



# Our Lady of Mount Carmel Catholic Church

## First Sunday of Advent November 30, 2025

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)

Confirmation ('El Camino' High School)

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

Marriage – [weddings@mtcarmelsb.com](mailto:weddings@mtcarmelsb.com)

OCIA (Adult Sacraments) – [info@mtcarmelsb.com](mailto:info@mtcarmelsb.com)

### Faith Formation/First Communion

805/969-4868

Sister Rosalie Callen, C.S.J.

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

### Youth/Young Adult 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

Young Family Ministry – Stay & Play

### 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)

"If the master of the house had known the hour of night when the thief was coming, he would have stayed awake and not let his house be broken into. So too, you also must be prepared." Mt 24:43-44



## 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 1pm - 5pm.

The office is closed for lunch from noon to 1pm. The office is also closed on Saturdays, Sundays and all federal holidays.

**Our Lady of Mount 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.



## Whole Community Faith Sharing

**Gospel**  
**Matthew 24:37~44**



**Reflection:** Advent reminds us that living in anticipation requires more than just a hopeful heart; it demands active preparation. This preparation is both personal and communal. It beckons us to listen closely to God's call in our lives and to allow His grace to guide our choices and actions. In a world that often feels chaotic and overwhelming, this reflective period encourages us to seek clarity and purpose. It urges us to choose paths that might lead to peace, kindness and understanding, even amidst life's messiness. This Advent may each of us remain joyful and vigilant, ready to welcome both the Christ Child and the promise of his return.

**Question:** How can I "stay awake" to the realities of life and the challenges I face, as well as to the signs of hope in our world today?

**Faith Response:** This first week of Advent I will pray in the morning and evening to help me stay focused amid all the consumerism that surrounds me.

## 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, and the First Friday of every month from 8:15am until 11am, in the Main Church.

All are welcome!







**Save the Date!**

**Advent Night of Reflection  
with Bishop Matt Elshoff**

**“Advent: The Season of Mary”**

**Tuesday, December 9th @ 7pm in the Parish Hall**

**Please join fellow parishioners for this gathering as we prepare our hearts and homes for the coming of Jesus at Christmas, and His promised second coming. A light reception will follow the talk. All are welcome to attend.**

**Bishop Elshoff was born in Cincinnati, Ohio, but grew up in the Los Angeles area, attending St. Bede the Venerable Church and school in La Cañada Flintridge as a child. He entered the Capuchin Franciscan Order in 1973 and was ordained to the priesthood in 1982. He is currently serving as the Episcopal Vicar for Our Lady of the Angels Pastoral Region.**



# OLMC CHRISTMAS POTLUCK

Tuesday, December 16th  
6pm Parish Hall

Join fellow parishioners for an evening of festive fellowship as we prepare for Christmas.

RSVP is required for this event so that we do not run out of food and beverage. Drinks will be provided.

For any questions or help with RSVP, please contact

Louise Hill, 805-452-0274 or

Susan Robles, 805-252-8206

RSVP Website: <https://our-lady-of-mt-carmel-christmas-potluck.cheddarup.com>



Scan this QR code to  
RSVP your dish & seat  
or visit the website  
listed above!





Monday Night Live

# Advent Bingo

Join the Holiday Cheer with Advent Bingo, where every wrapped prize will bring joy and fun!  
Bring a Friend, a Wrapped Gift (that costs \$5.00 or less) and a favorite treat to share.

**DECEMBER 1ST  
6:30-8PM  
IN THE PARISH HALL**

\$3.00 gets you admission and two Bingo cards.  
Ages 21 and Up



FEAST OF THE

# IMMACULATE CONCEPTION

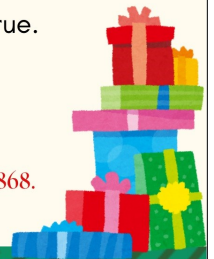
Monday, December 8th  
Holy Day of Obligation  
Mass Times: 7:45am & 5:30pm

OUR LADY OF MOUNT CARMEL

## GIVING TREE

Since Christmas is a time of giving and sharing, we are inviting our parishioners, to join us in helping some of the less fortunate families in the Santa Barbara community. Please contact Sister Kathleen if you would like to still help a family or make a monetary donation to help make a child's Christmas wish come true.

Sister Kathleen Patrice 805 969-4868.  
kpatrice@mtcarmelsb.com



2025  
ANNUAL  
PROCESSION  
HONORING  
OUR LADY  
OF  
GUADALUPE

SUNDAY, DECEMBER 7, 2025  
ROSARY AND PROCESSION  
GATHER AT DE LA GUERRA PLAZA AT 5:30PM

OUR  
LADY OF  
SORROWS  
CHURCH  
21 E. SOLA ST  
SANTA BARBARA  
CA 93101

HOLY  
MASS  
7:00PM

RECEPTION  
IN THE  
PARISH HALL  
Following  
the Mass  
there will be  
hot chocolate  
and pan dulce.





**OLMC M&M'S YOUTH GROUP**

**14<sup>th</sup> Annual Advent "Up-Cycled" Gift Exchange**

Please bring a used item, giftwrapped and ready to swap.  
Gift can not be alive....dont ask!

Date- Wednesday 12/3  
Time-6:30-8pm  
Location- The OLMC Parish Hall

Games and An Advent Raffle!  
Feel Free to bring Treats!  
Bring a friend!  
Open to all middle school student from any school

TEXT SARAH AT 805-574-9941



**5TH GRADE YOUTH GROUP**

**MC-CLUB ADVENT GAME NIGHT**

**DECEMBER 10**  
6:30-8:00PM  
OLMC PARISH HALL

BRING A WRAPPED CANDY BAR FOR OUR EXCHANGE

**ACTIVITIES**  
"SLEDDING" "SNOWBALL FIGHT" | ADVENT TRIVIA -ARTS & CRAFTS, TREATS, RAFFLES AND MORE!

TEXT SARAH @ 805-574-9941  
FOR QUESTIONS  
5TH GRADERS FROM ALL SCHOOLS WELCOME



**OUR LADY OF MOUNT CARMEL FAITH FORMATION**

**HOPE**  
*Happy 1st week of Advent!*

God of hope, we light this candle as we prepare for the coming of your Son. Awaken our hearts to you this Advent season, so that when Christ arrives, we are ready to receive him with all our hearts, all our minds, and all our strength. Amen.

What will you do this week to prepare your heart for the birth of Jesus?  
**No Class Today**

**December - 7 Regular Class**  
**December 14 - Christmas Program**

Faith Formation 805 969 4868  
Director: Sister Rosalie Callen, CSJ  
rcallen@mtcarmelsb.com



**YFM GINGERBREAD HOUSE STAY AND PLAY**

JOIN US AS WE DECORATE A PRE BUILT GINGERBREAD HOUSE,

ENJOY SNACKS, COOKIES, DRINKS AND GIVE TO A GOOD CAUSE.

**DECEMBER 7, 2025 3:30PM**  
**PARISH HALL**  
**\$25.00 A FAMILY**

(\$5.00 OF THIS PRICE IS A DONATION TO HILLSIDE HOUSE)  
PLEASE TEXT SARAH AT 805-574-9941 TO RESERVE YOUR GINGERBREAD HOUSE BY 11/25 PAYMENTS CAN BE MADE IN THE CHURCH OFFICE OR ONLINE UNDER THE "GIVING" TAB-NOTE ITS FOR YFM





### Eucharistic Ministers

#### Lectors

4:30pm

Joan Rocco

8:00am

Pam Langhorne

10:00am

Deborah Ferris

12:00pm

Scott Ogilvie

4:30pm

Jack Stratford

8:00am

Bridget Crooks  
David Crooks

10:00am

Gary Boyd  
Jackie Krock  
Mark Lorge

12:00pm

James Garcia

## Mass Intentions

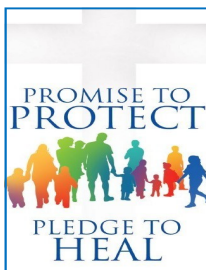
SAT.	NOVEMBER 29TH
7:45AM	Betsy Lewis †
4:30PM	Intentions of Mark & Julee Richards
SUN.	NOVEMBER 30TH
8AM	Roger Willmon †
10AM	Joe Doud †
12PM	Intentions of Anthony Dal Bello
MON	DECEMBER 1ST
DAILY	Don Benjamin De La Rosa †
TUES	DECEMBER 2ND
DAILY	Frank & Veronica Franklin †
WEDS	DECEMBER 3RD
DAILY	Jane K. Weinheimer †
THURS	DECEMBER 4TH
DAILY	Roger & Willa Morehart †
FRI	DECEMBER 5TH
DAILY	Don Benjamin De La Rosa †
SAT	DECEMBER 6TH
DAILY	Rina Bentajado †
VIGIL	Gino & Rosetta Guadagnini †
SUN	DECEMBER 7TH
8AM	Bill Werts †
10AM	For All Parishioners
12PM	Edmund Jenkins †

### **SAFEGUARD OUR CHILDREN** **Facts about community grooming**

There is a third type of grooming: community grooming. In community grooming, a predator creates a controlled environment, projecting an image of a responsible, caring adult. They mimic the behavior of good people around them, to get closer to children and then select a victim. Adults often have trouble seeing potentially troubling behavior, because they have been groomed to see the predator as an upstanding person.

For more information, read the VIRTUS® article "The Grooming Process" at

[lacatholics.org/did-you-know](http://lacatholics.org/did-you-know).



#### Please Pray For The Sick Of Our Parish

Amy Warren - Mary Ann Nielsen  
Domini Tarman — Mary Press  
Cheryl & Tom Elder—Jim Clement  
Madryn Neuman-Francoise Cogburn  
Carolyn Groth-Marnat—Mary Cannon  
Meagan K.—Spencer Vaughn  
John Ryan – Guadalupe Diaz De Leon  
Zofia Uznanska — Bill Whittenberg  
Bret Dougherty

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

