



# Our Lady of Mount Carmel Catholic Church

## Fifth Sunday of Ordinary Time – February 5th

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

Principal - Tracie Simolon 805/969-5965  
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)

“You are the light of the world. A city set  
on a mountain cannot be hidden.”

- Matthew 5:14



**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**

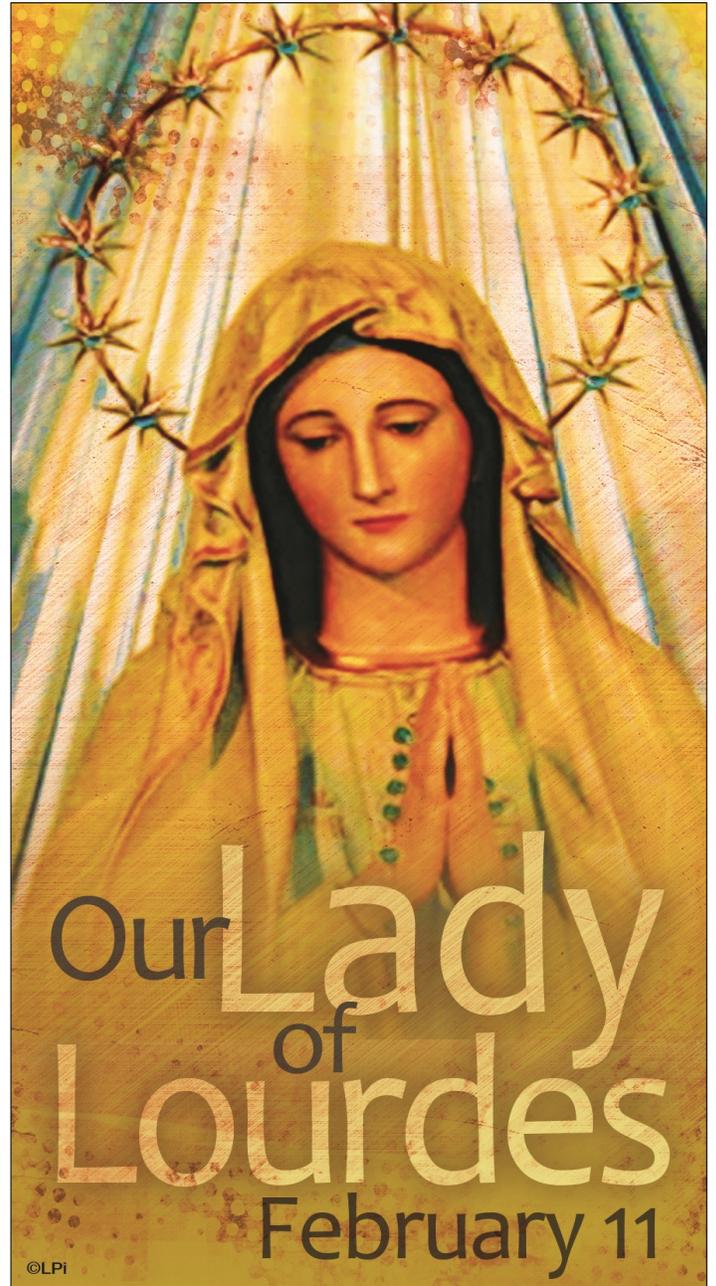
(Our Parish Communication Tool)

- 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!**



**Whole Community Faith Sharing**

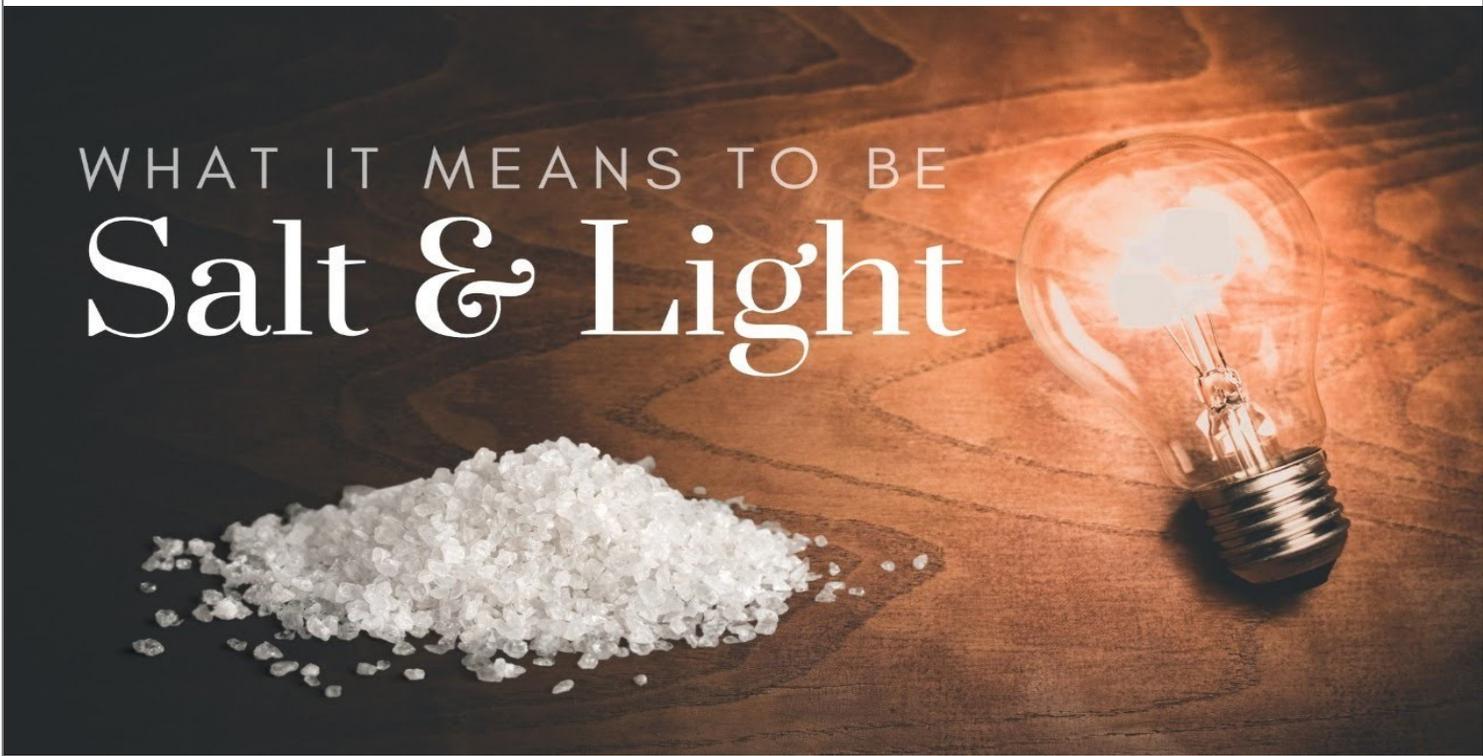
**Gospel: Matthew 5: 1-12**

**Reflection:** Light does not change a room. It allows us to see what's in it so that we avoid the pitfalls of bumping into something or falling down. It also enables us to appreciate the beauty of the room. We are all children of the light as we follow light that is Jesus. This always gives hope to us, even in the darkness.

**Question:** How is my light shining before others?

**Faith Response:** In my own way I will share the light and love of Jesus with others this week.

## FROM THE PAGES OF SCRIPTURE


 WHAT IT MEANS TO BE  
**Salt & Light**

In this Sunday's Gospel, Jesus uses the image of salt and light to remind his followers of what they — we — are called to be in and for the world. Part of this means that we are called to live lives that, like salt and light, enhance the “flavor” of the world and dispel the darkness of fear and doubt.

We can see what this looks like when we think of so many of the great saints of our faith tradition. Saint Francis of Assisi certainly embodied this ideal in his willingness to commit his life wholeheartedly to living out the demands of Gospel poverty and joy in an age when the Church was becoming more and more mired in bureaucracy and the quest for power. With his band of “Lesser Brothers,” the light of Francis' faith and the “salt” of his joy brightened and enhanced the world in which he lived.

At the heart of Jesus' message and Francis' mission is love. Certainly, this means our experience of God's love and our love for God. But, on a more practical level, this means the love that we show to one another. The first reading this Sunday brings this point home, as we hear these words from the Prophet Isaiah:

*“Share your bread with the hungry, shelter the oppressed and the homeless.  
 clothe the naked when you see them, and do not turn your back on your own.  
 Then your light shall break forth like the dawn.  
 If you remove from your midst oppression, false accusation and malicious speech,  
 if you bestow your bread on the hungry and satisfy the afflicted;  
 then light shall rise for you in the darkness, and the gloom shall become for you like midday.”*

This is what love looks like and when we reflect on all of the acts of mercy Isaiah describes, we can see how these good works — expressions of our love — can help drive away the ugliness, fear, and, yes, darkness that brings grief, despair, and death into the world.

In the end, the liturgy this Sunday is reminding us that we don't have to be afraid of the dark any longer. If we have love — and live that love — then the light of Christ that we carry within us will drive away the darkness of fear and sadness.

— Br. Silas Henderson, S.D.S.

## From the Principal's Desk.....

We are in the midst of Our Lady of Mount Carmel School: Community, Faith, and Academics. While there are plenty of schools that offer a good education and a few others in town that are faith-based, it is difficult to find a place that can bring those two elements together with an incredible sense of community like we have at OLMCS.

Over the years I have been fortunate to re-connect with former OLMCS students of mine. It is always nice to reminisce about their time at Mount Carmel and to hear about their successes in college and beyond. However, what often strikes me most in those conversations is not the accolades they have received or learning about their fields of study and career paths but the connections they still have with fellow Lancers and the ways they serve their communities. I am proud to have worked alongside their families during their foundational years at Mount Carmel to solidify their academics, faith formation, and sense of place within our community.

Do you know a family who would be a great addition to our school community? We are conducting school tours and accepting applications for the 2023-24 school year. For more information or to schedule a tour, contact the school office. (805) 969-5965 To see what our students are up to day-to-day, follow and like us on Facebook and Instagram. @MountCarmelSchoolSB

May God bless you,

Mrs. Tracie Simolon  
Principal



## Community Faith Academics



### OUR LADY of MOUNT CARMEL SCHOOL



Learn what's possible in a school community committed to **faith values** and **academic excellence** with **affordable tuition!**  
Educating the whole child since 1944  
Serving students PreK to Gr. 8  
**Call to schedule your tour today!**

530 HOT SPRINGS  
805.969.5965

mountcarmelschool.net  
@mountcarmelschoolsb

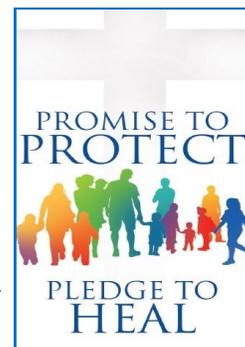
### SAFEGUARD OUR CHILDREN

Did you know?

Archdiocese of Los Angeles celebrates  
18-year partnership with VIRTUS®

The Archdiocese of Los Angeles and Joan Vienna, director of Safeguard the Children, were recently recognized for 18-year partnership with the VIRTUS® program, working to keep children and young people safe from child sexual abuse in our parishes, schools, homes and community. "So many have experienced hope and healing through ongoing awareness and education, and we appreciate [the Archdiocese's] vision of where and how the programs would and do best serve our Church and communities," said Pat Neal, director of VIRTUS® Programs and Services.

For more information visit, <https://angelusnews.com/local/california/virtus-partnering-for-safety/> and <https://lacatholics.org/protect/>.



**M&M's  
St. Valentine  
Dodgeball and  
Donut Night**

Friday 2/10 Our 5th Annual Dodgeball and Donut Night! 6:30-8:00pm in the hall.

Wear any armor you would like and get ready for a night of games, friends and...Donuts!

The M&M's Youth Group is open to any middle school student, from any school. Bring a friend! For more information call/text/email Sarah Mack-

805-574-9941 sarahm@mtcarmelsb.com

Our Lady of Mount Carmel  
Faith Formation  
*Our Family Focus*

Liturgy of the Word  
First Reading

God of hope, we know that the story of your people in scripture is our story too. Help us listen to the readings at Mass so we can learn your word.

Create in us hearts full of hope, so that our family may share hope with others. Amen

Family Mass and Children's Liturgy of the Word  
next Sunday February 12th 10:00 Am

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

# Soup Makers Wanted!

We are once again holding Stations of the Cross, followed by a soup supper in the hall every Friday of Lent! We are in need of talented, meat free soup makers - or just those that know their way around a can of Campbell's tomato and cheese.

Please contact Sister Kathleen Patrice if you are able to help out!  
805/969-4868

Thank you, thank you for your generous response to the Giving Tree! Your beautifully wrapped gifts and donations helped brighten the lives of almost 200 children and families living in Santa Barbara area. The families served were from Santa Barbara Catholic Charities and St. Vincent's.

I am so grateful for your kindness. Thank you for sharing the special meaning of Christmas with other families.

May God bless you and your family.  
Happy New Year!

Lovingly,  
Sister Kathleen Patrice

### RECITATION OF THE ROSARY

The Rosary is recited every week day in the main Church after the 7:45 am Mass. All are welcome!



FR. VIRGIL CORDANO CENTER



### You can help our unsheltered brothers and sisters today

The Fr. Virgil Cordano Center is seeking donations of the following items:

- WARM GLOVES & BEANIES
- RAIN PONCHOS
- FUNDS FOR BUS TOKENS OR LAUNDRY
- LUKE LIGHTS
- EGGS

Donations can be delivered to St. Vincent's at 4200 Calle Real, Santa Barbara, CA 93110

For more information call (805) 683-6381 or visit our website <https://frvirgilocordanocenter.org/>



Sponsored and Operated by the Daughters of Charity at St. Vincent's and the Franciscan Friars at Old Mission Santa Barbara

### CATHOLIC CHARITIES

The Santa Barbara Catholic Charities Food Pantry continues to be in need of filling their shelves.

We must always remember those who may be homeless, those in between jobs and those whose family just have a basic need.

Your continued support is appreciated. Food can be dropped off in the baskets in the back of the Church, or at the parish office. **Clothing and other donations MUST be taken directly to CC at 609 E. Haley St. Santa Barbara. Thank you for your generosity!**



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



### ANNUAL CAREER FAIR

Bring Your Resume for On-The-Spot Interviews

Employment@la-archdiocese.org  
888-912-6516

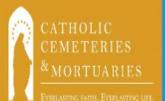
When:  
**FEB 1st**  
9am-2pm

Where:  
**Calvary Cemetery and Mortuary**  
4201 Whittier Blvd., Los Angeles 90023

ADMIN SALES & GROUNDS POSITIONS AVAILABLE

When:  
**FEB 7th**  
10am-2pm

Where:  
**Santa Clara Cemetery and Mortuary**  
2370 N H St., Oxnard 93036





**Eucharistic Ministers**

**Lectors**  
**4:30 pm**  
 Debbie Bruce  
**8am**  
 John Pate  
**10am**  
 Marty Bell  
**12 Noon**  
 Chris Toomey

**4:30pm**  
 Sue De Ponce  
**8:00am**  
 Sheila Neary  
**10:00am**  
 Brian Simolon  
 Mark Lorge  
**12:00pm**  
 Mary Beth Tynan

**Mass Intentions**

<b>SAT.</b>	<b>FEBRUARY 4</b>
Daily	Bridget Colleary †
4:30PM	Bill Jones †
<b>SUN.</b>	<b>FEBRUARY 5</b>
8:00 AM	Tyler Hester †
10:00 AM	For All Parishioners
12:00 PM	Burt McCormick †
<b>MON.</b>	<b>FEBRUARY 6</b>
Daily	Intentions of Rachel Hambly
<b>TUE.</b>	<b>FEBRUARY 7</b>
Daily	Intentions of Rowanna Lyon
<b>WED.</b>	<b>FEBRUARY 8</b>
Daily	George Duimovich †
<b>THU.</b>	<b>FEBRUARY 9</b>
Daily	Roy Rohter †
<b>FRI.</b>	<b>FEBRUARY 10</b>
Daily	Intentions of Roger † & Miny Willmon
<b>SAT.</b>	<b>FEBRUARY 11</b>
Daily	Intentions of Charles & Frances Cost
4:30 PM	Carlos Adame †
<b>SUN.</b>	<b>FEBRUARY 12</b>
8:00 AM	Martin Kehoe †
10:00 AM	For All Parishioners
12:00 PM	Peter K. Wilson †

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



Tyler Hester — Jane Burkemper  
 Gus Munoz — Mary Press  
 eth Jones — Teresa Robinson  
 Jack Jones — Lou Cannon  
 Annie Marie Hambly

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

**THE CATHOLIC PRAYER CORNER**

May our love be like salt,  
 that makes life tasty and worthwhile.  
 May our Christian living be a light to those  
 who live in darkness.  
 May our Christian communities  
 be cities of light to be seen from afar as  
 signs that God lives and works in his people?  
 And may God bless you all  
 for this mission.

**Parish Giving**



	<u>January 15, 2023</u>	<u>Year to Date</u>
Sunday Offering	\$8,488.00	\$271,111.00
Budget Offerings Needed	\$13,283.00	\$385,214.00
<b>Deficit</b>	<b>-\$4,795.00</b>	<b>-\$114,103.00</b>

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