

# OUR LADY OF MOUNT CARMEL

ROMAN CATHOLIC CHURCH • EST 1905

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SEPTEMBER 29, 2019 | 26TH SUNDAY IN ORDINARY TIME



REV. PEDRO REPOLLET, Pastor | [fr.pedro@olmcjc.com](mailto:fr.pedro@olmcjc.com)

REV. MICHAEL OTUWURUNNE, Weekend Assistant

EVELYN MAYORGA, Parish Secretary | [evelyn.m@olmcjc.com](mailto:evelyn.m@olmcjc.com)

MRS. CRISTINA GALARZA, Bookkeeper, Administrative Secretary | [cristina.g@olmcjc.com](mailto:cristina.g@olmcjc.com)

MR. SAM FUJII, Music Minister

MR. EFRAIN ORLEANS, Building Operations & Event Coordinator | [efrain.o@olmcjc.com](mailto:efrain.o@olmcjc.com)

## PARISH STAFF

## 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 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.

# PARISH News

## MASS INTENTIONS

### SATURDAY, SEPTEMBER 28, 2019

- 8:30 AM SUSAN ARNONE  
- Joanne Oziemblo
- 5:00 PM DANILO BITOIN  
- Carol Albanese & Margaret Boasci

### SUNDAY, SEPTEMBER 29, 2019

- 9:00 AM THERESA ARNONE  
- Dorry Romstedt
- 10:30 AM ACCION DE GRACIAS  
(Spanish)  
POR THIAGO - Familia Atocha  
AIDA MARIA TORRES- Family
- 12:15 PM THERESA ARNONE  
-OLMC Rosary/Altar Society

### MONDAY, SEPTEMBER 30, 2019

- 8:30 AM FRANCESCO TORRILLO  
- Antonio & Caterina Torrillo

### TUESDAY, OCTOBER 1, 2019

- 8:30 AM SUSAN ARNONE  
- Marie & Dennis Lindabury
- 7:00 PM ELIANA PINOS  
(Spanish)

### WEDNESDAY, OCTOBER 2, 2019

- 8:30 AM WILLIAM REILLY- Arlene Burke

### THURSDAY, OCTOBER 3, 2019

- 8:30 AM JULIANA VILLA- Nanay Claire
- 7:00 PM MARIA SULAY CORTES  
(Spanish)  
-Luz Paez (Health of- Living Int.)

### FRIDAY, OCTOBER 4, 2019

- 8:30 AM SUSAN ARNONE - Karol Piszko

### SATURDAY, OCTOBER 5, 2019

- 8:30 AM MARIA COLALUCA(A) &  
GERARDO APRUZZESE  
- Geraldine Apruzzese
- 5:00 PM JOHN MERCANTE  
- Louise Servino

### SUNDAY, OCTOBER 6, 2019

- 9:00 AM DECEASED OF  
ROSARY ALTAR SOCIETY
- 10:30 AM ROSA DE GROSS  
(Spanish)  
- Husband Enrique
- 12:15 PM THERESA ARNONE  
- Randy Riotto & Toni Infante

## SYMPATHY

Please pray for the deceased 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  
**FR. HECTOR GALVIS**  
offered by the People

## SANCTUARY LAMP

The church sanctuary lamp was donated this weekend in memory of  
**DOMINGO REPOLLET SR.**  
offered by the People

- **COMMUNION BREAKFAST TO BE HELD mark your calendars!** Rosary Altar Society will have a communion Breakfast on October 6, 2019 after the 9 AM Mass. Tickets cost \$17 per adult, \$8.50 per child age 5 thru 11 years and under 5 years of age, free. **Call Carol Albanese at 201-451-5311 to reserve your table.**
- **Come join the Pilgrimage to the Basilica of the National Shrine of the Immaculate Conception in Washington, DC on Saturday, October 26, 2019!** The Archdiocese of Newark is sponsoring a one-day pilgrimage under the leadership of Cardinal Joseph W. Tobin, C.Ss.R. Buses will leave from Our Lady of Mt. Carmel and return the same day. The feature of the day will be a rosary devotion and concelebrated Mass in the Basilica of the National Shrine. Plan now to be part of this archdiocesan act of love and devotion in honor of Mary, Mother of the Church. Our Lady of Mt. Carmel Parish Pilgrimage Promoter is Carmen Quezada. **Cost is \$45 (cost is for transportation only, you can purchase lunch at the Shrine's cafeteria). Bus leaves from Our Lady of Mt. Carmel Church at 6:00 am. If you have any questions please call the rectory at 201-435-7080.**

## STEWARDSHIP OF TREASURY

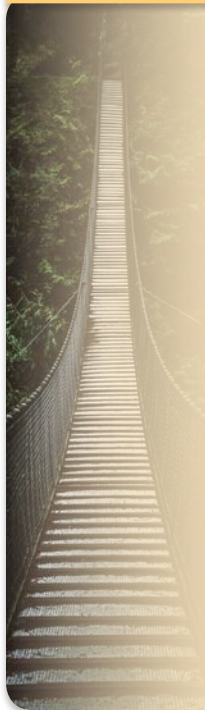
Weekly collection amount needed to make budget: **\$2,800**

The weekend of **SEPTEMBER 21-22**

**Weekend Collection: \$2,328**

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

## Weekly Stewardship Reflection and PRAYER OF THE FAITHFUL:



*"My child, remember that you received what was good during your lifetime while Lazarus, likewise received what was bad; but now he is comforted here, whereas you are tormented. Moreover, between us and you a great chasm is established..." (Luke 16:25-26)*

When God created the world He declared that it was good and He gave it to all mankind for us to enjoy. However, over the years we have created a chasm between those who have great gifts and those who do not. In today's Gospel we see that with our own generosity we must bridge that gap between those who have much and those who have little or we may find ourselves on the wrong side of the chasm in the next life.


*"Hijo mio, recuerda que recibiste lo que era bueno durante tu vida, mientras que Lázaro también recibió lo que era malo; pero ahora él es consolado aquí, mientras que tú estás atormentado. Además, entre nosotros y ustedes se establece un gran abismo" (Lucas 16:25-26)*

Cuando Dios creo el mundo, declaro que era bueno y lo dio a toda la humanidad para que lo disfrutemos. Sin embargo, a lo largo de los años, hemos creado un abismo entre los que tienen grandes dones y los que no. En el evangelio de hoy vemos que con nuestra propia generosidad debemos cerrar esa brecha entre los que tienen mucho y los que tienen poco o podríamos encontrarnos en el lado equivocado del abismo en la vida proxima.

## COMMUNITY Announcements

- ◀ **Come to World Day of Migrants and Refugees Mass** on Sept 29th at 12:00 noon at the Cathedral Basilica. Mass will be celebrated by Cardinal Tobin.
- ◀ **AHA Open House!** Academy of the Holy Angels, located at 315 Hillside Avenue, Demarest, NJ is having an Open House on Sunday, October 6th from 11:00 AM to 2:00 PM. *For more information or to register: [www.holyangels.org/admissions](http://www.holyangels.org/admissions).*
- ◀ **Educational program from NAMI Hudson County.** NAMI family-to-Family is a free educational program for family, significant others and friends of people living with mental illness. Place: Christ Hospital, Jersey City, Free Parking (please do not call the hospital). When: Classes start on Monday October 7, it runs once a week for 11 weeks. Time: From 6:30pm to 9:00pm. Contact: *Martha Silva at 201-861-0614 or [namihudson@msn.com](mailto:namihudson@msn.com). Space is limited, registration required.*





# FOUR SPIRITUAL WAYS TO REDUCE STRESS

By CAROL MEYER  
via National Catholic Reporter

LOOK OUT MY WINDOW AND SEE THE SQUIRRELS BUSTLE AND THE LEAVES FALL, BUT I DON'T SEE STRESS IN THE NATURAL WORLD. The energy there is calm and pure. How did we go so astray? Author Wayne Dyer says stress is just another word for fear. So perhaps the solution to reducing stress lies in less fear and learning from creation. Here are a few suggestions for doing that.

■ **Meditate** REGULARLY. I have been meditating for years and I am convinced that it is the key to all of our ills. How does it reduce stress? By allowing us the space to sit quietly in God's presence, focus on our breathing or a word/phrase, and observe and let go of our thoughts. Whatever we focus on, increases, and whatever we don't focus on, decreases. So in meditation, we center on God, trust, peacefulness, openness, and the moment. We let go of obsessive thoughts and worry, the imperfect past, and the fearful future. We make room for the innate peace and perfection of the Holy Spirit within to emerge.

■ **GET OUT IN *nature* EVERY DAY.** How is that a spiritual suggestion, you might ask. My answer: What can be more spiritual than God's handiwork, infused with divine grace and wisdom? Every time I connect with nature in even the smallest way, I feel its healing and love, and my stress flows out of me. My 13-year-old granddaughter Taylor just commented after returning from a cold walk to and from the library, "That felt good. It was so peaceful looking at the blue sky and trees." It's great if we, like Taylor, can take a walk or play tennis outdoors or something similar. But even if we can't, we can all step outside at night and look at the moon, take some deep breaths as we walk to our car in the morning, or simply see and be grateful for the natural world as we are driving.

■ **BUILD YOUR *trust in God*.** This is the antidote to stress/fear. You can build this trust by reading inspirational books, repeating affirming biblical passages, noticing and being grateful for all God's

blessings, or listening to spiritual music. I highly recommend a CD called *Come, Holy Mother* by Kathryn Christian. It contains beautiful songs, based on themes of trust in God from scripture and the mystics. Every time I listen to them or sing along (which I do often), I feel God saying, "Carol, I am with you. Calm down. All is well."

■ ***Simplify* YOUR LIFE.** I'll write more on this later, but for now, my suggestion is simply to begin noticing what in your life bogs you down and increases your stress. One of my rules in buying something or taking on something new is, "Will this complicate my life?" If so, I don't do it. Dispossessing yourself of material possessions/activities is certainly a spiritual practice recommended by scripture. Jesus had little and still lived peacefully and joyfully in God. And we can do the same.

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CAROL MEYER, National Catholic Reporter  
<https://www.ncronline.org/blogs/eco-catholic/four-spiritual-ways-reduce-stress>

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