's mission and assist us in achieving our goal by Pentecost.

Mass Intentions - February 4- February 11, 2024

Sunday, 2/4	8:00 am – Olga "Diasy" Gonzalez (Deceased) 9:30 am – Steven Ty Ortega (Deceased) 11:30 am – Joseph Castellano (Deceased)
Monday, 2/5	9:00 am – Msgr. John Meehan (Deceased) 7:00 pm – Health of Marianne Scanlon
Tuesday, 2/6	9:00 am – Mona Smith (30 th Anniversary in Heaven)
Wednesday 2/7	9:00 am – Cathleen Geil (Deceased) 7:00 pm – Health of Clara Vazquez
Thursday, 2/8	9:00 am – Msgr. John Meehan (Deceased)
Friday, 2/9	9:00 am – Cathleen Geil (Deceased)
Saturday, 2/10	9:00 am – Joan Autieri (20 th Anniversary in Heaven) 5:00 pm – Health of Patricia Maia 7:00 pm – Health & Recuperation of Donna Iannarelli
Sunday, 2/11	8:00 am – Deceased Members of Gaglione & Walters Families 9:30 am – Joseph Thomas Scanlon (Birthday Blessing) 11:30 am – Hazel Ellis (80 th Birthday) Ann O'Leary (deceased)



Online parish giving. <https://www.parishgiving.org/>

Parish Office Hours: Mon – Sat 9:30 – 2:00; **Closed:** Sunday

Preparándose para la Cuaresma 2024

Cuando se acerca el Miércoles de Ceniza, los católicos y otros cristianos parecen dividirse en dos grupos distintos en cuanto a qué renunciar durante la Cuaresma. El primer grupo lo lleva hasta el último momento: el martes por la noche, continuando un diálogo interno tratando de descubrir qué sacrificio cuaresmal hacer. Es una conversación que tienen todos los años. Y puede incluir líneas que usted mismo ha dicho en años anteriores: “¡Nunca sé a qué renunciar durante la Cuaresma!” El segundo grupo está llamado al inicio de la Cuaresma, listo para activar el “piloto automático de Cuaresma” y prepararse para renunciar a lo mismo que el año pasado. Y hace dos años. Y todos los años. La Cuaresma es más que simplemente “renunciar a algo” y ayunar de carne los viernes. De hecho, el Papa Francisco nos desafía a pensar en el ayuno como algo más poderoso de lo que normalmente consideramos, describiéndolo como “aprender a cambiar nuestra actitud hacia los demás y hacia toda la creación, alejándonos de la tentación de 'devorarlo' todo para satisfacer nuestras necesidades. voracidad y disposición a sufrir por amor, que puede llenar el vacío de nuestro corazón”. Sin embargo, la Cuaresma puede ser una época poco saludable para quienes luchan con la escrupulosidad, o puede resultar abrumadora para quienes ya se encuentran en una época de sufrimiento. Para algunos, la mejor Cuaresma podría ser asegurarse de dormir al menos 7 horas o comprometerse a asistir a terapia. Al comienzo de la Cuaresma, deberíamos preguntarnos: ¿qué me aleja de amar a Dios, amar a los demás y amarme bien a mí mismo? ¿Cómo puedo incorporar actos de sacrificio, actos de donación y actos de oración que me ayuden a amar como ama Dios? Es importante reflexionar sobre la observancia de la Cuaresma. Ya sea que

espere hasta el último minuto para decidir o que conozca su sacrificio cuaresmal desde la última Cuaresma, vale la pena dedicar tiempo a considerar cuidadosamente cómo aprovechar al máximo su experiencia este año. Porque observar la Cuaresma es mucho más grande que lo que “renuncias”.

Campaña Anual del Cardenal

La Campaña Anual de Mayordomía del Cardenal, un componente crítico de la misión arquidiocesana, recauda fondos para sostener los diversos ministerios, instituciones y programas de alcance que sirven a miles de personas y familias en todo Nueva York. Como miembros de la comunidad parroquial, se nos anima a contribuir a la Campaña cumpliendo con nuestra meta de recaudación de fondos designada. Por favor, considere hacer una donación hoy para apoyar la misión de la Iglesia y ayudarnos a lograr nuestra meta para Pentecostés. Al donar en [cardinalsappeal.org/dónat](https://cardinalsappeal.org/)e, recuerde especificar el nombre de nuestra parroquia. Para obtener más información sobre la Campaña Anual de Mayordomía del Cardenal, comuníquese con nosotros al 646-794-3300 o visite cardinals.appeal@archny.org.



January 28, 2024 \$2,715.00

January 29, 2023 \$4,380.00



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SMALL BUSINESS support is needed in our community!

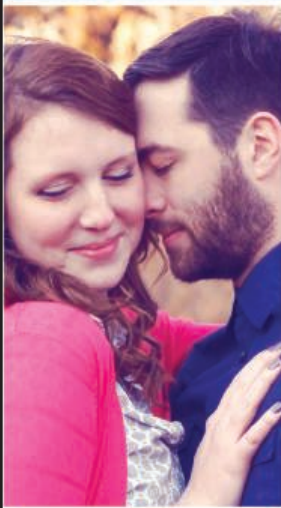
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SAMANTHA JOSEPHSON

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