



# Our Lady of Mount Carmel Catholic Church

## Third Sunday of Lent March 12th

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

805/969-4868

Sister Rosalie Callen, C.S.J.  
[rcallen@mtcarmelsb.com](mailto:rcallen@mtcarmelsb.com)

### Youth Ministry

805/574-9941

Sarah Mack  
[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

805/969-4868

Sister Kathleen Patrice Sullivan  
[kpatrice@mtcarmelsb.com](mailto:kpatrice@mtcarmelsb.com)

"Jesus said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." - Jn 4:10



## 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 "[olmcbsb.flocknote.com](https://olmcbsb.flocknote.com)"

Check our website [mtcarmelsb.com](https://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!**



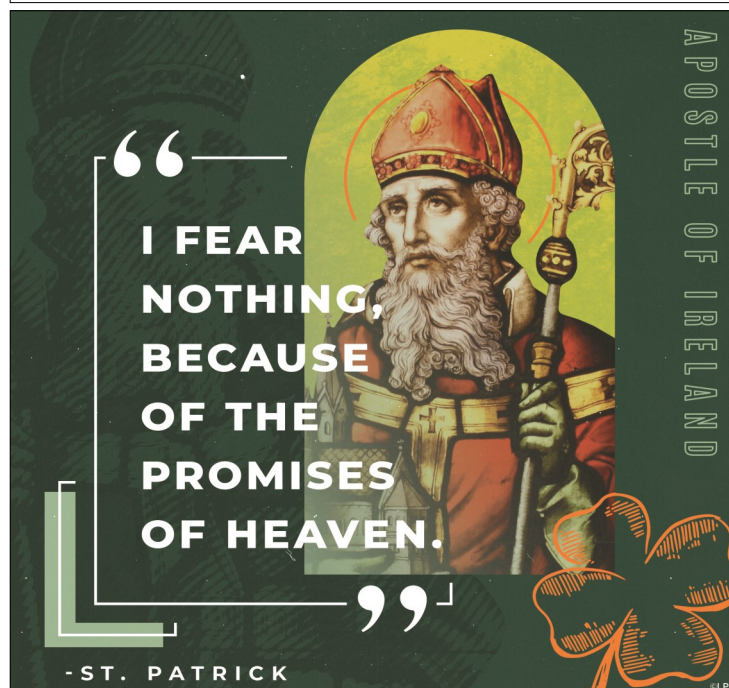
## Stations OF THE CROSS

**When:**  
Every Lenten Friday at 6pm  
(not Good Friday)

**Where:**  
Inside the main church

**Followed by:**  
Soup Supper in the hall.

Please join us.



### Whole Community Faith Sharing

**Gospel:** John 4:5-42

**Reflection:** This powerful Gospel about the living water and spirit and truth should be read and then reread. Jesus said to the Samaritan woman "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth; and indeed Father seeks such people to worship Him."

**Question:** We worship what we understand. How well do I understand my faith? How can I grow in knowledge and understanding?

**Faith Response:** This third week of Lent, I will worship and pray "in spirit and truth." I will originate from my heart, motivated by love for God.



# THE OLMC

## ST. PATRICKS DAY LUNCHEON

**Celebrate with a Traditional Corned  
Beef & Cabbage Lunch Catered by  
Country Catering  
Live Music too!**

**Wine, Beer and Dessert included.**

**\$25.00 a person**

**Support Our Youth Groups  
Tickets are limited**

**MARCH 19TH | 1:00PM  
IN THE OLMC PARISH HALL**



**PLEASE CALL SARAH MACK AT 805-574-9941 TO  
PURCHASE TICKETS- PRESALE ONLY**



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

Walk into any Catholic church and you are bound to find an expression of the Stations of the Cross. The Stations also known as the Way of the Cross might be beautiful paintings or sculptures that retell Christ's journey to the crucifixion or humble crosses that are simply numbered. As early as the 4th century, Christian pilgrims began making their way to the Holy Land to visit sites from Jesus's life, death, and resurrection including the Church of the Holy Sepulcher at the site of Christ's tomb constructed in 335. When pilgrims returned to their homes, they brought with them this way to "walk" through Jesus's experiences. Traditionally, we pray the Stations of the Cross during Lent.

Here at OLMCS our Stations take many forms, with some of our classes leading our school in the Stations. Each presentation of the Stations of the Cross by our classes is different and helps our students prepare for Easter. Last week we prayed on the field with images created by our 5th graders and children's readings led by our 6th graders. I encourage you to pray these next few weeks with your family. Stop by our school field over the next weeks to see our students' artwork and to pray with our outdoor stations. You will find a QR code on our brown announcement board on the field or you can use your own favorite version to pray.

May God bless you,

Mrs. Tracie Simolon  
Principal

*For more information or to schedule a school 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*

## SAFEGUARD OUR CHILDREN

Did you know?

**Archdiocese of Los Angeles  
fingerprinting procedures .**

The Archdiocese provides fingerprinting services free of charge and works with the California Department of Justice to have these fingerprints submitted and scanned by the appropriate agencies. Anyone in the archdiocese who has regular contact with minors or vulnerable adults, whether in a paid or volunteer position, must be fingerprinted before they can begin work. For more information about fingerprinting protocols, visit <https://handbook.la-archdiocese.org/chapter-9/section-9-3>.



## Our Lady of Mount Carmel Faith Formation

Third Sunday of



How can I bear good fruit with my life?



How can I spend more time in  
conversation with Jesus?

**Children's Liturgy of the Word  
Today 10:00 Mass**

**Family Focus Next Sunday March 19**



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

## Our Lady of Mount Carmel

*First Reconciliation  
Faith Formation Children  
Congratulations!*

Please pray for these children who made First  
Reconciliation on March 4th

Valentina Du Bourdieu  
Sophie Dubuque  
Rafael Ferrone  
Darlah Goodfield  
Gabriel Hoernicke  
Theodore Hollister  
Franco Lombardi  
Henry Nevius  
Anabelle Rissel  
Rubi Santana  
Cataleya Solis  
Nefertiri Solis  
Blessings To You



On Your First  
Reconciliation

# Lenten SOUP SUPPER



**JOIN US FRIDAYS DURING LENT\***

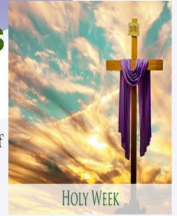
Stations of the Cross begin at 6:00PM in the Church, followed by soup supper in the Parish Hall.

\*Except Good Friday

## Holy Week Services

### PALM SUNDAY - APRIL 2nd

The Main Procession of the Blessing of the Palms is before the 10am Mass, starting in the side courtyard of the Church. (Palms will be distributed at all the weekend Masses.)



### HOLY WEEK - MONDAY, TUESDAY & WEDNESDAY (REGULAR MASS TIME - 7:45 AM)

### HOLY THURSDAY - APRIL 6th

7:30 PM SOLEMN MASS  
FOLLOWED BY EXPOSITION OF THE BLESSED  
SACRAMENT UNTIL 10:00 PM

### GOOD FRIDAY - APRIL 7th

3:00 PM CELEBRATION OF THE LORD'S PASSION  
(WITH CANTOR & ORGAN)  
6:00 PM STATIONS OF THE CROSS

### HOLY SATURDAY - APRIL 8th

7:30 PM EASTER VIGIL & MASS OF RESURRECTION  
(NO 4:30 PM VIGIL MASS)

### EASTER SUNDAY - APRIL 9th \*\*\*

8:00 AM ♦ 9:30 AM ♦ 11:00 AM ♦ 12:30 PM

\*\*\* Please note the additional Mass and Mass times.

### SACRAMENT OF RECONCILIATION & ADORATION

Tuesday	April 4th	3:30 to 4:30 PM
Wednesday	April 5th	3:30 to 4:30 PM
Wednesday	April 5th	3:30 to 6:00 PM - ADORATION
Wednesday	April 5th	7:00 to 8:00 PM

## GOSPEL MEDITATION ~ ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE



*"When I think about the story of the Samaritan woman at the well, I think of my father. This Gospel reading that we use every year for the First Scrutiny of the RCIA was always my favorite to discuss with those who would be baptized in just a few weeks at the Easter Vigil. Not that many years ago, my father was one of those elect. That year, the story was more powerful than ever.*

*The woman went frequently to the well looking to get the water that would sustain her body. But in the story, Jesus tells her of a different kind of water, one that gives life and quenches even the driest of thirsts. The story tells us that she put down her water jar and ran to the town telling of her encounter with the One who may be the Christ. She left that jar at the well. She did not need it anymore.*

*I encounter people all the time that spend their days going up the hill to draw water. They are tired and spent. My father was one of those. But with the gift of baptismal water, that constant chore is now over. There is no need to travel up that hill.*

*This Lent, if you are one of the baptized, reclaim the gift of your baptism. Stop climbing that hill in search of something that can only quench your thirst temporarily. You encountered Christ and have the everlasting, living water already. Put down that water jar. Your new life has only just begun."*

Tracy Earl Welliver, MTS

## RECITATION OF THE ROSARY

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



Thank you for supporting the Annual **Together In Mission** Appeal. Many schools and churches continue to need financial assistance to keep their doors open. A house of prayer and a Catholic education are so important. It is not too late to donate to those who need our help. You can use the envelopes that are on the tables by the church doors to make a donation. Just place the envelope in the Offertory collection basket at Mass. Or via our website—[mtcarmelsb.com](http://mtcarmelsb.com). Just click on the Giving tab. **Your generosity is so appreciated!**

### Parish Goal

\$48,499.00

### Pledged Amount

\$36,038.00

## 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  
erosity!**



**for your gen-**



The Parish Office and Clergy of Our Lady of Mount Carmel want you to know that we are here to serve you a the time when you suffer the loss of a loved one. Please contact the parish office immediately upon the death of a family member, so that we can begin to pray for you and your loved one. Our staff is here to help you with your options and decisions in the coming days. Make us your first call and contact us with any questions.

*“At the death of a Christian, whose life of faith was begun in the waters of baptism and strengthened at the eucharistic table, the church intercedes on behalf of the deceased because of its confident belief that death is not the end nor does it break the bonds forged in life. The church also ministers to the sorrowing and consoles them in the funeral rites with the comforting word of God and the sacrament of the Eucharist.” (Order of Christian Funerals, No. 4).*



Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence. For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

## 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!**







### Eucharistic Ministers

#### Lectors

4:30 pm

Harriet Callier

8am

Alicia McFarlane

10am

Lily Simolon

12 Noon

Jane Macedo de Veer

4:30pm

Jack Stratford

8:00am

Brenda Nielsen

10:00am

Gary Boyd

Beth Boyd

12:00pm

Hank Peterson

## Mass Intentions

SAT.	MARCH 11
Daily	Dan O'Hole †
4:30PM	Intentions of Claire Mondro
SUN.	MARCH 12
8:00 AM	Scottie Hester †
10:00 AM	For All Parishioners
12:00 PM	Intentions on Silvia & Juan Olivera
MON.	MARCH 13
Daily	Linda Razo †
TUE.	MARCH 14
Daily	Tina Lorge †
WED.	MARCH 15
Daily	James L. Weinheimer †
THU.	MARCH 16
Daily	Patricia McFarlane †
FRI.	MARCH 17
Daily	Intentions of Carol Wathen
SAT.	MARCH 18
Daily	Greta Downes †
4:30 PM	Gino & Rosetta Guadagnini †
SUN.	MARCH 19
8:00 AM	Alex Saucedo † & Debbie Bruce †
10:00 AM	For All Parishioners
12:00 PM	Juan Solis †

### Please Pray For The Sick Of Our Parish



Jane Burkemper  
Gus Munoz — Raquel Ramirez  
Teresa Robinson — Mary Press  
Jack Jones — Lou Cannon  
Anne Marie Hambly

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



Having a Mass said for a loved one, living or dead, is a powerful way to give them grace. To request a Mass intention, please contact the parish office by emailing us at [info@mtcarmelsb.com](mailto:info@mtcarmelsb.com).

### Parish Giving



Sunday Offering

February 18th/19th

\$8,182.00

Budget Offerings Needed

\$13,283.00

**Deficit**

**-\$5,101.00**

July 2022 — June 2023  
Year to Date

\$318,712.00

\$451,630.00

**-\$132,919.00**

Thank you for your continued support of the parish.