



Our Lady of Mount Carmel Catholic Church

Fourth Sunday of Lent March 10, 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

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

email: 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

Sacraments

Baptism – baptisms@mtcarmelsb.com

First Holy Communion – rcallen@mtcarmelsb.com

Confirmation ('El Camino' High School)

sarahm@mtcarmelsb.com

Marriage – weddings@mtcarmelsb.com

RCIA (Adult Sacraments) – info@mtcarmelsb.com

Faith Formation

805/969-4868

Sister Rosalie Callen, C.S.J.

rcallen@mtcarmelsb.com

Youth Ministry

805/574-9941

Sarah Mack

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

"For everyone who does wicked things hates
the light and does not come toward the light,
so that his works might not be exposed.." ~

Jn 3:20



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. 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"

Check our website 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.



HOW
ARE YOU
CHOOSING TO
WALK IN HIS
SANDALS
THIS LENT?

Whole Community Faith Sharing

Gospel
John 3:14-21



Reflection: "God so loved the world that He gave his only Son, so that everyone who believes in Him might not perish but have eternal life." This is probably the most famous quote from the Bible. Our gospel reading this week says so much more though. Our Savior came to give us all life in its fullness if we only dare to accept it and live according His teachings. Yet some people still prefer the darkness to the light. They hide their actions because, deep down, they know their actions are wrong and take away from God's light and love. Lent is the perfect time to let God's light shine through all our actions so that we are worthy of God's sacrifice.

Question: *People preferred darkness to light, because their works were evil.* What parts of myself do I try to hide from God and others? How can I change my actions and be open to God's mercy and gift of eternal life?

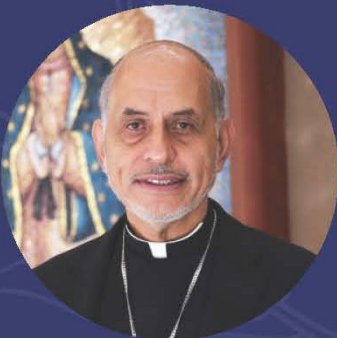
Faith Response: This week I will scrutinize my life and make any changes necessary to feel the light of God's Love in all that I do.

OUR LADY OF MOUNT CARMEL CHURCH LENTEN NIGHT OF REFLECTION

Wednesday - March 13th @ 7 pm
Guest Speaker - Bishop Albert Bahhtuth

Join Father Lawrence and Bishop Albert
for an evening of reflection and prayer.

Bishop Albert will share about his vocation,
the practice of Lectio Devina, and the Eucharist,
with a time of reflection and adoration included.
Take some time this Lent to spend time with Our Lord.
All are welcome to this gathering
in the main church.



Bishop Albert Bahhtuth is the newly appointed
Auxiliary Bishop to the San Fernando Region of
the Archdiocese of Los Angeles.



El Camino High School Confirmation March Sessions

Sunday, March 3rd -11:30-12:30



***LA URBAN PLUNGE
3/16 7:00AM-6:30PM**



Sunday, March 24th 11:30-12:30

Please text Sarah at 805-574-9941 if you can
donate small water, treats, string cheese, fruit or
bagels.

*The LA Urban Plunge is optional, but you must
sign up with waivers and payment by
3/3





Faith Formation

Laetare Sunday
"Rejoice!"

God's great love for us has been
revealed in Jesus. Through his
Passion, Death, and Resurrection,
Christ has reconciled us with God and
one another.



Family Mass today at 10:00 AM



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



M&M'S MIDDLE SCHOOL
YOUTH GROUP

DICE DRIVE 2024



FRIDAY MARCH 15
**6:30-8:00PM-MEET IN THE
PARISH HALL**

HOP IN THE VAN, ROLL THE DICE AND
SEE WHERE WE END UP!
BRING \$5.00 FOR A TREAT

SPACES ARE LIMITED TO 13 STUDENTS

TEXT YOUR RSVP ASAP TO
SARAH 805-574-9941
PROVERBS 3:6





MC-CLUB

ST. PATRICK'S DAY PARTY

**TRIVIA, GAMES, TREATS AND LEPRECHAUN
TRICKS**

WEDNESDAY MARCH 13TH 6:30PM-8:00PM
OLMC PARISH HALL





**MAY YOUR TROUBLES BE LESS AND
YOUR BLESSINGS BE MORE AND
HAPPINESS COME THROUGH YOUR
DOOR.**





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.

A green-themed graphic for St. Patrick's Day Dinner featuring a leprechaun hat, shamrocks, and a sunburst background.

St. Patrick's Day Dinner

MARCH 17TH, 5PM
IN THE PARISH HALL
\$35/PERSON
CHILDREN 12 AND UNDER EAT FREE!

Your ticket covers a full traditional corned beef and cabbage dinner, drinks included.

Tickets will be sold after all Masses the weekends of March 3rd and March 10th.
 Tickets are available online at tinyurl.com/olmcStPat24

You're invited to celebrate

EASTER

at Our Lady of Mount Carmel Church

HOLY THURSDAY

7:30 pm Mass of the Lord's Supper

GOOD FRIDAY

3 pm Liturgical Service

6 pm Stations of the Cross

HOLY SATURDAY

7:30 pm Easter Vigil

EASTER SUNDAY

Mass celebrated at 8 am,

9:30 am, 11 am and 12:30 pm

HOLY WEEK CONFESSION TIMES

Tuesday, March 26th

3:30 pm-4:30 pm

Wednesday, March 27th

3:30 pm-4:30 pm

7 pm - 8 pm



Pilgrimage Information Meeting

Join Us for Our Pilgrimage Information Meeting

A Spiritual & Cultural Journey to Portugal & Spain

14-days: October 21 to November 3, 2024

When: Sunday, March 24, 2024 at 5:30pm

Where: Parish Hall – Our Lady of Mount Carmel Catholic Church

1300 E Valley Road, Santa Barbara, CA 93108

Refreshments served

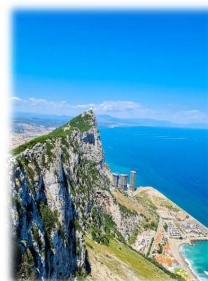
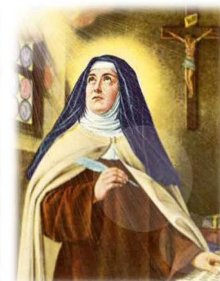
Space is limited! Please bring your checkbook to sign up at the meeting

To download the tour brochure and registration visit: GoCatholicTravel.com/24046

Contact: Fr. Lawrence Seyer

Email: LSeyer@mtcarmelsb.com

Telephone: (805) 969-6868



From the Principal's Desk.....

Working in a school, it is always fun to talk to the students about what they are “giving up” for Lent. Some talk about how hard it will be to give up sweets or video games while others joke that they wish they could give up vegetables! :)

We spend a majority of our time during Lent talking about giving up things, fasting. However, fasting is just one of the three pillars of Lent. The other two pillars are almsgiving and prayer. I encourage you to take some time as a family to discuss how to give during this Lenten season as well. A powerful way to couple almsgiving with fasting is to set aside what you would have spent on desserts, soda, etc. and discuss as a family a meaningful cause or charity with whom to share a donation. As a school we are once again partnering with the Fr. Virgil Cordano Center, inviting our students to fill coin banks to support those in need in our community.

Thirdly, during Lent we are called to renew our prayer life. Since life is busy, prayer has to be a choice we make each day. One great way to incorporate prayer into our daily lives is to subscribe to a devotional or reflection that is emailed or texted to you each day. There are also great apps like Hallow, Laudate, Blessed Is She, and so many more that can help us focus our prayer during this season.

Why do we do all of this during Lent? One reason is to separate ourselves from the material world to focus on our inner spiritual lives. St. Augustine said that fasting and almsgiving are the “two wings of prayer.” May we be lifted up as we prepare our inner lives for Christ’s resurrection at Easter.

May God bless you,

Mrs. Tracie Simolon
Principal

www.mountcarmelschool.net
(805) 969-5965
@MountCarmelSchoolSB



Our Lady of
Mount Carmel
School

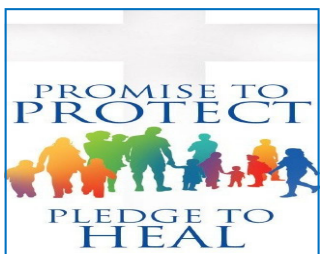
SAFEGUARD OUR CHILDREN

Did you know?

Why are children with disabilities at risk?

Children with disabilities are at higher risk for maltreatment and abuse. In many cases, this is because these children may be more vulnerable to grooming or exploitation by a perpetrator, need extra attention and care, which can lead to caregiver burnout and frustration, isolation from community, and financial strain.

To learn more, read the VIRTUS® article “Children Living with Disabilities and Risk for Child Maltreatment and Victimization” at lacatholics.org/did-you-know/.



FR. VIRGIL CORDANO CENTER

The Father Virgil Cordano Center (FVCC) is gratefully accepting donations of homemade cookies, pies, and cakes for luncheon desserts for our clients in our lunch program five days a week. Donations can be dropped off at the Center located at 4020 Calle Real, Suite 2 in Santa Barbara. The FVCC is open weekdays for donations between 9:00 AM and 2:00 PM. Thank you for your generosity!



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



Eucharistic Ministers

Lectors

4:30pm
Harriet Callier

8:00am
John Pate

10:00am
Deborah Ferris

12:00pm
Chris Toomey

4:30pm
Jack Stratford

8:00am
Jack Casey

10:00am
Mark Lorge
Carol Webb

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.

Please Pray For The Sick Of Our Parish



Gus Munoz
Domini Tarman—Mary Press
Cheryl & Tom Elder
Carolyn Groth-Marnat
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.	MARCH 9TH
DAILY	Roy Rohter †
VIGIL	Bill Jones †
SUN.	MARCH 10TH
8:00AM	Samantha Curnow †
10:00AM	Joe Doud †
12:00PM	Intentions of Stella Sarinanna
MON.	MARCH 11TH
DAILY	Intentions of Claire Mondro
TUES.	MARCH 12TH
DAILY	Tyler & Scottie Hester †
WEDS.	MARCH 13TH
DAILY	Intentions of Carol Wathen
THURS.	MARCH 14TH
DAILY	Marty Boise †
FRI.	MARCH 15TH
DAILY	James L. Weinheimer †
SAT.	MARCH 16TH
DAILY	Rodolpho Henson †
VIGIL	Collen Kirst † & Alex Saucedo †
SUN.	MARCH 17TH
8AM	Alex Saucedo † & Vickie Bruce †
10AM	For All Parishioners
12PM	Frank Reed Webb †

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!

