



# Our Lady of Mount Carmel Catholic Church

## Fifth Sunday of Ordinary Time February 4, 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

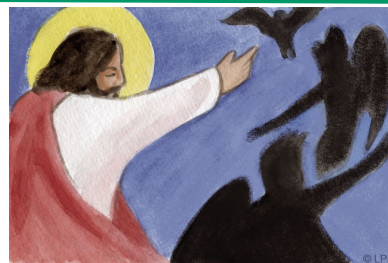
805/969-4868

Sister Kathleen Patrice Sullivan

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

"He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him."

~ Mk 1:34



## 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](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.



# "Holy, holy, holy Lord God of hosts."

The Prophet Isaiah saw  
a vision of heaven and heard  
the angels sing this to God. -Is 6:3

©LPi

### Whole Community Faith Sharing

Gospel  
Mark 1:29-39b



**Reflection:** Jesus is astounding crowds everywhere. The people are all clamoring for his attention to heal their loved ones. He does not disappoint! Jesus, like us, needs time to pull away and spend time in prayer in order to rest and focus on where His Father is leading him next. We should follow His example by frequently withdrawing from the chaos around us and praying for God's guidance.

**Question:** "He left and went off to a deserted place, where he prayed." Where do I go to pray and connect with God? What distractions impede my prayer?

**Faith Response:** I will make time daily to pull away from distractions and spend time with God in prayer.



# BE IMITATORS *of Christ*

2024 ANNUAL APPEAL

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**MAKE  
YOUR GIFT  
TODAY!**

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**VISIT [TIMGIVE.ORG](https://timgive.org)**

OPEN CAMERA  
SCAN QR CODE  
GIVE TODAY!





# Tax season is coming!

Our Lady of Mount Carmel Church appreciates your generous donations in 2023. If you are interested in getting information for your tax filing, please contact the parish office.

Phone: 805/969-6868

Email: [info@mtcarmelsb.com](mailto:info@mtcarmelsb.com)



*Ash Wednesday*

**WEDNESDAY,  
FEBRUARY 14TH**

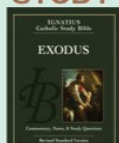
Mass Times

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.

## 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:





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**

 **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

**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 or  
Rick Lyons - rick-lyons@att.net



## Everyday Stewardship—The Audacity of Holiness



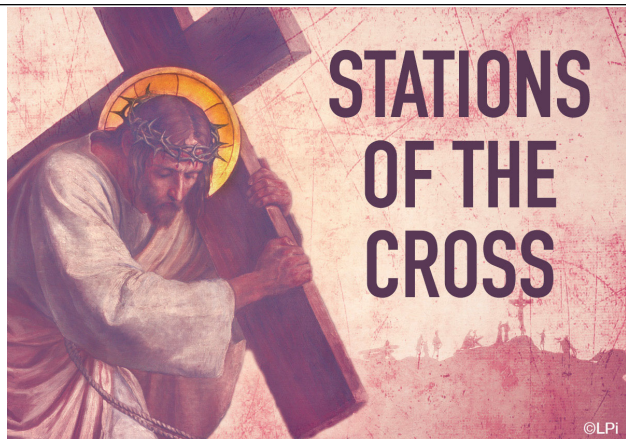
Do you know a holy person? I'm not talking about piety — that's important, too, in its own way. But right now, I'm speaking of holiness. St. Therese of Lisieux called holiness “a disposition of the heart that makes us humble and little in the arms of God, aware of our weakness, and confident — in the most audacious way — in His Fatherly goodness.”

The holy person sees a storm on the horizon of life, and rather than give themselves over to fear and despair (natural and understandable reactions), regards the gathering winds as an opportunity to rely more fully on God. The holy person takes a bad situation and sanctifies it with charity and understanding that defies our fallen human nature.

Peter's mother-in-law was still in the throes of a fever when Jesus grasped her hand. It wasn't until she took his hand and allowed him to help her up that “the fever left her and she waited on them.” Before the fever could leave her, she had to commit to holiness — to put her trust in him in a most audacious way. She had to find it within herself to lift her weakened hand to grasp his — and as soon as she did, she was rewarded. Her bodily health restored, she gave thanks, and attended to his needs.

God's hand is always outstretched to us. Will we take it, even if the fever of sin and pride and worldly concerns rages in our souls? Will we muster the strength? Will we be audacious enough to have confidence in His Fatherly goodness?

—Tracy Earl Welliver, MTS

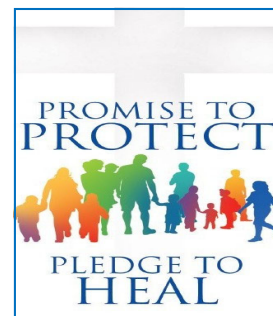


Please join us for Stations of the Cross every Friday during Lent (February 16th—March 22nd) in the main church at 6pm. Take time to reflect on the sacrifice of Our Savior during this sacred season, meditating on His passion and death on the cross. Friday night Stations of the Cross will be followed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

### SAFEGUARD OUR CHILDREN Did you know? Effectively communicating with your teenagers

During conversations with teenagers, focusing on the matter at hand is essential. It is tempting to make every dispute an opportunity to discuss multiple issues at the same time, but this is often counterproductive. Instead, addressing a particular issue at a time you are better able to guide and mentor teenagers by helping them look with clear eyes at the situation in front of them and work toward a solution. For more information, read the VIRTUS® article “Communicating Tip No. 9: Avoid “Scope Creep” with Teens” at [lacatholics.org/did-you-know/](http://lacatholics.org/did-you-know/).





### Eucharistic Ministers

#### Lectors

4:30pm  
Harriet Callier

8:00am  
John Pate

10:00am  
Beth Boyd

12:00pm  
John Osley

4:30pm  
Jack Stratford

8:00am  
Jack Casey

10:00am  
Mark Lorge  
Bob Nunez

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.	FEBRUARY 3RD
DAILY	Marty Boise †
VIGIL	Bill Jones †
SUN.	FEBRUARY 4TH
8:00AM	For All Parishioners
10:00AM	Robert Lauigan †
12:00PM	Intentions of Adam & Behati Levine
MON.	FEBRUARY 5TH
DAILY	Intentions of Carol Wathen
TUES.	FEBRUARY 6TH
DAILY	Intentions of Rachel Filomena Hambly
WEDS.	FEBRUARY 7TH
DAILY	Intentions of Roger † & Miny Willmon
THURS.	FEBRUARY 8TH
DAILY	George Duimovich †
FRI.	FEBRUARY 9TH
DAILY	Roy Rohter † John T. Biersmith †
SAT.	FEBRUARY 10TH
DAILY	Colleen Kirst †
VIGIL	Gino & Rosetta Guadagnini †
SUN.	FEBRUARY 11TH
8AM	Greer Charlotte Rushforth †
10AM	Colleen Kirst †
12PM	For All Married Couples

### **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.**

