

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

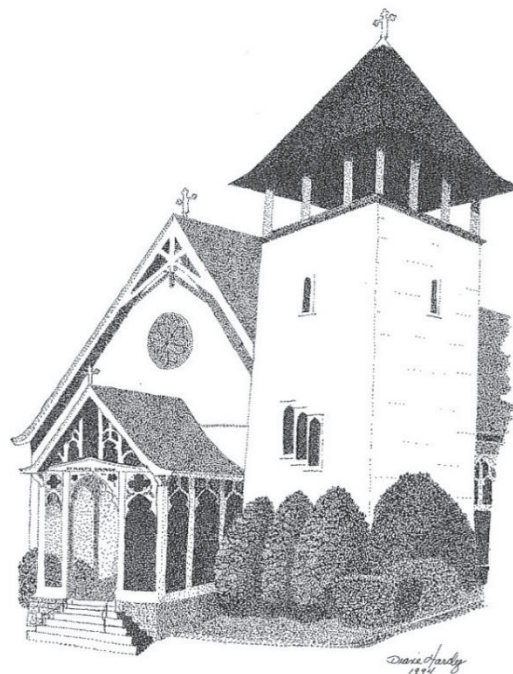
Holy Days

9:00am and 7:30pm (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

Sixth Sunday in Ordinary Time – VI Domingo del Tiempo Ordinario February 11, 2024

THE LENTEN PRACTICES

Prayer & Penance

We are encouraged to carve out quiet space from our hectic days for prayer and reflection so that we may experience God's great love and forgiveness. More time given to prayer during Lent will draw us closer to the Lord. Penance is a traditional Lenten practice. In Lent we are called to metanoia, a change of mind and heart. This involves taking a look at where we are and trying to see where we ought to be. It involves testing our values and discerning how they stack up against the values the Jesus offers his followers.

Fasting & Abstinence

Fasting is one of the most ancient practices linked to Lent. It is often an aid to prayer as it reminds us of our hunger for God. The prophet Isaiah insists that fasting without changing our behavior is not pleasing to God. Fasting is observed on Ash Wednesday and Good Friday by all Catholics who are 18 – 59 years of age and having only one full meal. You can also fast from things, words and actions that get in the way of your relationship with God and others. This fasting helps you to learn, grow, and better hear what the Lord is calling you to. Abstinence forbids the eating of meat and poultry and having a simple and sparse meal. Avoiding meat while eating lobster misses the whole point! Abstinence is to be observed by all Catholics 14 years old and older on Ash Wednesday, Good Friday, and all Fridays of Lent. Additionally, the USCCB Questions and Answers about Lent page states the non-age-related exemptions. "Those that are excused from fast and abstinence outside the

age limits include the physically and mentally ill including individuals suffering from chronic illnesses such as diabetes. Also excused are pregnant or nursing women. In all cases, common sense should prevail, and ill persons should not further jeopardize their health by fasting." Also on the U.S. bishops website, they explain the Good Friday fast should, when possible, last through the Easter Vigil on Holy Saturday night.

Service & Almsgiving

Service and almsgiving are linked to our baptismal commitment. It is a sign of our care for those in need and an expression of our gratitude for all that God has given to us. Works of charity and the promotion of justice are integral elements of the Christian way of life. The Lenten call to almsgiving means making the needs of other people our own. Service and almsgiving are an integral part of the Lenten season, as it helps individuals to focus on their obligations to others and to live a life of selflessness and service. This can involve donating to charities, volunteering time at a local soup kitchen, helping a neighbor in need, or getting involved in a parish ministry.

Ash Wednesday

This Wednesday, February 14, 2024 is Ash Wednesday and the beginning of The Lenten Season. Masses on Ash Wednesday will be 9 a.m. in English, 4pm in English and 7:00 p.m. in Spanish. Ashes will be imposed at all the Masses.

Mass Intentions - February 11 - February 18, 2024

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)
Monday, 2/12	9:00 am – Lucille Combe (Deceased) 7:00 pm – Morgan Weslosky (1 st Anniversary in Heaven)
Tuesday, 2/13	9:00 am – Sister Rose Daly C.N.D. (Health)
Wednesday 2/14	9:00 am – Louis S. Barcelo (Deceased)
Ash Wednesday	4:00 pm – All school of Religion teachers and students 7:00 pm – Health of Valentin Suarez
Thursday, 2/15	9:00 am – Ann Smith (19 th Anniversary in Heaven)
Friday, 2/16	9:00 am – Anthony Signore (4 th Anniversary in Heaven)
Saturday, 2/17	9:00 am – Msgr. John Meehan (Deceased) 5:00 pm – Health of Lori Patrona 7:00 pm – Cathy Geil (Deceased)
Sunday, 2/18	8:00 am – Morgan Weslosky (Deceased) 9:30 am – Nelson Class (Peace of Mind) 11:30 am – Marianne & John DeSantis (Deceased)

Sixth Sunday in Ordinary Time – VI Domingo del Tiempo Ordinario February 11, 2024



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

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

LAS PRÁCTICAS DE CUARESMA

Oración y Penitencia

Se nos anima a sacar un espacio tranquilo de nuestros días ajetreados para la oración y la reflexión a fin de que podamos experimentar el gran amor y el perdón de Dios. Más tiempo dedicado a la oración durante la Cuaresma nos acercará más al Señor. La penitencia es una práctica tradicional de Cuaresma. En Cuaresma estamos llamados a la metanoia, un cambio de mente y de corazón. Esto implica echar un vistazo a dónde estamos y tratar de ver dónde deberíamos estar. Implica probar nuestros valores y discernir cómo se comparan con los valores que Jesús ofrece a sus seguidores.

Ayuno y Abstinencia

El ayuno es una de las prácticas más antiguas vinculadas a la Cuaresma. A menudo es una ayuda para la oración, ya que nos recuerda nuestra hambre de Dios. El profeta Isaías insiste en que ayunar sin cambiar nuestro comportamiento no agrada a Dios. El ayuno se observa el Miércoles de Ceniza y el Viernes Santo por todos los católicos que tienen entre 18 y 59 años de edad y solo tienen una comida completa. También puede ayunar de cosas, palabras y acciones que interfieren en su relación con Dios y con los demás. Este ayuno lo ayuda a aprender, crecer y escuchar mejor a qué lo está llamando el Señor. La abstinencia prohíbe comer carne y aves y tener una comida sencilla y escasa. ¡Evitar la carne mientras se come langosta pierde todo el sentido! Todos los católicos mayores de 14 años deben observar la abstinencia el Miércoles de Ceniza, el Viernes Santo y todos los viernes de Cuaresma. Además, la página de Preguntas y respuestas de la USCCB sobre la Cuaresma establece las exenciones no relacionadas con la edad. “Aquellos que están exentos del ayuno y la abstinencia fuera de los límites de edad incluyen a los enfermos físicos y mentales, incluidas las personas que padecen enfermedades crónicas como la diabetes. También están excusadas las mujeres embarazadas o lactantes. En todos los casos, debe prevalecer el sentido común y las personas enfermas no deben poner en peligro su salud ayunando”. También en el sitio web de los obispos de EE. UU., explican que el ayuno del Viernes Santo debe, cuando sea posible, durar hasta la Vigilia Pascual en la noche del Sábado Santo.

Servicio y Limosna

El servicio y la limosna están ligados a nuestro compromiso bautismal. Es una señal de nuestro cuidado por los necesitados y una expresión de nuestra gratitud por todo lo que Dios nos ha dado. Las obras de caridad y la promoción de la justicia son elementos integrales del estilo de vida cristiano. La llamada de Cuaresma a la limosna significa hacer nuestras las necesidades de los demás. El servicio y la limosna son una parte integral de la temporada de Cuaresma, ya que ayudan a las personas a concentrarse en sus obligaciones hacia los demás y a vivir una vida de desinterés y servicio. Esto puede implicar donar a organizaciones benéficas, ser voluntario en un comedor de beneficencia local, ayudar a un vecino necesitado o participar en un ministerio parroquial.

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/donate, 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.



February 4, 2024 \$5,414.00

February 5, 2023 \$4,798.00



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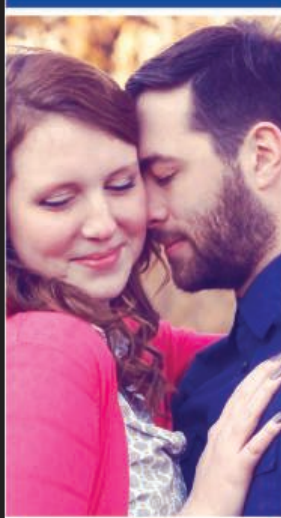
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SAMANTHA JOSEPHSON

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