



# Our Lady of Mount Carmel Catholic Church

## Fifth Sunday of Lent March 17, 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)

"Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit." John 12:24



## 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.



*Christ with me,  
Christ before me,  
Christ behind me,  
Christ in me,  
Christ beneath me,  
Christ above me,  
Christ on my right,  
Christ on my left,  
Christ when I lie down,  
Christ when I sit down,  
Christ when I arise,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.*

*Excerpt from "St. Patrick's Breastplate"*

### Whole Community Faith Sharing

**Gospel**  
**John 12:20-23**



**Reflection:** So, the same people who shouted "Hosanna" on Sunday, yelled "Crucify Him!" on Friday. Jesus finally announces that his time has come. Jesus' opponents will succeed in killing Him, but He will rise. The Father will glorify the Son again at the cross, the tomb and the day of His return. By being lifted up on the cross, He will "draw all people to myself."

**Question:** Jesus saw power in the cross. Has His suffering, death and resurrection drawn you closer to Him?

**Faith Response:** During the remaining two weeks of Lent, I will meditate and pray keeping the cross and Jesus at the center of my heart and mind.

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





## 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

Our Lady of Mount Carmel  
Faith Formation




God's covenant is made visible in Jesus' Life, death, and Resurrection.  
"The grain of wheat that falls to the ground and dies, produces much fruit."  
God of life, take our sufferings and dyings into your Divine heart and transform them into a path to fullness of life.

Family Focus Today - On Holy Week  
Spring Break - March 24  
Easter - March 31

Happy St. Patrick's Day!  
March 19 - Happy St. Joseph's Day!

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



## In The Spirit of Eucharistic Revival Come Let Us Worship Lenten Eucharistic Adoration

Saturday March 23, 2024  
Bishop Diego High School  
4000 La Colina Rd. Santa Barbara, CA

Park in the main lot

Proceed to the Gym  
(The Brick building)

6:30 to 9  
Praise and Worship  
Reflection  
Adoration

Contact  
John Vasellina 805-708-5130  
Lisa Schlesselmann 805-698-1127



MusePrintables.com

Our Lady of Mount Carmel Parish

## "It's Still Easter" Easter Egg Hunt

Open to all children aged  
5 and under  
April 7th, 2024  
at 11:30 am-Meet at the  
school playground

Snacks and drinks will be served  
Text your Rsvp to Sarah at 805-574-9941  
Invite a friend!







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.



**Montecito Meals on Wheels**

Serving the community for 35 years



**Transition House**  
THE WAY HOME

### Meals on Wheels and Transition House

The hymn we sing in church says, "Here I am, Lord". We sing these words knowing we are willing to be helpful, if only we knew how.

Two great invitations to our parish community are to volunteer to participate in our Meals on Wheels and Transition House programs.

Meals on Wheels needs drivers to pick up food prepared and donated by Casa Dorinda to local residents who are confined to their homes. The route generally takes about one hour and volunteers are asked to be a regular driver, which means doing the delivery once a week, or a fill in driver, which is a person who drives occasionally.

Transition House volunteers donate their time and energy on the first Friday of each month, preparing and serving dinner meals for parents and their children, living at the Transition House residence in Santa Barbara.

Both programs require a small gift of our time and energy but allow us the great opportunity to respond to the Christian call of loving our neighbors by responding. "Here I am, Lord, ready to help."

Call 805-451-3612 for more Information



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



### 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](http://GoCatholicTravel.com/24046)

**Contact:** Fr. Lawrence Seyer  
**Email:** [LSeyer@mtcarmelsb.com](mailto:LSeyer@mtcarmelsb.com)  
**Telephone:** (805) 969-6868





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

What a wonderful celebration of our students' gifts and talents we experienced last week! Our middle school music students performed *Newsies, Jr.* for the school community in the afternoon and an evening performance for families on Thursday. *Newsies* is a historical musical that tells the story of the 1899 Newsboys' Strike in New York City. The newsboys and girls, the newsies, spoke out against the newspaper publishers' price hikes and organized a strike to earn fair wages.

It was a blessing to see many of our students sharing their talents, and many of them, stepping out of their comfort zones to perform on stage for the very first time! Thank you to the drama students who will be acting and singing and to our art elective students who created the New York City skyline backdrop for the show. Thank you to our drama teachers Ms. Bella Holland and Mrs. Angela Pangan for the many hours they spent planning and working with the students to make it a success. It is events like this that really make our students and school shine!

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 2024-25 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

Mrs. Tracie Simolon  
Principal

[www.mountcarmelschool.net](http://www.mountcarmelschool.net)

(805) 969-5965

@MountCarmelSchoolSB



## SAFEGUARD OUR CHILDREN

Did you know?

### What is a traumatic experience?

The National Child Traumatic Stress Network (NCTSN) defines a traumatic event as a "frightening, dangerous, or violent event that poses a threat to a child's life or bodily integrity." This includes events that victimize the children directly or events of this type that children witness, particularly when the person harmed is a loved one. A child's understanding of safety depends on the safety of his caregivers. For more information, read the VIRTUS® article "Healing from Child Trauma" at [lacatholics.org/did-you-know/](http://lacatholics.org/did-you-know/).



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



### Eucharistic Ministers

#### Lectors

4:30pm

Harriet Callier

8:00am

Alicia McFarlane

10:00am

Beth Boyd

12:00pm

John Osley

4:30pm

Jack Stratford

8:00am

David Crooks

Bridget Crooks

10:00am

Brian Simolon

Gary Boyd

12:00pm

Stephen Biersmith



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  
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 16TH
DAILY	Rodolpho Henson †
VIGIL	Colleen Kirst † & Alex Saucedo †
SUN.	MARCH 17TH
8:00AM	Alex Saucedo † & Vickie Bruce †
10:00AM	For All Parishioners
12:00PM	Frank Reed Webb †
MON.	MARCH 18TH
DAILY	Intentions of Carol Wathen
TUES.	MARCH 19TH
DAILY	Marty Boise †
WEDS.	MARCH 20TH
DAILY	Father Carroll O'Sullivan †
THURS.	MARCH 21ST
DAILY	Intentions of Carol Wathen
FRI.	MARCH 22ND
DAILY	Christopher Guadagnini †
SAT.	MARCH 23RD
DAILY	John Rosecrance †
VIGIL	Alex Saucedo † & Vickie Bruce †
SUN.	MARCH 24TH
8AM	Intentions of Kathleen Toschi
10AM	Joe Doud †
12PM	Intentions of the Overgaag & Vyverberg Families, Living and Deceased

### 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!**

