



# OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH

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## FIRST SUNDAY OF LENT B. FEB. 18TH 2024

I SET MY BOW IN THE CLOUDS TO SERVE AS A SIGN OF THE COVENANT  
BETWEEN ME AND THE EARTH.." GN. 9, 13.

On the first Sunday of Lent, the Gospel reading in each Lectionary cycle is about Jesus' temptation in the desert. Mark tells us only that Jesus was led into the desert by the Spirit and that for 40 days he was tempted by Satan.

In each of the Synoptic Gospels, the temptation of Jesus follows his baptism by John the Baptist. In Mark's Gospel, we are told that Jesus went into the desert immediately after his baptism, led by the Spirit.

Jesus' public ministry in Galilee begins after his temptation in the desert. Mark's Gospel makes a connection between the arrest of John the Baptist and the beginning of Jesus' ministry. Jesus' preaching about the Kingdom of God is in continuity with the preaching of John the Baptist, but it is also something new. As Jesus announces it, the Kingdom of God is beginning; the time of the fulfillment of God's promises is here.

The fact that Jesus spent 40 days in the desert is significant. This recalls the 40 years that the Israelites wandered in the desert after being led from slavery in Egypt. The prophet Elijah also journeyed in the desert for 40 days and nights, making his way to Horeb, the mountain of God, where he was also attended to by an angel of the Lord. Remembering the significance of these events, we also set aside 40 days for the season of Lent.

In Mark's Gospel, the desert marks beginning of Jesus' battle with Satan; the ultimate test will be in Jesus' final hours on the cross. In a similar way, our Lenten observances are only a beginning, a preparation for and a reinforcement of our ongoing struggle to resist the temptations we face in our lives. During Lent, we are led by the Holy Spirit to remember the vows of Baptism in which we promised to reject sin and to follow Jesus. Just as Jesus was ministered to by the angels, God also supports us in our struggle against sin and temptation. We succeed because Jesus conquered sin once and for all in his saving death on the cross.



# I DOMINGO DE CUAREMAS B

## “PONDRÉ MI ARCO IRIS EN EL CIELO COMO SEÑAL DE MI ALIANZA CON LA TIERRA” GN. 9, 13

El primer domingo de Cuaresma, la lectura del Evangelio en cada ciclo del Leccionario trata sobre la tentación de Jesús en el desierto. Marcos sólo nos dice que Jesús fue llevado al desierto por el Espíritu y que durante 40 días fue tentado por Satanás.

En cada uno de los evangelios sinópticos (Mt, Mk, & Lk), la tentación de Jesús sigue a su bautismo por Juan el Bautista. En el evangelio de Marcos se nos dice que Jesús fue al desierto inmediatamente después de su bautismo, guiado por el Espíritu. El ministerio público de Jesús en Galilea comienza después de haberlo tentado en el desierto. El evangelio de Marcos establece una conexión entre el arresto de Juan el Bautista y el comienzo del ministerio de Jesús. La predicación de Jesús sobre el Reino de Dios está en continuidad con la predicación de Juan Bautista, pero también es algo nuevo. Como lo anuncia Jesús, el Reino de Dios está comenzando; El tiempo del cumplimiento de las promesas de Dios está aquí.

El hecho de que Jesús pasó 40 días en el desierto es significativo. Esto recuerda los 40 años que los israelitas vagaron por el desierto después de ser sacados de la esclavitud en Egipto. El profeta Elías también viajó por el desierto durante 40 días y noches, dirigiéndose a Horeb, el monte de Dios, donde también fue atendido por un ángel del Señor. Recordando el significado de estos eventos, también reservamos 40 días para el tiempo de Cuaresma.

En el evangelio de Marcos, el desierto marca el comienzo de la batalla de Jesús contra Satanás; La prueba definitiva será en las últimas horas de Jesús en la cruz. De manera similar, nuestras celebraciones de Cuaresma son sólo un comienzo, una preparación y un refuerzo de nuestra lucha continua para resistir las tentaciones que enfrentamos en nuestras vidas. Durante la Cuaresma, el Espíritu Santo nos lleva a recordar los votos del Bautismo en los que prometimos rechazar el pecado y seguir a Jesús. Así como los ángeles ministraron a Jesús, Dios también nos apoya en nuestra lucha contra el pecado y la tentación. Tenemos éxito porque Jesús venció el pecado de una vez por todas al salvar su muerte en la cruz.

## WHY CATHOLICS DON'T EAT MEAT ON FRIDAYS DURING LENT Aleteia

Catholics are among the only Christians who freely don't eat meat on Fridays during Lent. In fact, **you know you are in a Catholic town when, only during Lent, every single restaurant advertises one item on their menu: fish!** So why is it that the Church instructs Catholics to abstain from meat on **Fridays** (as well as Ash Wednesday and Good Friday), but gives the “thumbs-up” for Catholics to eat fish? Sounds fishy to me!

First of all we must ask the question, “why Friday?” The [USCCB](#) gives a succinct explanation:

*Catholic peoples from time immemorial have set apart Friday for special penitential observance by which they gladly suffer with Christ that they may one day be glorified with Him. This is the heart of the tradition of abstinence from meat on Friday where that tradition has been observed in the holy Catholic Church.*

**Since it is believed Jesus Christ suffered and died on the cross on a Friday, Christians from the very beginning have set aside that day to unite their sufferings to Jesus.** This led the Church to recognize every Friday as a “Good Friday” where Christians can remember Christ's passion by offering up a specific type of penance. For much of the Church's history meat was singled out as a worthy sacrifice on account of its association with feasts and celebrations. In most ancient cultures meat was considered a delicacy and the “fatted calf” was not slaughtered unless there was something to celebrate. Since Fridays were thought of as a day of penance and mortification, eating meat on a Friday to “celebrate” the death of Christ didn't seem right.



# SCHEDULE

## Weekday Mass

Wednesday — Friday, 12 noon

## Weekend Mass

Saturday Vigil at 4:30 PM

Sunday at 9:00 and 11:15 AM in English,  
Spanish Mass: 2nd Sunday of the Month at  
5:00 pm in the Church. 4th Saturday of the  
month at 7:00pm in Cachagua.

## Reconciliation

Saturday at 3:30 PM and by appointment

## Office Hours

Wednesday — Friday:  
10 AM - 12 PM; 2 - 4 PM

The church is open Wednesday — Sunday  
from 10 AM to 4 PM for personal prayer.

# PARISH STAFF

## Fr. Jhonnatan Flórez Carmona

Parish Priest:

frjcarmona@ourladycarmelvalley.org

## Gail Quinnan

Assistant to the Pastor (Volunteer)

olmc@ourladycarmelvalley.org

## Rebecca Bayless

Bookkeeper

accounting@ourladycarmelvalley.org

## Music Ministry

4:30 pm Sat. Mass: Kim Hartford—Kathy Nathan

9:00 am Sun. Mass: Stefania Ortiz

11:15 am Sun. Mass Parish Choir

## Angelica Lozano

Custodian

# MASS INTENTIONS

## Mass Intentions - February. 17<sup>th</sup>—25<sup>th</sup> 2024

Sat. Vigil Feb 17<sup>th</sup> 4:30: + Robert & + Pat Byrne

Sunday Feb. 18<sup>th</sup> 9:00: + Ray Ramos

11:15: - Health & Healing of Lynn & Greg Ray

Wed. Feb 21<sup>st</sup> 12:00: + Jossie Diaz

Thurs. Feb 22<sup>nd</sup> 12:00: + Janna Gregory

Fri. Feb 23<sup>rd</sup> 12:00: + David Shelly

Saturday Vigil Feb 24<sup>th</sup> 4:30: + Jim McPharlin

7:00 pm *MISA EN CACHAGIA*

+ Jose Guadalupe Cabrera Ortiz (1er Aniv.)

Sunday Feb 25<sup>th</sup> 9:00: + Anna Conroy

11:15: + Susan Villarea

*MAY THE SOULS OF ALL THE FAITHFUL  
DEPARTED, THROUGH THE MERCY OF GOD, REST IN  
PEACE. AMEN.*

# WEEKLY COLLECTION

**February 10 & 11, 2024:**

**\$ 2,412.69**

*THANK YOU FOR YOUR GENEROSITY  
TO OUR PARISH COMMUNITY*

# PARISH VOLUNTEER MINISTRIES

## Pastoral Council

- Dede Woodhead (chair), Alondra Klemek (vice chair), Jeff Hawkins (secretary), Daryl Lyon, Sean Devine, Trini Resendiz

## Finance Council

- Alex Gray (chair), Jim Rice (secretary), A.B. Introcaso, Jack McAleer, Ed Quinnan

## Faith Formation

- **First Communion:** Susan Franks (1st year) Jennifer Bodner (2nd year). Supply teacher: Brisa Cabrera (1st year)
- **Confirmation:** Tess Arthur (2nd year). Supply teacher: Alondra Klemek.
- **RCIA / Adult Faith Formation:** John Condon—Derwin Borling

## Bereavement Ministry:

Trudy Dowd

## Manna Ministry:

Janice Hawkins

## Human Trafficking

Brendan Cook

## Parish Hall & Kitchen Rental:

A.B. Introcaso

## Social Media:

Lorraine Yglesias

## Website:

John Finn

## Lectors:

Dede Woodhead

## Ministers of the Eucharist:

Lorraine Ring

## Coffee Hospitality Ministry:

Rosemary Ellis

## Sacristans:

Richard Ring

## Ushers:

John & Sherie

Dodsworth.-Vicky Young



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**STATIONS OF THE CROSS**  
**FRIDAYS DURING LENT**  
**AT 5:30 PM**

## EVENT CALENDAR

### 2024 LENTEN DINNERS

Friday February 23rd at 6:00 pm Menu" BBQ'd  
Filet of Cod & Trapanese Pasta.

**Prepaid reservations preferred, tickets  
may be purchased at the door per  
availability**

Sat. Feb. 24th, 7:00 pm. **Misa en Cachagua.**  
18800 Cachagua Rd. # 21

J.L. Ramos "Ray" **Funeral Mass**, Fri. Feb.  
29th at 10 am.

### **LENTEN TALKS, At St. Joseph's, Spreckels**

Over 3 nights, Fr. Albert Haase, OFM, will lead  
us in a Lenten talks entitled:

### **SIGNED AND SEALED WITH THE CROSS.**

We will explore the identity of our God  
proclaimed in the ancient gesture of being  
signed with a cross.

March 11, 12 and 13th at 7:00pm, followed by  
refreshments and fellowship in the Hall.  
St. Joseph's Parish, Spreckels

## SAINT OF THE WEEK: FEB. 20TH SAINTS FRANCISCO AND JACINTA MARTO

On a beautiful Sunday afternoon, May 13, 1917, three children were laughing and chatting as they kept watch over their families' sheep. This afternoon they were building a playhouse out of brush and rocks. Suddenly a bright light flashed. They thought it was lightning. Then it flashed again. They saw a ball of light descend upon a little green evergreen tree. Within the light was a beautiful woman dressed in white.

The children were Lucia dos Santos, who was 10 years old, and her cousins Francisco Marto (9) and his sister Jacinta (7). These children lived in Portugal, in a small village near Fatima. The shining woman told them not to be afraid and that she was from heaven. She told them she would return on the 13th day of each month for 6 months, and she asked them to meet her at this place, Cova da Iria.

During the summer, on the 13th day of each month, the Blessed Mother Mary appeared to the children. More and more people accompanied to the Cova. Each time Mary told them to pray the Rosary for peace in the world and to sacrifice for sinners. On October 13, the last day of apparition, more than 70,000 were waiting.

Francisco and Jacinta died within a short time, as the Lady had said they would. They were beatified on May 13, 2000. At that time Lucia dos Santos was a Carmelite nun in Portugal. Sister Lucia died February 13, 2005 at age 97. Pope Francis canonized Francisco and Jacinta during a May 13, 2017 Mass in Fatima. Pope Francis declared Sister Lucia "venerable" in 2023.

