



OUR LADY OF MOUNT CARMEL

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

SUNDAY, MARCH 5, 2023

2ND SUNDAY OF LENT



“This is my beloved Son, with whom I am well pleased;
listen to him.” - Mt 17:5b

OUR LADY OF MOUNT CARMEL ROMAN CATHOLIC CHURCH

PARISH MANAGER

Celeste Stewart, Ext. 111
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RELIGIOUS ED COORDINATOR

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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, MARCH 4 (*Saint Casimir*)

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 Iguia, Rafael Gomez Dominguez (3 Aniversario)
3:00pm For the people of our parish

MONDAY, MARCH 6

8:00am Jessica Mennona
12:00pm Joseph Ricci

TUESDAY, MARCH 7 (*Saints Perpetua & Felicity*)

8:00am Mario Carullo
12:00pm Luisa Bertolotti

WEDNESDAY, MARCH 8 (*Saint John of God*)

8:00am Rev. Cornelius P. Chang, O.S.B.
12:00pm Assunta, Rocco & Rachele D'Angelo

THURSDAY, MARCH 9 (*Saint Frances of Rome*)

8:00am Giuseppa & Vincenzo Barretta and Family
12:00pm Judid Komdor

FRIDAY, MARCH 10

8:00am Leonardo DiVittorio
12:00pm Mosler Family

SATURDAY, MARCH 11

8:00am Raffaele & Sabbia Carullo and Family
5:00pm Giuseppe Castellisi,
Nikola Telesmanic (2nd Anniversary)

SUNDAY, MARCH 12 (*Third Sunday of Lent*)

8:00am In Thanksgiving by the Gervacio Family
9:00am Elio DiMonte
9:30am Maria Pastora Rodriguez
11:00am Frank & Nicoletta Todisco
12:30pm Abdel Halim Majid, William Cathor
3:00pm For the people of our parish

MEMORIAL GIFTS THIS WEEK



The Altar Bread & Wine has been offered for
Nikola Telesmanic,
by Matilda, Angel & Nicholas Telesmanic

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

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

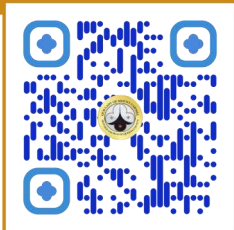
ST. JOSEPH'S CATHOLIC ACADEMY

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

718.728.0724—www.stjosephsch.org

school@mountcarmelastoria.org

NEW TO THE PARISH?



WEEKLY OFFERING REPORT

(Does not Include Faith Direct)

Last weekend's collection: \$5,599

Same weekend last year: \$5,384

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

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 friends in Christ,

We are only beginning the second week of Lent; there's a long road ahead of us. Yet, if we're not careful, we can begin to fall back into the usual spiritual routine. Let's not forget that Lent is about upsetting the routine and striving for newness that leads to perfection. As we journey through this season, the Church proposes prayer, fasting, and almsgiving as timeless tools that can help us achieve our goal *"to become perfect as your heavenly Father is perfect"* (Mt 5:48). These suggestions came directly from the teaching of Our Lord himself (cf. Mt 6:1-6, 16-18).

While resources and encouragement abound for new and creative ways to engage in prayer and fasting during this season, it seems that almsgiving is still the most under-practiced and under-encouraged Lenten discipline. For many of us, prayer and fasting are easier practices to adopt. Give something up for 40 days? Got it. Take on an extra spiritual practice? No problem. This is not to say that these two are easy, but we have understood their purpose for much longer. Almsgiving, though, is a different story. Many of us rarely felt that we had extra money to give, so we tended more or less to skip over this Lenten practice. Over time, the wonderful rewards of almsgiving may escape us totally. Some of us rarely know the joy of giving that remains at the heart of this season.

So, what is almsgiving and how is it connected to our faith? Almsgiving is, unsurprisingly, making a gift of alms, which are physical gifts, i.e., money, food, or goods intended to help those who are poor. Choosing to give alms makes a difference for those who give. It is an exercise in detachment, a reminder that money is not an ultimate good. Furthermore, giving alms is also a social practice, perhaps the most social of the Lenten trio. It is because giving always occurs in relationship. This social aspect of almsgiving reminds us of the social aspect of our faith; it reminds us that we are not alone on this journey. Above all, giving away money or possessions is an act of love. It is a way of embodying our desire for the good of other people. It echoes the self-giving love of God. It helps us to return that love in a concrete and visible way, for *"whatever you did for one of the least of my brothers and sisters, you did for me"* (Mt 25:41).

Almsgiving can be a daunting task for a beginner, since there are so many good and worthy causes out there to choose. None of us can support everything; but this should not paralyze us into doing nothing at all. We could narrow down our options by connecting certain causes to what we care passionately about. For example, I've always enjoyed supporting the Annual Catholic Appeal in our diocese as a form of almsgiving, because I know that the money collected from the Appeal sustains our Church's mission right here in Brooklyn and Queens. As a priest, I know how much our parishes, seminaries, schools, Catholic Charities and outreach programs for the poor depend on the generous donations of the faithful to this Appeal. Once upon a time, I myself was a direct beneficiary of this generosity when my whole family was sponsored to the United States thirty-two years ago as political refugees under the auspice of Catholic Charities. Without the help of the Church, we would not be here, and I certainly would not be able to study to become a priest. Now as a pastor, I am even more aware of the impact that the Annual Catholic Appeal makes in the lives of countless ordinary people like you and me who experience the mercy of God through what our Church provides. That is why I find my constant support for the Annual Catholic Appeal to be most personally meaningful and rewarding. I often make my giving a spiritual practice by praying for those who will benefit from my gift, and finding out how my gift is helping others. Giving from my meager means helps me to be more grateful to God for the resources that I have been given to share.

In the end, all our Lenten practices are meant to draw us closer to Christ, who always showed a special preference for the poor. Almsgiving is one concrete way we can follow Him more closely. As God the Father Himself said at the event of Jesus's transfiguration on Mount Tabor, *"This is my beloved Son, in whom I am well pleased, listen to Him!"* (Mt 3:17), practicing almsgiving, along with prayer and fasting, is a concrete way to listen to Christ. After all, almsgiving is not only "a witness to fraternal charity", but also "a work of justice pleasing to God." (*Catechism of the Catholic Church*, no. 2462).

Wishing you all a Lenten season full of meaning and joy, I am

Faithfully yours in Christ,

Msgr. Cuong M. Pham

Queridos amigos en Cristo,

Estamos apenas comenzando la segunda semana de Cuaresma; hay un largo caminar por delante. Sin embargo, si no tenemos cuidado, podemos retroceder a nuestras rutinas espirituales. No olvidemos que la Cuaresma se trata sobre interrumpir nuestras rutinas y esforzarse para la renovación que nos lleva a la perfección. Mientras caminamos en esta temporada, la Iglesia propone la oración, el ayuno, y dar limosnas como herramientas que nos pueden ayudar alcanzar nuestra meta a *“ser perfectos como el Padre es perfecto”* (Mateo 5:48). Estas sugerencias pueden venir directamente del Señor, (Cf Mateo 6:1-6, 16-18).

Si bien abundan los recursos y el estímulo para formas nuevas y creativas de participar en la oración y el ayuno durante esta temporada, parece que la limosna sigue siendo la disciplina cuaresmal menos practicada y menos alentada. Para muchos de nosotros, la oración y el ayuno son prácticas más fáciles de adoptar. ¿Renunciar a algo durante 40 días? Entendido. ¿Realizar una práctica espiritual adicional? Sin ningún problema. Esto no quiere decir que estos dos sean fáciles, pero hemos entendido su propósito por mucho más tiempo. La limosna, sin embargo, es una historia diferente. Muchos de nosotros rara vez sentimos que tenemos dinero extra para dar, así que dejamos pasar por alto esta práctica de Cuaresma. Con el tiempo, las maravillosas recompensas de dar limosna se nos pueden escapar por completo. Algunos de nosotros rara vez conocemos la alegría de dar que permanece en el corazón de esta temporada.

Entonces, ¿qué es dar limosna y cómo se relaciona con nuestra fe? Dar limosna es, como era de esperar, regalos físicos, es decir, dinero, alimentos o bienes destinados a ayudar a los pobres. Elegir dar limosna hace una diferencia para aquellos que dan. Es un ejercicio de desapego, un recordatorio de que el dinero no es un bien supremo. Además, dar limosna es también una práctica social, quizás la más social del trío cuaresmal. Es porque dar siempre ocurre entre las relaciones. Este aspecto social de la limosna nos recuerda el aspecto social de nuestra fe; nos recuerda que no estamos solos en este viaje. Sobre todo, regalar dinero o posesiones es un acto de amor. Es una forma de encarnar nuestro deseo por el bien de otras personas. Hace eco del amor de Dios que se entrega a sí mismo. Nos ayuda a devolver ese amor de manera concreta y visible, porque *“lo que hiciste a uno de mis hermanos más pequeños, a mí me lo haz hecho”* (Mt 25, 41).

Dar limosna puede ser una tarea desalentadora para un principiante, ya que hay muchas causas buenas y valiosas por elegir. Ninguno de nosotros puede soportarlo todo; pero esto no debe paralizarnos para no hacer nada en absoluto. Podríamos reducir nuestras opciones conectando ciertas causas con lo que nos apasiona. Por ejemplo, siempre he disfrutado apoyar la Campaña Católica Anual en nuestra diócesis como una forma de dar limosna, porque sé que el dinero recaudado de la Campaña sostiene la misión de nuestra Iglesia aquí en Brooklyn y Queens. Como sacerdote, sé cuánto dependen nuestras parroquias, seminarios, escuelas, Caridades Católicas y programas de extensión para los pobres de las generosas donaciones de los fieles a esta Campaña. Una vez, yo mismo fui un beneficiario directo de esta generosidad cuando toda mi familia fue patrocinada en los Estados Unidos hace treinta y dos años como refugiados políticos bajo el auspicio de Caridades Católicas. Sin la ayuda de la Iglesia, no estaríamos aquí y ciertamente no podría estudiar para ser sacerdote. Ahora, como Párroco, estoy aún más consciente del impacto que tiene la Campaña Católica Anual en las vidas de innumerables personas comunes como usted y como yo, que experimentamos la misericordia de Dios a través de lo que brinda nuestra Iglesia. Es por eso que considero que mi constante apoyo a la Campaña Católica Anual es personalmente muy significativo y gratificante. A menudo hago de mi donación una práctica espiritual al orar por aquellos que se beneficiarán de mi donación y descubrir cómo mi donación está ayudando a otros. Dar de mis escasos recursos me ayuda a estar más agradecido con Dios por los recursos que me ha dado para compartir.

Al final, todas nuestras prácticas cuaresmales están destinadas a acercarnos más a Cristo, quien siempre mostró una preferencia especial por los pobres. La limosna es una forma concreta en que podemos seguirlo más de cerca. Como dijo el mismo Dios Padre en el evento de la transfiguración de Jesús en el Monte Tabor: *“¡Este es mi Hijo amado, en quien tengo complacencia, escúchenlo!”* (Mt 3,17), la práctica de la limosna, junto con la oración y el ayuno, es una forma concreta de escuchar a Cristo. Después de todo, la limosna no es sólo *“un testimonio de caridad fraterna”*, sino también *“una agradable obra de justicia de Dios”* (Catecismo de la Iglesia Católica, n. 2462).

Deseándoles a todos una temporada Cuaresmal llena de mucho significado y alegría, estoy

Fielmente suyo en Cristo,
Mons. Cuong M. Pham.

THIS WEEK IN OUR PARISH

Sunday, March 5

9:00am—1:00pm	Rosary Society	<i>Lourdes A/B</i>	10:00am—11:30am	Legion of Mary	Guadalupe B
10:00am—2:00pm	Czech Community	<i>Guadalupe A</i>	6:00pm—7:30pm	Religious Education	All Rooms
10:00am—12:00pm	Spanish RCIA	<i>Upper Room+ Fatima</i>	7:30pm—9:00pm	CYO	<i>Gym</i>
10:30am—12:30pm	Cursillo	<i>Guadalupe B</i>	<u>Friday, March 10</u>		
3:30pm—5:30pm	Practica Via Crucis	<i>Guadalupe B</i>	3:00pm—8:00pm	Crime Prevnetion Event	<i>Gym</i>

Tuesday, March 7

3:30pm—6:00pm	Porque Ser Catolico?	<i>Fatima</i>	6:30pm—8:30pm	Youth Meeting	<i>Guadalupe A/B</i>
5:00pm—9:00pm	CYO	<i>Gym</i>	7:30pm—9:00pm	English RCIA	<i>Lourdes A/B</i>
5:30pm—6:45pm	Mariachi School	<i>Balcony Rooms</i>	<u>Saturday, March 11</u>		
6:00pm—9:00pm	Marriage Encounter	<i>Guadalupe+ Fatima</i>	9:00am—9:00pm	CYO	<i>Gym</i>
6:00pm—7:00pm	Preparation Meeting	<i>Lourdes A/B</i>	9:00am—5:00pm	English Pre-Cana	<i>Guadalupe A/B</i>
7:00pm—9:00pm	Coro #1	<i>Nazareth</i>	9:00am—1:00pm	AA Meeting	<i>Lourdes A/B</i>

Wednesday, March 8

4:30pm—7:30pm	Religious Education	<i>All Rooms</i>	10:00am—12:00pm	Spanish Children's Choir	<i>Upper Room</i>
7:30pm—9:30pm	CYO	<i>Gym</i>	12:30pm—3:30pm	Private Reception	<i>Lourdes A/B</i>

Thursday, March 9

5:00pm—7:00pm	Ministerio de Consolacion	<i>Nazareth</i>
5:00pm—7:00pm	Bilingual Choir Practice	<i>Fatima</i>
6:30pm—9:30pm	Com Porque Ser Catolico?	<i>Guadalupe</i>

INFANT BAPTISM

BAUTISMO

Preparation Meeting	Baptism Ceremony
<i>Tuesday—6:00pm—Institute</i>	<i>12:00pm— Upper Church</i>
March 21, 2023	March 25, 2023
April 18, 2023	April 22, 2023
May 23, 2023	May 27, 2023
June 20, 2023	June 24, 2023
July 18, 2023	July 22, 2023
August 22, 2023	August 26, 2023
September 19, 2023	September 23, 2023
October 24, 2023	October 28, 2023
November 21, 2023	November 25, 2023
December 19, 2023	December 23, 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.

Reunión de Preparación	Ceremonia de Bautismo
<i>Martes—6:00pm—Instituto</i>	<i>12:00pm—Iglesia de Arriba</i>
7 de Marzo, 2023	11 de Marzo, 2023
NO HAY BAUTISMOS EN ABRIL	
9 de Mayo, 2023	13 de Mayo, 2023
6 de Junio, 2023	10 de Junio, 2023
27 de Junio, 2023	8 de Julio, 2023
8 de Agosto, 2023	12 de Agosto, 2023
5 de Septiembre, 2023	9 de Septiembre, 2023
10 de Octubre, 2023	14 de Octubre, 2023
NO HABRA BAUTISMOS EN NOVIEMBRE	
5 de Diciembre, 2023	9 de Diciembre, 2023

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 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.

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 8th 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.



FEAST DAY OF ST. JOSEPH

The Italian Community of Our Lady of Mount Carmel Church of Astoria, and The Saint Joseph Congregation invites all to come and celebrate a Mass in Honor of Saint Joseph on Sunday March 19, 2023 at 9am. Distribution of bread after the 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 for all. Please share this spiritual gift with your friends and invite them to join you for this retreat.

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. Father Cush was a contemporary of our own pastor Msgr. Cuong Pham. He also attended the Gregorian University in Rome, Italy, and has served as Vice-Rector and Dean of Formation at the North American College Seminary in the Eternal City. He is a prolific writer and has contributed regularly to our diocesan newspaper The Tablet. This May he will celebrate his 25th Anniversary of Ordination to the Priesthood. We look forward to an uplifting Retreat with him.

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: *Finding Joy in the Passion of Christ.*

- 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.

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

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

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*

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.

EVENTOS— DIVINA MISERICORDIA



VENTA DE COMIDA
FONDOS RECAUDADOS SE USARAN
PARA HACER EL SANTUARIO DE LA
DIVINA MISERICORDIA.
GRACIAS POR SU APOYO!

COMIDAS	POSTRES
TACOS DORADOS TACOS PLACEROS TACOS DE CARNITAS TOSTADAS DE TINGA POZOLE ENCHILADAS ROJAS PAMBAZOS	GELATINAS FLAN PASTEL MUFFINS CAFE
12 DE MARZO EN EL GYMNASIO DESPUES DE LA MISA DE 12:30PM	



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**



**Annual Catholic
Appeal 2023**
DIOCESE OF BROOKLYN

Each year our parish and the Diocese of Brooklyn engage in the **Annual Catholic Appeal** which supports Catholic programs throughout Brooklyn and Queens and affects the lives of countless individuals and families living in our neighborhoods in addition to benefiting our parish.

How Does Our Parish Benefit?

In order for our parish to function, we need well-trained **priests and deacons** who can celebrate the sacraments and administer the parish. Without the **\$2.5 Million** from the Appeal allocated to vocations, we would not have the clergy our parish needs.

Our Children are the future of our parish, and we are called to support them as they grow in faith. The Appeal provides funding that supports every parish **religious education program** as well as tuition assistance to those seeking **Catholic Education** at Catholic Academies and Schools. Over **\$1.8 million** from the Appeal is invested in the faith of our children in addition to also providing **adult faith formation**. Instruction programs for lay people, including those in our own parish, provide training in ministries such as Eucharistic Ministers and Lectors or prepare others for sacraments.

The Appeal also provides funding for the Youth Ministers working in parishes throughout Brooklyn and Queens. **\$150,000** each year from our donations sustains the **Catholic Youth Ministry Initiative**, which has been supported by Generations of Faith, ensuring that young people encounter Christ through the Church, forming life-long bonds of faith which will sustain our parishes for years to come.

Christ Himself has called all on us to care for those among us in need, but as one parish we lack the time, space, skills, and volunteers that it takes to address the needs of all our brothers and sisters who need our help. Therefore, through the Annual Catholic Appeal, our parish supports the work of **Catholic Charities** and **Catholic Migration Services** which receive a total of **\$1.4 million** from the Appeal. Together we can welcome the stranger, clothe the naked, feed the hungry, and shelter the homeless in the name of our Church.

In our efforts to spread the Gospel of Christ, we also have a responsibility as Catholics to minister to those who are ill, students in high schools and colleges as well as those who are imprisoned, just as Christ directed us to. The Appeal provides **\$1.1 million** to ensure that **chaplains** bring the sacraments of the church to those who are ill, imprisoned, or are studying in high school and college.

Why is my participation important?

As followers of Jesus at our parish, we understand our responsibility to our parish implies a responsibility to the diocese which unites us together with the entire Catholic community as the one body of Christ.

When one part of the body does not participate, the entire body suffers and makes it harder to function. Likewise, your participation in this Appeal, over and above your regular Sunday offering, will determine the ability of our parish to faithfully support the mission of Christ while also providing the needed support we receive as one parish, which is part of the larger Catholic Church.

What is next for the Annual Catholic Appeal and how can we help?

Please join us to respond as the Church of Christ United in Communion, United in Charity in Brooklyn and Queens through a pledge to the **Annual Catholic Appeal** today at **AnnualCatholicAppeal.org** or text **DONATE** to **917-336-1255**.

The **Annual Catholic Appeal** seeks to raise a minimum of \$8 million to provide programs and ministries throughout the Diocese and support the local efforts of parishes like ours.

The goal at Our Lady of Mount Carmel Church is \$67,815

Once we exceed our goal, we will then receive 100% of all funds raised above this figure directly back to our parish.

For questions regarding the **Annual Catholic Appeal**, or to schedule an appointment to make a gift to the parish, please contact the Parish Office – (718) 278.1834

**United in Communion
United in Charity**

**Thank you and God bless you.
Msgr. Cuong M. Pham**



Cada año **nuestra parroquia** y la Diócesis de Brooklyn se dedican a conducir **La Campaña Católica Anual**, la cual sostiene programas católicos a través de Brooklyn y Queens, teniendo efecto en las vidas de un sin número de personas y familias, además de]beneficiar a nuestra parroquia.

¿Cómo se beneficiará nuestra Parroquia?

Para que nuestra parroquia funcione, necesitamos **sacerdotes y diáconos** bien capacitados que puedan celebrar los sacramentos y administrar la parroquia. Sin los **\$ 2.5 millones** de la Campaña asignados a las vocaciones, no tendríamos los sacerdotes que nuestra parroquia necesita.

Nuestros niños son el futuro de nuestra parroquia y estamos llamados a apoyarlos mientras crecen en la fe. La Campaña proporciona fondos que apoyan todos los **programas de educación religiosa parroquial**, así como asistencia para la matrícula para aquellos que buscan **educación católica** en academias y escuelas católicas. Más de **\$1.8 millones** de la Campaña se invierten en la fe de nuestros niños, además de brindar **formación en la fe para adultos**. Los programas de formación para laicos, incluidos los de nuestra propia parroquia, brindan capacitación en ministerios como los ministros y lectores eucarísticos, y preparan a otros para los sacramentos.

La Campaña también proporciona los salarios de los Ministros Juveniles, capacitados para trabajar en parroquias de Brooklyn y Queens. **Cada año \$150,000** de nuestras donaciones sostienen a **la Iniciativa de Ministerio Juvenil**, que ha sido apoyada por Generaciones de Fe, asegurando que los jóvenes se encuentren con Cristo a través de la Iglesia, formando lazos de fe de por vida que sostendrán nuestras parroquias en los años venideros.

Cristo mismo nos ha llamado a todos a cuidar a los necesitados, pero como una parroquia sola carecemos del tiempo, el espacio, las habilidades y los voluntarios que se necesitan para atender las necesidades de nuestros hermanos y hermanas que necesitan nuestra ayuda. Es por eso que, a través de la Campaña Católica Anual, nuestra parroquia apoya el trabajo de **Caridades Católicas y Servicios Católicos de Migración** que reciben un total de **\$1.4 millones** de la Campaña. Juntos podemos dar la bienvenida al extranjero, vestir al desnudo, alimentar al hambriento y albergar a los desamparados en nombre de nuestra Iglesia.

En nuestros esfuerzos por difundir el Evangelio de Cristo, también tenemos la responsabilidad como católicos de ministrar a los que están enfermos, a los estudiantes de las escuelas secundarias y universidades, así como a los que están encarcelados, tal como Cristo nos indicó. La Campaña proporciona **\$1.1 millones** para asegurar que los **capellanes** lleven los sacramentos de la iglesia a aquellos que están enfermos, encarcelados o están estudiando en escuela secundaria y universidad.

¿Por qué mi participación es importante?

Como seguidores de Jesús aquí en nuestra parroquia, entendemos que nuestra responsabilidad hacia nuestra parroquia implica una responsabilidad hacia la diócesis que nos une con toda la comunidad católica como el único cuerpo de Cristo. Cuando una parte del cuerpo no participa, todo el cuerpo sufre y dificulta su funcionamiento. Asimismo, su participación en esta Campaña, además de su ofrenda dominical regular, determinarán la capacidad de **nuestra parroquia** para apoyar fielmente a la misión de Cristo, y al mismo tiempo ofrecer el apoyo necesario que recibimos como una parroquia, siendo parte de la Iglesia católica.

¿Que Sigue para La Campaña Católica Anual y cómo podemos ayudar?

Únase hoy a nosotros para responder juntos como la Iglesia de Cristo Unidos en Comunión, Unidos en Caridad en Brooklyn y Queens a través de un compromiso a la Campaña Católica Anual en [AnnualCatholicAppeal.org](https://www.annualcatholicappeal.org) o envíe un mensaje de texto con la palabra **DONAR** al **917-336-1255**. **Gracias y que Dios le bendiga. — Mons. Cuong M. Pham**

La Campaña Católica Anual busca recaudar un mínimo de 8 millones para proveer los programas y ministerios a lo largo de la Diócesis y apoyar los esfuerzos locales de las parroquias como la nuestra.

La meta es de \$67,815

Después de sobrepasar nuestra meta, recibiremos 100% de los fondos recaudados por encima de esta cifra directamente para nuestra parroquia.

Para preguntas acerca de **la Campaña Católica Anual**, o para hacer una cita para hacer una donación a la Parroquia, por favor de contactar la Oficina Parroquial – (718)-278-1834

**Unidos en Comunión
- Unidos en Caridad**