

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

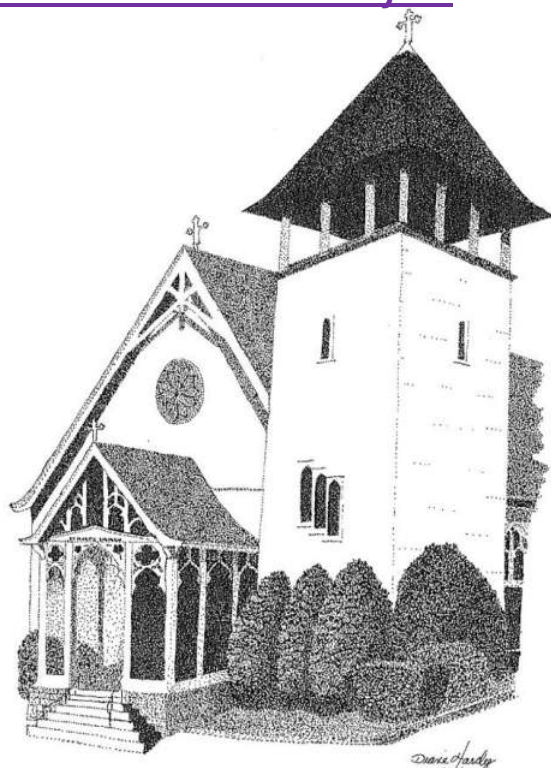
9:00am and 7:00pm

~ OFFICE HOURS ~

Monday through Friday: 9:00am – 2:00pm

Monday and Wednesday: 5:00pm-7:00pm

Saturday and Sunday: Closed



Rev. Joseph Akunaeziri

Pastor

Rev. Kizito Mgbemere

Parochial Vicar

Rev. Paul Nwobi

In Resident

Christine Class

Parish Secretary

John Griffiths

Minister of Music

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

SPANISH PRAYER MEETING

Every Friday at 7:00 pm in Parish Hall.

First Friday: Healing Mass 7:00 pm

All are invited!

“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 heal. Amen.

From the Pastors desk

“You Are the Salt of the Earth... You Are the Light of the World” (Matthew 5:13–16)

In today’s Gospel, Jesus gives us two short images that carry enormous weight: salt and light. First, Jesus says, “*You are the salt of the earth.*” Salt preserves. In a world without refrigerators, salt kept food from spoiling. In the same way, Christians are meant to slow the spread of what corrodes human dignity—cruelty, injustice, indifference. Salt also brings out flavor. It doesn’t overwhelm the food; it reveals what’s already there. When we live with kindness, integrity, and mercy, we help others taste the goodness God has already planted in the world.

Then Jesus says, “*You are the light of the world.*” Light doesn’t argue with the darkness; it simply shines. A single candle can change the whole atmosphere of a room. Light helps people see where they are and where they’re going. When we forgive instead of retaliate, when we tell the truth, when we choose compassion over convenience, we become that light.

So, today’s Gospel leaves us with a simple but challenging invitation: Be who you already are in Christ. Be salt that brings flavor and preserves goodness. Be light that quietly but courageously pushes back the darkness. And do it not with grand gestures, but in small, faithful acts of love—right where God has placed you.

Amen.

Rev, Joseph Akunaeziri

FEAST OF SAINT BLAISE

The Feast of St. Blaise was on Tuesday February 3, 2026. We will bless the throats this weekend February 7th & 8th at All Masses after the Homily

Peter’s Pence Collection

Next week we will take up the Peter’s Pence Collection to support the Universal Church and the work of the Holy See, including the charitable works of Pope Leo XIV. These works benefit our brothers and sisters on the margins of society, including victims of war, oppression, and disasters. Be a sign of hope with your generosity. For more information, visit www.obolodisanpietro.va/en.html

Hello everyone!

Come out and celebrate at our Mardi Gras Valentine’s Party 🍷❤️ on Saturday, February 14 at 6:00 PM.

🍷 Cost: \$25 per adult | \$10 per child — all-inclusive of food, drinks and desserts!

👗 Dress code: Wear red and come ready to party!

Enjoy great food, singing 🎤, dancing 🕺, music 🎵, and lots of fun.

Don’t miss it—we can’t wait to celebrate with you!

For more information contact Shakila (917) 480-1063 or Jonathan (914) 282-1537

Mass Intentions - February 8 - February 15, 2026

Sunday, 2/8	8:00 am – All our Parishioners 9:30 am – Jaida Acevedo Colon (Birthday Blessings) 11:30 am – Julián Dau & Pedro Pérez (Deceased)
Monday 2/9	9:00 am – Eddie De Leon Jr. (Birthday Blessings) 7:00 pm – All our Parishioners
Tuesday, 2/10	9:00 am – Joan Autieri (22 nd Anniversary in Heaven)
Wednesday 2/11	9:00 am – Benedetto Di Rollo (Birthday Blessings) 7:00 pm – Vinicio Antonio Gil (10 Meses de fallecido)
Thursday, 2/12	9:00 am – Morgan Weslosky (3 rd Anniversary in Heaven)
Friday, 2/13	9:00 am – All our Parishioners
Saturday, 2/14	9:00 am – All our Parishioners 5:00 pm – All our Parishioners 7:00 pm – Blanca Suquilanda y Alberto Masas (Deceased)
Sunday, 2/15	8:00 am – Ann Smith (21 st Anniversary in Heaven) 9:30 am – All our Parishioners 11:30 am – Anthony & Margie Signore (6th Anniversary in Heaven)



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

Parish Office Hours: Mon – Fri 9:00 – 2:00; Mon & Wed 5pm to 7pm **Closed:** Saturday & Sunday

Desde el escritorio del Pastor

“Ustedes son la sal de la tierra... Ustedes son la luz del mundo” (Mateo 5:13-16)

En el Evangelio de hoy, Jesús nos presenta dos imágenes breves pero de enorme significado: la sal y la luz. Primero, Jesús dice: “Ustedes son la sal de la tierra”. La sal conserva. En un mundo sin refrigeradores, la sal impedía que los alimentos se echaran a perder. De la misma manera, los cristianos estamos llamados a frenar la propagación de aquello que corroe la dignidad humana: la crueldad, la injusticia, la indiferencia. La sal también realza el sabor. No abruma la comida; revela lo que ya está presente. Cuando vivimos con bondad, integridad y misericordia, ayudamos a los demás a saborear la bondad que Dios ya ha sembrado en el mundo. Luego Jesús dice: “Ustedes son la luz del mundo”. La luz no discute con la oscuridad; simplemente brilla.

Una sola vela puede cambiar por completo la atmósfera de una habitación. La luz ayuda a las personas a ver dónde están y hacia dónde se dirigen. Cuando perdonamos en lugar de vengarnos, cuando decimos la verdad, cuando elegimos la compasión en lugar de la comodidad, nos convertimos en esa luz. Así pues, el Evangelio de hoy nos deja una invitación sencilla pero desafiante: Sean quienes ya son en Cristo. Sean sal que da sabor y conserva la bondad. Sean luz que, con discreción pero con valentía, disipa la oscuridad. Y háganlo no con grandes gestos, sino con pequeños y fieles actos de amor, justo donde Dios los ha colocado.

Amén.

Reverendo Joseph Akunaeziri

FIESTA DE SAN BLAS

La fiesta de San Blas se celebra el martes 3 de febrero de 2026. Bendeciremos las gargantas el próximo fin de semana, 7 y 8 de febrero, en todas las misas después de la homilía.

Colecta Peter's Pence

Hoy es la Colecta Peter's Pence, una colecta a nivel mundial que apoya la labor de la Iglesia universal, incluyendo la labor de la Santa Sede y las obras de caridad del papa León XIV. To men esta oportunidad para unirse al papa León XIV y sean un signo de esperanza para nuestros hermanos y hermanas que sufren. Por favor, sean generosos hoy. Para más información, visiten www.obolodisanpietro.va/es.html.

¡Hola a todos!

Vengan a celebrar con nosotros en nuestra Fiesta de San Valentín con temática de Mardi Gras

el sábado 14 de febrero a las 6:00 p. m.

Precio: \$25 por adulto | \$10 por niño —
¡incluye comida, bebidas y postres!

Código de vestimenta: Vístanse de rojo y vengan con ganas de fiesta.

Disfruten de deliciosa comida, karaoke , baile , música y mucha diversión.

¡No se lo pierdan! ¡Tenemos muchas ganas de celebrar con ustedes!

Para más información, comuníquense con Shakila al (917) 480-1063 o con Jonathan al (914) 282-1537.

Weekly Collection

February 1, 2026 \$2,944.00

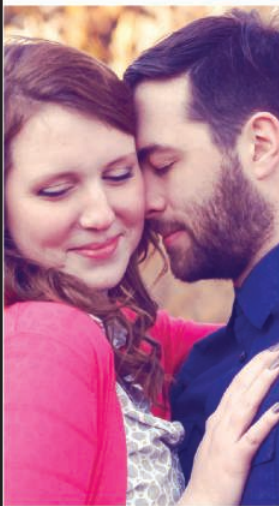
ASK **#WHATS MYNAME**
in remembrance of *samantha josephson*



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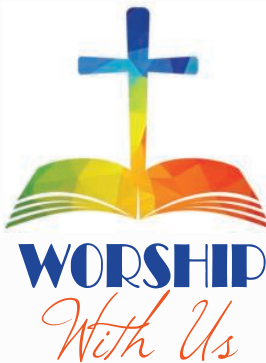
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