



# Our Lady of Mount Carmel Catholic Church

## Fourth Sunday of Ordinary Time January 28, 2024

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

Please check website for updated 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) – [info@mtcarmelsb.com](mailto:info@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)

5th Grade Youth Group – “The MC Club”

6th-8th Grade Youth Group - ‘The ‘M&M’s’

High School Confirmation & Leadership – CORE

Young Adult – Spiritual Direction/Discipleship

### Secular Order of Carmelites

Merri Berwick

805/448-3587

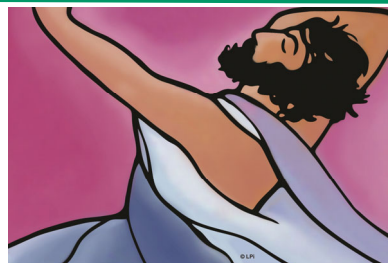
### Community Outreach

805/969-4868

Sister Kathleen Patrice Sullivan

[kpatrice@mtcarmelsb.com](mailto:kpatrice@mtcarmelsb.com)

“All were amazed and asked one another,  
“What is this? A new teaching with authority.  
He commands even the unclean spirits and  
they obey him.” Mark 1:27



## 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](https://olmcsb.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.



### Happy Catholic Schools' Week, LANCERS!

I ENCOURAGE YOU,  
DEAR STUDENTS,  
TO MAKE  
YOUR TIME  
OF FORMATION  
AN UNREMITTING  
QUEST FOR GOD

*St. John Paul II | Catholic Schools Week*

©LPI

### Whole Community Faith Sharing

Gospel  
Mark 1:21-28



**Reflection:** In today's gospel, Jesus is teaching in the synagogue and the people are astonished at His teaching. He teaches with authority. A man in the crowd with an unclean spirit recognizes Jesus as the holy one and calls out to Him. Jesus calls to the unclean spirit to come out of the man and the people again are amazed. Jesus has the authority to command even unclean spirits and they obey Him. The people in the time of Moses begged for such a prophet; That promise is fulfilled definitively in Jesus Christ, whose authority astonishes the assembled crowd. Obeying the authority of Christ makes us more human and fills us with a burning desire for things truly great.

**Question:** Is my attitude towards Jesus the same as or different than it is towards other authorities?

**Faith Response:** I will let Jesus be the authority of my thoughts and actions this week.



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

As we begin Catholic Schools Week (January 28-February 2), I reflect on why my husband and I choose Catholic education for our own children: Vince (7th grade OLMCS), Joe (OLMCS alumnus, 10th grade Bishop Diego), and Lily (OLMCS & Bishop Diego alumna).

"It takes a village to raise a child." I do not think I fully appreciated the meaning of that expression until my husband and I began our own parenting journey. We try our best to set a good example in practicing our faith and to instill in our children Christian values. However, it is humbling to realize that there are many lessons our children do not learn from us, for better or worse.

That is one reason we choose Our Lady of Mount Carmel School as our village. When our children set foot on campus each day, we know they are surrounded by people who share our family values and deeply care about our children. I am often reminded of the verse from Isaiah "I have called you by name; you are mine." Mount Carmel is a place where children are known as individuals, by name, and feel a sense of belonging. Our Catholic school is a community that supports us in raising our children. When they leave Mount Carmel they will have an excellent academic foundation, but more importantly they will be more fully formed in our faith and values from the contributions of all in our school "village."

At Our Lady of Mount Carmel School, we pride ourselves in developing the whole child through our pillars of Community, Faith, and Academics. We have a strong sense of community where families support one another and grow together. Our faith values are at the center of all we do from praying together to serving our local community. We have high academic standards and a caring, highly qualified faculty to support our students. Do you know a family who would be a great addition to our school community? Call our school office to RSVP for a school tour or to apply for the 2024-25 school year! (805) 969-5965 You can stay up on what's happening at Our Lady of Mount Carmel School by following us on Facebook and Instagram. @MountCarmelSchoolSB

May God bless you,  
Mrs. Tracie Simolon



**OUR LADY of  
MOUNT CARMEL SCHOOL**



Learn what's possible in a school community  
committed to faith values & academic excellence!  
Call to join us for a school tour today!

@MountCarmelSchoolSB (805)969-5965

OUR LADY of MOUNT CARMEL SCHOOL  
**CATHOLIC SCHOOLS  
WEEK 2024**



Catholic Schools  
United in Faith and Community

**SUNDAY, JANUARY 28**

SCHOOL FAMILY MASS @ 10:00 AM

REFRESHMENTS BY PARISH HALL AFTER MASS

**MONDAY, JANUARY 29**

GRANDPARENTS TEA @ 1:30 PM

**TUESDAY, JANUARY 30**

ALL CATHOLIC SCHOOLS MASS

BISHOP DIEGO @ 10:00 AM

**WEDNESDAY, JANUARY 31**

DAY OF SERVICE: SEE TEACHER NEWSLETTERS  
FOR INFO ABOUT CLASS SERVICE PROJECTS.

**THURSDAY, FEBRUARY 1**

STUDENT APPRECIATION DAY: CELEBRATE  
WITH DAY OF PLAY & FREE DRESS!

**FRIDAY, FEBRUARY 2**

MOVE-A-THON!

## Eucharistic Ministers



The Extraordinary Ministers of Holy Communion ministry (Eucharistic Ministers) offers the opportunity to assist priests in the distribution of the Body and Blood of Christ during Mass.

We are in need of volunteers for all Mass times. The scheduling process allows you to sign up for what works best for you and your schedule. A brief training is required, and will be provided by our parish.

If you are interested in becoming a Eucharistic Minister, or would like more information, please contact Brenda Nielsen at [bnielsen@gmail.com](mailto:bnielsen@gmail.com), or call the Parish Office at 805/969-6868

## Altar Servers



**Our Lady of Mount Carmel invites all students in 4th to 12th grade to become Altar Servers!**

The primary role of the Altar Server is to assist the priest in the Eucharistic celebration. The ministry of Altar Server in the Catholic Church is very unique: Other than the priests and deacons, no one else has the opportunity to participate so closely in the preparation of the Eucharist.

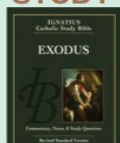
Everything they do is a witness to their love of Jesus in the celebration of the Mass, so that the congregation can be more attentive to the Word of God, and making their time of worship more meaningful and deeply felt.

For more information, please contact Father Lawrence at

[lseyer@mtcarmelsb.com](mailto:lseyer@mtcarmelsb.com) or

Rick Lyons - [rick-lyons@att.net](mailto:rick-lyons@att.net)

### OLMC SCRIPTURE STUDY



## EXODUS PART ONE

**JOIN US EACH THURSDAY EVENING AS WE STUDY THE BOOK OF EXODUS. THIS INTERACTIVE AND ENGAGING STUDY WILL BE LED BY OUR VERY OWN, JUSTIN MACK**

Study starts Thursday Jan. 18th 6:45-8pm and runs through March 21. Light refreshments will be served

Please purchase your study guide prior to first study. It can be found at <https://ignatius.com/exodus-2exp/>

MEET IN THE OLMC PARISH HALL  
LOCATED BEHIND THE CHURCH  
1300 EAST VALLEY ROAD  
PLEASE CALL SARAH AT 805-574-9941 FOR  
QUESTIONS

Updated registration information can be found at [mtcarmelsb.com](http://mtcarmelsb.com).

### SAVE THE DATES!

## A SPIRITUAL & CULTURAL JOURNEY TO PORTUGAL & SPAIN

Fatima, Lisbon, Jerez, Cadiz, Gibraltar, Marbella, Granada, Toledo, Avila, Segovia, Madrid & More!

Under the Spiritual Direction of Fr. Lawrence Seyer, Pastor  
Our Lady of Mount Carmel Catholic Church in Santa Barbara, California

**14-Day Itinerary: October 21 to November 3, 2024**



#### HIGHLIGHTS INCLUDE:

- Fatima – Shrine of Fatima & Mass at the Chapel of Apparitions
- Lisbon – Visit Sé de Lisboa, the oldest church in the city & Belen Tower
- Badajoz – Visit of the city with archaeological finds dated to the Bronze Age. Celebrate Mass at the 13th century Cathedral
- Seville – Visit the Plaza del Triunfo—Cathedral Square, Plaza del Triunfo & the Bellas Artes Museum
- Jerez – Home of Sherry wine, the flamenco and the beautiful Andalusian horses
- Cadiz – One of the oldest continuously inhabited cities in Western Europe
- Tarifa & Gibraltar – Visit the world famous Rock of Gibraltar
- Marbella – Stop at the charming seaside Marbella Puerto Banus
- Granada – Visit of Alhambra, Tombs of Isabella La Católica & the Garden of the Granada Parador
- Toledo – Visit the Synagogue and St. Tomé Church with the famous El Greco paintings
- Madrid – Panoramic tour of the city, Mass in the Almudena Cathedral & Prado Museum
- Avila – Visit the site related to St. Teresa of Avila & St. John of the Cross & Monastery of the Incarnation
- Plus much, much more!



Pricing, itinerary and registration available after January 5, 2024

To be placed on the priority mailing list to receive your brochure and registration information please contact:

Fr. Lawrence Seyer  
Email: [lseyer@mtcarmelsb.com](mailto:lseyer@mtcarmelsb.com)  
Tel: (805) 969-6868

Travel arrangements by:  
**Catholic Travel Centre**  
Worldwide Tours & Pilgrimages



# STEM GAME NIGHT

MC-CLUB  
5TH GRADE  
YOUTH  
GROUP



WEDNESDAY 1/31  
6:30-8:00 IN THE OLMC PARISH HALL  
OPEN TO ALL 5TH GRADERS FROM ANY  
SCHOOL.  
CONTACT SARAH @ 805-574-9941  
FOR MORE INFORMATION



GAMES, FOOD AND  
FUN ACTIVITIES  
IN ART, SCIENCE,  
AND TECHNOLOGY  
LED BY STEM  
MASTER -JUSTIN  
MACK

M & M ' S  
YOUTH GROUP

## BOWLING AND PIZZA FESTIVAL 2024



SUNDAY FEBRUARY 4TH 3:30PM-5:30PM

\$30 A PERSON INCLUDES ALL YOU CAN EAT PIZZA, DRINKS, BOWLING, SHOE  
RENTAL AND A \$10.00 ARCADE CARD!

DROP OFF AND PICK UP AT SHOE RENTAL DESK-BRING WAIVER  
YOU MUST RSVP FOR THIS EVENT AND PAY IN ADVANCE BY 2/2

YOU CAN PAY BY CASH OR CHECK IN THE CHURCH OFFICE  
OR ONLINE THROUGH THE CHURCH WEBSITE UNDER "DONATE". PLEASE ADD

NOTE THAT IT IS FOR BOWLING  
TEXT SARAH AT 805-574-9941 FOR MORE INFO

BOWLERO- 5925 CALLE REAL

MC-Club 5th Grade  
Youth Group

## St. Valentine's Day Party

GOD IS LOVE 1 John 4:16

Celebrate Friendship and One of our  
Favorite Saints with Trivia, Games and  
Treats, Of Course!

Wednesday Night 2/7

6:30-7:45pm

OLMC Parish Hall

Open to All 5th Grade students from any school

Feel free to donate treats!

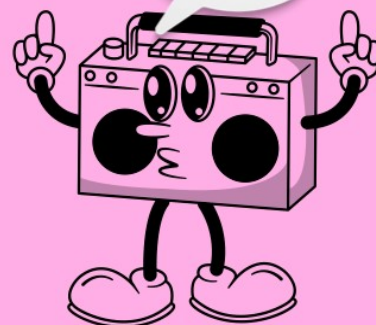
Text Sarah at 805-574-9941 for more  
information

EL CAMINO CONFIRMATION

## EL CAMINO CONFIRMATION FEBRUARY SESSIONS

FREE  
ENTRY

God Is  
Love



OLMC PARISH HALL  
DOORS OPEN AT  
11:30 AM (ENDS AT  
12:30)

SUNDAY  
FEB. 4  
AND  
FEB. 25

CALL SARAH @ 805-574-9941 FOR  
QUESTIONS





*Ash Wednesday*

**WEDNESDAY,  
FEBRUARY 14TH**

**Mass Times**

**7:45am**

**5:30pm**

Ash Wednesday is a day of Fasting and Abstinence.  
Please visit <https://www.usccb.org/resources/Fasting-Lent-Info.pdf> for more information.



Please join us for Stations of the Cross every Friday during Lent (February 16th—March 22nd) in the main church at 6pm. Take time to reflect on the sacrifice of Our Savior during this sacred season, meditating on His passion and death on the cross. Friday night Stations of the Cross will be followed by a soup supper in the Parish Hall.

If you cannot join us at the scheduled time, the church is open every day for you to pray the stations on your own. Spend some time with Our Lord this Lent. Don't just "give up" for Lent; Use the time you make with your own small sacrifices for the good of your soul and others in prayer.

**Our Lady of Mount Carmel  
Faith Formation**



Family Focus today on the Sacraments of Initiation

Today we learn about Baptism, Confirmation and Eucharist.  
Creator God,

we ask you to grant us the wisdom  
to be examples to others in our world  
seeking knowledge of the Lord.

Teach us to be your disciples and guide people towards you  
in the saving waters of Baptism,  
anointed with the gift of the Holy Spirit,  
and nourished through the bread of life in the Eucharist.

May we take courage from the presence  
of the Father, the Son, and the Spirit in our daily lives.  
Amen.

**Family Focus February 11 - On Lent**



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

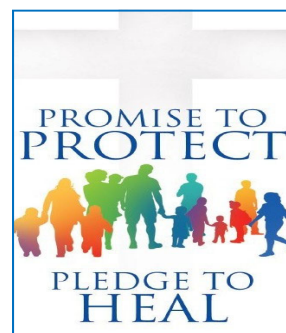
## **SAFEGUARD OUR CHILDREN**

**Did you know?**

### **The Crime of Child Pornography**

Child pornography is the visual depiction of a minor in sexually explicit conduct. There is some general public confusion surrounding the term "child pornography" — for example, some people believe that child pornography can be accidentally found while browsing the internet, or that the "children" depicted are actually older and simply appear younger. Using the term "child pornography" can also minimize the horrors of children being exploited for profit in this way.

To learn more, read the  
**VIRTUS®** article  
"Responding to the Crime  
of Child Sexual Abuse  
Materials" at  
[lacatholics.org/did-you-know/](http://lacatholics.org/did-you-know/).





### Eucharistic Ministers

#### Lectors

4:30pm

John Pate

8:00am

Debbie Bruce

10:00am

Marty Bell

12:00pm

Jane Macedo de Veer

4:30pm  
Brenda Nielsen

8:00am  
Sheila Neary

10:00am  
Jackie Krock  
Brian Simolon

12:00pm  
Hank Peterson



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).

### Please Pray For The Sick Of Our Parish



Gus Munoz  
Domini Tarman—Mary Press  
Cheryl & Tom Elder  
Carolyn Groth-Marnat  
Pennye Wilder—Alicia Williford

Please contact us if you would like to add or remove a name from the prayer list.

### **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!**



## **Mass Intentions**

|         |                                                               |
|---------|---------------------------------------------------------------|
| SAT.    | JANUARY 27TH                                                  |
| DAILY   | Intentions of Aaron Flowers                                   |
| VIGIL   | Jose Adame Sr. †                                              |
| SUN.    | JANUARY 28TH                                                  |
| 8:00AM  | Frank Umanzio †                                               |
| 10:00AM | The Students, Staff, Teachers and Parents at OLMCS            |
| 12:00PM | For All Parishioners                                          |
| MON.    | JANUARY 29TH                                                  |
| DAILY   | Intentions of Carol Wathen                                    |
| TUES.   | JANUARY 30TH                                                  |
| DAILY   | Colleen Kirst †                                               |
| WEDS.   | JANUARY 31ST                                                  |
| DAILY   | David Kuehl †                                                 |
| THURS.  | FEBRUARY 1ST                                                  |
| DAILY   | Intentions of the Snyder Family                               |
| FRI.    | FEBRUARY 2ND                                                  |
| DAILY   | Intentions of Sister Rosalie Callen & Sister Kathleen Patrice |
| SAT.    | FEBRUARY 3RD                                                  |
| DAILY   | Marty Boise †                                                 |
| VIGIL   | Bill Jones †                                                  |
| SUN.    | FEBRUARY 4TH                                                  |
| 8AM     | For All Parishioners                                          |
| 10AM    | Robert Lauigan †                                              |
| 12PM    | Intentions of Adam & Behati Levine                            |

### **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.**

