



OUR LADY OF MOUNT CARMEL

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

SUNDAY, MARCH 19, 2023

4TH SUNDAY OF LENT



When Jesus heard that they had thrown him out,
he found him and said, "Do you believe in the
Son of Man?" - Jn 9:35

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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OFFICE RECEPTIONIST

Luis Sanchez Ext. 110
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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 18 (Saint Cyril of Jerusalem)

5:00pm Joseph Mascia

SUNDAY, MARCH 19 (Fourth Sunday of Lent)

8:00am Blanca Lidia

9:00am San Giuseppe

9:30am Angelina Taibi

11:00am Alfred Caridi

12:30pm Refugio & Enrique Garcia,
Wilfredo Hugo Ponce,
Rosa Bustamante Camacho &
Dagoberto Guillermo Magallanes Perez,
Sara Emilia Bustamante Carillo &
Roberto Carrion Garcia, Natalie Amigon,
Jose Antonio Centeno (4^{to} Aniversario)
Marta Isabel Bojorquez de Chajon (4^{to} Aniversario)

3:00pm For the people of our parish

MONDAY, MARCH 20 (Saint Joseph, Spouse of the B.V.M)

8:00am Giovanna Ayoghu (Anniversary)

12:00pm Leonard Burton

TUESDAY, MARCH 21

8:00am Julia Jarrick Immordino

12:00pm Jose M. Saez

WEDNESDAY, MARCH 22

8:00am Mariela Parra (5th Anniversary)

12:00pm Winnie Burke

THURSDAY, MARCH 23 (Saint Turibius of Mogrovejo)

8:00am Leonardo & Giuseppina Grippi

12:00pm Salvatore & Nina Leto

FRIDAY, MARCH 24

8:00am Della Gannon

12:00pm Luigi & Gregory Toppi

SATURDAY, MARCH 25 (Annunciation of the Lord)

8:00am Ofilia Mungula Soto

(Peace for her Soul & Healing for her Family Tree)

5:00pm John Pham, Wilma Colon & Family
(Physical & Spiritual Healing) &
for Healing for Janet Galvin

SUNDAY, MARCH 26 (Fifth Sunday of Lent)

8:00am Maria Hue Doan

9:00am Beata Pina Suriano

9:30am John Pham

11:00am Nicoletta Todisco & John Albani

12:30pm Victor & Rosa Mendez, Fabio Salcedo &
Faustino Vazquez, Por las almas en el
Purgatorio de la Familia Melchor Aguilar
Lucia Puente (Living— 102nd Birthday)

3:00pm For the people of our parish

MEMORIAL GIFTS THIS WEEK



The Altar Candles has been offered for
John "Jack" Smith, by the Hasselberg Family



The Altar Bread & Wine has been offered
In Honor of Saint Joseph, by Leonarda Grippi



The Sanctuary Lamp has been offered for
Esther Esparda, by Stella Delmenico

SECOND COLLECTION & ENVELOPES

March 19, 2023— There will be a second collection after communion for Catholic Relief Services. **Please note that the envelope you received is not dated but should be brought in on this day.**

We have noticed that the envelopes company has sent duplicate copies of certain envelopes. Please use only one and discard the other. Thank you for your understanding.

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

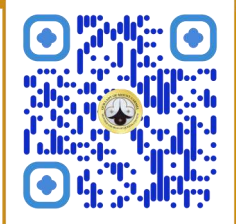
ST. JOSEPH'S CATHOLIC ACADEMY

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: \$5,148

Same weekend last year: \$4,728

Follow us on Social Media:

@OLMCAstoria



JOIN FAITH DIRECT

As we approach Easter, we focus our daily activities on growing closer to Christ through an increase in prayer, fasting, and almsgiving. May this extend into our lives beyond this liturgical season. Signing up with *Faith Direct* is a great way to focus on almsgiving throughout the year. It is a secure and convenient way to make a conscious decision about your financial support of our many wonderful ministries.

Sign up today by visiting faith.direct/NY370, or text 'Enroll' to (929-254-3850) or call Faith Direct customer service at 866-507-8757. You'll provide us with consistent support that helps us always be at the ready with programs, services, and ministries for our church families and for those in need throughout the community. Thank you for your continued support of our parish family.



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 **Robert Lohmann, Carlos Charini, Maria Severina Moloche, Enrique Zavala, Carlos Oswaldo Zavala Moloche, Susana Charini de Zavala, Nelly Zavala de Obando, Julio Obando Alva, Eduardo Toledo Anicama, Teresa Stuard de Zavala, Enrique Araki Tominaga, Guillermo Ames, Cesar Augusto Rodriguez Valera, Enrique Zavala, Cristina Zavala vda de Loayza, Herman Zavala, Lucho Zavala, Jose Zavala, Guillermo Rivarola.**

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. We are currently praying for **Raymond Pickering & Ophelia Roas.**

ANNUAL CATHOLIC APPEAL

Thank you to all the generous individuals who have made a pledge to our 2023 Annual Catholic Appeal. As of March 13th, there are 20 donors who pledged \$7,825 towards our goal of \$67,815. We have received \$4,716.



Dear brothers and sisters,

The Fourth Sunday of Lent is known as “Laetare (Rejoice) Sunday,” expressing the Church’s joy in anticipation of the Resurrection of our Lord. This Sunday’s Scripture readings remind us that it is God who both gives us proper vision in body as well as in soul; and warns us that those who assume they see the truth are often blind, while those who acknowledge their blindness are given clear vision. They exhort us to be constantly on our guard against spiritual blindness.

Have you ever played a game with a blindfold? Or, have you ever been on a trust walk, where you are blindfolded and led by another person? Playing games with a blindfold helps us appreciate the gift of sight. Those who have a problem with their eyesight, whether due to an ocular illness or old age, can appreciate the preciousness of the ability to see, even with the aid of corrective lenses. Through the story about Jesus curing a person born blind, St. John’s Gospel presents sight in a spiritual sense. The blind man receives not only the ability to use his eyes but the gift to see the truth. Sometimes a person can look, but not see. The man born blind, the most unlikely person, receives the light of faith in Jesus, while the religion-oriented, law-educated Pharisees remain spiritually blind, unable to see that Jesus was indeed the Messiah. This marvelous story teaches us the necessity of having our eyes opened by faith. Seeing realities as they are, and not as how we assume them to be, enables us to see the truth. It liberates us from our prejudiced presumptions, and gives us true joy when our darkness is turned into light.

Physiologically, the “blind-spot” is the part of our eye where vision is not experienced. It is the spot where the optic nerve enters the eyeball. A blind spot in a vehicle is an area around the vehicle that cannot be directly observed by the driver. In real life, we all have blind-spots—in our relationships, our marriages, our parenting, our work habits, our personalities, and even in our spiritualities. It is very possible for the religious people in our day to be like the Pharisees of old: religious in worship, in frequenting the Sacraments, in prayer-life, in donating to the Church, and in knowledge of the Bible—but blind to the poverty, injustice, brokenness and pain around them. Jesus wants to cure all the blindness that cripple us in life.

This past Monday, March 13, as some of you may know, was the 10th Anniversary of Pope Francis’ election to the throne of St. Peter. Ten years ago, I was standing shoulder to shoulder with thousands of other people in St. Peter’s Square when the white smoke billowed from the chimney on the top of the Sistine Chapel indicating that a new Pope has been elected. Little did I know that the humble man who seemed to have been a recruit from the periphery would turn out to be such a prophetic and influential leader for our times. In the ten years of his pontificate thus far, Pope Francis has repeatedly pointed out the blind-spots in our Church and in our modern culture. His magisterial teachings have challenged, not only the Catholic faithful, but also everyone else, to recognize and address those blind-spots. From issues concerning the dignity of human life, peace and happiness, to issues concerning the family, morality, marriage, and love, the Pope consistently focuses our attention on each concrete situation; its values and consequences; and the possible paths to address it based on the wisdom of the Christian faith. Preferring to use simple and direct language, he leads us to a clearer vision about God, about ourselves and about others. His prophetic voice is not always heard, for there are always those who refuse to see, but it always commands respect and attention.

Joining my former Vatican colleagues and the throngs of distinguished guests who gathered to honor Pope Francis at the Apostolic Nunciature in Washington, DC this past Monday, I rejoiced knowing that, through the Holy Father, Jesus himself continues the mission of healing in the Church and in the world. Like many religious and government leaders who spoke so highly of the Pope, I was filled with gratitude for the ways in which God has used him to heal our spiritual blindness in so many areas of life, especially through his message of inclusivity, compassion and close accompaniment, so that we can look at others, see them as children of God, and love them as our own brothers and sisters, saved by the death and Resurrection of Christ.

As we enter the fourth week of Lent, I invite you to join me in reflecting on how God has illuminated and cured some of our own spiritual blind-spots in this holy season. Let us give thanks then for the gift of sight, and pray that we may keep moving forward with a clear vision.

Devotedly yours in Christ,
Msgr. Cuong M. Pham



Queridos hermanos y hermanas,

El Cuarto Domingo de Cuaresma se conoce como “Domingo Laetare (Regocijo),” expresando el gozo de la Iglesia en anticipación de la Resurrección de nuestro Señor. Las lecturas de este domingo nos recuerdan que es Dios quien nos da la visión adecuada tanto en el cuerpo como en el alma; y nos advierte que aquellos que asumen que ven la verdad a menudo son ciegos, mientras que aquellos que reconocen su ceguera reciben una visión clara. Nos exhortan a estar constantemente en guardia contra la ceguera espiritual.

¿Alguna vez has jugado un juego con los ojos vendados? O, ¿alguna vez has estado en una caminata de confianza, en la que te vendaron los ojos y te guía otra persona? Jugar con los ojos vendados nos ayuda a apreciar el don de la vista. Aquellos que tienen un problema con la vista, ya sea por una enfermedad o por la vejez, pueden apreciar la preciosidad de la capacidad de ver, incluso con la ayuda de lentes correctores. A través de la historia de Jesús curando a una persona ciega de nacimiento, el Evangelio de San Juan presenta la vista en un sentido espiritual. El ciego recibe no solo la habilidad de usar sus ojos sino el don de ver la verdad. A veces una persona puede mirar, pero no ver. El hombre ciego de nacimiento, la persona más improbable, recibe la luz de la fe en Jesús, mientras que los fariseos educados en leyes y la religión permanecen espiritualmente ciegos, incapaces de ver que Jesús era de hecho el Mesías. Esta maravillosa historia nos enseña la necesidad de tener los ojos abiertos por nuestra fe. Ver las realidades como son, y no como asumimos que son, nos permite ver la verdad. Nos libera de nuestras presunciones prejuiciosas y nos da verdadera alegría cuando nuestra oscuridad se convierte en luz.

Fisiológicamente, el “punto ciego” es parte del ojo donde no llega la visión. Es el lugar donde el nervio óptico ingresa al globo ocular. Un punto ciego en un vehículo es un área alrededor del vehículo que el conductor no puede observar directamente. En la vida real, todos tenemos puntos ciegos: en nuestras relaciones, matrimonios, crianza de los hijos, hábitos de trabajo, personalidad e incluso en nuestra espiritualidad. Es muy posible que la gente religiosa de nuestros días sea como los fariseos de antes: religiosos en el culto, en la frecuentación de los sacramentos, en la vida de oración, en la donación a la Iglesia y en el conocimiento de la Biblia, pero ciegos a la pobreza, injusticia, y dolor a su alrededor. Jesús quiere curar toda la ceguera que nos paraliza en la vida.

El pasado lunes, 13 de marzo, como algunos de ustedes sabrán, fue el décimo aniversario de la elección del Papa Francisco al trono de San Pedro. Hace diez años, estaba de pie hombro con hombro con miles de otras personas en la Plaza de San Pedro cuando el humo blanco salió de la chimenea en la parte superior de la Capilla Sixtina indicando que se había elegido un nuevo Papa. No sabía que el hombre humilde que parecía haber sido un recluta de la periferia se convertiría en un líder tan profético e influyente para nuestros tiempos. En los diez años de su pontificado hasta el momento, el Papa Francisco ha señalado repetidamente los puntos ciegos en nuestra Iglesia y en nuestra cultura moderna. Sus enseñanzas magisteriales han desafiado, no solo a los fieles Católicos sino también a todos los demás, a reconocer y abordar esos puntos ciegos. Desde las preguntas relativas a la dignidad de la vida humana, la paz y la felicidad, hasta las preguntas relativas a la familia, la moralidad, el matrimonio y el amor, el Papa centra constantemente nuestra atención en cada situación concreta; sus valores y consecuencias; y los caminos posibles para abordarlo desde la sabiduría de la fe Cristiana. Prefiriendo usar un lenguaje sencillo y directo, nos lleva a una visión más clara de Dios, de nosotros mismos y de los demás. Su voz profética no siempre se escucha, porque siempre hay quienes se niegan a ver, pero siempre exige respeto y atención.

Al unirme a mis antiguos colegas del Vaticano y a la multitud de distinguidos invitados que se reunieron para honrar al Papa Francisco en la Nunciatura Apostólica en Washington, DC el pasado lunes, me regocijé saber que, a través del Santo Padre, Jesús mismo continúa la misión de sanar en la Iglesia y en el mundo. Al igual que muchos líderes religiosos y gubernamentales que hablaron tan bien del Papa, me llenó de gratitud por las formas en que Dios lo ha usado para sanar nuestra ceguera espiritual en tantas áreas de la vida, especialmente a través de su mensaje de inclusión, compasión y acompañamiento cercano, para que podamos mirar a los demás, verlos como hijos de Dios, y amarlos como a nuestros propios hermanos y hermanas, salvados por la muerte y resurrección de Cristo.

Al entrar en la cuarta semana de Cuaresma, los invito a unirse a mí para reflexionar sobre cómo Dios ha iluminado y curado algunos de nuestros propios puntos ciegos espirituales en esta temporada santa. Demos gracias entonces por el don de la vista, y oremos para que podamos seguir avanzando con una visión clara.

Devotamente suyo en Cristo,
Monseñor Cuong M Pham

THIS WEEK IN OUR PARISH

Sunday, March 19

10:00am—2:00pm Czech Community *Lourdes A/B*
 10:00am—12:00pm Spanish RCIA *Upper Room+ Fatima*
 10:30am—12:30pm Cursillo *Guadalupe A/B*
 1:00pm—5:00pm Retiro— Grupo Renovacion *Gym*
 1:30pm—5:00pm Practica Via Crucis *Guadalupe A/B*
 6:00pm—8:00pm Sagrado Corazon Meeting *Lourdes A/B*

Tuesday, March 21

7:00am—10:00pm TYWLS *Gym*
 3:30pm—6:00pm Porque Ser Catolico? *Fatima*
 5:30pm—6:45pm Mariachi School *Balcony Rooms*
 6:00pm—9:00pm Marriage Encounter *Guadalupe+ Fatima*
 6:00pm—7:00pm Baptism Instruction *Lourdes A/B*
 7:00pm—9:00pm Coro #1 *Nazareth*

Wednesday, March 22

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

Thursday, March 23

10:00am—11:30am Legion of Mary *Guadalupe B*
 6:00pm—7:30pm Religious Education *All Rooms*
 7:30pm—9:00pm CYO *Gym*

Friday, March 24

6:30pm—8:30pm Youth Meeting *Guadalupe A/B*
 7:30pm—9:00pm English RCIA *Lourdes A/B*

Saturday, March 25

9:00am—1:00pm AA Meeting *Guadalupe A/B*
 10:00am—12:00pm Spanish Children's Choir *Upper Room*
 4:30pm—7:30pm Consagracion a la Virgen *Lourdes A/B*
 5:00pm—7:00pm Ministerio de Consolacion *Upper Room*
 5:00pm—7:00pm Bilingual Choir Practice *Fatima*
 5:00pm—6:30pm Coro Via Crucis Practice *Nazareth*
 6:30pm—9:30pm Porque Ser Catolico? *Guadalupe A/B*

INFANT BAPTISM

BAUTISMO

Preparation Meeting	Baptism Ceremony
Tuesday—6:00pm—Institute	12:00pm— Upper Church
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 god-parents.

Reunión de Preparación	Ceremonia de Bautismo
Martes—6:00pm—Instituto	12:00pm—Iglesia de Arriba
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 31—APRIL 2, 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.

PROJECT ANDREW— MARCH 26, 2023

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, 4:00pm — 6:00pm. Contact vocations@diobrook.org for more information.

FRATERNITY OF OUR LADY OF MOUNT CARMEL

Every fourth Sunday of the month, all members are invited to attend Mass at 9:00am in Italian preceded by the recitation of the Rosary. If you are interested in becoming a member, you will be installed at our annual Feast Day Mass in July. Please call the parish office and leave your name and number.

WHAT CAN I DO TO HELP OUR FAMILY PRACTICE OUR FAITH EACH DAY?

Some families practice their religion together as just another event on their schedule: go to church, observe Lent, help at the parish picnic, go to a meeting, volunteer time, make your confession, use your envelope... But the focus needs to be on who we are-God's people, in relationship with him, loved, forgiven, and redeemed, and called to live and proclaim the Gospel. Our awareness of God's presence and our sense of mission are supported by the daily rituals, celebrations, and traditions that help us stay focused. Sharing our faith strengthens us and clarifies the beliefs and values of Christian living.

Daily family practices include time for prayer-before meals, before bed, before important meetings and activities. Attend Sunday Mass together and discuss the homily afterward. Create family celebrations for holy days and holidays. Make religion a regular part of your discussions. Include others, especially the elderly and the less fortunate, in your activities and charitable efforts. By applying the virtues of faith, hope, and love to each day, faith becomes part of who your family is. It influences how you act towards others, what you value, and how mindful of God you are. Faith is the leaven of life that helps all of us rise to our calling and dignity as God's people.

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.

ROSARY SOCIETY MEETING

The next Rosary Society meeting will take place on **April 2nd**, 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

FEAST DAY OF SAINT 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 9:00am. Distribution of bread after the Mass.

CHOIR & STRING TRIO

The English Choir and The Mount Carmel String Trio will be performing at the 11:00am Mass on Sunday, March 19th. The choir will also be at the 5:00pm Mass on Saturday, March 25th.

FIRST FRIDAY EUCHARISTIC ADORA-

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, April 7, 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.

LENTEN REGULATIONS

The penitential and grace-filled Lenten Season begun with Ash Wednesday. 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 comenzó con Miércoles de Ceniza. 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 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, y el té 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 son animados a apoyar generosamente las obras caritativas de toda la Iglesia a través sus contribuciones regulares a nuestra 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 niños, los mayores de edad o los enfermos, se les anima a practicar otras formas de penitencia y sacrificio personal.

LENTEN EVENING OF RECOLLECTION



On Tuesday, March 28, from 7PM to 9PM in the main church, there will be an Evening of Reflection for all liturgical ministers, catechists, group leaders, committee members & parish volunteers. This special evening will feature an English and Spanish conference, led by Father Michael Bruno - Retreat Master, Church Historian and Professor at St. Joseph's Seminary in Yonkers, NY, and Father Pedro Lopez - Retreat Master, Director of Divine Mercy Apostolates in the Diocese of Brooklyn. There will be presentations on special Lenten themes, Questions and Answers, followed by Adoration and Benediction. Stay tuned for more information next week.

NOCHE DE REFLEXIÓN CUARESMAL



El martes 28 de marzo, de 7:00pm a 9:00pm en la iglesia de arriba, habrá una Noche de Reflexión para todos los ministros litúrgicos, catequistas, líderes de grupo, miembros del comité y voluntarios parroquiales. Esta noche especial contará con una charla en inglés y otra en español, dirigida por el padre Michael Bruno, maestro de retiros, historiador de la iglesia y profesor en el Seminario St. Joseph en Yonkers, Nueva York, y el padre Pedro López, Maestro de Retiros, Director del Apostolado de la Divina Misericordia en la Diócesis de Brooklyn. Habrá presentaciones de Cuaresma, Preguntas y Respuestas, seguidas por Adoración del Santísimo Sacramento. Estén atentos para más información la próxima semana.

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, 31 de marzo— 2 de abril, 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.



RETIRO CUARESMAL

Habrà 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

Están cordialmente invitados a participar en las celebraciones de las Estaciones de la Cruz/ Vía Crucis **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!

PROXIMA SEGUNDA COLECTA

19 de marzo, 2023— Habra una segunda colecta después de la comunión para “Catholic Relief Services.” Por favor note que sus sobres no tienen fecha pero serán colectados en esta fecha.

PROXIMA VENTA DE COMIDA

La próxima venta de comida será el 2 de abril, 2023 después de la misa de las 12:30pm en el gimnasio en el Instituto Parroquial. Fondos recaudados son para el apoyo de las actividades del Grupo de Vía Crucis. Todos están invitados.

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

7TH ANNUAL PRO-LIFE WALK

The International Gift of Life Walk - NYC 7th Annual Pro-Life Walk will be on March 25, 2023, 11:00 AM

Dr. Haywood Robinson, Grand Marshal Ed Mechman, will be the guest speaker. You are invited to give witness to “The Dignity of the Human Person As You Walk Down the Canyon of Hero’s.” This event is Sponsored by Personhood Education NY. For more information write to P. O. Box 424 Hicksville, NY 11802, call 631-487-7578 or Email info@personhoodeducationny.com

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

Our Lady of Mount Carmel Church

LENTEN EVENING OF RECOLLECTION

FOR LITURGICAL MINISTERS, CATECHISTS, LEADERS & PARISH VOLUNTEERS

TUESDAY, MARCH 28, 2023



PROGRAM

7:00pm: Welcome (Main Church)

7:15pm: **Retreat Presentations**

English theme: **'Ministering in the Grace and Kindness of the Lord'** - *Fr. Michael Bruno, Professor & Church Historian, St. Joseph's Seminary, Yonkers, NY*

Spanish theme: **"Leadership from the Gospel - Liderazgo desde el Evangelio"** - *Fr. Pedro Lopez, Director of Divine Mercy Apostolates, Diocese of Brooklyn, NY*

8:00pm: Questions & Answers

8:30pm: **Adoration & Benediction**

9:00pm: Dismissal

Our Lady of Mount Carmel Church

Memorial Palm Crosses



Remember those who have passed, and/or honor your loved ones by memorializing a Palm Cross which will adorn the parish property beginning on Palm Sunday.

Recuerde a los que han fallecido y/o honre a sus seres queridos conmemorando una Cruz de Palma que adornará la propiedad parroquial a partir del Domingo de Ramos.

Please complete the following:

How many crosses would you like to memorialize? (\$30 each)
(Memorial labels will include the name of the Individuals or Couples for each cross.)

Please Circle One

Cross #1 (In Memory of/ In Honor of): _____

Cross #2 (In Memory of/ In Honor of): _____

Cross #3 (In Memory of/ In Honor of): _____

For additional crosses, please use a separate sheet of paper & attach it to this form.

Deadline: Monday March 27, 2023

Name/ Nombre: _____

Phone: _____

Number of Crosses: _____ Amount Enclosed: _____

We accept Cash, Checks, or Money Orders.

Checks/Money Orders made out to Our Lady of Mount Carmel