



# Our Lady of Mount Carmel Catholic Church

## Third Sunday of Ordinary Time – January 22nd

Erected in 1936, the entire structure reflects the architectural style developed by missionaries, combining the building patterns of the Pueblo Indians with Spanish-Colonial design. Even the landscaping, with carefully selected shrubs and trees, is typical.

### Priests

Fr. Lawrence Seyer, *Pastor*  
[lseyer@mtcarmelsb.com](mailto:lseyer@mtcarmelsb.com)  
Monsignor Stephen Downes, *Pastor Emeritus*  
Father Maurice O'Mahony, *Pastor Emeritus*

### Parish Office

1300 East Valley Rd • Santa Barbara, CA 93108  
Phone 805/969-6868  
website: [www.mtcarmelsb.com](http://www.mtcarmelsb.com)  
email: [info@mtcarmelsb.com](mailto:info@mtcarmelsb.com)

### Masses

Daily 7:45 AM  
Saturday Vigil 4:30 PM  
Sunday 8:00 AM - 10:00 AM - 12:00 PM

### Holy Day Mass

Check website for the Mass times.

### Confessions

Saturdays, from 3:30 to 4:15 PM – Side Chapel

### Our Lady of Mount Carmel School 805/969-5965

Principal - Tracie Simolon  
Pre-K thru 8th Grade  
[www.mountcarmelschool.net](http://www.mountcarmelschool.net)

### Sacraments

Baptism – [baptisms@mtcarmelsb.com](mailto:baptisms@mtcarmelsb.com)  
First Holy Communion – [rcallen@mtcarmelsb.com](mailto:rcallen@mtcarmelsb.com)  
Confirmation ('El Camino' High School)  
[sarahm@mtcarmelsb.com](mailto:sarahm@mtcarmelsb.com)  
Marriage – [weddings@mtcarmelsb.com](mailto:weddings@mtcarmelsb.com)  
RCIA (Adult Sacraments) – [sarahm@mtcarmelsb.com](mailto:sarahm@mtcarmelsb.com)

### Faith Formation

Sister Rosalie Callen, C.S.J. 805/969-4868  
[rcallen@mtcarmelsb.com](mailto:rcallen@mtcarmelsb.com)

### Youth Ministry

Sarah Mack 805/574-9941  
[sarahm@mtcarmelsb.com](mailto:sarahm@mtcarmelsb.com)  
Middle School Youth Group - 'The 'M&M's'  
Young Adult Ministry - 'MCYA'

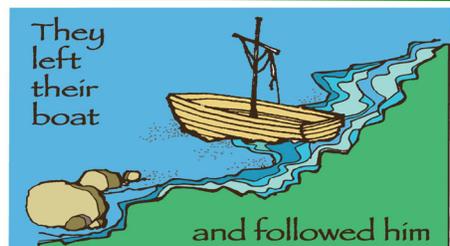
### Secular Order of Carmelites

Merri Berwick 805/448-3587

### Community Outreach

Sister Kathleen Patrice Sullivan 805/969-4868  
[kpatrice@mtcarmelsb.com](mailto:kpatrice@mtcarmelsb.com)

Wait for the LORD with courage;  
be stouthearted,  
and wait for the LORD.  
– Psalm 27:14



**WELCOME TO  
OUR LADY OF MT. CARMEL**

If you are visiting or new to our community, we are blessed that you are here to worship with us and we welcome you!

Our Pastor, Father Lawrence, our retired priests, Fr. Steve and Fr. O' Mahony and Parish Family extend the hospitality of Jesus Christ to you.



If you would like more information about our faith community, please email our us at [info@mtcarmelsb.com](mailto:info@mtcarmelsb.com). Our parish office hours are Monday thru Friday, 9am - 12 noon and 1:30 - 5pm. The office is closed for lunch from noon to 1:30pm.

**Our Lady of Mt. Carmel, pray for us!**

**Parish Registration Form**

Name \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

email \_\_\_\_\_

email \_\_\_\_\_

**Check One**

New Parishioner     New Address

New email or phone number

**Sign up for Flocknotes**

(Our Parish Communication Tool)

- Go to "[olmcsb.flocknote.com](http://olmcsb.flocknote.com)"

Check our website [mtcarmelsb.com](http://mtcarmelsb.com) for our Mass times, other services schedule and current parish events.

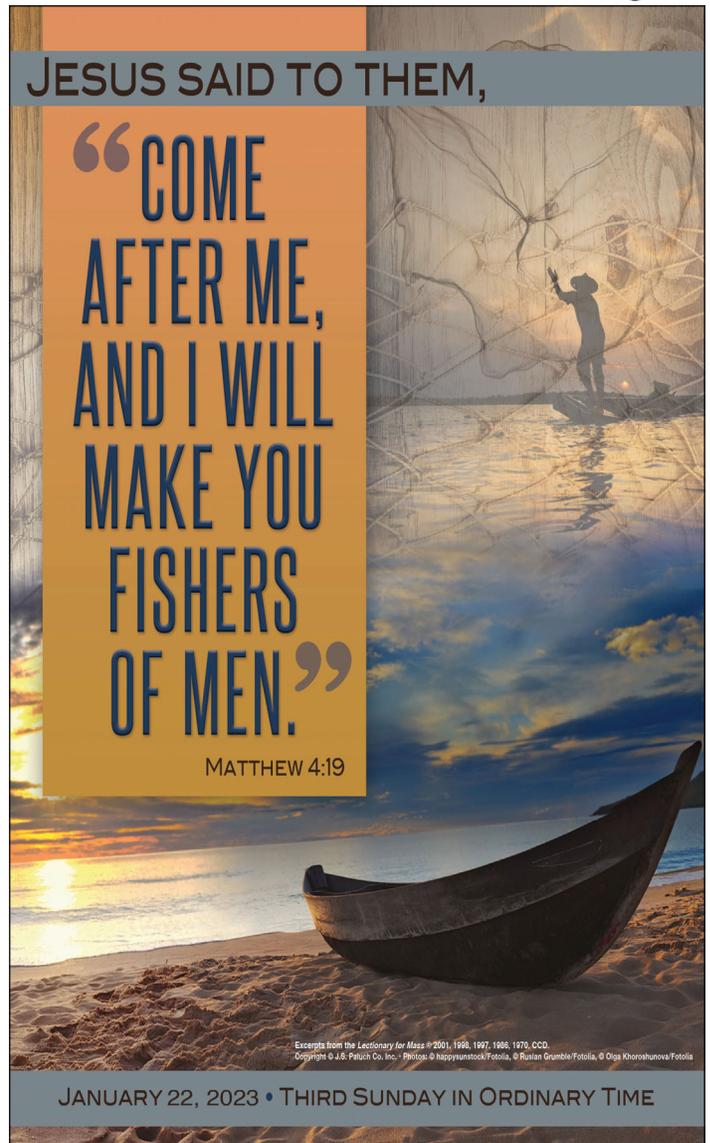
Please place the form into the Offertory basket or you can mail it to the parish office.

*Thank You!*

**JESUS SAID TO THEM,**

**“COME  
AFTER ME,  
AND I WILL  
MAKE YOU  
FISHERS  
OF MEN.”**

MATTHEW 4:19



JANUARY 22, 2023 • THIRD SUNDAY IN ORDINARY TIME

**Whole Community Faith Sharing  
Gospel: Matthew 4:12-23**

**Reflection:** What stands out to me in this gospel reading is the immediate willingness of the four future apostles to drop everything and follow Jesus. That kind of faith is rarely seen (if ever) in our world today. I can see myself thinking about family, friends, other commitments. Then I see myself making excuses of why I couldn't make such a huge life change. Still, we are called to follow Jesus today. Now is the time to repent and follow.

**Question:** If someone asked me, "To what work has Jesus called you?" how would I answer?

**Faith Response:** I will reflect on my present life and act on ways that I can personally bring about the Kingdom.

A SANTA BARBARA REGION YOUNG ADULT EVENT

An evening with

# Paul J Kim!

Friday, Jan. 27th

7pm-9pm



Join us for an evening of music, worship and fellowship as this internationally renowned speaker, musician and comedian provides an informational event about living your faith as a catholic young adult in our current world.

For more information, please contact  
Sarah Mack - (805)-574-9941

@mountcarmelsb



@heypjk  
pjkmusic.com

**From the Principal's Desk.....**

The next few weeks I will share reflections from some school community members answering the question "Why do we value Catholic education?" This is one way we will celebrate our parish school of Our Lady of Mount Carmel as we approach Catholic Schools Week January 30-February 3. This week we hear from Miss Eun Kim, our middle school math and science teacher.

Although I did not have the privilege of attending Catholic schools, I have been blessed to teach at one for the past 147 years, and I cherish the relationships I have developed over the years with students, families, and colleagues. Faculty, students, and parents all come together and pray for those who are sick, grieve for those we've lost, or celebrate a new baby or wedding shower. As teachers, we bond together over shared students we have watched grow over the years.

Our students are always taught to be sensitive to the needs of others, and respond positively in any way they can. They are educated and challenged to make decisions and actions that are considered Christ-like. We strive to model for them a sense of justice and responsibility while helping them understand the complexity of the modern world. Catholic schools challenge students to respond to the needs of the poor, and to live in a spirit of love, generosity and kindness for all. We encourage our students through their service projects in hopes that throughout their lives they will participate in their respective communities and engage in civics in the form of charity donations, writing to legislators, volunteering, and voting.

It is these spiritual practices that, for me, make teaching in the Catholic School special. We are assured through our faith that no matter what happens, God's love for us will be there forever.

May God bless you,

Mrs. Tracie Simolon  
Principal

**Learn what's possible in a school committed to faith values and academic excellence with affordable tuition! Educating the whole child since 1944, serving grades PreK to Grade 8.**

**Call to schedule your tour today!**

805/969-5965  
mountcarmelschool.net

**SAFEGUARD OUR CHILDREN  
Did You Know?  
The Archdiocese Continues  
Helping Survivors of Sexual Abuse  
and Their Families**

The Archdiocese of Los Angeles affirms our continued commitment to report allegations of sexual misconduct to law enforcement, support victim-survivors in their healing journey, and protect children and the vulnerable. The Archdiocese created a website, [lacatholics.org/protect](http://lacatholics.org/protect) that serves as a comprehensive tool containing resources, programs and services for protecting children and reporting abuse. If you, or someone you know, is a victim of sexual misconduct by someone affiliated with our Church, please contact law enforcement and the Archdiocese's Victims Assistance Coordinator at (213) 637-7650 or visit [lacatholics.org/reporting-child-abuse](http://lacatholics.org/reporting-child-abuse) for help and support.



The Archdiocese of Los Angeles is committed to ensuring that parishes, schools and ministries are safe places for everyone in our community.

**For more information** about support for victim-survivors and abuse prevention and protection efforts of the Archdiocese, visit: [lacatholics.org/protect](http://lacatholics.org/protect).

**Our Lady of Mount Carmel  
Faith Formation  
A Prayer for the Family**

Lord, Guide Me  
Lord, hold my hand and lead me,  
Guide me past life's barricades.  
Sometimes the speed bumps along life's journey  
Slow our progress along the road we've made.  
That is when I call on Jesus  
To come and walk along with me.  
Lord, comfort me, guide me, calm my fears,  
Shine Your light - that I may see.  
Sometimes my light gets blurred and foggy,  
And the road is dim.  
It is then I pause and count my blessings,  
And refocus my life completely on Him.  
Lord, help me to be a better person,  
Let my life be a witness for You.  
Let me look deeply inside my soul...  
And dedicate my life to You - anew.  
Charles Clevenger

Today is Family Focus  
8:30 - 9:50 AM

Faith Formation (805) 969-4868  
Director: Sister Rosalie Callen, CSJ  
[RCALLEN@MTCARMELSB.COM](mailto:RCALLEN@MTCARMELSB.COM)

## SYNOD

Thank you to those who participated in our local Synod process in March 2023.

The feedback that was gathered locally and from across the world has now been synthesized and can be found using following links:

Combined submission of all parishes within the LA Arch Diocese:

<https://synod.lacatholics.org/synod-report>

US Synod Synthesis:

<https://www.usccb.org/synod>

Details outlining the Synod process at the Vatican:

<https://www.synod.va/en.html>



## Separated & Divorced Ministry

**Free Zoom Presentation: Understanding the Annulment Process (Declaration of Nullity)**

Based on the teaching of the Catholic Church, the presentation addresses the question “What is the process and how does the process work?” There will be time to ask questions you as ministers may have. Presented by Mary Ann Brewer-Nolan, Parish Minister, Marriage Annulment. Mary Ann has assisted those seeking an annulment for the last 16 years.

**Monday, January 23, 2023; 7:00 to 8:30 pm.**

**To register: <https://familylife.lacatholics.org/separated-divorced>**

**More information contact: Julie Auzenne, [jmonell@la-archdiocese.org](mailto:jmonell@la-archdiocese.org) or 213-637-7249**



# THIRD SUNDAY IN ORDINARY TIME

January 22, 2023

“COME AFTER ME,  
AND I WILL MAKE  
YOU FISHERS OF MEN.”

Matthew 4:19

## GATHERING DISCIPLES

To introduce the beginnings of Jesus’ ministry in Matthew’s Gospel today, the evangelist quotes from Isaiah 9, which is presented to us more fully in our first reading. Isaiah acknowledges the darkness of oppression from the conquest of the Galilee region by Assyria, but reminds his people of the hope God offers them. Matthew, writing in the time of the Roman Empire centuries later, points to Jesus and his proclamation of the kingdom of heaven, to overturn all forms of oppression. Power structures like Assyria or Rome rely on fear, control, and distrust to sustain themselves. But God’s reign is to be saturated with God’s love, freedom, and mutual trust. Jesus began by gathering a group of disciples. When Jesus similarly gathers his community of disciples in our church today, our love of each other, and our care for all others, can make this reign of God visible to all.

## CALLED TO COMMUNITY

Today’s Gospel from Matthew sketches the initial movements of Jesus’ public ministry. The arrest of John the Baptist signals that Jesus’ time has come. His first actions include the call of his first disciples, and proclaiming the reign, or kingdom, of heaven. Jesus first gathers a community, which he can gradually form to become living evidence of this coming reign. His preaching, which begins just a few verses later in the Sermon on the Mount, is not just essential guidance for each individual life, but for life within a community of his followers.

It can be very challenging for most of us, who live in a highly individualized society, to hear this story of being summoned into community, committed to learning together and from each other. Our parishes and Christian communities need to be safe places so that we can open our hearts to each other, learning the Way of Jesus, and sharing this Way with others.

## UNITED IN CHRIST

In his letter to the Corinthians, Paul addresses many pastoral issues, and begins with questions of division over leadership. We hear of rival camps of loyalty for various leaders and preachers: Paul himself, Apollo, or Cephas. Paul fears that the community has lost the center of the faith, that is, Christ himself. The community is to be united in mind and purpose under Christ.

Many today experience in a very similar division. Some Christians will in effect say: “I belong to . . . (fill in the name of your favorite preacher, theologian, or leader), and those who don’t are not to be trusted.” Diversity of thought and background are essential to the vitality of Christian community, but here Paul describes a division that hides the message of Christ. It hides Christ’s call to charity and forbearance toward all. This division hides the truth that we are all at the foot of the cross, a cross that reveals our own brokenness and our need for mercy.

## TODAY’S READINGS

Isaiah 8:23 — 9:3  
Psalm 27:1, 4, 13–14  
1 Corinthians 1:10–13, 17  
Matthew 4:12–23 [12–17]



**Eucharistic Ministers**

**4:30pm**  
Sue de Ponce

**8:00am**  
Jack Casey

**10:00am**  
Jackie Krock  
Brian Simolon

**12:00pm**  
Mary Beth Tynan

**Lectors**

**4:30 pm**  
Barbara Randall

**8am**  
Joan Rocco

**10am**  
Beth Boyd

**12 Noon**  
Jane Macedo de Veer

**Mass Intentions**

<b>SAT.</b>	<b>JANUARY 21</b>
<b>Daily</b>	Teresa O'Bannon †
<b>4:30PM</b>	Janet Mayo †
<b>SUN.</b>	<b>JANUARY 22</b>
<b>8:00 AM</b>	John Lucas †
<b>10:00 AM</b>	For All Parishioners
<b>12:00 PM</b>	Paul Edward Hindelang III †
<b>MON.</b>	<b>JANUARY 23</b>
<b>Daily</b>	Intentions of Charles & Frances Cost
<b>TUE.</b>	<b>JANUARY 24</b>
<b>Daily</b>	Intentions of Carol Wathen
<b>WED.</b>	<b>JANUARY 25</b>
<b>Daily</b>	Intentions of Roger † & Miny Willmon
<b>THU.</b>	<b>JANUARY 26</b>
<b>Daily</b>	Intentions of Bob Veloz
<b>FRI.</b>	<b>JANUARY 27</b>
<b>Daily</b>	Intentions of Joe & Geri Kovach
<b>SAT.</b>	<b>JANUARY 28</b>
<b>Daily</b>	All Holy Souls In Purgatory †
<b>4:30 PM</b>	Cardinal George Pell †
<b>SUN.</b>	<b>JANUARY 29</b>
<b>8:00 AM</b>	Cesareo Baltazar †
<b>10:00 AM</b>	For All Parishioners
<b>12:00 PM</b>	Moncia Bui †



**Dec. 31st/Jan. 1st**

**Regular Offertory**  
\$6729.00

**Maintenance**  
\$425.00

**Online**  
\$1130.00

**Total Weekly Giving**  
\$8284.00

**Thank you for your continued support of the parish!**

**Adoration of the Blessed Sacrament**

Prayer and meditation before our Lord in the Blessed Sacrament are great ways to spend some special time with Him. You can ask Him for graces for yourself or for loved ones, reflect on His Word, or just keep Him company! And it's no bother for Jesus. In fact, He very much *wants* to see you!

Adoration of the Blessed Sacrament



Adoration is held every Wednesday from 3:30pm to 6pm in the Main Church. **All are welcome!**



**Please Pray For The Sick Of Our Parish**

Tyler Hester — Jane Burkemper  
Gus Munoz — Mary Press  
Beth Jones — Teresa Robinson  
Jack Jones — Lou Cannon

Please call the Parish Office if you would like to add or remove a name from the prayer list.