



## OUR LADY OF MOUNT CARMEL

23-25 NEWTOWN AVENUE, ASTORIA, NY 11102 | 718.278.1834

SUNDAY, FEBRUARY 26, 2023

# 1<sup>ST</sup> SUNDAY OF LENT



Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." - Mt 4:8-9

# OUR LADY OF MOUNT CARMEL ROMAN CATHOLIC CHURCH

## PARISH MANAGER

Celeste Stewart, Ext. 111  
cstewart@diobrook.org  
church@mountcarmelastoria.org

## RELIGIOUS ED COORDINATOR

Nelly Gutierrez, Ext. 114  
reled@mountcarmelastoria.org  
ccdmountcarmel@gmail.com

## OFFICE RECEPTIONIST

Luis Sanchez Ext. 110  
reception@mountcarmelastoria.org



## PASTOR

Rev. Msgr. Cuong M. Pham

## PAROCHIAL VICARS

Rev. Michael McHugh  
Rev. Joseph Hung Tran

## PERMANENT DEACONS

Deacon Ruben Mendez  
Deacon Jacob Rodriguez

## RETIRED PRIESTS IN RESIDENCE

Rev. Ed Brady, Pastor Emeritus  
Rev. Joseph Tan Pham  
Rev. Msgr. John Harrington, K.H.S.

## MUSIC DIRECTOR

Lucille Mascia  
music@mountcarmelastoria.org

## MASS INTENTIONS FOR THE WEEK

### SATURDAY, FEBRUARY 25

5:00pm Alphonse Phu Truong, All Priests & Religious  
Henri Chiesa

### SUNDAY, FEBRUARY 26

#### *(First Sunday of Lent)*

8:00am Jimmy G. Garcia  
9:00am Francesco Linardi  
9:30am Maria Pastora Rodriguez  
11:00am Salvatore Tagliaferro  
12:30pm Flora Jimenez, Ismael Moran (2<sup>do</sup> Aniversario)  
Manuel Lorenzo Coronel Brito, Marcos Ubidia  
Ricardo Camacho Chiri & Roberto Camacho  
de la Puente  
3:00pm For the people of our parish

### MONDAY, FEBRUARY 27 *(Saint Gregory of Narek)*

8:00am Goffredo Barretta  
12:00pm Marie Bradley

### TUESDAY, FEBRUARY 28

8:00am Angel Ruiz  
12:00pm Marian Davis

### WEDNESDAY, MARCH 1

8:00am Deceased Members of the Min & Suh Family  
12:00pm Mary Kerrigan (10th Anniversary)

### THURSDAY, MARCH 2

8:00am Noelle Luizer  
12:00pm Emmanuel Ivancic

### FRIDAY, MARCH 3 *(Saint Katherine Drexel)*

8:00am Purgatorial Society  
12:00pm Henri Chiesa  
7:30pm Catherine Nguyet Bui

### SATURDAY, MARCH 4 *(Saint Casimir)*

8:00am Gaspare Barretta  
5:00pm Bernard Sabater, Rolando Ortiz, Francesco  
Cavezza, Deceased Members of the Collins  
Family, For the Protection of Unborn Children  
For James Thai, Living his Jornada Retreat

### SUNDAY, MARCH 5 *(Second Sunday of Lent)*

8:00am Brani Mir Grancaric  
9:00am Giuseppe DiLorenzo  
9:30am The Living & Deceased Members of  
Our Parish's Rosary Society  
11:00am Deceased Nacinovich Children (Memorial)  
12:30pm Fredesvinda Mena, Luis Herrera,  
Julia Ortiz, Rosa Maria de Igua,  
Rafael Gomez Dominguez (3 Aniversario)  
3:00pm For the people of our parish

*Hay Intenciones para Misas en Español disponibles en las proximas fechas. Le pedimos que considere tomar una misa en memoria de un ser querido o en celebracion de un cumpleaños o para sanacion de alguna persona.*

*Dedicated offerings can be reserved every week in honor or in memory of a loved one. You can reserve by calling or visiting the parish office. Prices for each are as follows:*

**Altar Candles: \$15.00**

**Sanctuary Lamp: \$25.00**

**Altar Bread & Wine \$35.00**

**Altar Flowers: \$100.00**

**Here is our live-streaming schedule of Masses:**  
Saturday— 5:00pm (English) & Sunday: 9:00am (Italian),  
11:00am (English), 12:30pm (Spanish), & 3:00pm  
(Vietnamese). We hope this change encourages you to  
attend Mass in person and be able to receive the Body &  
Blood of Jesus Christ.



## MASS SCHEDULE

<b>Saturday</b>	5:00 PM (Vigil Mass)
<b>Sunday</b>	<b>Upper Church:</b> 8:00 AM (English) 9:30 AM (Bi-lingual) 11:00 AM (English) 12:30 PM (Spanish) 3:00 PM (Vietnamese) <b>Lower Church:</b> 9:00 AM (Italian) 10:30 AM (Czech-Slovak)
<b>Weekdays</b>	8:00 AM and 12:00 Noon
<b>Saturday</b>	8:00 AM
<b>First Fridays</b>	7:30 PM (Spanish)
<b>Holy Days</b>	8:00 AM, 12 PM (English) and 7:30 PM (Bi-lingual)
<b>Holidays</b>	Only one Mass at 9:00 AM

### CONFESSIONS:

Saturday 3:30pm—4:30pm (lower church)

### CHURCH HOURS:

Weekday: 7:00am—7:00pm

Weekend: 7:00am—6:00pm

### OFFICE HOURS

#### Weekday:

9:00am—12:00 Noon & 1:00pm—8:30pm

#### Saturday:

9:00am—12:00 Noon

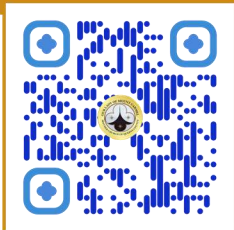
### ST. JOSEPH'S CATHOLIC ACADEMY

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

718.728.0724—[www.stjosephsch.org](http://www.stjosephsch.org)

[school@mountcarmelastoria.org](mailto:school@mountcarmelastoria.org)

### NEW TO THE PARISH?



## WEEKLY OFFERING REPORT

**(Does not Include Faith Direct)**

**Last weekend's collection: \$5,697**

**Same weekend last year: \$5,740**

Follow us on Social Media:

@OLMCAstoria



## IS THIS YOUR YEAR TO...

Between demanding schedules, traveling, or just trying to get out the door on time for Mass, it can be challenging to prepare your church contributions on a regular basis as God calls us to do. Plus, for many families, the church collection is one of the last places where you still have to use a checkbook or cash.

Our parish is excited to offer Faith Direct as a secure online giving option for families to easily give one-time as well as recurring gifts via electronic check or debit/credit card. If you choose to set up a recurring gift, you can create your own online donor account to manage your gifts. It's as easy as online shopping or banking!

Faith Direct is already used by many of our parishioners. It is convenient, reliable and secure. It makes for safer record-keeping, faster processing, and more efficient communication for the parish office. As you begin a new year, why not prayerfully consider Faith Direct as a new way to ensure that your contributions will make a difference. Begin today by visiting **Faith.direct/NY370**, or call **Faith Direct at 866-507-8757**, or **send a text with the word "Enroll" to 929-254-3850**.

Imagine the possibilities for sharing your gifts without the hassle of remembering checks and envelopes! Faith Direct will save you a lot of time. Let's make it a part of your New Year goal.

## CONTRIBUTION STATEMENTS

You can now begin to request your contribution statements for tax purposes. Please visit, call or email the parish office to request your statement for pick-up or for it to be mailed to you.

## PURGATORIAL SOCIETY

Remembering our deceased loved ones by having them prayed for at Mass on every first Friday of the month — the day traditionally dedicated to the Sacred Heart of Jesus, is a meaningful way to express our love. Enrollment is \$10 per name. Those enrolled the Purgatorial Society will be remembered for a whole year. This month we have enrolled **Kristin D'Alessio, Nancy DiBenedetto, Milka Vladimir, Kevin Ryan, Michael Hynes, Ellen Lee Dalaney, Danny Conwell, Tina McGrory & Theresa Hynes**.

## PRAYING FOR THE SICK

Prayer is one of the most powerful tools we have. It's a way for us to communicate with God and obtain His divine intervention. It can help sick people get well again and also gives us the strength in our own weakness and suffering. If you wish your loved ones who is sick to be prayed for at our daily Mass, kindly contact our parish office to place their names in our Prayer List.

## SECOND COLLECTIONS

**February 26 & March 12, 2023**— There will be a second collection after communion for our parish maintenance. Your donations enable us to maintain parish spaces in good condition for your use.

Dear brothers and sisters in Christ,

We are beginning the first week of Lent, a seven-week season of 40 days which coincides with springtime, the rebirth of nature and new life which we will see all around us. In this sacred time, the Church also desires that each of us grow spiritually and experience a renewal of our relationship with God. For some of us, it may be an invitation to reawaken that relationship from a state of dormancy or stagnation. No matter where we each find ourselves in the spiritual journey, Lent offers us an opportunity to rekindle our love for God, appreciate more deeply His mercy, and grow in holiness.

Living the discipline of Lent generally involves the strong desire for a fresh start with a clean slate, which marks a new beginning of a life lived in conformity with God's plan. Like the catechumens who are coming into the Church at Easter, all of us are called to be converts, to be looking at our lives and our sinfulness in the light of God's grace. In response to this season, many Christians will take on different Lenten practices. Catholics, for examples, are called to fast and abstain. In doing so, we need to examine how a particular practice would help us to become more prayerful, more generous, more holy. Our Lenten practices will only lead to conversion and life in abundance if they are connected to our relationship with Christ. If not, then our fasting from food and drink will be a mere diet and our almsgiving will be merely giving money away.

This holy season, however, is much more than a just a time for penitential fasting and abstaining; it is also a time of joyous feasting as well—a time to fast from certain things and to feast on others. Perhaps you will find these suggestions I came across many years ago helpful. It was written by William Arthur Ward:

*Fast from judging others; feast on the Christ within them.*  
*Fast from emphasis on differences; feast on the unity of life.*  
*Fast from thoughts of illness; feast on the healing power of God.*  
*Fast from words that pollute; feast on phrases that purify.*  
*Fast from discontent; feast on gratitude.*  
*Fast from anger; feast on patience.*  
*Fast from pessimism; feast on optimism.*  
*Fast from complaining; feast on appreciation.*  
*Fast from negatives; feast on affirmatives.*  
*Fast from bitterness; feast on forgiveness.*  
*Fast from self-concern; feast on compassion for others.*  
*Fast from discouragement; feast on hope.*  
*Fast from lethargy; feast on enthusiasm.*  
*Fast from thoughts that weaken; feast on promises that inspire.*  
*Fast from idle gossip; feast on purposeful silence.*  
*Fast from problems that overwhelm; feast on prayer that sustains.*  
*Fast from instant gratifications; feast on self-denial.*  
*Fast from worry; feast on divine providence.*  
*And finally, fast from sin; feast on the abundance of God's mercy.*

In his message for Lent, Pope Francis reminds us: *"In this season of grace, we once again turn our eyes to God's mercy. Lent is a path: it leads to the triumph of mercy over all that would crush us or reduce us to something unworthy of our dignity as God's children."* Understood in this way, Lent can be a liberating experience for all of us. It can free us from attitudes and behaviors that are not life-giving and help reorient us toward those that will ensure our growth into the person that God calls us to be—the person of the Resurrection.

With the assurance of my prayerful remembrance each day at the Altar, I wish you and your family a holy and transformative Lenten season.

Faithfully yours,  
*Msgr. Cuong M. Pham*

Queridos hermanos y hermanas en Cristo,

Comenzamos la primera semana de Cuaresma, la temporada de siete semanas de 40 días que coincide con la primavera, el renacimiento de la naturaleza y la nueva vida que veremos alrededor. En este momento sagrado, la iglesia también desea que cada uno de nosotros crezca espiritualmente y experimente una renovación de nuestra relación con Dios. Para algunos de nosotros, puede ser una invitación a realizar esa relación de un estado de latencia o estancamiento. No importa dónde nos encontremos en el viaje espiritual, la Cuaresma nos ofrece la oportunidad de reavivar nuestro amor para Dios, apreciar más profundamente su misericordia y crecer en santidad.

Vivir la disciplina de la Cuaresma generalmente implica el fuerte deseo de un nuevo comienzo con una pizarra limpia, que marca un nuevo comienzo de una vida vivida de conformidad en el plan de Dios. Al igual que los catecúmenos que vienen a la iglesia durante la Pascua, todos estamos llamados a ser convertidos, a mirar nuestras vidas y nuestros pecados en la luz de la gracia de Dios. En respuesta a esta temporada, muchos cristianos asumirán diferentes prácticas de Cuaresma. Los Católicos, para ejemplo, están llamados a ayunar y abstenerse. Al hacerlo, debemos examinar cómo una práctica en particular nos ayudaría a rezar más, ser más generosos y más santos. Nuestras prácticas de Cuaresma solo conducirán a la conversión y la vida en abundancia si están conectadas con nuestra relación con Cristo. Si no, entonces nuestro ayuno de la comida y la bebida será una simplemente dieta y nuestra limosna simplemente regalará dinero.

Esta temporada Santa, sin embargo, es mucho más que un momento para ayunar penitencialmente y abstenerse; también es una época de festejar alegremente, un momento para ayunar de ciertas cosas y regocijarse en otras. Quizás encuentre estas sugerencias que encontré hace muchos años. Fue escrito por William Arthur Ward:

*Ayuna juzgar a los demás; regocija en el Cristo dentro de ellos.*  
*Ayuna el énfasis en las diferencias; regocija en la unidad de la vida.*  
*Ayuna los pensamientos de enfermedad; regocija en el poder curativo de Dios.*  
*Ayuna las palabras que contaminan; regocija en las frases que purifican.*  
*Ayuna el descontento; regocija en la gratitud.*  
*Ayuna la ira; regocija en la paciencia.*  
*Ayuna el pesimismo; regocija en el optimismo.*  
*Ayuna quejarse; regocija en la apreciación.*  
*Ayuna las cosas negativas; regocija en las afirmativas.*  
*Ayuna la amargura; regocija en el perdón.*  
*Ayuna el egoísmo; regocija en la compasión por los demás.*  
*Ayuna el desánimo; regocija en la esperanza.*  
*Ayuna el letargo; regocija en el entusiasmo.*  
*Ayuna los pensamientos que debilitan; regocija en las promesas que inspiran.*  
*Ayuna los chismes; regocija en el silencio intencionado.*  
*Ayuna los problemas que abruman; regocija en la oración que sostiene.*  
*Ayuna las gratificaciones instantáneas; regocija en la abnegación.*  
*Ayuna la preocupación; regocija en la Divina Providencia.*  
*Y finalmente, ayuna el pecado; regocija en la abundancia de la misericordia de Dios.*

En su mensaje para la Cuaresma, el Papa Francisco nos recuerda: "*En esta temporada de Gracia, una vez más volvemos nuestros ojos a la misericordia de Dios. La Cuaresma es un camino: conduce al triunfo de la misericordia sobre todo lo que nos aplastaría o reduciría a algo indigno de nuestra dignidad como los hijos de Dios.*" Entendido de esta manera, la Cuaresma puede ser una experiencia liberadora para todos nosotros. Puede liberarnos de las actitudes y comportamientos que no dan vida y ayudan a reorientarnos hacia aquellos que garantizarán nuestro crecimiento en la persona que Dios nos llama a ser: la persona de la resurrección.

Con la seguridad de mi recuerdo de oración cada día en el altar, les deseo a ustedes y a sus familias una temporada de Cuaresma Santa y transformadora.

Fielmente suyo,

*Mons. Cuong M. Pham*

## THIS WEEK IN OUR PARISH

### Sunday, February 26

10:00am—2:00pm Czech Community *Guadalupe A/B*  
 10:00am—12:00pm Spanish RCIA *Upper Room+ Fatima*  
 10:30am—12:30pm Cursillo *Guadalupe A/B*  
 1:00pm—3:30pm Via Crucis Vta de Comida *Guadalupe A/B*  
 3:30pm—5:30pm Practica Via Crucis *Guadalupe A/B*

### Tuesday, February 28

3:30pm—6:00pm Porque Ser Catolico? *Fatima*  
 5:00pm—9:00pm CYO *Gym*  
 5:30pm—6:45pm Mariachi School *Balcony Rooms*  
 6:00pm—9:00pm Marriage Encounter *Guadalupe+ Fatima*  
 7:00pm—9:00pm Coro #1 *Nazareth*

### Wednesday, March 1

4:30pm—7:30pm Religious Education *All Rooms*  
 7:30pm—9:30pm CYO *Gym*

### Thursday, March 2

10:00am—11:30am Legion of Mary *Guadalupe B*  
 7:30pm—9:00pm CYO *Gym*

### Friday, March 3

5:00pm—11:00pm CYO *Gym*  
 6:00pm—10:00pm Spanish Pre-Cana *Fatima*  
 6:30pm—8:30pm Youth Meeting *Guadalupe A/B*  
 7:30pm—9:00pm English RCIA *Lourdes A/B*

### Saturday, March 4

8:00am—9:30am Desayuno— Retiro *Lourdes A/B*  
 9:00am—9:00pm CYO *Gym*  
 9:00am—1:00pm AA Meeting *Guadalupe A/B*  
 10:00am—12:00pm Spanish Children's Choir *Upper Room*  
 1:00pm—2:30pm Almuerzo— Retiro *Guadalupe A/B*  
 3:00pm—5:00pm Confirmation Ses. 3&4 *Guadalupe A/B*  
 5:00pm—7:00pm Ministerio de Consolacion *Nazareth*  
 5:00pm—7:00pm Bilingual Choir Practice *Fatima*

## INFANT BAPTISM

## BAUTISMO

### Preparation Meeting

**Tuesday—6:00pm—Institute**

February 21, 2023  
 March 21, 2023  
 April 18, 2023  
 May 23, 2023  
 June 20, 2023  
 July 18, 2023  
 August 22, 2023  
 September 19, 2023  
 October 24, 2023  
 November 21, 2023  
 December 19, 2023

### Baptism Ceremony

**12:00pm— Upper Church**

February 25, 2023  
 March 25, 2023  
 April 22, 2023  
 May 27, 2023  
 June 24, 2023  
 July 22, 2023  
 August 26, 2023  
 September 23, 2023  
 October 28, 2023  
 November 25, 2023  
 December 23, 2023

### Reunión de Preparación

**Martes—6:00pm—Instituto**

7 de Marzo, 2023  
**NO HAY BAUTISMOS EN ABRIL**  
 9 de Mayo, 2023  
 6 de Junio, 2023  
 27 de Junio, 2023  
 8 de Agosto, 2023  
 5 de Septiembre, 2023  
 10 de Octubre, 2023  
**NO HABRA BAUTISMOS EN NOVIEMBRE**  
 5 de Diciembre, 2023

### Ceremonia de Bautismo

**12:00pm—Iglesia de Arriba**

11 de Marzo, 2023  
**NO HAY BAUTISMOS EN ABRIL**  
 13 de Mayo, 2023  
 10 de Junio, 2023  
 8 de Julio, 2023  
 12 de Agosto, 2023  
 9 de Septiembre, 2023  
 14 de Octubre, 2023  
**NO HABRA BAUTISMOS EN NOVIEMBRE**  
 9 de Diciembre, 2023

**Please Note:** All Baptisms will be celebrated on Saturday at 12:00pm instead of Sunday. Please note that attending the preparation meeting is required for both parents and godparents.

**Por Favor Notar:** Todos los bautizos serán celebrados los Sábados a las 12:00pm en vez de los Domingos. Asistencia a las juntas de preparación es mandatorio para los padres y padrinos.

## PARISH REGISTRATION

## REGISTRACION PARROQUIAL

We encourage all who worship with us to consider joining our parish officially. Registering will enable our parish to serve your spiritual needs better. Please return this form in the collection or drop it off at the parish office. Your active participation will strengthen your faith and your sense of belonging in God's family.

*Registrarse oficialmente permitirá que nuestra parroquia les pueda servir sus necesidades espirituales mejor. Por favor devuelva este formulario en la colecta o déjelo en la oficina parroquial. Su participación activa fortalecerá su fe y su sentido de pertenencia en la familia de Dios.*

Name(s): \_\_\_\_\_  
 Address: \_\_\_\_\_ Apt \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Nombre(s): \_\_\_\_\_  
 Dirección: \_\_\_\_\_ Apt \_\_\_\_\_  
 Teléfono: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

**PLEASE CHECK** [ ] *New Registration* [ ] *Changed Address*  
 [ ] *I prefer envelopes* [ ] *I prefer E-giving*

**POR FAVOR** [ ] *Nueva Registración* [ ] *Cambio de dirección*  
**MARCAR** [ ] *Prefiero Sobres* [ ] *Donaciones en línea*



## VOCATION DISCERNMENT OPPORTUNITIES



### FRATERNITAS — MARCH 25, 2023 —

A group for middle school—high school aged boys dedicated to instilling Christian values in young men with the goal of fostering true Catholic gentlemen. The afternoon will include prayer, catechesis, sports, pizza lunch and Sunday Vigil Mass. Contact [vocations@diobrook.org](mailto:vocations@diobrook.org) for more information.

### JEREMIAH PROJECT — MARCH 10—12, 2023—

A weekend retreat for young men 18 and older. An opportunity to discern a possible vocation to the priesthood through discussions, prayer and fraternity. Forms are available in the parish office or you may contact the Vocations Office at [vocations@diobrook.org](mailto:vocations@diobrook.org).

### PROJECT ANDREW

An opportunity for young men (high school age and older) to learn more about the priesthood. Join bishops, priests, and seminarians from the Diocese of Brooklyn with Vocation Director, Fr. Chris Bethge, for Sunday evening prayer, dinner, and conversation. 4 - 6 PM. March 26 at Saint Helen, Howard Beach & April 23 at Our Lady of Miracles, Brooklyn. Contact [vocations@diobrook.org](mailto:vocations@diobrook.org) for more information.

## ROSARY SOCIETY MEETING

The next Rosary Society meeting will take place **on March 5th**, after the 9:30am Bilingual Mass. All ladies over 15 years old are invited to come to the Institute and join us to pray the Rosary. Refreshments will be served.

## SCHOLARSHIP APPLICATIONS AVAILABLE

Applications are now available for parents interested in a Catholic education for their children from Kindergarten to 8<sup>th</sup> grade. Our parish is aligned with St. Joseph Catholic Academy, which is an outstanding school in our area. For more information, please leave your name and phone number at the parish office.



## FIRST FRIDAY EUCHARISTIC ADORATION

Spiritual writers speak of Adoration of the Blessed Sacrament as “the Mass held in contemplation.” As a way of encouraging devotion to the Eucharist, we invite all parishioners to come and spend some time before the Real Presence of the Lord on **Friday, March 3, 2023**. Exposition and Adoration will take place right after the 8:00am Mass and will conclude with Solemn Benediction before the start of the 12 Noon Mass.



## PARISH LENTEN RETREAT



On Saturday, March 18, there will be a Lenten Retreat designed for all adults and youths of our parish. The Retreat will feature two separate tracks, one for adults and one for teens and young adults. The adult track will begin with breakfast in the Institute following the 8am Mass in the chapel, and the youth track will begin with lunch in the Institute following the 12 noon Holy Hour in the chapel. Free admission.

Our Retreat Master and special Guest Speaker will be Father John P. Cush, S.T.D., Professor of Dogmatic Theology & External Formation Advisor at St. Joseph's Seminary in Yonkers, NY.

### ADULTS RETREAT

THEME: *Jesus' Portraits in the Four Gospels: How We Can Pray with Each of These Portraits.*

- 08:00AM-08:45AM – Mass in Chapel
- 09:00AM-09:30AM – Light Breakfast/Fellowship
- 09:30AM-10:30AM – Adult Conference
- 10:30AM-10:45AM – Break
- 10:45AM-11:45AM – Q & A
- 12:00PM-01:00PM – Holy Hour in Chapel

### YOUTH RETREAT

THEME: *Learning from the Saints: What Saint Thomas Aquinas and Saint Therese can teach us.*

- 12:00PM-1:00PM – Holy Hour in Chapel
- 1:00PM-2:00PM – Youth Lunch
- 2:00PM-2:30PM – Youth Conference
- 2:30PM-3:00PM – Youth Q&A
- 3:00PM-4:00PM – Recreation in Gym

## LENTEN REGULATIONS

The penitential and grace-filled Lenten Season begins with Ash Wednesday on February 22, 2023. It is a time of hope-filled renewal as the Church journeys towards Easter. 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 age 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.

## REGULACIONES DE CUARESMA

La temporada de Cuaresma penitencial y llena de gracia comienza con el Miércoles de Ceniza el 22 de febrero de 2023. Es un tiempo de renovación llena de esperanza a medida que la Iglesia camina hacia la Pascua. 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, nos. 1434 y 1969*). Para fomentar este espíritu, la Iglesia nos recuerda las siguientes obligaciones:

**Abstinencia:** Todos los fieles que han cumplido 14 años de edad deben abstenerse de comer carne el Miércoles de Ceniza y todos los viernes de Cuaresma.

**Ayuno:** Todos los fieles entre las edades de 18 y 59 inclusive están obligados a ayunar el Miércoles de Ceniza y el Viernes Santo. El ayuno significa limitarse a una comida completa y evitar los alimentos entre comidas. El sustento ligero se puede tomar en otras dos ocasiones durante el día. El café, el té y el zumo están permitidos en cualquier momento.

**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. Los católicos animan a apoyar generosamente las obras caritativas de toda la Iglesia a través de la administración regular de su parroquia, el apoyo a las organizaciones benéficas y su generosa respuesta a la Campaña Católica Anual.

A los que no están sujetos a estas normas, como los jóvenes y las personas o los enfermos, se les anima a practicar otras formas de penitencia y sacrificio personal.

## ASH WEDNESDAY SCHEDULE

On Ash Wednesday, February 22, ashes will be distributed **ONLY** at the following times:

English Masses 8:00am & 12:00pm  
5:00pm English Service  
7:30pm Bilingual Mass  
9:00pm Vietnamese Mass

## STATIONS OF THE CROSS

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

## 7TH ANNUAL PRO-LIFE WALK

**International Gift of Life Walk - NYC 7th Annual Pro-Life Walk**

March 25, 2023, 11:00 AM

Dr. Haywood Robinson, Grand Marshal Ed Mechman, Guest Speaker  
Witness to the Dignity of the Human Person As You Walk Down the 'Canyon of Hero's

Register at <https://personhoodeducationny.com/international-gift-of-life-walk-nyc/>

Sponsored by Personhood Education NY

P. O. Box 424 Hicksville, NY 11802

Phone: 631-487-7578

Email: [info@personhoodeducationny.com](mailto:info@personhoodeducationny.com)



## DISCERNIMIENTO VOCACIONAL

**Fraternitas, 25 de marzo, 2023** — Un grupo para jóvenes de secundaria y preparatoria, inculcando los valores Cristianos a ellos con la meta de fomentar caballeros Católicos verdaderos. La tarde incluye oración, catecismo, deporte, almuerzo de pizza y Misa Dominical de Vigilia. Por favor pida los formularios que se encuentran en la oficina parroquial.

**Jeremiah Project, 10-12 de marzo, 2023**— Retiro de fin de semana para jóvenes adultos mayores de 18 años. Es una oportunidad para discernir una posible vocación al sacerdocio por medio de discusión, oración y fraternidad.

## RETIROS CUARESMALES

Habrà un retiro cuaresmal el 4 de marzo patrocinado por el Movimiento de Cursillo de nuestra parroquia. El padre Luis Fernando LaVerde será el invitado charlista. Desayuno a las 8:30am, almuerzo a la 1:00pm y terminando con la Santa Misa a las 2:00pm. Registración no es necesaria.

También habrá un retiro en el gimnasio el 19 de marzo patrocinado por el Grupo Carismático Renovación de nuestra parroquia. Todos están invitados. Vea la imagen abajo para mas información.



  
Nuestra Señora del Monte Carmelo  
23-25 Newtown Avenue, Astoria, NY 11102

*El Grupo de Oración, RCC,  
les invita a un Retiro Especial de Cuaresma*

Tiempo de Penitencia  
y Conversion



Invitado Especial:  
Diacono Raul Elias

*Domingo 19 de Marzo  
2:00pm- 8:00pm  
Cerrando con una Hora Santa  
con presentaciones especiales de  
Maria Aceves & Nurys Rodrigues  
y musica por el Ministerio Agua de Vida*

## HORARIO DE MIERCOLES DE CENIZA

El Miércoles de Ceniza, 22 de febrero, las cenizas serán distribuidas **SOLAMENTE** en este horario:

8:00am & 12:00pm Misa en Ingles  
5:00pm Servicio en Ingles  
7:30pm Misa Bilingue

## ESTACIONES DE LA CRUZ

Estan cordialmente invitados a participar en las celebraciones de las Estaciones de la Cruz/ Via Crucis. **Esta devocion tradicional se hace cada viernes durante la Cuaresma a las 7:00pm en la Capilla.** Ven a conocer los pasos de Cristo y la profundidad de Su amor por ustedes! Los esperamos.



## PROXIMA SEGUNDA COLECTA

**26 de febrero y 12 de Marzo 2023**— La segunda colecta después de la comunión para nuestro mantenimiento parroquial. Sus donaciones nos permite mantener los espacios en buena condición para su uso.



## CURSO PRE-MATRIMONIAL

Ya empezó el curso pre-matrimonial, el 24 de febrero. Cada viernes hasta el 31 de marzo, de 7:00pm–10:00pm en el salón Fátima del Instituto. Para registrarse, por favor llame o visite la oficina parroquial.

## CORONILLA A LA DIVINA MISERICORDIA



NUESTRA SEÑORA DEL MONTE CARMELO LES INVITA A REZAR LA

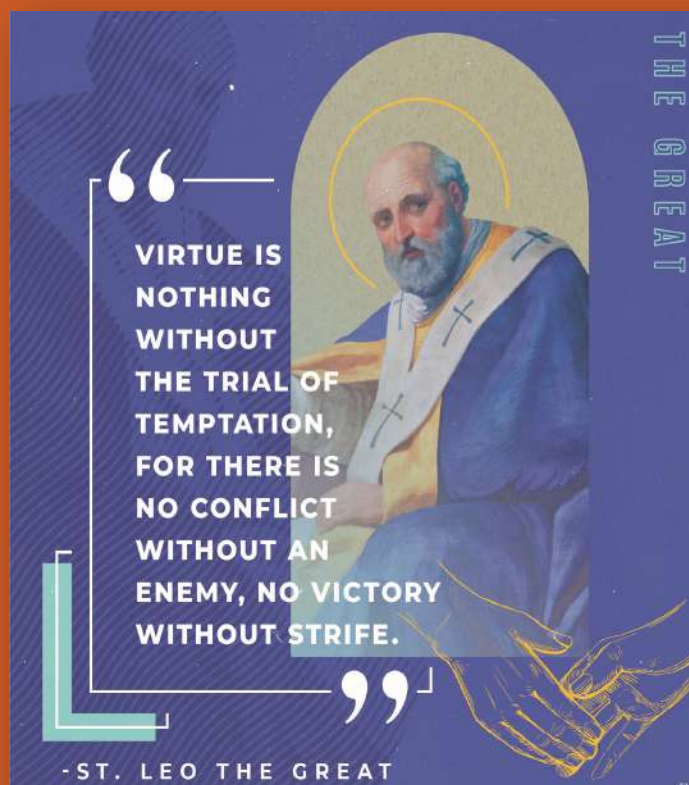
**CORONILLA A LA DIVINA MISERICORDIA**

Se rezara la Coronilla el 25 de marzo, 2023 en la Iglesia de Arriba a las 6:30pm. Los esperamos!

Para mas información, llama a la oficina parroquial al 718.278.1834

## CAN YOU RECOMMEND SOME GOOD BOOKS FOR LENTEN SPIRITUAL READING?

On more than one occasion, a coach being interviewed about his team--successful or not--will be asked about the next step. The inevitable response includes something about getting back to basics. Reviewing the fundamentals of the sport strengthens performance and builds confidence. The best Lenten reading takes us back to the fundamentals. If Lent is the time for the Church to be on retreat, then we should focus on the texts that help us deepen our understanding of our faith. Spend time reading one of the Gospels and use a Scripture commentary to learn all you can about the passion of Jesus. Read about the lives of the saints, especially your patron saint and that of your parish. Perhaps there is some local candidate for sainthood, like Father Walter Ciszek, SJ, who wrote several faith- inspiring books. Finally, you can use the Catechism of the Catholic Church to learn more about the church's teachings and beliefs. The sections on prayer and the Mass are really great reflections. Focusing on the basics really helps us take another step forward in our faith. We have not only a better understanding of what we believe and practice, but also why we believe. With that belief comes the confidence we need to be better, more faithful witnesses to Christ.



BE  
MERCIFUL,  
LORD,  
FOR  
WE HAVE  
SINNED.

PSALM 51



## DIGGING DEEPER ON THIS SUNDAY'S READINGS

### First Reading

Genesis teaches us that humanity's first sin against God was that of disobedience - they listened to the voice of the snake (the devil) rather than God's voice. What are some ways we can avoid the sin of disobedience in this first week of Lent?

### Second Reading

Paul teaches us that through Jesus' obedience to his Father (as opposed to Adam's "transgression"), believers receive the gift of God's grace and "acquittal" from condemnation. How can we all be more mindful of this divine reversal of fortunes during Lent?

### Gospel Reading

Each year the Gospel reading for the season of Lent begins with the story of Jesus' temptation in the desert by the devil. What temptations are you willing to confront during the forty days of Lent?

*Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan!" -Mt. 4:8-10a*



## GOSPEL MEDITATION

### ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

The Spirit leads Jesus into the desert to be tempted by the devil, and we hear this: **"He fasted for forty days and forty nights, and afterwards he was hungry."** Seems like a questionable battle preparation plan. When I fast, I usually feel grouchy at best, and at worst, like I might pass out from longing for a hamburger. Isn't it better to be well-fed and fully hydrated, especially to face spiritual struggles? Why fast?

This might help. The origin of the word "fast" means to "hold firmly." We still use it that way when we say, "I held fast to my original decision." We human beings are a bundle of desires which vie for our attention: food, drink, comfort, safety, sex, laughter, beauty, and so on. If we can't manage to have firm grip on them, in short order they'll have a firm grip on us. By fasting from our lower desires, we learn to firmly grip on to what is greater. Fasting leads to us to a firmer hold on our body and mind.

Jesus fasts for us. He's showing us that his grace can help us regain this firm hold of our lives, which makes it more difficult for the devil to tempt us. But take it one more step. Fasting also teaches us to finally hold fast to Jesus, the Word of God in flesh. **"Man does not live by bread alone," he says, "But by every word that comes forth from the mouth of God."** Jesus' fasting reveals his fast hold to the Father in everything. May our fasting help us to grasp ourselves more firmly, and then to hold fast to Jesus alone.

*Fr. John Muir*

## SAINT OF THE WEEK

Venerable Brother William Gagnon cared for every victim of war who entered his hospital regardless of military affiliation. A missionary to Vietnam between 1952 and 1972, he is remembered as a true servant leader who loved Jesus and his fellow man.

### Prayer for Venerable Brother William Gagnon's intercession

Lord, Jesus, your mercy inspired the Venerable William Gagnon, O.H., to live hospitality with the ill, the refugees and the poor. Grant that we may always minister to all suffering people with charity, as did this son of St. John of God. Lord, hear the prayer that we address to you [personal intention] by the intercession of the Venerable William Gagnon, in order that we may be affirmed in our faith and that your glory and the joy of the Church be proclaimed. Amen.

## FORMED AND THE FALLEN

There is a version of myself that walks into church on Ash Wednesday and a version of myself that walks into church on Good Friday. Aside from having the same face, these women bear very little resemblance to one another.

Ash Wednesday Me is fired up. She's ready to go. She's got a stomach full of paczki, a forehead full of ashes, an oven full of fasting bread and a whole list of Lenten resolutions. She's got a plan for the next 40 days and she's ready to be transformed.

Good Friday Me is tired. She's lumbering into church dragging six weeks of failure and unfulfilled expectations behind her. Nothing went the way it was supposed to (again). She didn't accomplish what she wanted (again) and she doesn't want to dwell on it (again).

If Satan offered both versions of myself the same deal he offered Christ submit to me, and you will have the whole world - I have to wonder: which one of these creatures, formed and fallen, would be strong enough to defy him? Would either?

I can't say that the chipper, optimistic woman on Ash Wednesday has more strength than the tired woman on Good Friday. To each of these women Satan offers an easy way out. But to each, too, Christ offers an abundance of grace and the gift of justification.

This Lent, I know that I will be tested. I know that I will fail in many ways. I know that my intentions and my best efforts will not be enough.

But I bring them to the altar anyway, and I leave them there as an offering. And I know that Easter morning will dawn, and the tomb will be empty. "The gift is not like the transgression." - Romans 5:15

*Colleen Jurkiewicz Dorman*

