

# OUR LADY OF MOUNT CARMEL

ROMAN CATHOLIC CHURCH • EST 1905

99 BROADWAY, JERSEY CITY, NJ 07306 | 201-435-7080 | OLMCJC.ORG

APRIL 7, 2019 | FIFTH SUNDAY OF LENT

## Holy Week Mass Schedule:

- **April 14, Psalm Sunday**  
9 AM, 10:30 AM (Spanish) & 12:15 PM
- **April 15, Monday**  
Chrism Mass 8 PM (at the Cathedral Basilica of the Sacred Heart, Newark, NJ)
- **April 16, Tuesday** – Confessions at 7 PM
- **April 18, Holy Thursday**  
(Bilingual): Evening Mass of the Lord's Supper at 7 PM.  
Solemn Adoration of Blessed Sacrament until 11 PM
- **April 19, Good Friday**
  - Celebration of the Lord's Passion: 3 PM in English (also at St. John the Baptist at 7 PM)
  - 5 PM in Spanish: Stations of the Cross / Celebration of the Lord's Passion / Seven Last Words
  - Church open from 10 AM for private meditation
- **April 20, Easter Vigil** – 8:15 PM in Spanish and at St. John the Baptist 8:15 PM in English
- **April 21, Easter Sunday**  
9 AM, 10:30 AM (Spanish) & 12:15 PM



## PARISH STAFF

REV. PEDRO REPOLLET, Administrator

REV. DANNY PABON, Parochial Vicar | REV. MICHAEL OTUWURUNNE, Weekend Assistant  
EVELYN MAYORGA, Parish Secretary | MRS. CRISTINA GALARZA, Bookkeeper, Administrative Secretary  
MR. SAM FUJII, Music Minister | MR. EFRAIN ORLEANS, Building Operations & Event Coordinator

## MASS SCHEDULE

SAT. VIGIL: 5:00 PM (English) | SUN: 9:00 AM, 12:15 PM (English) 10:30 AM (Español)  
DAILY (CHAPEL) 8:30 AM (English) 7 PM (Español Martes & Jueves)

### MONTHLY

- ◀ **ESPAÑOL ASAMBLEA:**  
Salon Parroquial; 7PM
- ◀ **ROSARIAN GROUP:**  
First Sunday, 9am Mass followed by meeting / breakfast in the Parish Hall.

### SACRAMENT OF RECONCILIATION

- ◀ Saturdays before 5 PM Mass. Por cita, o después de las Misas en Español. (Martes & Jueves)

### ROSARY

- ◀ Monday-Saturday before the 8:30 AM Mass.

### ADORATION OF THE BLESSED SACRAMENT

- ◀ Takes place at St. John the Baptist Chapel Tuesday - Friday after the 12:10 PM Mass until 8PM, Saturday after 9AM Mass until 5:30 PM, and Sundays after 12 Noon Mass until 8 PM

### RELIGIOUS EDUCATION

- ◀ Takes place at Our Lady of Mt Carmel on Sunday mornings. Classes are offered in both English and Spanish. Contact Evelyn Mayorga or Fr. Danny at 201-435-7080.

### CATHOLIC SCHOOL EDUCATION

- ◀ The parishes of Jersey City North are proud to sponsor quality Catholic elementary education at the Middle States accredited schools: St. Joseph School (201-653-0128) and St. Nicholas School (201-659-5948).

### PARISH MINISTRIES

- ◀ **GRUPO DE ORACION CARISMATICO:**  
Después de las 7 PM Misa todos los martes en Mount Carmel.
- ◀ **ROSARY ALTAR SOCIETY:** Meets after 9 AM Mass, First Sunday of the month.
- ◀ **SENIORS CLUB (50+):** Every other Wednesday at 12:45 PM at Our Lady of Mt. Carmel. Enter through parking lot door behind the church, then Parish Hall basement.
- ◀ **ZUMBA FITNESS:** Wednesday 6:45 - 8:00 PM at Our Lady of Mt. Carmel School auditorium, free.
- ◀ **GRUPO DE PAREJAS:** Cada segundo viernes del mes a las 7:30 PM te invitamos a participar en nuestro "Grupo de Parejas" en Mt. Carmel. Para mayor informacion llamar a Sra. Carmen Quezada 201-640-1651.
- ◀ **HOSPITAL VISITATION:** Please notify the parish. Hospitals no longer inform us or allow us to look up who is in the hospital.

## MASS INTENTIONS

### Saturday, April 6

8:30 am † Frances Fitzgerald  
- Joanne & Walter Oziemblo  
5:00 pm † Donald Le Francois - Dorry Romstedt

### Sunday, April 7

9:00 am † Deceased of Rosary / Altar Society  
10:30 am † Rosa De Gross - Husband, Enrique  
(Spanish)  
12:15 pm † Helen Lipska (A)  
- Joanne & Walter Oziemblo

### Monday, April 8

8:30 am † Francesco Torriero - Dorry Romstedt

### Tuesday, April 9

8:30 am † Francesco Torriero  
- Antonio & Caterina Torriero  
7:00 pm Domingo Repollet Sr.  
(Spanish) (Living Int. - Health of)

### Wednesday, April 10

8:30 am † Kay Di Santo - Rose Marie Tormey

### Thursday, April 11

8:30 am † Kay Di Santo - Viola Macagnano  
7:00 pm † Clarisa Celleri - Familia Melgar  
(Spanish)

### Friday, April 12

8:30 am † Anna Lo Presto - Joseph Capozzoli

### Saturday, April 13

8:30 am † Kay Di Santo - Geraldine Apruzzese  
5:00 pm † Kay Di Santo - Joann Macagnano

### Sunday, April 14

9:00 am † Kay Di Santo - Marie Fox  
10:30 am † Matilde Pauta - Familia Atocha  
(Spanish)  
12:15 pm † Hubert Rozario  
- Mary, Mathew & Dorothy Perris

## SYMPATHY

Please pray for the recently deceased members of our parish. May our Lord Jesus Christ grant them eternal rest and may perpetual light shine upon them.

## EUCCHARISTIC BREAD & SACRAMENTAL WINE

The hosts and wine used during the week were donated in memory of

**CARMEN TRAINA (A)**

Angela & Family

## SANCTUARY LAMP

The church sanctuary lamp was donated this weekend in memory of

**FR. HECTOR GALVIS**

offered by the People

# PARISH News

- **Trip to Wildwood** will be Sunday, September 8 to Thursday September 12. The cost is \$430pp/dbl, price includes round trip bus transportation, accommodation at The Aqua Beach Hotel, 4 full breakfasts, 4 superb dinners, spectacular entertainment, visit to Atlantic City, ice cream social, afternoon pizza party, visit to Cape May, Historic Smithville. **For more information please call 201-747-6941.**
- **This weekend, the Bethlehem Christian community's handmade olive wood religious article will be displayed at the Church.** Please consider making a purchase to make a difference in the lives of your brothers and sisters in Bethlehem.
- **Nuestro Via Crucis ha comenzado viernes, Abril 5 y 12** a partir de las 7:15PM. Tendremos alabanzas, meditacion y adoración. También se escucharán confesiones.
- **OLMC Seniors** will meet Wednesday, April 10 & 24 at 12:30 PM at the parish hall.

## STEWARDSHIP OF TREASURY

WEEKLY COLLECTION AMOUNT  
NEEDED TO MAKE BUDGET: **\$2,800**

*The weekend of 3/30-3/31*

WEEKLY OFFERTORY	\$2,352
BLACK & INDIAN MISSION	\$143
EASTER FLOWERS:	\$561

Your good stewardship makes a difference. *Thank you!*

## Bathroom Renovation

*Funds Raised:*

**3/23/2019**

**ASAMBLEA:**

**\$1,285**

**3/31/2019**

**THE LAST SUPPER :**

**\$1,071**

## SUNDAY PASSAGE:

*Even now, says the Lord, return to me with your whole heart; for I am gracious and merciful. (JOEL 2:12-13)*

## COMMUNITY Announcements

- **On Friday, April 12 at 7:00 PM Queen of Peace Church in North Arlington presents an unforgettable evening of music and reflection** with Dan Schutte, composer of our most beloved Catholic songs. Admission: \$10 per person/\$25 per family. Queen of Peace Church located at 10 Franklin Place, North Arlington, NJ. **For more information contact Anthony Tabish at 973-445-5515 or email atabish@aol.com**
- **The Academy of the Holy Angels will be hosting a Spring Open House** on Wednesday, April 10 from 6:00 PM – 8:00 PM. A formal presentation will begin at 6:15 PM. **For more information or to register, please visit: [www.holyangels.org/admissions/open-house](http://www.holyangels.org/admissions/open-house).**
- **Catholic Charities of the Archdiocese of Newark: Mary, Mother of Compassion – Mary has a special love and sensitivity for all of God's children.** This was manifested on many occasions, but was most pronounced at the wedding feast of Cana in which she interceded for the bride and groom when the supply of wine was depleted at their celebration. We can imitate sensitivity to the needs of others by donating any unwanted clothing, small appliances, shoes, linens, sheets, towels, stuffed animals, and books (no reference books) to Catholic Charities. **The donation bin is located at the Holy Name Cemetery in Jersey City. Thank you.**

# THE POWER OF HABITS

For Catholics

# FORGIVENESS

## Forgive That You Might Be Forgiven: Practical Tips for Letting Go

By Sarah Christmyer Via [biblestudyforcatholics.com](http://biblestudyforcatholics.com)

*“Forgiveness is a beautiful idea—until you have something to forgive.” (CS Lewis)*

Maybe you've heard of Corrie Ten Boom, who grew up in Holland before WWII. Her family had a hiding place for Jews in their home, and one day they were discovered and taken to Ravensbruck. Her sister and her father died there—but due to a “clerical error,” Corrie herself was released.

Rather than nursing a grudge, she spent the rest of her life preaching about God's mercy and the importance of forgiveness. She liked to say that when we confess our sins, it's like God throws them out into the deepest ocean—and then he posts a sign: “No fishing allowed.”

In 1947, Corrie was in Germany, talking about that very thing. She looked up and saw a man coming forward: one of the guards, a particularly cruel man from Ravensbruck. Everything flooded back and she was filled with hatred. But he came up to her, smiling, saying that he had found Jesus and was a changed man. “Isn't it wonderful! You are so right—he casts our sins to the bottom of the sea. But I have wanted to be forgiven by someone who was there.” He put out his hand: “Will you forgive me, Fraulein?”

Corrie stood there, frozen. She could not forgive him. How could she? Her sister had died in that place! So many had died. But she had to forgive. She remembered Jesus saying, “if you do not forgive others their trespasses, neither will I forgive you.” Then she thought about Jesus dying on the cross, asking the Father to forgive those who condemned him. “Jesus, help me!” She summoned up all her willpower and extended her hand, asking God to supply what she could not find within herself. As she describes it, a wave of warmth rushed down her arm and she was able to say, with what she knew was God's love, “I forgive you!”

### Forgiveness is Only Fair

We all have received the mercy of God. He has forgiven our sins, washed them away—even though we don't deserve it. This is why St Paul can say in Ephesians 4:31-32,

*“Let all bitterness and wrath and anger and clamor and slander*

*be put away from you, with all malice,*

*and be kind to one another, tenderhearted, forgiving one another,*

*as God in Christ Forgave you.”*

We can forgive others because God forgave us, and for the same reason it is our duty to forgive others. We must do so, in fact, or God will not forgive us (Matthew 6:15). Does this sound harsh? The Catechism explains that God's “outpouring of mercy cannot penetrate our hearts as long as we have not forgiven those who have trespassed against us. Love ... is indivisible; we cannot love the God we can't see if we do not love the brother or sister we do see.” (No 2840)

### What Forgiveness Is... And What It Is Not

If you're like me, it's hard to forgive even knowing this is true. It helps to keep a few things in mind:

- ◀ **Forgiveness is not an emotion, it's an act of the will;** an act of love. You don't have to feel forgiving to forgive.
- ◀ **Forgiving does not mean forgetting.** That's denial.
- ◀ **Forgiving doesn't mean excusing the wrong or saying it doesn't matter.** Things that don't matter don't need to be forgiven. Forgiveness says, “I know what you did. It hurt. But I won't hold it against you.”
- ◀ **Forgiveness is letting go of your “right” to be right.** It means offering up your anger, letting go of your “right” to

revenge—and leaving justice to God.

- ◀ **Finally, don't confuse forgiveness with reconciliation.** Reconciliation requires repentance—but forgiveness does not. From the cross, Jesus forgave people who had not repented and maybe never would. We must do the same.

If you think forgiveness is hard, you're not alone. As Dietrich Bonhoeffer said, “*forgiveness is the Christ-like suffering which is the Christian's duty to share.*”

Corrie Ten Boom used to ask people who came to her with their own stories of hurt and bitterness, “**Can you forgive [this person]?**”

**“No? I can't either. But God can.”**

### The Practicality of Letting Go

From my experience, I offer three practical steps to help you forgive:

- 1. Take your mind off of the person you can't forgive.** Do not allow yourself to grumble, or justify your situation, or feel sorry for yourself, or dream about ways to get even. Kill those thoughts as soon as you see them coming.
- 2. Remember that you are a sinner too.** Recall specific ways you've needed forgiveness. Ask God to help you, if you can't. Go to confession, if that helps. Meditate on the Psalms. Practice being grateful for the mercy God has shown you.
- 3. Every time that person comes to mind, say the words “I forgive you” whether you feel it or not.** Make it an act of the will and ask the Holy Spirit to pour God's love into your heart. Over time, start asking God to bless the person. Romans 12:14 says “Bless those who persecute you; bless and do not curse them.” Force yourself to do it. Make it a habit. And watch how that sets your heart free.