



Our Lady of Mount Carmel Catholic Church

Second Sunday in Ordinary Time January 18, 2026

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

“On whomever you see the Spirit come down and remain, he is the one who will baptize with the Holy Spirit. Now I have seen and testified that he is the Son of God.” - Jn 1:33-34

Sacraments

Baptism – baptisms@mtcarmelsb.com

Confirmation ('El Camino' High School)
sarahm@mtcarmelsb.com

Marriage – weddings@mtcarmelsb.com

OCIA (Adult Sacraments) – info@mtcarmelsb.com

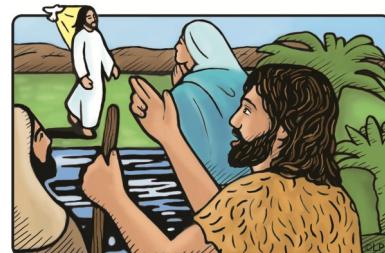
Faith Formation/First Communion 805/969-4868
Sister Rosalie Callen, C.S.J.
rcallen@mtcarmelsb.com

Youth/Young Adult 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
Young Family Ministry – Stay & Play

Secular Order of Carmelites

Merri Berwick 805/448-3587

Community Outreach 805/969-4868
Sister Kathleen Patrice Sullivan
kpatrick@mtcarmelsb.com



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 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"

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.



Whole Community Faith Sharing

**Gospel
John 1:29-34**



Reflection: This Sunday's reading continues the baptism encounter of last week's reading. Here John announces the appearance of the Lamb of God and explains that his life's mission of baptizing with water was to make known our Savior who existed before him. He further testified that he was told that when he saw the Holy Spirit descend on whomever, that was the person who would baptize with the Holy Spirit and is truly the Son of God. We have also been baptized with the Holy Spirit Let's honor this great privilege!

Question: *I saw the Spirit come down like a dove from heaven and remain upon him.* When have I felt the loving presence of the Holy Spirit? Where can I rest in the Spirit's loving presence?

Faith Response: I will make time in the classroom of silence to pray this prayer by Saint Augustine every day this week.

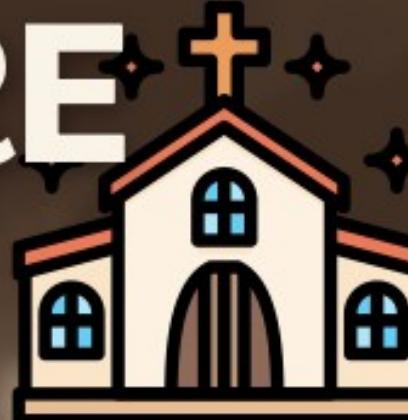
*Breathe in me, O Holy Spirit,
That my thoughts may all be holy.
Act in me, O Holy Spirit,
That my work, too, may be holy.
Draw my heart, O Holy Spirit,
That I love but what is holy.
Strengthen me, O Holy Spirit,
To defend all that is holy.
Guard me, then, O Holy Spirit,
That I always may be holy.*



Our Parish Office will be closed this Monday, 1/19, in observance of Martin Luther King Jr. Day.

Our Lady of Mount
Carmel Parish

SCRIPTURE STUDY



**Join Us for Another Fun, Interactive
and Engaging Study Led by our very
own Justin Mack**

**Please purchase The Ignatius Press Study
Guide - "The Book of Genesis" (Amazon or
Local Bookshop)**

**Every
Thursday**

**6:45pm-
8:00pm**

**Our New Season of Study
Kicks off on Jan. 15, 2026**

**1300 East Valley Rd.
Parish hall**

**EVERYONE IS
WELCOME!**

**Text Sarah Mack at
805-574-9941 for
more information**

Tax season is coming!

Our Lady of Mount Carmel Church appreciates your generous donations in 2025. If you are interested in getting information for your tax filing, please contact the parish office. Tax receipts will be mailed by request only.

Phone: 805/969-6868

Email: info@mtcarmelsb.com

From the Principal's Desk...

As we look forward to Catholic Schools Week at the end of this month (January 25-30), I reflect on why my husband and I continue to choose Catholic education for our own children. When I first wrote a similar column to this many years ago, our children were still young and all three enrolled at Our Lady of Mount Carmel School. Fast forward to today, now our youngest Vince is a freshman at Bishop Diego High School, Joe is a senior at Bishop, and Lily is in the midst of her junior year at the University of Notre Dame.

One reason we chose OLMCS years ago is because we know that when our children set foot on campus each day, 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.

While our reasons for sending our children to Catholic school have not changed, our perspective has. As our children have grown into teenagers and young adults, we can clearly see the impact that our Catholic school communities have had in helping us to raise children who are formed in our faith values, who serve others, who set goals for themselves and work to achieve them. As the old saying goes "It takes a village to raise a child." It is humbling to realize that there are many lessons our children do not learn from their parents but heartening to know that they have others in our Catholic school village to teach them as well. I look forward to joining with other schools all across the country to celebrate Catholic Schools Week 2026!

- Tracie Simolon, Principal

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 2026-27 school year! (805) 969-5965 You can stay up to date on what's happening at Our Lady of Mount Carmel School by following us on Facebook and Instagram. @MountCarmelSchoolSB

Stay up on what's happening at Our Lady of Mount Carmel School by following us on Facebook and Instagram. @MountCarmelSchoolSB

Community Faith Academics



**OUR LADY of
MOUNT CARMEL
SCHOOL**



Learn what's possible in a school community committed to **faith values & academic excellence!**
Educating the whole child since 1944
Serving students PreK to Gr. 8
Call to schedule your tour today!

530 HOT SPRINGS 805.969.5965 mountcarmelschool.net
 @mountcarmelschoolsb

YFM WINTER STAY AND PLAY



JOIN OTHER FAMILIES WITH YOUNG CHILDREN FOR FUN, SNACKS, DONUTS & DRINKS

SUNDAY JANUARY 25TH 11:00-NOON

MEET ON THE SCHOOL PLAYGROUND

Text Sarah at 805-574-9941 for more info



“Once a Catholic, always a Catholic.”

There's an old saying that goes “once a Catholic, always a Catholic”. Maybe you have been away from the church for a little while, or for quite some time. But now you feel a tug at your heart calling you back to your Catholic faith.

Listen to that tug; it's the holy spirit. We hope you respond to this spiritual invitation and rediscover the truth, wonder, and mystery of the Catholic faith.

As your brothers and sisters in Christ, we welcome you back home. We've missed you, and our church is not the same without you. If you would like to meet with one of our priests to learn more, please call our church office at

805-969-6868.

We look forward to welcoming you home!

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 & First Fridays from 8:15~11AM



All are welcome!

OUR LADY OF MOUNT CARMEL FAITH FORMATION



HAPPY MARTIN LUTHER KING DAY

Martin Luther King had a dream – What is your dream for our country; for our world?

May God bless our hearts, our nation, and our world with peace, as we strive to promote the dignity of all people.

No class today

JANUARY 25 - FAMILY FOCUS DAY SACRAMENTS

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



Knights of Columbus Sponsored Jan. 31st Men's Seminar

The Knights of Columbus are sponsoring a Seminar for men entitled “Understanding a Men's role in Faith Formation and Leadership within the Family and the Community.” This Seminar will take place on Saturday, Jan. 31st at the St. Raphael's Parish Hall from 10:00 AM to 2:00 PM. Leading the Seminar is Jose Pulido, a Yale graduate and Catholic best-selling author. With all the things going on in our world today, it is important now, more than ever, that Catholic men find their voice and their leadership just as many impactful Saints have. The cost of this Seminar is only \$10 and includes lunch. Young adults under the age of 25 will have free admission.

Contact Mark Vampola at 805-708-2631 to register and to purchase advance tickets. Tickets will also be available at the door.





Eucharistic Ministers

Lectors

4:30pm
John Pate

8:00am
Pam Langhorne

10:00am
Brian Simolon

12:00pm
John Osley

4:30pm
Deborah Ferris

8:00am
Jack Casey
Scott Ogilvie

10:00am
Beth Boyd
Mark Lorge
Carol Webb

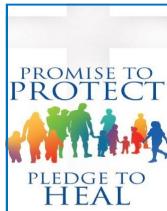
12:00pm
Marlene Massa

SAFEGUARD OUR CHILDREN

What is needed in a culture of safety?

By prioritizing safeguarding, education about healthy boundaries and access to support for survivors, we create safer learning environments for the children in our care in which we continually share responsibility among program leadership, employees, volunteers, families, and the community. In any culture of safety, the safety of children and vulnerable people is a core value, and all decisions are centered around protecting this safety. Beyond believing in the importance of safety, people within the organization take concrete actions to maintain a safe environment. For more information, read the

VIRTUS® article “High Stakes: A Culture of Safety for Every Child” at lacatholics.org/did-you-know.



Mass Intentions

SAT.	JANUARY 17TH
7:45AM	Intentions of Mario Mondragon
4:30PM	Anne M. Daly †
SUN.	JANUARY 18TH
8AM	Christopher Guadagnini †
10AM	Joseph Nunez †
12PM	Lori Seyer †
MON	JANUARY 19TH
DAILY	Intentions of Molly Rosecrance
TUES	JANUARY 20TH
DAILY	Intentions of Victoria De Santos
WEDS	JANUARY 21ST
DAILY	Josephine Seyer †
THURS	JANUARY 22ND
DAILY	Intentions of Sheila McGinity
FRI	JANUARY 23RD
DAILY	Intentions of Gemma Taylor
SAT	JANUARY 24TH
DAILY	Intentions of Ed & Lorinda Dry
VIGIL	Maria Palmisano †
SUN	JANUARY 25TH
8AM	Thomas Dietz †
10AM	For All Parishioners
12PM	Intentions of Kathy Wilson

Please Pray For The Sick Of Our Parish



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

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