

Our Lady of Mount Carmel

Roman Catholic Church

23-25 Newtown Avenue, Astoria, New York
www.mountcarmelastoria.org



MARCH 20, 2022

THIRD SUNDAY OF LENT

The Mission of our parish is to serve our neighbors with Jesus, to pray in faith with Jesus, and to evangelize with Jesus, so "that all may have more abundant life." (John 10:10). The Word of God, the Sacraments, and the Catechism of the Catholic Church are the instruments and standards of this work of evangelization and faith formation.

PASTORAL TEAM

Pastor

Rev. Msgr. Cuong M. Pham

Pastor Emeritus-SMM

Rev. Ed Brady

Parochial Vicars

Rev. Michael McHugh

Rev. Joseph Hung Tran

Retired Priests in Residence

Rev. Joseph Pham

Rev. Msgr. John Harrington K.H.S.

Permanent Deacons

Deacon Ruben Mendez

Deacon Jacob Rodriguez

deaconjacob@mountcarmelastoria.org

Religious Education Coordinator

Nelly Gutierrez, Ext. 114

reled@mountcarmelastoria.org

ccdmountcarmel@gmail.com

Parish Secretary

Celeste Stewart, Ext. 111

church@mountcarmelastoria.org

Rectory Receptionist

Luis Sanchez Ext. 110

reception@mountcarmelastoria.org

Music Director

Lucille Mascia

music@mountcarmelastoria.org

Cluster Hospital Chaplain

Father Jean Laguerre



SCHEDULE OF MASSES

Saturday (Upper Church) 5:00pm (*Vigil Mass*)

Sunday (Upper Church)

English Masses:

8:00am, 10:00am, 11:15am, 5:00pm

Misa en Español: 12:30pm

Sunday (Lower Church)

9:00am (Italian)

10:30am (Czech-Slovak)

3:00pm (Vietnamese)

Monday-Friday (Lower Church)

8:00am and 12:00pm

Saturday: 8:00am

Church Hours: Weekday 7:00am- 7:00pm

Weekend: 7:00am – 6:00pm

PARISH OFFICE

Phone: 718.278.1834 Fax: 718.278.0998

Weekdays: 9:00am-12:00 Noon & 1:00pm-8:30pm

Saturday: 9:00am- 12:00 Noon

ST. JOSEPH'S CATHOLIC ACADEMY

28-46 44th St., Astoria, NY 11103

718.728.0724 – www.stjosephsch.org

Financial Assistance/ Ayuda Financiera:

school@mountcarmelastoria.org



Scan to visit our website

www.mountcarmelastoria.org

Social Media: @OLMCAstoria





MASSES FOR THE WEEK

SATURDAY, MARCH 19

5:00pm Joseph Mascia,
Demetrio Jaramillo- Birthday Memorial

SUNDAY, MARCH 20

8:00am Paulina Nacinovich (Birthday)
9:00am Barbara Leto
10:00am John DeSouza
11:15am Alfred Caridi
12:30pm Wilfredo Hugo Ponce, Teodoro Tavarez,
Refugio & Cristina Garcia,
Cristian Lezama,
Francisco Jose Marcial- III mes de Muerte,
Los Difuntos No Nacidos- Bienaventurados
5:00pm For the People of our Parish

MONDAY, MARCH 21

8:00am Julia Jarrick Immordino
12:00pm Giovanna Ayughu- Death Anniversary

TUESDAY, MARCH 22

8:00am Raffaele & Rosaria del Greco
12:00pm Catherine Marinaro

WEDNESDAY, MARCH 23

8:00am Leonardo & Giuseppina Grippi
12:00pm Joe & Lucy Medina

THURSDAY, MARCH 24

8:00am Fiorindo, Nicola & Luigi DiPompo
12:00pm Members of the Neary Family

FRIDAY, MARCH 25

8:00am Della Gannon
12:00pm Salvatore & Rosalia Arcabascio

SATURDAY, MARCH 26

8:00am John Pham
5:00pm Nicolò Graci, Angelo Cluess,
Richard Veira,
In Thanksgiving to God for
Lucia Puente's 101st Birthday

SUNDAY, MARCH 27

8:00am Luigi & Gregory Toppi
9:00am Mario Carullo
10:00am Jimmy G. Garcia
11:15am Richard Gallagher
12:30pm Leda Miches, Serapio Tirado Melendez &
Aurelia Ñaupá Neyra- IV Aniversario,
Rosa Mendez,
Segundo Luis Bermejo Guallpa- 11 Aniversario
Maria Rosa Bermejo Velazquez- 48 Aniversario
5:00pm For the People of our Parish

WEEKLY OFFERINGS

This week's Altar Candles are being offered
in loving memory of Florindo, Nicole & Luigi DiPompo,
by Ida Barretta

SACRIFICIAL GIVING REPORT

Regular Sunday Offering

(Does not include offerings through *Faith Direct*)

Last Week's Collection- **\$4,551** Last Year's Collection- **\$4,996**

SECOND COLLECTIONS

March 20, 2022: This special collection to be taken up after communion is for the support of our parish maintenance. We depend on your generosity to keep our parish buildings in good condition for your use.

20 de marzo 2022: *Esta colecta después de la comunión es para nuestro mantenimiento parroquial. Dependemos de su apoyo generoso para mantener los edificios en buena condición para su uso.*

March 27, 2022: This special collection to be taken up after communion is for the support of Catholic Relief Services, which aids the USCCB Offices of International Justice & Peace, Migration & Refugee Services, Pastoral Care for Migrants & Refugees and other charity programs.

27 de marzo 2022: *Esta segunda colecta después de la comunión es para los Servicios Católicos de Alivio que ayuda a las Oficinas de la Conferencia de Obispos como Católicos de la Paz & Justicia, Servicios de Migración y Refugio, Cuidado Pastoral para Migrantes y Refugiados, y otros programas de caridad.*

April 3, 2022: This special collection to be taken up after communion is for the support of the people of Ukraine. The painful images of devastation, suffering and deaths caused by the senseless war in Ukraine continue to shock us each day. In an effort to give aid and support these brothers and sisters in suffering, our parish will send all monies collected directly to the people of Ukraine.

3 de abril, 2022: *Esta colecta especial después de la comunión será para el pueblo de Ucrania. Las imágenes dolorosas de devastación, sufrimiento y muertes causadas por la guerra sin sentido en Ucrania continúan conmocionándonos cada día. En un esfuerzo por brindar ayuda y apoyo a estos hermanos y hermanas que sufren, nuestra parroquia enviará todo el dinero recaudado directamente a la gente de Ucrania.*

2022 ANNUAL CATHOLIC APPEAL

The 2022 Annual Catholic Appeal has begun. We encourage you to watch the brief Video online at www.CFBQ.org/ACAVideo. The services made possible through your donation will help people in Brooklyn and Queens in ways that no one parish can alone. Please visit www.AnnualCatholicAppeal.org to donate or text **DONATE** to **917-336-1255**. NO donation is too small. Thank you and God bless you for your generosity!

FROM THE PASTOR'S HEART



March 19, 2022

Dear parishioners and friends in Christ,

As we enter the third week of Lent this year, the headlines are filled with disturbing news about the terrible war that is raging in Ukraine. The prospect of humanity coming dangerously close to another world war is enough to turn the stomachs of those who long for peace.

Surely, this has not been a Lenten season that anyone of us expected. We all feel deeply a sense of helplessness before the constant bloodshed that is playing out on the television screen right in our living rooms. At times the sheer senselessness of the war makes us boil with anger. Violence seems to be a legitimate human response to harm and wrongdoing. However, as Christians, we also want to be guided by our faith when faced with a grave moral issue that demands a response.

So, what is the Catholic stance on war? To answer this question, we must look to the example of Jesus himself. When the Lord was being arrested in the Garden of Gethsemane by a violent mob bearing swords and clubs, he could have defended himself in a number of ways. But he did not. Out of a desire to defend Jesus, one of his disciples took out a sword and cut off the ear of a guard. The Lord immediately told him, "Put your sword away, for those who live by the sword will die by the sword." Then he went on to heal the man. Thus, the Lord's final miracle before his death and resurrection was one of reconciliation and forgiveness, after someone has violently attacked him. It shows that the way of Christ is not a way of war. Therefore, the response of Christ's disciples - our response - is to love enemies, seek justice, and serve as reconcilers of conflict. This is our standard, our baseline, our mandate, and our call to action. War is not compatible with the Christian faith which informs the way we think and act. It is totally at odds with the belief system professed by the majority of people in the Western world, including the Russians.

Questions of war are complicated. Nevertheless, the teaching of our Church is clear: We are against war. St. John Paul II said this at the time of the invasion of Iraq: "NO TO WAR! War is always a defeat for humanity. International law, honest dialogue, solidarity between States, the noble exercise of diplomacy: these are methods worthy of individuals and nations in resolving their differences..., the solution can never be imposed by recourse to terrorism or armed conflict as if military victories could be the solution..." (Address to Diplomats in 2003).

For the last two years, we have been fighting a war with a ruthless killer called Covid-19. That war has wreaked havoc on our homes, our families, our safety, and our livelihood. These days, while the war in Ukraine is not knocking on our doors, closing our churches, or killing us directly, it is no less atrocious, immoral, and worth fighting against, as it destroys human life and threatens to plunge our entire world into nuclear destruction. This war is unacceptable, intolerable, and incompatible with the way of God. It is a grave sin and an anathema to our Christian faith.

As Pope Francis consecrates Russia and Ukraine to the Immaculate Heart of Mary according to Our Lady of Fatima's request this Friday, March 25 in St. Peter's Basilica, let us join him in praying for the people of Ukraine and for the leaders of the world who have the power to bring an end to this war. At the same time, let us also join Bishop Brennan and our diocesan Church in supporting the special collection for Ukraine, to be taken up at all Masses in our parish on the weekend of April 3. Covid has turned us inward, now is the time to focus outward to save lives and to defend peace.

Sincerely yours in Christ,

Msgr. Cuong M. Pham

Estimados feligreses y amigos en Cristo,

Al entrar en la tercera semana de Cuaresma de este año, los titulares están llenos de noticias inquietantes sobre la terrible guerra que se libra en Ucrania. La perspectiva de que la humanidad se acerque peligrosamente a otra guerra mundial es suficiente para revolver el estómago de aquellos que anhelan la paz.

Seguramente, este no ha sido un tiempo de Cuaresma que ninguno de nosotros esperaba. Todos sentimos una profunda sensación de impotencia ante el derramamiento de sangre constante que se está reproduciendo en la pantalla de televisión de nuestras salas de estar. A veces, la pura insensatez de la guerra nos hace hervir de ira. La violencia parece ser una respuesta humana legítima al daño y al mal. Sin embargo, como cristianos, también queremos ser guiados por nuestra fe cuando nos enfrentamos a un problema moral grave que exige una respuesta.

Entonces, ¿cuál es la postura católica sobre la guerra? Para responder a esta pregunta, debemos mirar el ejemplo del mismo Jesús. Cuando el Señor estaba siendo arrestado en el Huerto de Getsemaní por una turba violenta armada con

espadas y garrotes, pudo haberse defendido de varias maneras. Pero el no lo hizo. Por el deseo de defender a Jesús, uno de sus discípulos sacó una espada y le cortó la oreja a un guardia. El Señor inmediatamente le dijo: "Guarda tu espada, porque los que viven a espada, a espada morirán". Luego pasó a sanar al hombre. Por lo tanto, el último milagro del Señor antes de su muerte y resurrección fue uno de reconciliación y perdón, después de que alguien lo agredió violentamente. Muestra que el camino de Cristo no es un camino de guerra. Por lo tanto, la respuesta de los discípulos de Cristo, nuestra respuesta, es amar a los enemigos, buscar la justicia y servir como reconciliadores del conflicto. Este es nuestro estándar, nuestra línea de base, nuestro mandato y nuestro llamado a la acción. La guerra no es compatible con la fe cristiana que informa la forma en que pensamos y actuamos. Está totalmente en desacuerdo con el sistema de creencias profesado por la mayoría de las personas en el mundo occidental, incluidos los rusos.

Las cuestiones de la guerra son complicadas. Sin embargo, la enseñanza de nuestra Iglesia es clara: estamos en contra de la guerra. San Juan Pablo II dijo esto en el momento de la invasión de Irak: "¡NO A LA GUERRA! La guerra es siempre una derrota para la humanidad. El derecho internacional, el diálogo honesto, la solidaridad entre los Estados, el noble ejercicio de la diplomacia: estos son métodos dignos de individuos y naciones para resolver sus diferencias..., la solución nunca puede imponerse recurriendo al terrorismo o al conflicto armado como si las victorias militares pudieran ser la solución..." (Discurso a diplomáticos en 2003).

Durante los últimos dos años, hemos estado librando una guerra con un asesino despiadado llamado Covid-19. Esa guerra ha causado estragos en nuestros hogares, nuestras familias, nuestra seguridad y nuestro sustento. En estos días, si bien la guerra en Ucrania no está llamando a nuestras puertas, cerrando nuestras iglesias o matándonos directamente, no es menos atroz, inmoral y contra la que vale la pena luchar, ya que destruye la vida humana y amenaza con hundir a nuestro mundo entero en destrucción nuclear. Esta guerra es inaceptable, intolerable e incompatible con el camino de Dios. Es un pecado grave y un anatema para nuestra fe cristiana.

Mientras el Papa Francisco consagra Rusia y Ucrania al Inmaculado Corazón de María según el pedido de Nuestra Señora de Fátima este viernes 25 de marzo en la Basílica de San Pedro, unámonos a él en oración por el pueblo de Ucrania y por los líderes del mundo que tienen el poder de poner fin a esta guerra. Al mismo tiempo, unámonos al obispo Brennan y a nuestra Iglesia diocesana para apoyar la colecta especial para Ucrania, que se llevará a cabo en todas las Misas en nuestra parroquia el fin de semana del 3 de abril. Covid nos ha vuelto hacia adentro, ahora es el momento enfocarse hacia afuera para salvar vidas y defender la paz.



Sinceramente suyo en Cristo,
Mons. Cuong M. Pham

LENTEN REGULATIONS

During Lent, the Church calls us to a deeper spirit of penance, fasting, almsgiving and prayer, “which express conversion in relation to oneself, to God, and to others” (*Catechism of the Catholic Church, nos. 1434 and 1969*). To foster this spirit, the Church reminds us of the following obligations:

ABSTINENCE: Healthy Catholics ages 14 and older are required to abstain from meat on Ash Wednesday, every Friday of Lent and Good Friday.

FASTING: Healthy adult Catholics age 18-59 inclusive are bound to fast, limiting food to one full meal with minimal food at the other two mealtimes and nothing in between.

ALMSGIVING: The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a witness of fraternal charity, and an expression of Lenten conversion. Catholics are encouraged to support generously the charitable works of the whole Church through regular stewardship to their parish, support of charities, and their generous response to the diocesan Annual Catholic Appeal.

Those not bound by these regulations, such as young and elderly persons or those who are sick, are encouraged to practice other forms of personal penance and sacrifice.



STATIONS OF THE CROSS

You are cordially invited to participate in our parish's communal celebration of the Stations of the Cross. **This traditional devotion is held every Friday during Lent right after the 12 Noon Mass in the Lower Church.** Booklets will be provided for all participants. Come to retrace the steps of Jesus, to know the depth of His Love for you!

RECONCILIATION— CONFESSIONS

April 11, 2022 is Reconciliation Monday throughout the Diocese of Brooklyn and the Archdiocese of New York. Our parish will open its doors for Confessions from **2:00pm to 4:00pm and again from 6:00pm to 9:00pm in the Lower Church.**

In this beautiful Sacrament, wounds are healed, difficult issues are met head on and peace is restored. How good it is to hear Christ's words, in the voice of a priest, *"I absolve you from your sins!"*

We invite you to take advantage of this healing Sacrament, which is **also offered in our parish every Saturday from 3:30pm to 4:30pm in the Lower Church.**

E-GIVING OPPORTUNITY

This is a time of year when many of us focus on getting organized and “de-cluttering” our surroundings. Why not streamline your offertory and simplify your support for our parish and the ministries that mean so much to you?

Now is a great time to stop using checks and envelopes, which tend to arrive late or even get lost in the mail as many of you have already experienced, by switching to e-Giving. You can easily sign up for this convenience from your computer, smartphone or tablet, and set up a recurring donation or make a one-time gift.

Recurring gifts help give our parish a steady, consistent contribution that strengthens the programs, services, and ministries that we provide for our church families and for those in need throughout the community. Sign up today by visiting www.faith.direct/NY370, or text 'Enroll' to (929) 254-3850. Your generosity will go a long way.



TEXT-TO-GIVE

Another way to securely make a gift to our parish is by texting a dollar amount to (929) 254-3850. You will be prompted to complete a one-time registration providing your billing and contact information.



After this registration, you can give any time by texting a dollar amount to the phone number above. Many parishioners and families have found this way of giving very easy, fast and efficient.

CHRISTIAN INITIATION OF ADULTS

If you are an adult 18 years and older who have not received the Sacraments of Baptism, Communion and/or Confirmation, we invite you to consider preparing yourself to receive these very important spiritual gifts.



The duration of the preparation course typically ranges from six months to a year depending on each person's level of knowledge and commitment to the teachings and practices of the faith. Participants meet with our Deacon and a dedicated team of instructors once a week for an hour. The Sacraments will be conferred on Easter or Pentecost right here at our parish during a Solemn Mass.

Please call the parish office to learn how you can participate in our RCIA program. If you know anyone who may benefit from this program, please encourage them to call.

THIS WEEK AT OUR PARISH

PRAYING FOR THE SICK & PURGATORIAL SOCIETY

Sunday, March 20

9:00am- 11:30am	Reunion de Amistad	Nazareth
10:00am- 3:00pm	CYO	Gym
10:00am- 1:00pm	Czech Community	Lourdes A/B
10:00am- 12:00pm	Spanish RCIA	Fatima+ Upper Room
10:30am- 12:30pm	Cursillo	Guadalupe A/B
3:00pm- 4:30pm	Porque Ser Catolico?	Nazareth

Monday, March 21

6:30pm- 8:00pm	Porque Ser Catolico?	Nazareth
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Tuesday, March 22

4:30pm- 6:00pm	Porque Ser Catolico	Fatima
5:30pm- 6:45pm	Mariachi School	Balcony Rooms
6:00pm- 9:00pm	Marriage Encounter	Guadalupe+ Fatima
7:00pm- 8:00pm	English Baptism Instruction	Lourdes A/B
7:00pm- 9:00pm	Coro #1	Nazareth

Wednesday, March 23

4:30pm- 7:30pm	Religious Education	All Rooms
7:30pm- 9:00pm	Porque Ser Catolico?	Lourdes B

Thursday, March 24

10:00am- 11:30am	Legion of Mary	Guadalupe
6:00pm- 7:30pm	Religious Education	All Rooms
7:30pm- 9:00pm	Porque Ser Catolico?	Guadalupe B

Friday, March 25

10:00am- 11:30am	Porque Ser Catolico?	Lourdes A/B
7:30pm- 9:00pm	Porque Ser Catolico?	Guadalupe A

Saturday, March 26

9:00am- 2:00pm	CYO	Gym
9:00am- 12:30pm	AA Meeting	Guadalupe A/B
10:00am- 12:00pm	Spanish Children's Choir	Upper Room
10:00am- 1:00pm	Lessons in Faith	Lourdes A/B
2:30pm- 4:00pm	Porque Ser Catolico?	Fatima
5:00pm- 7:00pm	Ministerio de Consolacion	Guadalupe A
6:00pm- 8:00pm	BiLingual Choir	Nazareth
6:00pm- 8:00pm	Porque Ser Catolico?	Lourdes A/B
6:30pm- 8:00pm	Porque Ser Catolico?	Fatima
7:00pm- 8:30pm	Porque Ser Catolico?	Guadalupe A
7:00pm- 8:30pm	Porque Ser Catolico?	Guadalupe B

If you wish to have a loved one who is sick or in suffering remembered in our prayers at Mass, you may enroll their names by calling the parish office. This is a meaningful way to comfort and console those who are most in need of healing and peace through the power of prayer. We are currently praying for *Robert Lohmann, Mirtha Ortiz, Gabriel Theodorou, John Gallahan and Yaroslava Benyuk*.

Likewise, if you wish to have the souls of your deceased loved ones remembered in a special way at a Holy Mass every first Friday of the month, which is a day traditionally dedicated to the honor of the Sacred Heart of Jesus, you may enroll their names in the Purgatorial Society for one year. We have just enrolled *Teresa Cullanine, Andres Nano Pimentel, Cecilia Samson, John Bodnar, Anthony Spataro, Paula Enrique Morelos, Estella Fernandez and Victor Mayo*.

GIFT OF LIFE WALK- NYC

Let's Celebrate Life! The International Gift of Life Walk in NYC will take place on Friday, March 25, 2022 (Feast of the Annunciation) at Thomas Paine Park (Foley Square) on Lafayette St. and Worth St.

The rally will begin promptly at 11:00am followed by walk (about a mile). Registration is required. Please visit www.personhoodeducationny.com to register and to learn more about this great event.



SATURDAY FAITH FELLOWSHIP

The Saturday Faith Fellowship Ministry invites all to a series of Video Presentations by Fr. Chris Alar, MIC (Marian Father of the Immaculate Conception). The video series will take place in the Parish Institute 10:00am- 1:00pm on the dates shown below.

A major component of the program is the group discussions and feedback on how the points raised by the video presentations resonates with the participant's experiences. All are welcome to join us!

March 26, 2022: The 10 Commandments & the 7 Deadly Sins

April 9 & 23, 2022: Confession:
What You Didn't Know

May 7, 2022: First Friday & First Saturday
What is this devotion all about?

1,000 HAIL MARY ROSARY

On **Friday, March 25, 2022**, come to join us in celebrating the Feast of the Annunciation with the special **1000 Hail Marys Rosary**. This event will be held in the Upper Church from 1:00pm to 8:00pm, for however long you might wish to stay with your fellow devotees.

According to an ancient European tradition, when one wanted to ask the Blessed Virgin for a special grace, it was customary to offer her 1000 Hail Marys on a particular feast day. In our parish, there has always been a great devotion to Our Lady through the daily recitation of the Holy Rosary. Myriads of favors have been granted to the faithful who pray the Rosary with devotion and love. Why not entrust your cause to Mary in this way?



INFANT BAPTISM

BAPTISMS IN ENGLISH

Preparation Meeting	Baptism Ceremony
Tuesdays-7:00pm-Institute	Sundays-Church-2:00pm
April 19, 2022	April 24, 2022
May 17, 2022	May 22, 2022
June 21, 2022	June 26, 2022
July 19, 2022	July 24, 2022
August 23, 2022	August 28, 2022
September 20, 2022	September 25, 2022
October 18, 2022	October 23, 2022
November 22, 2022	November 28, 2022

NO ENGLISH BAPTISMS IN DECEMBER

BAUTISMOS EN ESPAÑOL

Reunión de Preparación	Ceremonia de Bautismo-
Martes – 6:00pm – Instituto	Dom – 2:00pm – Iglesia
NO HAY BAUTISMOS EN ESPAÑOL EN ABRIL	
Mayo 3, 2022	Mayo 8, 2022
Junio 7, 2022	Junio 12, 2022
Julio 5, 2022	Julio 10, 2022
Agosto 9, 2022	Agosto 14, 2022
Septiembre 6, 2022	Septiembre 11, 2022
Octubre 4, 2022	Octubre 9, 2022
Noviembre 8, 2022	Noviembre 13, 2022
Diciembre 6, 2022	Diciembre 11, 2022

ORANDO POR LOS ENFERMOS



Si usted desea tener a un ser querido que esta enfermo o en sufrimiento recordado en nuestras oraciones durante la Misa, puede dejar el nombre en la oficina parroquial.

Esta es una forma muy significativa de brindar consuelo a alguien que necesita la sanidad y la paz de Dios. Estamos orando por

Robert Lohmann, Mirtha Ortiz, Gabriel Theodorou, John Gallahan y Yaroslava Benyuk.

RECONCILIACION- CONFESIONES

El 11 de abril de 2022 es el Lunes de Reconciliación en toda la Diócesis de Brooklyn y la Arquidiócesis de Nueva York, incluyendo más de quinientas parroquias.

Nuestra parroquia abriera sus puertas para las Confesiones de 2:00pm a 4:00pm y de nuevo de 6:00pm a 9:00pm en la Iglesia de abajo. Confesiones también se ofrece en nuestra parroquia todos los sábados de 3:30pm a 4:30pm en la Iglesia de abajo.

En este Sacramento, las heridas se curan, los problemas difíciles se enfrentan de frente y se restaura la paz. ¡Qué bueno es escuchar las palabras de Cristo, en la voz de un sacerdote: “¡Yo te absuelvo de tus pecados!”



PRE-CANA EN ESPAÑOL

El Curso de Pre-Cana en Español será ofrecido por el Diacono Rubén Méndez empezando el 1 de abril, 2022.

El curso es de 7 semanas, cada viernes de 6:30pm a 10:00pm en el salón Guadalupe en el Instituto parroquial.

Para registrarse por favor visite a la oficina parroquial. Si tiene alguna pregunta comuníquese con el Diacono Rubén o deje su información en la oficina.



ESTACIONES DE LA CRUZ

Participe en la celebración del Via Crucis todos los viernes durante la Cuaresma después de la Misa de las 12 del mediodía en la Iglesia de abajo (en ingles). Folletos estaran disponibles para todos los participantes.

¡Ven a seguir los pasos de Jesús, a conocer la profundidad de Su amor por ti!



REGLAMENTOS DE CUARESMA

Durante la Cuaresma, la Iglesia nos llama a un espíritu más profundo de penitencia, ayuno, limosna y oración, “que expresan la conversión en relación con uno mismo, con Dios y con los demás” (Catecismo de la Iglesia Católica, núms. 1434 y 1969) . Para fomentar este espíritu, la Iglesia nos recuerda las siguientes obligaciones:

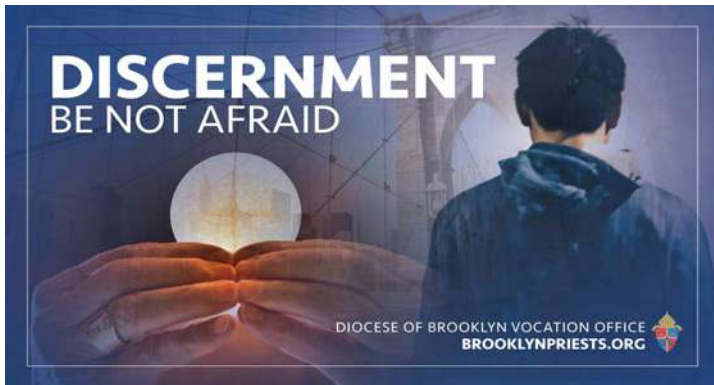
ABSTINENCIA: Los católicos sanos de 14 años o más deben abstenerse de comer carne el Miércoles de Ceniza, todos los viernes de Cuaresma y el Viernes Santo.

AYUNO: Los católicos adultos sanos de 18 a 59 años están obligados a ayunar, limitandose a una comida completa con un mínimo de comida en las otras dos comidas y nada en el medio.

LA LIMOSNA: El acto de dar a los pobres, en la más antigua tradición de la Iglesia, es expresión de penitencia, testimonio de caridad fraterna y expresión de conversión cuaresmal. Animamos a todos los católico a apoyar generosamente las obras caritativas de la Iglesia a través de la contribución regular a la parroquia, el apoyo a las organizaciones benéficas y su generosa respuesta a la Campaña Católica Anual diocesana.

Se anima a los que no están sujetos a estas normas, como los niños, los ancianos o los enfermos, a practicar otras formas de penitencia y sacrificio personal.





VOCATION DISCERNMENT EVENTS

To inquire about this diocesan vocation event, leave your name and number at the parish office.

Jeremiah Project Retreats: These special days are designed for High School and College-aged young men from 15 years old and over, who have demonstrated exemplary Christian values, and who are willing to learn more about their vocation. We invite parents to strongly encourage your sons, nephews, and any young man you know to join the group of young men from our parish who really enjoy this educational and fun program that enriches their faith commitment. The upcoming dates for Jeremiah Project will be March 11 through 13 & April 8 through 10 at the Immaculate Conception Center in Douglaston.

PLANT-BASED NUTRITION

A groundswell of doctors across the country are now practicing lifestyle medicine, which helps us take control of our health through plant-based nutrition and other aspects of a healthy lifestyle. A plant powered lifestyle can improve mental health, build a healthy immune system, and help minimize the risk factors associated with COVID-19. Parishioners of Our Lady of Mt. Carmel are invited to learn more with Plant Powered Metro New York, a local organization that empowers people to find better health and overcome chronic disease through whole food plant based nutrition. Get involved in the following virtual learning events by registering at www.plantpoweredmetrony.org/events

Fraternitas is a group for middle school students, dedicated to instilling Christian values in young men with the goal of fostering true Catholic gentlemen. Monthly encounters allow to accomplish the mission through prayer, catechesis, sports and sacraments. Upcoming events are scheduled for Saturday, March 26 & April 30, 2022. These events are held at Cathedral Preparatory School & Seminary in Elmhurst.

PARISH REGISTRATION

We welcome and encourage all who worship with us to consider joining our parish officially. Your registration will enable us to serve your spiritual and pastoral needs better. Please return this form in the collection or drop it off at the Parish Office. Your active participation in the mission of the Church will be a strong testimony to your faith and will strengthen your sense of belonging.

Last Name/ Apellido: _____

First Name/ Nombre _____

Spouse/Esposo(a) _____

Address/Dirección _____

Apartment _____

Zip Code/Código postal _____

Telephone #/Telefono # _____

E-mail/Dirección del Correo electrónico: _____

PLEASE CHECK ONE/MARQUE LA RAZON

New Registration Change of Name/Address

PLEASE CHECK ONE/MARQUE UNO

I prefer envelopes I prefer electronic giving

NUTRICION A BASE DE PLANTAS

Una oleada de médicos en todo el país está practicando la medicina del estilo de vida, lo que nos ayuda a tomar el control de nuestra salud a través de la nutrición basada en plantas y otros aspectos de un estilo de vida saludable. Un estilo de vida lleno de plantas puede mejorar la salud mental, desarrollar un sistema inmunológico saludable y ayudar a minimizar los factores de riesgo asociados con COVID-19. Feligreses de Nuestra Señora del Monte Carmelo están invitados a aprender más con Plant Powered Metro New York, una organización local que permite a las personas encontrar una mejor salud y superar las enfermedades crónicas a través de la nutrición basada en plantas y alimentos integrales. Participe en los siguientes eventos de aprendizaje virtual registrándose en www.plantpoweredmetrony.org/events

Jueves, 24 de marzo: Introducción a una alimentación plant-based - Dra. Julia Barillas (Spanish)

Monday, March 28: Plant Powered Book Club - UnDo It!



Annual Catholic Appeal 2022
DIOCESE OF BROOKLYN

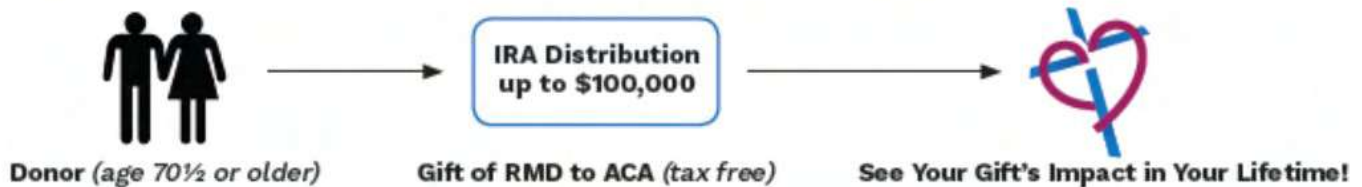
Annual Catholic Appeal



Do you need extra income? Create a Charitable Gift Annuity to increase your annual income and make a greater impact.

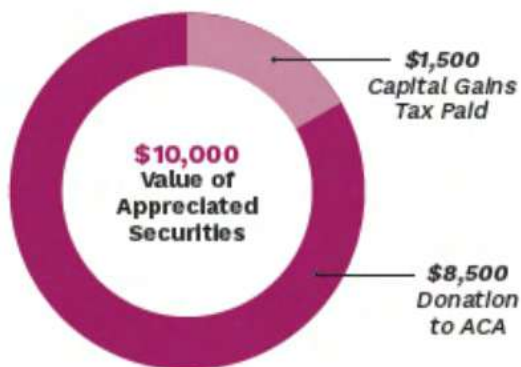


Do you need to take a required minimum distribution from your IRA? If you are 70½ you can donate directly to the ACA, meet your distribution requirements, avoid tax penalties and make a greater impact.

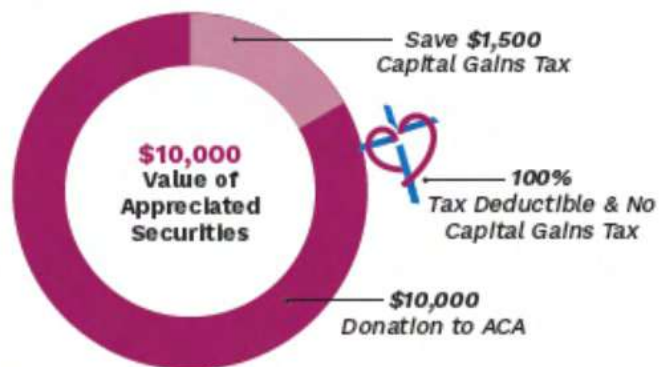


Do you own stock? Donate stock directly to the ACA to save and make a greater impact.

Donor Sells Securities and Donates After-tax Proceeds to ACA



Donor Contributes Appreciated Securities Directly to ACA



Should you have any questions about any of the above mentioned ways to give, please contact the ACA Office at 718-965-7375 Ex. 1602 or email us at Appeal@CFBQ.org Please visit our website to learn more about the Annual Catholic Appeal - www.AnnualCatholicAppeal.org.

If you work for, or are a retiree of, any company with a matching gift program you may be able to double your donation to the Annual Catholic Appeal and double the benefit to your parish toward their Annual Catholic Appeal Goal! Contact your company or look at their matching gift program website to find out if they will match your gift either directly to the Catholic Foundation for Brooklyn and Queens or to one of our educational institutions: Cathedral Prep Seminary!

Cathedral Prep Seminary is a four-year academic high school fully accredited by the Middle States Association located at 56-25 92nd Street, Elmhurst, New York 11373.

Last year, the companies listed below participated in the Matching Gift Program.

Abbott Fund	ExxonMobil Foundation	LTCB	The Robert Wood Johnson Foundation
Achelis & Bodman Foundation	Federal Home Loan Bank of New York	LVMH Moet Hennessy	Rockefeller Group Int, Inc.
Aetna Foundation	Fidelity Charitable Gift Fund	Louis Vuitton Inc.	Salomon Brothers
AIG	Fireman's Fund	Macy's	Sanofi-aventis
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Altria Group, Inc.	Ford Motor Company	Marsh & McLennan, Inc.	Silvercup Studios
Ambac Financial Group, Inc.	Gartner Group	Marubeni America	Sony
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Barclays Global Investors	Harper Collins Publishers	New York Life Foundation	The Johnson Company
BP Foundation	Hess Corporation	New York Life Insurance Co.	The New York Times Co.
Bristol-Myers Squibb Company	Independence Community Foundation	New York Stock Exchange	Thompson Financial Services
Campeau Foundation	Industrial Bank of Japan	Newsweek Inc.	Tiffany & Company
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Carnegie Corporation of New York	International Flavors & Fragrances	Odyssey America Reinsurance Corp.	Time Warner
Carter Wallace	International Paper	Odyssey Partners	Times Mirror
Champion	Invest In Others Charitable Foundation	One Beacon Charitable Trust	Towers Watson
Charles Schwab Matching Gifts	Ironshore Matching Gifts	Open Society Institute	UBS Matching Gift Program
ChevronTexaco Corp.	ITT Industries	OTA, LLC	Unilever United States Fund
Chrisian, Inc.	J.P. Morgan Chase & Co.	Oxy USA	United Parcel Service
Chubb	John Hancock	Paramount Communications	United Technologies Corp.
Cigna Foundation	John Hancock Life Insurance Company	PepsiCo	Universal Music Group
The CIT Group	Johnson & Higgins	Pfizer, Inc.	US Trust
Citigroup Foundation	Johnson & Johnson	Phelps Dodge	Verizon
Coach	Jones Lang LaSalle	Philip Morris	Vivendi
Colgate-Palmolive	Keefe, Bruyette & Woods, Inc.	Pitney Bowes Inc	Wachovia Foundation
Collegiate Reformed Protestant Dutch	Kemper	Pittney Bowes Inc	Washington Mutual
ConocoPhillips	L. & F. PRODUCTS	Pittston-Brinks	WellPoint
Credit Suisse First Boston	Lawyers Title Foundation	Pittway Corp	Wells Fargo
Delphi Capital Management	Lehman Brothers	Powers Merchant Group	West Point Pepperell
Delphi Financial Group	Lever Brothers	Prudential Foundation	Western Asset Management
Deutsche Bank Trust Company of America	LexisNexis	PSEG	Willcox
Dow Jones & Comp. MG for Education	Liz Claiborne Foundation	Quadrangle Group Foundation	William Penn Life Company
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NEIGHBORS



Donate in March and we'll donate
to your local food bank.

BLOOD DRIVE

Our Lady of Mount Carmel Church

Sunday, March 27, 2022
9:15am- 3:15pm

Parish Institute- Gym



Please scan the QR Code to make an appointment

 New York
Blood Center

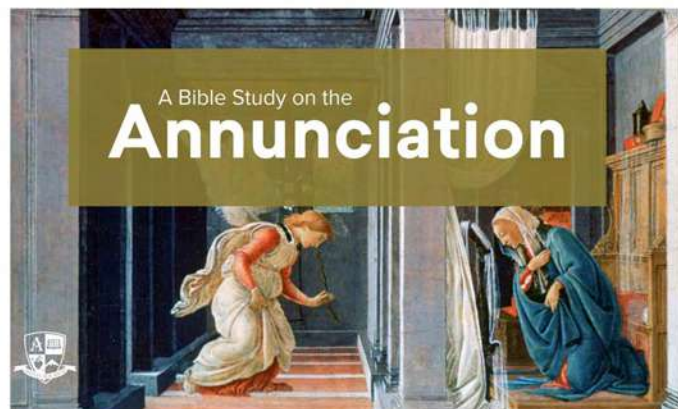
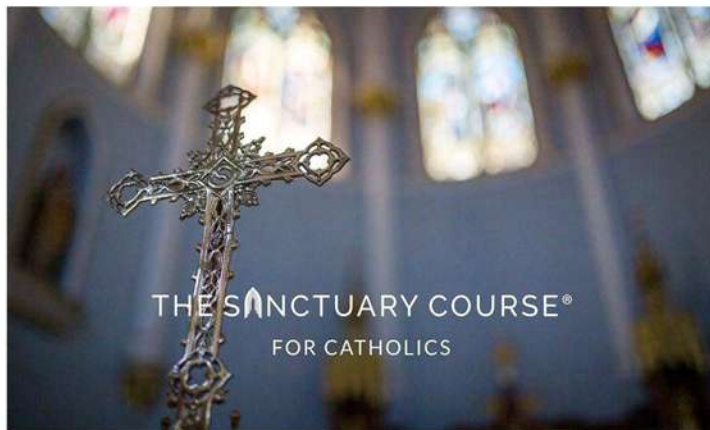
800.933.BLOOD • nybc.org     #nybloodcenter

March 20, 2022

WATCH

THE SANCTUARY COURSE FOR CATHOLICS

Misconceptions surrounding mental illness can prevent us from responding well to those suffering. This eight-session course explores the realities of mental illness, as well as the need for faith-based conversations about this topic. Featuring stories of Catholics living with mental health challenges, along with the insights of archbishops, theologians, and psychologists.



A BIBLE STUDY ON THE ANNUNCIATION

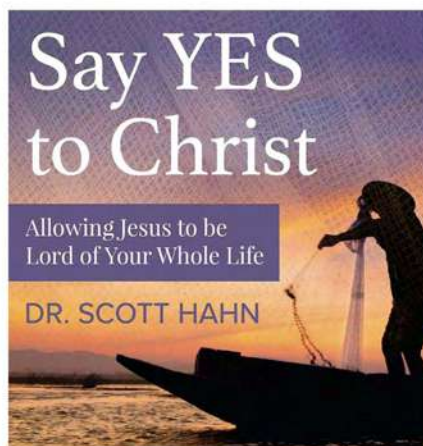
In this video, Dr. Ben Akers leads us through a brief study of Luke 1:26-38, highlighting some of the key Old Testament passages evoked by Gabriel's words. The reflection concludes with some thoughts on how we can imitate Mary's Yes in our own life, especially in this time of suffering.

LEARN

LISTEN

SAY YES TO CHRIST: ALLOWING JESUS TO BE THE LORD OF YOUR WHOLE LIFE BY SCOTT HAHN

Mary conformed the entirety of her life to the Divine Will. In doing so, she became the model of perfect discipleship. In this talk, Dr. Scott Hahn discusses why we too should surrender our lives to the Lord.



Our parish has a FORMED subscription.
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