



## OUR LADY OF MOUNT CARMEL

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

SUNDAY, FEBRUARY 19, 2023

# 7<sup>TH</sup> SUNDAY IN ORDINARY TIME



"I say to you, love your enemies and pray for those who persecute you." - Mt 5:44

# OUR LADY OF MOUNT CARMEL ROMAN CATHOLIC CHURCH

## PARISH MANAGER

Celeste Stewart, Ext. 111  
[cstewart@diobrook.org](mailto:cstewart@diobrook.org)  
[church@mountcarmelastoria.org](http://church@mountcarmelastoria.org)

## RELIGIOUS ED COORDINATOR

Nelly Gutierrez, Ext. 114  
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[ccdmountcarmel@gmail.com](mailto:ccdmountcarmel@gmail.com)

## OFFICE RECEPTIONIST

Luis Sanchez Ext. 110  
[reception@mountcarmelastoria.org](mailto: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](mailto:music@mountcarmelastoria.org)

## MASS INTENTIONS FOR THE WEEK

### SATURDAY, FEBRUARY 18

5:00pm Mercedes Beck, Angolina Brincat, Wilma  
Colon & Family (For Physical & Spiritual Healing)

### SUNDAY, FEBRUARY 19

#### *(Seventh Sunday in Ordinary Time)*

8:00am Jimmy G. Garcia  
9:00am Elio DiMonte  
9:30am Miguel Carlos Fuentes  
11:00am Giulio Moretti  
12:30pm Gabino Sanchez Quiroz, Santiago Carpy Reyes  
(2 Aniversario), Dolores Matos de Contreras &  
Eusebio Contreras (Feliz Cumpleaños), y por  
La Sanacion de la Familia Melchor Aguilar  
3:00pm For the people of our parish

### MONDAY, FEBRUARY 20

9:00am For Peace & In Thanksgiving  
for the Graces Received

### TUESDAY, FEBRUARY 21

8:00am In Thanksgiving to the Lord & the  
Blessed Mother  
12:00pm Guadalupe Rodriguez Salgado

### WEDNESDAY, FEBRUARY 22

8:00am Sabbia & Raffaele Carullo and Family  
12:00pm Armando Rodriguez  
7:30pm Holy Souls in Purgatory

### THURSDAY, FEBRUARY 23

8:00am Leonardo & Guiseppina Grippi  
12:00pm Nenetta Sette

### FRIDAY, FEBRUARY 24

8:00am Teresa Kim Nguyen  
12:00pm Guadalupe Rodriguez Salgado

### SATURDAY, FEBRUARY 25

8:00am Joseph Luong Tran  
5:00pm Alphonsus Phu Truong, All Priests & Religious  
Henri Chiesa

### SUNDAY, FEBRUARY 26

#### *(Seventh Sunday in Ordinary Time)*

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

## MEMORIAL GIFTS THIS WEEK



The Altar Candles & Altar Bread & Wine are being  
offered for **Antonina & Salvatore Leto**,  
requested by Maria Barretta

## SPECIAL SECOND COLLECTION

There will be a special second collection this weekend for  
the victims of the earthquakes in Syria and Turkey. Your  
donations are very much needed and will be appreciated.

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	<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)
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

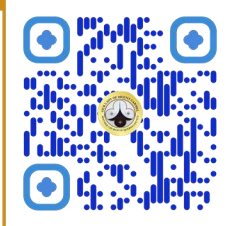
### ST. JOSEPH'S CATHOLIC ACADEMY

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

718.728.0724—[www.stjosephsch.org](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: \$5,373

Same weekend last year: \$4,933

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, 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,

The holy season of Lent will begin with this week's Ash Wednesday celebration. In Lent, it's customary for us Catholics to give up something that we do a lot of and that we find pleasure in doing. This "giving up" is done as a discipline for learning self-control, to free our minds from the chase after material things. It reminds us of Christ's sufferings and what our true pleasures are as followers of Christ, and it is above all an act of sorrow over our sin.

A story is told about a father who had urged his children to move beyond giving up candy to giving up some sinful habit that marked their lives. About halfway through Lent, he asked the children how they were doing with their Lenten promise. One of his young sons had promised to give up fighting with his brothers during Lent. When his father asked how it was going, the boy replied, "I'm doing pretty good, Dad—but boy, I can't wait until Easter!" That response shows that this boy had only partly understood the purpose of the Lenten "giving up." Lent is about conversion, turning our lives more completely over to Christ and his way of life. That always involves giving up sin in some form. The goal is not just to abstain from sin for the duration of Lent but to root sin out of our lives forever. Conversion means leaving behind an old way of living and acting in order to embrace a new life in Christ.

Sometimes we don't notice how certain things we do have gained power over us and dictated our actions. In Lent, we discover these things and give them up so that God can be in charge. The term "detachment" is often heard during Lent. It means that when you are less preoccupied by "stuffs", you will have more room for God. As Catholics, we are required to give up meats on Fridays during the season. However, we can also give up other things. For some people, Lent is an opportunity to make an effort to give up television, phone chatting, gambling, impulse shopping, dance clubbing, indulging in sexual vices, shouting emotional outbursts—anything that relates closely to a particular sin that is especially sticky for them. Whatever that is, it is where their Lenten discipline need to be centered. For others, Lent is a time for making changes to their habits. For instance, using money or time more responsibly, eating and drinking in moderation, going to bed earlier and getting up earlier, becoming more organized and tidier, spending less time on the internet, speaking slowly and respectfully, praying and meditating on Scriptures daily, adopting a charitable cause, going to church more frequently, etc. These positive things are not only good for the body; they are also excellent for the soul.

Some people use Lent for taking the complexity out of parts of their lives. They pare down their busy schedules and concentrate on activities that matter most. Others look for a specific area of their life in which they use power over others, and then try to find ways to use less power in doing it. If you happen to be a control person, you can change the way you approach things and people. You can look at how you verbally treat another person and try to put yourself in their shoes. There can be so many things to do, but it is best to choose one thing at a time. Then, as that takes hold, give up another thing, as the Lord inspires you.

Lent's somberness and starkness does not mean that we cannot celebrate or feast. It does not mean we cannot eat a hearty meal, or enjoy a good game or movie, or get a good laugh from a funny moment. Rather, in Lent we put a stop to our fevered pursuit of pleasure, and instead let it seek us. Then, when the moments of joy do come, we would recognize them as a gift from the loving God. Thus, Lent is not all about giving things up. It's also about adding good things to our lives or to others' lives—the kind of good things that follow on what Jesus asks of us.

The best thing you can do for yourself in Lent is to return to the Sacrament of Reconciliation. Check out the Confession hours in our parish and other churches and motivate yourself to go. Remember, grace is built upon nature, God's transformation of your life can only take place if you open the door to it. Wait no longer, dear brothers and sisters, for "*now is the acceptable time, now is the day of salvation!*" (2 Cor 6:2).

Faithfully yours in Christ,

*Msgr. Cuong M. Pham*

Queridos hermanos y hermanas en Cristo,

La temporada Santa de Cuaresma comenzará con la celebración del Miércoles de Ceniza de esta semana. En Cuaresma, la costumbre es que los Católicos renunciemos algo que hacemos mucho o que encontramos placer en hacer. Esta "renuncia" se hace como una disciplina para aprender el autocontrol, para liberar nuestras mentes de la persecución de las cosas materiales. Estas costumbres nos recuerdan los sufrimientos de Cristo y cuáles son nuestros verdaderos placeres como seguidores de Cristo, y es sobre todo un acto de dolor por nuestro pecado.

Se cuenta la historia de un padre que había instado a sus hijos de ir de sacrificar los dulces a abandonar algún hábito pecaminoso que marcaba sus vidas. Aproximadamente a la mitad de la Cuaresma, les preguntó a los niños cómo les estaba yendo con su promesa de Cuaresma. Uno de sus hijos pequeños había prometido dejar de pelear con sus hermanos durante la Cuaresma. Cuando su padre le preguntó cómo le iba, el niño respondió: "Estoy bastante bien, papá, pero ¡vaya, no puedo esperar hasta la Pascua!" Esta respuesta nos muestra que este niño solo había entendido parcialmente el propósito del "abandono" de Cuaresma. La Cuaresma se trata de conversión, entregando nuestras vidas más completamente a Cristo y a su forma de vida. Eso siempre implica renunciar al pecado de alguna forma. El objetivo no es solo abstenerse de pecar durante la Cuaresma, sino desarraigar el pecado de nuestras vidas para siempre. La conversión significa dejar atrás una vieja forma de vivir y actuar para abrazar una nueva vida en Cristo.

A veces no nos damos cuenta de cómo ciertas cosas que hacemos han ganado poder sobre nosotros y ha dictado nuestras acciones. En Cuaresma, descubrimos estas cosas y las abandonamos para que Dios pueda estar a cargo. El término "desapego" se escucha a menudo durante la Cuaresma. Significa que cuando estemos menos preocupado por las "cosas," tendrás más espacio para Dios. Como Católicos, estamos obligados a renunciar la carne los viernes durante la temporada. Sin embargo, también podemos renunciar otras cosas. Para algunas personas, la Cuaresma es una oportunidad para hacer un esfuerzo por dejar la televisión, las conversaciones telefónicas, los juegos de azar, las compras impulsivas, las discotecas, los vicios sexuales, los gritos o arrebatos emocionales, cualquier cosa que se relacione estrechamente con un pecado en particular que sea especialmente pegajoso para a ellos. Sea lo que sea, es donde debe centrarse su disciplina cuaresmal. Para otros, la Cuaresma es un tiempo para hacer cambios en sus hábitos. Por ejemplo, usar el dinero o el tiempo de manera más responsable, comer y beber en moderación, acostarse y levantarse más temprano, volverse más organizado y ordenado, pasar menos tiempo en el Internet, hablar despacio y con respeto, orar y meditar las Escrituras diariamente, adoptar una causa caritativa, ir a la iglesia con más frecuencia, etc. Estas cosas positivas no solo son buenas para el cuerpo; también son excelentes para el alma.

Algunas personas usan la Cuaresma para eliminar la complejidad de sus vidas. Reducen sus agendas ocupadas y se concentran en las actividades que más importan. Otros buscan una área específica de su vida en la que ejercen el poder sobre los demás y luego tratan de encontrar formas de utilizar menos poder al hacerlo. Si resulta que eres una persona de control, puedes cambiar la forma en que abordas las cosas y las personas. Puedes ver cómo tratas verbalmente a otra persona y tratar de ponerte en su lugar. Puede haber tantas cosas que hacer, pero lo mejor es elegir una cosa a la vez. Luego, cuando eso se afiance, abandone otra cosa, según lo inspire el Señor.

La tristeza y la crudeza de la Cuaresma no significan que no podamos celebrar o festejar. No significa que no podamos comer una buena comida, disfrutar de un buen juego, una película, o reírnos de un momento divertido. Más bien, en Cuaresma, ponemos fin a nuestra febril búsqueda del placer y, en cambio, dejamos que nos busque. Entonces, cuando lleguen los momentos de alegría, los reconoceremos como un regalo de Dios amoroso. Por lo tanto, la Cuaresma no se trata solo de renunciar las cosas. También se trata de agregar cosas buenas a nuestras vidas o a las vidas de los demás, el tipo de cosas buenas que siguen a lo que Jesús nos pide.

Lo mejor que pueden hacer por sí mismos en la Cuaresma es volver al Sacramento de la Reconciliación. Consulten los horarios de Confesiones en nuestra parroquia y otras iglesias y móvense a ir. Recuerden, la gracia se basa en la naturaleza, la transformación de sus vidas por parte de Dios solo puede tener lugar si le abren la puerta. No esperen más, queridos hermanos y hermanas, porque *"¡ahora es el tiempo aceptable, ahora es el día de salvación!"* (2 Corintios 6:2).

Fielmente suyo en Cristo,

*Mons. Cuong M. Pham*

## THIS WEEK IN OUR PARISH

### Sunday, February 19

10:00am—2:00pm Czech Community *Guadalupe A/B*  
 10:00am—12:00pm Spanish RCIA *Upper Room+ Fatima*  
 10:30am—12:30pm Cursillo *Gym*  
 1:00pm—3:30pm Div. Mis. Venta de Comida *Gym*  
 1:30pm—4:00pm Practica Via Crucis *Guadalupe A/B*

### Tuesday, February 21

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

### Wednesday, February 22

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

### Thursday, February 23

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

### Friday, February 24

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

### Saturday, February 25

9:00am—9:00pm CYO *Gym*  
 9:00am—5:00pm English Pre-Cana *Guadalupe A/B*  
 9:00am—1:00pm AA Meeting *Lourdes A/B*  
 10:00am—12:00pm Spanish Children's Choir *Upper Room*  
 4:00pm—9:00pm Consa. Virgen del Carm. *Lourdes A/B*  
 5:00pm—7:00pm Ministerio de Consolacion *Nazareth*  
 5:00pm—7:00pm Bilingual Choir Practice *Fatima*

## INFANT BAPTISM

### 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

**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.

## BAUTISMO

### Reunión de Preparación

**Martes—6:00pm—Instituto**

7 de Marzo, 2023  
  
**NO HAY BAUTISMOS EN ABRIL**  
*Fecha de Bautizo para Mayo todavía No Anunciada*  
 6 de Junio, 2023  
 27 de Junio, 2023  
 8 de Agosto, 2023  
 5 de Septiembre, 2023  
 10 de Octubre, 2023

### Ceremonia de Bautismo

**12:00pm—Iglesia de Arriba**

11 de Marzo, 2023  
  
**NO HAY BAUTISMOS EN ABRIL**  
*Fecha de Bautizo para Mayo todavía No Anunciada*  
 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

**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

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.

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

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

## REGISTRACION PARROQUIAL

*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.*

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

**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.

## JOURNEYING HOME TOGETHER



Some things are just better when you do them with other people. Watching a movie, going out to eat, worshiping at a community Mass are somehow so much more fun and appealing when you are with someone else.

The upcoming Lenten Season is a similar experience. During Lent the whole Church takes a serious look at sin, both in our lives and in our world. We sign each other's foreheads with ashes at the beginning of Lent to remind ourselves of Jesus' call to turn away from sin and worldly vanity. During these forty days we make a special effort to eat less food and use our resources to help the needy. Together we listen more attentively to God's word and consciously reorganize our lives so that our relationship to God and His Church may become our top priority once again. Lent is the best time to celebrate the Sacrament of Reconciliation. Journeying home is just so much better when everyone walks together.

## OFFICE CLOSING

The office will be closed on Monday, February 20, 2023 in observance of Presidents' Day. There will be only one Mass celebrated in the Upper Church at 9:00am. The office will reopen on Tuesday, February 21, at 9:00am.

## 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. Stay tuned for a more detailed agenda in next week's bulletin.

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, having served as Vice Rector and Academic Dean at the North American College & Seminary in Rome for many years.

## 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

## 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

## 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!

## 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.



## 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 serà el invitado charlista. Desayuno a las 8:30am, almuerzo a la 1:00pm y terminando con la Santa Misa a las 2:00pm. Registraci3n no es necesaria.

Tambi3n habrà un retiro en el gimnasio el 19 de marzo patrocinado por el Grupo Carismàtico Renovaci3n de nuestra parroquia. Todos estàn invitados. Vea la imagen abajo para mas informaci3n.



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

*El Grupo de Oraci3n, 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*

## VENTA DE COMIDA HOY!



## VENTA DE COMIDA

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

### COMIDAS

TACOS DORADOS  
TACOS PLACEROS  
TACOS DE CARNITAS  
TOSTADAS DE TINGA  
POZOLE  
ENCHILADAS ROJAS

### POSTRES

GELATINAS  
FLAN  
PASTEL  
MUFFINS  
CAFE

19 DE FEBRERO EN EL GYMNASIO  
DESPUES DE LA MISA DE 12:30PM

## PROXIMA SEGUNDA COLECTA

**26 de febrero 2023**— La segunda colecta despu3s de la comuni3n para nuestro mantenimiento parroquial. Sus donaciones nos permite mantener los espacios en buena condici3n para su uso.

## CURSO PRE-MATRIMONIAL

Habrà un curso pre-matrimonial empezando el 24 de febrero, por 5 viernes, de 7:00pm– 10:00pm en el sal3n Fàtima 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 febrero, 2023 en la Iglesia de Arriba a las 6:30pm. Los esperamos!

Para mas informaci3n, llama a la oficina parroquial al 718.278.1834

## IS GOSSIP A MORTAL SIN?

To really ask this question, we must consider the Eighth Commandment: "You shall not bear false witness."

In its reflections on this commandment, The Catechism of the Catholic Church invites us to not only think about what bearing "false witness" means, but to also consider how we understand the truth and how we communicate more broadly. This is why so much of this section of the Catechism has to do with the gift of language. With this in mind, we will notice that the word "gossip" isn't used by the Catechism. Instead, we find the words "detraction" and "calumny," which are actually two forms that gossip can take, and both can be quite serious.

First, detraction is the of revealing "another's faults and failings to persons who did not know them," without morally valid reasons. Calumny, by extension, is saying something about another person that is untrue, and it is sinful because it "harms the reputation of others and gives occasion for false judgments" (see no. 2477).

In all of our communication, we must always recognize that we have a moral obligation to the truth and always work to protect the reputation and honor of our neighbors (see no. 2479).

Gossip can, in fact, prove to be a very serious sin. After all, the Catechism reminds us: "No one is bound to reveal the truth to someone who does not have the right to know it" (no. 2489). When we have gossiped, especially if we are aware we have damaged another person's good name or reputation, we want to make every effort to undo the damage we have done, including seeking the grace and forgiveness offered in the Sacrament of Reconciliation.



## DIGGING DEEPER ON THIS SUNDAY'S READINGS

### First Reading

Leviticus teaches us that one way to be holy is to have an attitude of love and non-retaliation toward your family and neighbors. Can you name some examples of when you have acted in this manner?

### Second Reading

Paul teaches that as believers we are now "the temple of God" with the "Spirit of God" dwelling in us. How might we celebrate this new reality?

### Gospel Reading

Jesus challenges his disciples to love and pray for our enemies. Why do you think Jesus encourages us to behave this way?

*"You have heard that it was said, An eye for an eye and a tooth for a tooth. But I say to you, offer no resistance to one who is evil. When someone strikes you on your right cheek, turn the other one as well."*



## GOSPEL MEDITATION

### ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

Of all the things Jesus says which seem totally bat-crazy, this one might take the cake: **"But I say to you, love your enemies, and pray for those who persecute you."** An enemy is someone who desires the destruction of you, your projects, or those you care about. To love and pray for them is to want their health, strength, and flourishing. But if they thrive, they are more likely to hurt you and others. So, aren't you indirectly willing your own destruction, or that of your friends? If you doubt that this problem is embedded in this teaching when was the last time you actually prayed honestly for the people you really hate?

How can we solve this riddle so we might truly live this command? Recall that enemy-love is the surest sign that you love someone with God's love, and not with indirect egotism. After all, if my love for my enemy ends up hurting my loved ones or me, it can't be for me. Enemy-love costs more because there are no tit-for-tats. No reciprocity - just love poured out, and often pain in return. That's why it is so precious and rare. "What is unusual about that?" asks the Lord about love for our friends. Jesus wants us to experience the unusual love which only comes from him.

When Jesus was being killed on the cross, he loved his executioners. In fact, he was holding them in being as they nailed him to the cross. He loved those who were spiritually piercing his Mother's heart, while they were doing it. And when he rose from the dead, he showed us that this kind of love is always worth it. It's stronger than death. Real love is unusual.

*Fr. John Muir*

## SAINT OF THE WEEK



Venerable Félix Varela was a thought leader, professor, scholar, political leader, and cultural champion for immigrant families. Originally from Cuba, he served in Spain and in the United States as a pastoral luminary in every community he engaged.

### Prayer for Venerable Félix Varela y Morales's intercession

Holy and righteous God, you created us in your image. Grant us grace to contend fearlessly against evil and make no peace with oppression. Help us, like your servant Venerable Felix Varela, to work for justice among people and nations, to the glory of your name, through Jesus Christ, our Savior, and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## THE HARDNESS OF HOLINESS

Want to know the words I find hardest to say?  
"Lord, give me the strength."

The world tells us to push ourselves outside of our comfort zone if we're training for a marathon or applying for a job but if we're talking about God, everything is supposed to be easy. If it comes "naturally" or without struggle, it's supposed to be right.

Only God is perfect, the world tells us. What's the use of trying so hard?

I'm really good at finding excuses for myself, especially when it comes to holiness. Holiness, often (not always, but often), is about choosing the hard, but right, thing. The invitation to holiness is whispered in the hardest moments of my day when I am the most hopelessly human. After the kids' bedtime, when I really just want to watch Dateline and eat too much ice cream instead of saying the Rosary. When I've committed to helping

someone, it suddenly becomes incredibly inconvenient. When I see a social media post that's just begging for a snarky reply. When the conversation becomes gossip and I'm dying to make myself feel superior to someone.

The reason it's so difficult for me to mutter these five simple words is that I know that if I say them and I mean them, they form a prayer that God will always answer in the affirmative. He will give me the strength to ask for it, and then I will have no excuse.

It's not unlike my kids claiming they're too tired to clean up the playroom. If they would just ask me for help, it would all be so doable. But where would that leave them?

With a job to do, that's where. "Be holy, for I, the LORD, your God, am holy." - Leviticus 19:2

*Colleen Jurkiewicz Dorman*