OUR LADY OF MOUNT CARMEL CHURCH

The Mother Church of Queens County

Pastoral Staff

Rev. Msgr. "John" Cuong M. Pham, *Pastor*

Rev. "Joseph" Hung Sy Tran, *Parochial Vicar*
Rev. Vito Jumao-as, *Parochial Vicar*

Deacon Jacob Rodriguez

Celeste Stewart, *Parish Manager*
cstewart@diobrook.org

Nelly Gutierrez, *Religious Ed Coordinator*
ccdmountcarmel@gmail.com

Luis Sanchez, *Parish Secretary*
Lsanchez@diobrook.org

Lucille Mascia, *Music Director*

Dayonel Mejia, *Youth Minister*

Mass Times

Weekend: Saturday Vigil 5:00PM
Sunday: 8:00AM *(English)*, 9:00AM *(Italian- Every 2nd & 4th Sunday in the Chapel)*, 9:30AM *(Bilingual)*, 10:30AM *(Czech-Slovak in the Chapel)*, 11:00AM *(English)*, 12:30PM *(Spanish)*, 3:00 PM *(Vietnamese)*

Weekday: 8:00AM & 12:00PM, Saturday 8:00AM

First Fridays: 7:30 PM *(Spanish)*
Holy Days: 8:00AM & 12:00PM, 7:30PM *(Bilingual)*
Holidays: 9:00AM

Office Hours

Weekday: 9:00am—8:00pm
Saturday: 9:00am—5:00pm

Infant Baptisms & Adult Sacraments: Contact Deacon Jacob Rodriguez for registration.

Confessions: Every Saturday in the Chapel from 3:30pm-4:30pm or by appointment during the week.

Weddings: Arrangements must be made 6 months in advance with a priest.

Sweet Sixteen: Celebrated for parish members who have received the Sacrament of Confirmation.

Anointing of the Sick: Available upon need. Hospital patients may ask to see the priest chaplain.

Bautismos Infantiles y Sacramentos para Adultos: Hable con el Diacono Rodríguez para registraciones.

Confesiones: Cada sábado en la capilla de 3:30pm-4:30pm o por cita durante la semana.

Bodas: Arreglos deben hacerse 6 meses en avance con un sacerdote.

Quinceaños: Solamente para miembros de la parroquia que han recibido la Confirmación.

Unción de los Enfermos: Disponible por necesidad. Pacientes de hospital pueden pedir ver el capellán.

23-25 Newtown Avenue, Astoria, NY 11102 | Tel. 718.278.1834 | www.mountcarmelastoria.org

MASS INTENTIONS THIS WEEK

SATURDAY, FEBRUARY 28

5:00pm The Scotto Family, Jerry de Jesus, John D'Souva, Jacinta D'Souva & Family

SUNDAY, MARCH 1 *(Second Sunday of Lent)*

8:00am Mary Kerrigan *(13th Anniversary)*

9:30am For all Living & Deceased Members of our Parish's Rosary Society, Randy Rebusi, Laureano Fernandez, Rosario Ortega *(Memorial de Cumpleaños)*

11:00am Sam & Victor Rodriguez

12:30pm Flora Castillo Castro, Consuelo Peña Cordero, Guillermo Macías Castillo *(1 Año Luctuoso)*, María Cortes, Rogelio Raymundo, Fabio Salcedo, Rafael Gómez *(6º Aniversario)*, Leucadio Dutan Humala, Manuela & Lucia Puente, Eva Ervira & Faustino Vázquez, Natalie Amigon *(decimo aniversario de muerte),* Irene Luna *(Por su Sanación)*

3:00pm For the People of the Parish

MONDAY, MARCH 2

8:00am Deceased Members of the Min & Suh Family

12:00pm Haydee Isabelle *(For Healing)*, her children, grandchildren and great-grandchildren

TUESDAY, MARCH 3 *(Saint Catharine Drexel)*

8:00am Gaspare Barretta

12:00pm Angel Ruiz

WEDNESDAY, MARCH 4 *(Saint Casimir)*

8:00am Giuseppa & Vincenzo Barretta and Family

12:00pm Petra Espinoza & Luis Oliver

THURSDAY, MARCH 5

8:00am Jessica Mennona *(12th Anniversary in Heaven)*

12:00pm Celedonia Gomez Zambrano *(Birthday Memorial)*

FRIDAY, MARCH 6

8:00am Purgatorial Society

12:00pm Ilse Littek

7:30pm En Memoria del Niño Marcos Mateo Velasquez Leon

SATURDAY, MARCH 7 *(Saint Perpetua & Felicity)*

8:00am Anna Paolucci *(Month Mind)*

5:00pm Unborn Nacinovich Children, James, Alice & Nicholas Colangelo

SUNDAY, MARCH 8 *(Third Sunday of Lent)*

8:00am Francesco Spadavecchia *(Living)*

9:00am Caterina Chiaramonte & Serafina Sacramone

9:30am Adrian Leon *(Living—49th Birthday)*

11:00am Frank & Nicoletta Todisco

12:30pm Consuelo Peña Cordero, Constantina Rojas, Maria Cortes, Rogelio Raymundo, Carolina Garcia, Gabriel Aird, Julia Isabel Bravo *(2º Aniversario),* Zaida Palaguachi, Manuel Mayancela, Zoila Llguichuzhca, Jesus Edmundo Garcia, Rosa Liboria Hernandez, Por el bienestar de la familia Garcia Martinez

3:00pm For the People of the Parish

MEMORIAL OFFERINGS THIS WEEK

The Altar Bread & Wine are being offered for ***Laureano Fernandez,*** *by the Machado Family*

The Sanctuary Lamp is being offered for ***Juliana Puente****, by Teresa Machado*

SECOND COLLECTIONS

We will have second collections taken after communion on the following dates. We thank you for your generosity.

February 22, 2026– Black & Indian
March 8— Parish Maintenance

SEGUNDA COLECTA

Tendremos una segunda colecta después se la comunión en las siguientes fechas. Les agradecemos su generosidad.

22 de febrero, 2026— Misiones Domesticas
8 de marzo, 2026— Mantenimiento Parroquial

Annual Catholic Appeal 2026
DIOCESE OF BROOKLYN

2026 ANNUAL CATHOLIC APPEAL

We have now begun the 2026 Annual Catholic Appeal. We ask everyone to prayerfully consider making a donation. As of February 24, 2026, we have 8 donors who have pledged $5,890, from which $100 have been received. The goal this year is $63,578.

CAMPAÑA CATOLICA ANUAL 2025

Hemos comenzado la Campaña Católica Anual del 2026. Les pedimos a todos, por favor considerar hacer una promesa este año. A partir del 24 de febrero, 2026, tenemos a 8 donantes, quienes han prometido $5,890 de cuales $100 han sido recibidos. La meta de este año es de $63,578.

CONTRIBUTIONS REPORT

Last Week: $5,890 Last Year: $5,127

Faith Direct January 2025: $4,352
Parish Soft January 2026: $7,196

GROUP AND SOCIETY MEETINGS

Sunday, March 1

9:00am—1:00pm	Rosary Society	*Lourdes A/B*
9:30am—11:00am	Grupo de Amistad #5	*Assumption*
10:00am—11:00am	Grupo de Amistad #9	*Ascension*
10:00am—12:00pm	Spanish OCIA	*Fatima & Upper Room*
10:00am—12:30pm	Cursillo	*Guadalupe A*
10:00am—1:00pm	Czech Mass	*Guadalupe B*
10:00am—4:00pm	Venta Via Crucis	*Gym*
2:00pm—3:00pm	Grupo de Amistad #14	*Fatima*
2:00pm—4:00pm	Practica Via Crucis	*Guadalupe A/B*

Monday, March 2

7:00am—5:00pm	TYWLS	*Gym*
5:00pm—9:00pm	CYO	*Gym*
7:00pm—9:00pm	Coro Guadalupano	*Lourdes A/B*
7:00pm—9:00pm	English OCIA	*Guadalupe A/B*

Tuesday, March 3

7:00am—4:00pm	TYLWS	*Gym*
5:00pm—9:00pm	CYO	*Gym*
5:30pm—7:00pm	Mariachi Practice	*Balcony Room*
6:00pm—9:00pm	Marriage Encounter	*Guadalupe A/B +Fatima*
7:00pm—9:00pm	Practica de Coro #1	*Nazareth*

Wednesday, March 4

7:00am—4:00pm	TYLWS	*Gym*
4:00pm—7:30pm	Religious Education	*All Rooms*
7:30pm—10:00pm	CYO	*Gym*

Thursday, March 5

7:00am—5:00pm	TYWLS	*Gym*
10:00am—11:30am	Legion of Mary	*Guadalupe A/B*
5:30pm—7:30pm	Religious Education	*All Rooms*
7:30pm—9:30pm	OLMC Jornada Group	*Guadalupe A*
7:30pm—9:00pm	Coro Guadalupano	*Lourdes B*
7:30pm—10:00pm	CYO	*Gym*

Friday, March 6

7:00am—4:00pm	TYWLS	*Gym*
5:00pm—10:00pm	CYO	*Gym*
6:30pm—9:00pm	OLMC Youth Group	*Guadalupe A/B*
6:30pm—9:00pm	Practica de Niños	*Lourdes A/B*

Saturday, March 7

9:00am—9:00pm	CYO	*Gym*
9:00am—5:00pm	Diocesan Pre-Cana Sp	Guadalupe A/B
9:00am—1:00pm	AA Meeting	*Lourdes A/B*
9:00am—11:00am	Reunion de Amistad #15	*Fatima*
10:00am—12:00pm	Coro de Niños	*Assumption*
5:00pm—7:00pm	Ministerio de Consolacion	*Fatima*
5:00pm—7:00pm	Bilingual Choir Practice	*Nazareth*
6:00pm—8:30pm	Coro Via Crucis	*Lourdes A/B*
6:30pm—9:00pm	Practica Via Crucis	*Guadalupe A/B*

INFANT BAPTISM/ BAUTISMOS

Preparation Meeting Tuesday-6:00pm-Institute	**Baptism Ceremony 12:00pm-Main Church**
February 24, 2026	February 28, 2026
March 24, 2026	March 28, 2026
April 21, 2026	April 25, 2026
May 19, 2026	May 23, 2026
June 23, 2026	June 27, 2026
July 21, 2026	July 25, 2026
August 18, 2026	August 22, 2026
September 22, 2026	September 26, 2026
October 20	October 24
November 24	November 28

Reunion de Preparacion Martes-6:00pm-Instituto	**Ceremonia de Bautismo 12:00pm-Iglesia**
10 de marzo 2026	14 de marzo 2026
7 de abril 2026	11 de abril 2026
5 de mayo 2026	9 de mayo 2026
9 d junio 2026	13 de junio 2026
7 de julio 2026	11 de julio 2026
4 de agosto 2026	8 de agosto 2026
8 de septiembre	12 de septiembre
6 de octubre	10 de octubre
10 de noviembre	14 de octubre

SAINT JOSEPH'S ITALIAN MASS

The Italian Community of Our Lady of Mount Carmel—Astoria, and the Saint Joseph Congregation invites you to the celebration of Mass in Honor of Saint Joseph on Thursday, March 19, 2026 at 10 am. We will distribute the bread after the Mass.

FROM THE VOCATION DIRECTOR

I'm here to help as you seek to discover God's call for your life! If you have questions, need to talk through your discernment, or want to make an appointment, please feel free to contact me.

Fr. Chris Bethge, Vocation Director
718-827-2454 or email me at
cbethge@cathedralprep.org

FROM THE PASTOR'S HEART

March 1, 2026

Dear brothers and sisters in Christ,

Imagine walking into a movie theater and finding a seat that feels just right. You settle in as the lights dim, the room grows quiet, and the screen flickers to life. But it is not the film you came to see. It is the preview of another movie—a brief glimpse of a story still to come. For a moment, you see something beautiful and compelling—just enough to awaken your desire and assure you that something greater is waiting to unfold.

On this Second Sunday of Lent, the Gospel gives us such a preview. On the mountain, Peter, James, and John see Jesus transfigured—His face shining like the sun, His clothes radiant with light (cf. Matthew 17:1-9). Only days earlier, they had seen Him hungry, tired, and tempted—so very human. Now He stands before them in unmistakable glory. Which is the real Jesus? Both. The suffering Christ and the radiant Christ are the same Lord. The glory does not erase the suffering; it reveals its purpose.

This was a preview of Easter. Jesus knew His disciples would soon see Him betrayed and crucified. So He allowed them, for a moment, to see who He truly is—so that when darkness came, they would remember the light.

Lent often feels more like the desert than the mountain. We carry worries about our families, our health, our work, and an uncertain future. We try to pray, but encounter silence. We come to Mass, yet our hearts feel distracted or burdened. We want to be faithful, but we grow tired. In those moments, faith feels less like standing in the light and more like walking forward through the desert, trusting without seeing.

Yet God, in His mercy, gives us glimpses of His light. There are times when I enter the church with more sighs than words and find someone already there, kneeling quietly before the Lord. That simple sight reminds me that Christ is truly present, drawing hearts to Himself. I rise from prayer renewed.

At other times, the light comes unexpectedly—a phone call from someone I had not heard from in years; a small gift that corresponded exactly to a need I had never expressed; a quiet word of encouragement at the right moment; even a message from a video that appeared unexpectedly and brought clarity and peace. These are like the "peak experiences" the saints described—mountaintop moments when, for an instant, the veil lifts and we glimpse God's presence and care. They do not last forever, but they strengthen us and give us courage to continue.

Peter wanted to remain there. *"Lord, it is good that we are here."* Who would not want to stay in that light? I understand that desire. There was a time in my priesthood when I served in Rome, close to the heart of the Church. Those years were a profound grace. When the time came to return to parish ministry, it was not easy. Yet it was here—in the daily Mass, in the confessional, at the bedside of the sick, and in quiet prayer with you—that I discovered something even more beautiful: Christ present not in extraordinary splendor, but in the faithful, persevering hearts of His people. The mountain had strengthened me, but it was in the valley that He was waiting for me.

Jesus did not allow His disciples to remain on the mountain. The mountain was not the destination. It was a promise. The glory they saw was given to strengthen them for what lay ahead. So it is with us. God does not always remove our burdens, but He gives us enough light to take the next step.

As we continue our Lenten journey, do not lose heart. The light you have glimpsed—the peace you have known—is not an illusion. It is a promise. One day, the preview will give way to the full and lasting reality of His glory, and what we now see only in passing will unfold before us forever.

And until that day, let us continue walking together in faith, trusting that the Lord who allows us to glimpse His glory on the mountain is the same Lord who walks beside us in the valley, leading us toward His eternal light.

Faithfully yours in Christ,

Msgr. "John" Cuong M. Pham

DEL CORAZON DEL PASTOR

1 de marzo, 2026

Queridos hermanos y hermanas en Cristo,

Imaginen entrar en una sala de cine y encontrar un asiento que se siente justo bien. Las luces se atenúan, todo queda en silencio, y la pantalla se enciende. Pero no es la película que vinieron a ver. Es el avance de otra película—un breve adelanto de una historia que aún no se ha revelado por completo. Por un momento, ven algo hermoso, algo que toca el corazón—lo suficiente para despertar el deseo de volver y ver la historia completa.

En este Segundo Domingo de Cuaresma, el Evangelio nos regala un adelanto así. En la montaña, Pedro, Santiago y Juan ven a Jesús transfigurado—su rostro brilla como el sol y sus vestiduras resplandecen de luz (cfr. Mateo 17, 1-9). Apenas unos días antes, lo habían visto con hambre, cansado y tentado—tan humano como nosotros. Y ahora, lo ven lleno de gloria. ¿Cuál es el verdadero Jesús? Ambos. El Cristo que sufre y el Cristo glorioso son el mismo Señor. La gloria no elimina el sufrimiento; le da sentido.

Este fue un adelanto de la Pascua. Jesús sabía que pronto sus discípulos lo verían traicionado y crucificado, y que su fe sería sacudida. Por eso les permitió, por un momento, ver quién es Él realmente—para que cuando llegara la oscuridad, recordaran la luz.

La Cuaresma muchas veces se parece más al desierto que a la montaña. Llevamos preocupaciones por nuestras familias, por nuestra salud, por el trabajo y por el futuro. Tratamos de orar, pero encontramos silencio. Venimos a la Misa, pero el corazón está distraído o cansado. Queremos ser fieles, pero a veces nos sentimos débiles. En esos momentos, la fe no se siente como estar en la luz de la montaña, sino como seguir caminando por el desierto, confiando sin ver.

Sin embargo, Dios, en su misericordia, nos regala pequeños destellos de su luz. Hay momentos en que entro a la iglesia con más suspiros que palabras, y encuentro a alguien ya arrodillado en silencio ante el Señor. Esa simple presencia me recuerda que Cristo está verdaderamente aquí, escuchando, consolando y sosteniendo a su pueblo. Y salgo de ese momento renovado.

Otras veces, la luz llega de manera inesperada: una llamada de alguien de quien no sabía nada desde hace años; un pequeño regalo que responde exactamente a una necesidad que nunca expresé; una palabra de ánimo en el momento justo; incluso un mensaje que aparece inesperadamente y trae claridad y paz. Son momentos de gracia—momentos en que Dios nos deja vislumbrar que Él está cerca. No duran para siempre, pero nos fortalecen y nos ayudan a seguir adelante.

Pedro quiso quedarse allí. *"Señor, qué bueno es que estemos aquí."* ¿Quién no querría permanecer en esa luz? Yo también entiendo ese deseo. Hubo un tiempo en mi sacerdocio en que serví en Roma, cerca del corazón de la Iglesia. Fueron años de profunda gracia. Cuando llegó el momento de regresar al ministerio parroquial, no fue fácil. Sin embargo, fue aquí—en la Misa diaria, en el confesionario, junto a la cama de los enfermos y en la oración silenciosa con ustedes—donde descubrí algo aún más hermoso: a Cristo presente, no en un esplendor extraordinario, sino en la fe fiel y perseverante de su pueblo. La montaña me había fortalecido, pero fue en el valle donde Él me estaba esperando.

Jesús no permitió que sus discípulos permanecieran en la montaña. La montaña no era el destino. Era una promesa. La gloria que vieron fue real, pero fue dada para fortalecerlos en lo que vendría después. Así también con nosotros. Dios no siempre quita nuestras cargas, pero nos da la luz suficiente para dar el siguiente paso.

Al continuar nuestro camino de Cuaresma, no se desanimen. La luz que han vislumbrado—la paz que han sentido—no es una ilusión. Es una promesa. Un día, ese adelanto dará paso a la plenitud de su gloria, y lo que ahora vemos solo por un instante será nuestra realidad para siempre.

Y hasta ese día, sigamos caminando juntos en la fe, confiando en que el Señor que nos permite vislumbrar su gloria en la montaña es el mismo Señor que camina con nosotros en el valle, guiándonos hacia su luz eterna.

Fielmente suyo en Cristo,

Mons. "Juan" Cuong M. Pham

PARISH REGISTRATION

We encourage all who worship with us to consider registering to our parish. Please return this form in the collection or drop it off at the parish office. Your participation will strengthen your sense of belonging in God's family.

Name(s): _____

Address:_____ **Apt**_____

City _____ **ZIP** _____

Telephone: _____

E-mail: _____

PLEASE MARK ONE:

[ ] New Registration [ ] Change of Address

PLEASE MARK ONE:

[ ] I prefer envelopes [ ] I prefer E-giving

REGISTRACION PARROQUIAL

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

Nombre(s): _____

Dirección:_____ **Apt**_____

Ciudad:_____ **Código Postal**_____

Teléfono: _____

E-mail: _____

POR FAVOR MARCAR:

[ ] Nueva Registración [ ] Cambio de dirección

POR FAVOR MARCAR:

[ ] Prefiero Sobres [ ] Donaciones en línea

STATIONS OF THE CROSS

You are cordially invited to participate in our parish's celebration of the Stations of the Cross/Via Crucis. **This devotion is held in English every Friday during Lent right after the 12 Noon Mass in the main church, while repairs are still being done 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

Están cordialmente invitados a participar en la celebración de las estaciones de la cruz/ el vía crucis en nuestra parroquia. **Esta devoción se realiza cada viernes durante la cuaresma a las 7:00pm en la Iglesia principal mientras siguen las reparaciones en la capilla.** Ven a repasar los pasos de Jesús para saber que tan profundo es Su amor por ti!

ROSARY SOCIETY MEETING

The next Rosary Society meeting will be held on March 1, 2026 after the 9:30am bilingual Mass, in the Lourdes room. All ladies over 15 years old are welcome. Refreshments will be served. Bring a friend!

FIRST FRIDAY EUCHARISTIC ADORATION

Spiritual writers speak of Adoration of the Blessed Sacrament as "the Mass held in contemplation." Devotion to the Eucharist will take place on **Friday, March 6, 2026**.

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.

PURGATORIAL SOCIETY

We remember 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) as a meaningful way to express our love. Enrollment is $20 per name. Those enrolled the Purgatorial Society will be remembered for a whole year. We have currently enrolled: **Kevin Wooley & Genevieve Gallagher, Anna Golub, Joseph Golub, Gregory Ukic, Silvia Torres Heredia & Maria Luisa Bibiano Ozuna**

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. To add names to our Prayer List, please contact the parish office. There is no cost for enrolling people onto this list.

We are currently praying for: **William "Billy" Rumstick & Irene Luna.**

JOURNEYING HOME TOGETHER

Some activities simply become more enriching and enjoyable when shared with others. Be it watching a movie, dining out, or participating in a community Mass, these experiences often gain an added layer of joy and fulfillment in the company of others. The Lenten Season embodies a similar spirit of communal engagement. During Lent, the entire Church collectively embarks on a reflective journey, examining the presence and impact of sin both in our personal lives and in the wider world.

At the onset of Lent, we mark each other's foreheads with ashes, a symbolic act that serves as a poignant reminder of Jesus' call for us to renounce sin and worldly vanities. These forty days are a time of intentional effort and sacrifice, where we choose to eat less and redirect our resources towards assisting those in need. It's a period where we consciously abstain from harmful habits like gossip, replacing them with positive thoughts and attitudes.

Together, as a community, we strive to engage more deeply with God's word, taking deliberate steps to reorient our lives. This reorganization aims to reestablish our relationship with God and His Church as our foremost priority. Lent provides an opportune moment to partake in the Sacrament of Reconciliation, a time for spiritual renewal and returning to our faith's core values.

The journey towards spiritual homecoming feels significantly more profound and meaningful when we undertake it as a community. Walking this path with others not only strengthens our individual faith but also reinforces the bonds of our shared belief and fellowship.

CAMINO A CASA JUNTOS

Algunas actividades se vuelven más enriquecedoras y placenteras cuando se comparten con otros. Ya sea viendo una película, saliendo a comer o participando en una Misa comunitaria, estas experiencias a menudo adquieren una capa adicional de alegría y satisfacción en compañía de otros. La temporada de Cuaresma encarna un espíritu similar de compromiso comunitario. Durante la Cuaresma, toda la Iglesia se embarca colectivamente en un viaje reflexivo, examinando la presencia y el impacto del pecado tanto en nuestras vidas personales como en el mundo en general.

Al comienzo de la Cuaresma, marcamos las frentes de cada uno con cenizas, un acto simbólico que sirve como un recordatorio conmovedor del llamado de Jesús a renunciar al pecado y a las vanidades mundanas. Estos cuarenta días son un tiempo de esfuerzo intencional y sacrificio, donde elegimos comer menos y redirigir nuestros recursos para ayudar a los necesitados. Es un período en el que conscientemente nos abstenemos de hábitos dañinos como el chisme, reemplazándolos con pensamientos y actitudes positivas.

Juntos, como comunidad, nos esforzamos por involucrarnos más profundamente con la palabra de Dios, tomando pasos deliberados para reorientar nuestras vidas. Esta reorganización tiene como objetivo restablecer nuestra relación con Dios y Su Iglesia como nuestra máxima prioridad. La Cuaresma proporciona un momento oportuno para participar en el Sacramento de la Reconciliación, un tiempo para la renovación espiritual y el retorno a los valores fundamentales de nuestra fe.

El viaje hacia el regreso espiritual a casa se siente significativamente más profundo y significativo cuando lo emprendemos como comunidad. Caminar este camino con otros no solo fortalece nuestra fe individual, sino que también refuerza los lazos de nuestra creencia y compañerismo compartidos.

LENTEN REGULATIONS

The season of Lent begins with Ash Wednesday on February 18, 2026. 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 and conversion. To foster this spirit, we would like to remind everyone of the following obligations:

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

FASTING: Adult Catholics age 18-59 inclusive are to fast on Ash Wednesday and Good Friday, limiting food to one full meal with minimal food at the other two meals and nothing in between.

ALMSGIVING: Catholics are encouraged to express their Lenten conversion towards God and one another through regular contribution to their parish and support of charities like 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.

The faithful are urged to celebrate the Sacraments of the Eucharist and Penances frequently during Lent as well as reading the Word of God, praying the Stations of the Cross, praying before the Blessed Sacrament and performing acts of charity especially to the poor.

NORMAS PARA LA CUARESMA

La Cuaresma es un tiempo de gracia y conversión que nos prepara para la Pascua. Este camino inicia con el Miércoles de Ceniza, el 18 de febrero de 2026, y es una oportunidad para renovar nuestra fe y acercarnos más a Dios. Durante estos 40 días, la Iglesia nos invita a vivir con más intensidad la penitencia, como signo de nuestro deseo de conversión. Para ayudarnos en este camino, recordemos las siguientes obligaciones cuaresmales:

ABSTINENCIA: Todos los católicos a partir de los 14 años deben abstenerse de comer carne el Miércoles de Ceniza, todos los viernes de Cuaresma y el Viernes Santo.

AYUNO: Los católicos entre 18 y 59 años deben practicar el ayuno el Miércoles de Ceniza y el Viernes Santo. Esto significa hacer una sola comida fuerte al día, con la posibilidad de ingerir algo ligero en las otras dos comidas y nada entre ellas.

LIMOSNA: La Cuaresma es un tiempo propicio para compartir con quienes más lo necesitan. Se nos anima a contribuir generosamente con nuestra parroquia y con obras de caridad, como la Campaña Católica Anual de la diócesis, en espíritu de solidaridad y amor fraterno.

Los niños, ancianos y enfermos que no puedan cumplir con estas normas están invitados a ofrecer otras formas de sacrificio y penitencia, según sus posibilidades.

Se recomienda a los fieles vivir intensamente este tiempo asistiendo con frecuencia a la Santa Misa, recibiendo el Sacramento de la Reconciliación, meditando la Palabra de Dios, rezando el Vía Crucis, adorando al Santísimo Sacramento y realizando obras de caridad, especialmente con los más necesitados.

A Simple Way to Give This Lent

Lent is a sacred season of prayer, sacrifice, and generosity. As we prepare our hearts for Easter, we are invited to reflect on the blessings God has given us and how we can share them with others. One meaningful way to live out this Lenten call is through eGiving.

eGiving is a simple, secure way to give online, making it easy to support our parish all year long. Please consider eGiving to support our parish and sustain ministries, programs, and services that strengthen our community and serve those in need every day.

It's easy to get started. Here are the ways to sign up:

- Call ParishSOFT Customer Service at 866-930-4774 option 6
- Scan the QR code
- Text "Give" to **929-254-3850**

Thank you and may God bless your generosity.

Una manera sencilla de dar durante esta Cuaresma

La Cuaresma es un tiempo sagrado de oración, sacrificio y generosidad. Mientras preparamos nuestros corazones para la Pascua, se nos invita a reflexionar sobre las bendiciones que Dios nos ha concedido y cómo podemos compartirlas con los demás. Una manera significativa de vivir este llamado cuaresmal es a través de eGiving.

eGiving es una forma sencilla y segura de donar en línea, lo que facilita apoyar a nuestra parroquia durante todo el año. Por favor, considere eGiving para apoyar a nuestra parroquia y sostener los ministerios, programas y servicios que fortalecen a nuestra comunidad y sirven a quienes más lo necesitan cada día.

Es fácil empezar. Estas son las formas de registrarse:

- Llame a Servicio al Cliente de ParishSOFT al 866-930-4774 opt 6
- Escanea el código QR
- Envíe un mensaje de texto con la palabra "Give" a **929-254-3850**

Gracias y que Dios bendiga su generosidad.

SÁBADO
MARZO
14

RETIRO DE CUARESMA 2026

8 AM - 3 PM

+ 8 - 9 AM – DESAYUNO
+ 9 - 10 AM – SANTO ROSARIO
+ 10 AM - 12 PM – CHARLA
+ 1 PM – SANTA MISA
+ 2 PM – VÍA CRUCIS

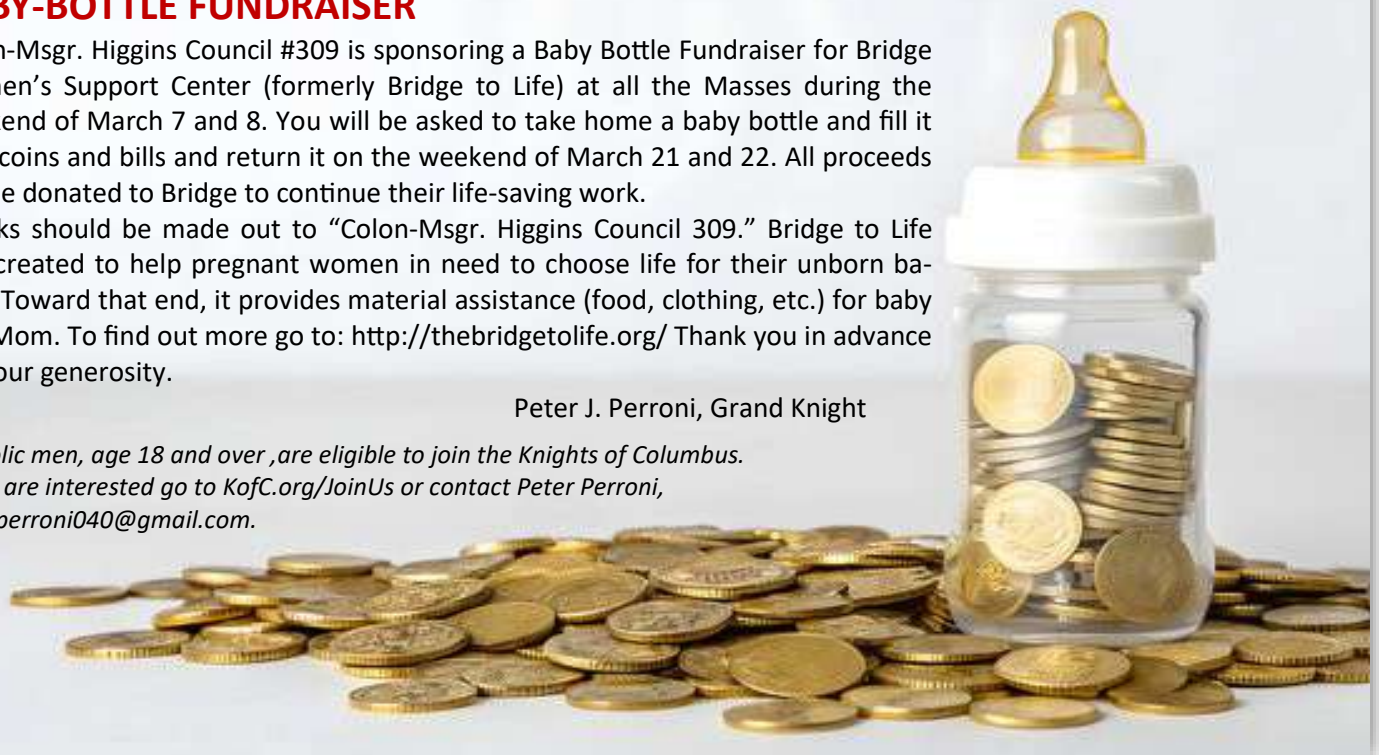
ORGANIZADO POR: GRUPO CURSILLISTA DE MONTE CARMELO

23 - 25 NEWTOWN AVE | ASTORIA , NY , 11102

BABY-BOTTLE FUNDRAISER

Colon-Msgr. Higgins Council #309 is sponsoring a Baby Bottle Fundraiser for Bridge Women's Support Center (formerly Bridge to Life) at all the Masses during the weekend of March 7 and 8. You will be asked to take home a baby bottle and fill it with coins and bills and return it on the weekend of March 21 and 22. All proceeds will be donated to Bridge to continue their life-saving work.

Checks should be made out to "Colon-Msgr. Higgins Council 309." Bridge to Life was created to help pregnant women in need to choose life for their unborn babies. Toward that end, it provides material assistance (food, clothing, etc.) for baby and Mom. To find out more go to: http://thebridgetolife.org/ Thank you in advance for your generosity.

Peter J. Perroni, Grand Knight

Catholic men, age 18 and over ,are eligible to join the Knights of Columbus. If you are interested go to KofC.org/JoinUs or contact Peter Perroni, peterperroni040@gmail.com.