

# Our Lady of Mount Carmel Parish

THE CATHOLIC COMMUNITY IN RANCHO PEÑASQUITOS

**Love. Pray. Serve. Proclaim Christ!**

## **First Sunday of Lent**

**February 14, 2016**



*“You shall not put the Lord, your God, to the test.”*  
Luke 4:12

**Pastor: Fr. Anthony Saroki**  
**Associate Pastor: Fr. Ignatius Kipchirchir**  
**Deacons: Juan Faus, Robert Holgren, Manuel Porciuncula, Noel Rivera**  
13541 Stoney Creek Road, San Diego, CA 92129  
Phone: 858-484-1070 Fax: 858-484-6157 Website: [olmcsandiego.org](http://olmcsandiego.org)

### **MASS TIMES**

Mon - Fri 8:00am  
1st Sat 8:00am  
Sat Vigil 5:30pm  
Sun 8:00am, 9:45am,  
11:30am,  
1:15pm (Español),  
5:00pm (Youth)

### **RECONCILIATION**

Saturday 4:30pm and  
Sunday 30min before  
each Mass

### **OFFICE HOURS**

Mon-Fri 8:30am-5:30pm

Closed 12:30pm-1:30pm

Saturday & Sunday

Closed

**PLEASE CALL THE OFFICE 858-484-1070**

**For the following information:**

**Baptisms & Weddings: Deacon Juan Faus ext 319**

**Bereavement: Parish Office**

**Business Manager: Deacon Robert Holgren ext 308**

**Homebound Ministry: Irene Kelley ext 312**

**Hispanic Ministry: Junior Coronel ext 316**

## **Our Mission**

Our Lady of Mount Carmel Catholic Parish is one family in Christ.

We:

- Love God and neighbor.
- Pray in the celebration of the Sacraments and receive grace.
- Serve sacrificially with time, talent and treasure.
- Proclaim the good news of Salvation.

Empowered by the Holy Spirit, and with Mama Mary to help us, we journey in hope to Heaven.

## **PARISH GOVERNANCE**

### **Finance Council**

Deacon Robert Holgren 858-484-1070 x308  
rholgren@olmc-sandiego.org

### **Pastoral Council**

Fr. Anthony Saroki  
Fr.Anthony@olmc-sandiego.org



### **Eucharistic Adoration**

First Friday in the Worship Space  
8:30am - 6:00pm

### **Morning Prayers**

After weekday Mass, a group gathers in the chapel to pray the Liturgy of the Hours, Rosary, Divine Mercy Chaplet, and prayers for the Souls in Purgatory. All are welcome to join in.

### **Healing Services**

First Fridays at 6:00pm  
Encounter Second Fridays 7:00pm  
Both in the Church

### **Bulletin Submissions**

Requests are due 10 days prior to the weekend requested on Thursday by noon. Go to our website or e-mail us at: bulletin@olmc-sandiego.org

### **Contact Info**

Email: ourlady@olmc-sandiego.org  
Website: www.olmcsandiego.org

# **FIGHTING TEMPTATION**

Each year on the first Sunday of Lent, we hear in the gospel the story of Jesus being tempted by Satan. This reminds us that Jesus was tempted just like us but he did not give in to temptations. What is temptation? Why was Jesus tempted? What lessons can we learn from the temptations of Jesus? How do we fight temptation and overcome sin in our lives? The Catechism defines temptation as an attraction, either from outside oneself or from within, to act contrary to right reason and the commandments of God (CCC 538). Temptation does not come from God but from our passions, our inner weaknesses and from the wounds left in us by original sin. Temptation is not bad in itself, but when we consent to it then it becomes a sin. St. Augustine wrote in *On The Trinity*, that Christ endured the temptation “that He might be our Mediator in overcoming temptation, not only by helping us, but also by giving us an example.” St. Thomas Aquinas tells us Christ’s temptation was to “fill us with confidence in His mercy.”

The Holy Spirit strengthened Jesus to fight temptation and gave him wisdom, courage and self control. Jesus also did not argue with the devil but instead used the Scriptures and Prayer. We need to pray and ask for the guidance of the Holy Spirit when we are fighting temptation since we cannot do it on our own. Pope Francis says, “When we are tempted, only the Word of God, the Word of Jesus saves us. Jesus is always willing to teach us how to escape from temptation. Jesus is great because he not only brings us out of temptation, but also gives us more confidence...He always opens horizons.” We overcome temptation and the devil by putting God first in our lives. Let us invite the Holy Spirit to strengthen us to grow strong and overcome temptation, pray daily and go to Confession, receive the Eucharist worthily, fast and give alms. Let us reflect on what St. Paul says, “No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength, but with the trial he will also provide a way out” (1 Corinthians 10:13).

- Fr. Ignatius



## MASS INTENTIONS

Mon	Feb	15	8:00 a.m.	Benjamin Ruiz+ Deo L Reyes+
Tue	Feb	16	8:00 a.m.	Pedro Depasupil+ Ryan Cruz+
Wed	Feb	17	8:00 a.m.	David Gonzalez+ Pedro "Pete" Depasupil+
Thu	Feb	18	8:00 a.m.	For the Souls in Purgatory Raul Pimentel (Birthday)
Fri	Feb	19	8:00 a.m.	Thankamma Antony+ John "J-Bet" Santos+
Sat	Feb	20	5:30 p.m.	Delia Hernandez + Roberto Jose Alvarez+
Sun	Feb	21	8:00 a.m.	Catalino Bautista (Birthday)
			9:45 a.m.	Ibong Family (Thanksgiving)
			11:30 a.m.	Phuc & Marian Hua (Anniversary)
			1:15 p.m.	Jesus Chavez Camarillo+
			5:00 p.m.	People of the Parish

## TODAY'S READINGS

**First Reading** — The Israelites show their faith by offering the LORD first fruits of the products of their new land (Deuteronomy 26:4-10).

**Psalm** — Be with me, Lord, when I am in trouble (Psalm 91).

**Second Reading** — All who express faith in the risen Christ and confess that he is Lord will be saved (Romans 10:8-13).

**Gospel** — Jesus was led into the desert by the Spirit and was tempted (Luke 4:1-13).

The English translation of the Psalm Responses from the *Lectionary for Mass* © 1969, 1981, 1997, International Commission on English in the Liturgy Corporation. All rights reserved.

## READINGS FOR THE WEEK

<b>Monday:</b>	Lv 19:1-2, 11-18; Ps 19:8-10, 15; Mt 25:31-46
<b>Tuesday:</b>	Is 55:10-11; Ps 34:4-7, 16-19; Mt 6:7-15
<b>Wednesday:</b>	Jon 3:1-10; Ps 51:3-4, 12-13, 18-19; Lk 11:29-32
<b>Thursday:</b>	Est C:12, 14-16, 23-25; Ps 138:1-3, 7c-8; Mt 7:7-12
<b>Friday:</b>	Ez 18:21-28; Ps 130:1-8; Mt 5:20-26
<b>Saturday:</b>	Dt 26:16-19; Ps 119:1-2, 4-5, 7-8; Mt 5:43-48
<b>Sunday:</b>	Gn 15:5-12, 17-18; Ps 27:1, 7-9, 13-14; Phil 3:17 — 4:1 [3:20 — 4:1]; Lk 9:28b-36

## Ministries & Organizations

Bereavement	Parish Office	484-1070
Blood Bank	Parish Office	484-1070
Boy Scouts	Jim Maniquis	484-5749
Crafters	Wendy Clark	487-2076
Cursillo Movement	Dcn. Manny Porciuncula	
Encounter	Josie Piranio	248-0440
Filipino Religious Traditions	Zaida Villena	232-2207
Food Bank	Parish Office	484-1070
Food for Families	Dcn Noel Rivera	484-1070
Hispanic Community	Junior Coronel	484-1070
Knights of Columbus	Barry Martin	484-4007
Legion of Mary	Jay Gonzales	472-9680
Mental Health	Dcn Noel Rivera	484-1070
Migrant Outreach	Marti Martin	437-4001
OLMC Men	Jon Vance	822-9516
Pro-Life Committee	Carol Fair	484-9789
Small Church Community	Diana Martini	442-8502
Women's Retreat Team	Juanita Nacu	335-5024

## Faith Formation

### Parish Office - (858) 484-1070

Coordinator of Middle School Faith Formation and Sacramental Preparation  
**Kim Hasenstab, ext. 315**  
kim@olmc-sandiego.org

Coordinator of Preschool and Elementary School Faith Formation and Sacramental Preparation  
**Jenna Jackson, ext 325**  
jenna@olmc-sandiego.org

Coordinator of Faith Formation and Sacramental Preparation in Spanish  
**Azucena Faus, ext. 323**  
afaus@olmc-sandiego.org

High School Faith Formation and Young Adult Ministry  
**Reggie Badua, ext. 307**  
rbadua@olmc-sandiego.org

Adult Faith Formation  
**Fr. Ignatius Kipchirchir, ext. 303**  
Fr.Ignatius@olmc-sandiego.org

Rite of Christian Initiation of Adults (RCIA)  
**Mike Carlin**  
tmcarlin@aol.com

## Liturgical Ministry Coordinators

### Altar Servers

Fr. Anthony (858) 484-1070  
Fr.Anthony@olmc-sandiego.org

### Extraordinary Ministers of the Eucharist

Cheryl White (858) 538-8888  
cyrWhite@aol.com

### Lectors

John Gonzales  
john.gonzales@avantetec.com

### Music

Paul May (858) 484-1070 ext 333  
pmay@olmc-sandiego.org

### Sick & Homebound

Irene Kelley (858) 484-1070  
ikelley@olmc-sandiego.org

### Hospitality (Ushers & Greeters)

Martha Perez (858) 215-1262

## Prayer Groups

### Carmelite Third Order (Lay Carmelites)

Edith McKenzie (858) 240-7629

### Charismatic Prayer Group (En Español)

Junior Coronel (858) 484-1070  
jcoronel@olmc-sandiego.org

### Fatima Prayer Group

Lorna Cruz (858) 240-6007  
cruzergl@gmail.com

### Holy Trinity Prayer Group

Mena Denigro (858) 213-1326  
mdenigro@yahoo.com  
Renato Pinzon (619) 778-4692  
pinzonrt@yahoo.com

### Prayer Quilters

Marianne Carlin (858) 484-1070  
marianne@olmc-sandiego.org

### Touched by Cancer

Parish Office (858) 484-1070

## Lost and Found

The Parish Lost and Found is located in the church office. Items are held for a short time before donating to a local charity. Stop by the office during office hours to claim your items.

## ANNUAL CATHOLIC APPEAL



Brothers and Sisters, OLMC Parish is pleased to participate in the 2016 “Celebrating the Year of Mercy” Annual Catholic Appeal. This appeal supports charitable needs throughout the Diocese of San Diego. Your gifts make possible the work that impacts so many in our diocese: assistance for, Bishop Flores scholars tuition assistance, Catholic Charities, prison ministry, young adult ministry, seminarian support, retired priests and priestly formation.

*Over the next few weeks, please consider your contribution prayerfully and thoughtfully.* Pledge cards are available in the pews and at entrance to the church.

***“Be merciful just as your Father is merciful.”***

**- Luke 6:36**

## LENTEN SEASON

You are invited to attend our parish activities on during Lent. Below is the schedule:

Friday, February 19 - Lenten Fish Fry, 5:00pm  
Friday, February 19 - Stations of the Cross, 7:00pm  
Friday, February 26 - Lenten Fish Fry, 5:00pm  
Friday, February 26 - Stations of the Cross, 7:00pm  
Friday, March 4 - Lenten Fish Fry, 5:00pm  
Friday, March 4 - Stations of the Cross, 7:00pm  
Friday, March 11 - Encounter, 7:00pm  
Monday, March 14 - Penance Service, 7:00pm  
Friday, March 18 - Stations of the Cross, 7:00pm



# LENTEN FISH FRY

**Back by popular demand -  
Lenten Fish Frys**

The OLMC Knights of Columbus will be hosting three fish frys again this Lent. All are invited to attend.



Dates: 2/19, 2/26, 3/4

Time: 5:00 - 6:45pm

Place: Fr Frank Fawcett Hall

Stations of the Cross will take place after each Fish Fry. Tickets are available after most Masses or at the door.

Adults - \$10, Family - \$25, Kids 6-12 - \$5

**Don't miss this great event. It's a night of great food, fellowship and community.**

# ADULT CONFIRMATION



Are you a baptized Catholic adult who missed out on the Sacrament of Confirmation? Our parish is offering ten classes to prepare you to receive the Sacrament of Confirmation in May. Confirmation gives you the special help of the Holy Spirit to defend and witness to your faith.

You can pick up a registration form in the parish entryway or download the form from the parish website. You must be registered for the class to attend. **When registering, a copy of your baptismal certificate must be included.** Registration forms can be turned in to the parish office. Last day to register is Monday, February 15th.

The first class is Wednesday, February 17th at 7:30pm. Subsequent classes will also be on Wednesday nights. The cost for the classes is \$50.

For info, contact Fr. Ignatius at [fr.ignatius@olmc-sandiego.org](mailto:fr.ignatius@olmc-sandiego.org)

# CRAFT MINISTRY

The Craft Ministry will have its next meeting on **Monday, February 22nd at 7 pm** in the Parish Hall conference room. We will be making a Valentine craft for the parish homebound. In addition to making items for the Homebound Ministry, we also crochet/knit items for various organizations in the community, most recently for the homeless at Father Joe's Village. The crafters of the craft ministry would like to invite you to join us. Crocheted or knitted items can also be worked on at home.

For more information, please contact Wendy Clark at 858-487-2076.

# OLMC YOUNG ADULT MINISTRY



Our Lady of Mount Carmel Young Adult Ministry is for anyone 18-39 years old (single or married). Seeking a stronger relationship with Christ, looking for a community of like-minded peers, or want to learn more about the faith? OLMC YAM is right for you!

**Text updates:** "@olmcya" to 81010

**Text:** (858) 768 - 0259

**FB:** Our Lady of Mount Carmel YAM

**Email:** Reggie at [rbadua@olmc-sandiego.org](mailto:rbadua@olmc-sandiego.org)



# IMMACULATE HEART RADIO

Immaculate Heart radio provides 24x7 Catholic programming that includes world news, call-in Q&A, parish event announcements, prayer, and worship. You can find it at 1000 AM on your radio dial.

# ENVELOPES

If you are not currently receiving envelopes and would like to, please fill out a registration form, which can be found at the front door of the church or in the office. These forms can be placed in the offertory baskets for your convenience.

Where your treasure is,		My Offering	
there will	Name: _____		
your heart	Address: _____		
be also.	Amount: _____		
Mark 6:21			

# Do we have your latest contact information?

Please let us know if you have any contact information changes by sending an e-mail to [marianne@olmc-sandiego.org](mailto:marianne@olmc-sandiego.org).

Be sure to let us know changes to your home phone number, cell phone number, street address or e-mail address. We will update your registration information.

Thank you in advance!

# Paying our Debt Together:

Our Building Loan is with the Knights of Columbus

Initial Building Debt: \$ 2,957,303.00  
 Principal Payments: \$ 753,911.87  
 Interest Payments: \$ 149,894.49  
 Remaining Debt: \$ 2,203,391.13  
 as of January 2016

## Building Fund

# of Increased Pledges: 122  
 Total \$ 732,384.00  
 # of New Pledges: 105  
 Total \$ 233,278.20  
 As of 2/2/16

Please use the blue envelopes to help us increase these payments.

## Weekly Donations

February 6th/7th

Offertory: \$ 25,006.10  
 Capital Campaign: \$ 10,800.00

Online January 2016 Donations

Offertory: \$ 10,432.91  
 Capital Campaign: \$ 6,190.00

Thank you



# RISE UP, MEN OF GOD!



There is a new men's ministry at OLMC designed to put men's desire for adventure and readiness for combat at the service of the Kingdom of God. We will gather for Mass the first Saturday of the month at 8am.

On some Saturdays, this will be followed by a social and presentation. On other Saturdays, we will take on a challenging activity after Mass. The first event is March 5<sup>th</sup>. Following the Mass, we will proceed to a local indoor rock climbing venue where we will learn the basics of rock climbing and practice for a couple of hours.

To participate, you will need to register in advance after Mass on either Feb. 21/22 or Feb. 27/28 at the Knights of Columbus table. The cost is \$15 per person and the event is limited to men of the parish.

## FOOD FOR FAMILIES

Did you know that OLMC is one of 150 Feeding America's partner agencies? We provide food and other hunger-relief resources to neighborhoods throughout San Diego County. Do you know anyone in our community that is in need of these services?

The 3rd Saturday of every month is OLMC's dedicated food distribution day. Distribution begins at 8:00am. Food is available to anyone in our community that is in need. If you would like to volunteer to help, please arrive at 7:00am. Wear closed toe shoes.

## BUSINESS OWNERS

**Do you own your own business?  
 Are you working to start a company?**

Keeping Christ at the center of all your life's work takes continual effort and discernment.

Don't do it alone.

Find and get support from fellow entrepreneurial parishioners to keep Christ at the center of all your life's work.

Email "interested" at [rherochoa@gmail.com](mailto:rherochoa@gmail.com) to learn more.

# TIEMPO DE CUARESMA

**Vengan a caminar con Jesús su camino a la cruz con la cual Él nos ha salvado.**



Todos los domingos de Cuaresma estaremos rezando las Estaciones de la Cruz (Viacrucis) a las 2:15, justo al terminar la misa en Español.

Todos están invitados a atender en las actividades parroquiales durante cuaresma. Este es el calendario.

- Viernes, Febrero 19 - Pescado frito, 5:00pm
- Viernes, Febrero 19 - Estaciones de la Cruz, 7:00pm Ingles
- Viernes, Febrero 26 - Pescado frito, 5:00pm
- Viernes, Febrero 26 - Estaciones de la Cruz, 7:00pm Ingles
- Viernes, Marzo 4 - Pescado frito, 5:00pm
- Viernes, Marzo 4 - Estaciones de la cruz, 7:00pm Ingles
- Lunes, Marzo 14 - Servicio de Reconciliación, 7:00pm
- Viernes, Marzo 18 - Estaciones de la Cruz, 7:00pm Ingles

## PESCADO FRITO DURANTE CUARESMA

De nuevo por demanda popular los Caballeros de Colón estarán sirviendo pescado frito tres días de la Cuaresma.

Todos están invitados los días Febrero 19, Febrero 26 y Marzo 12 de 5:00 a 6:45 pm. En el Salón Padre Frank.

Después de cada comida tendremos las Estaciones de la Cruz o Viacrucis.

Boletos disponibles después de algunas misas o a la entrada.  
Adultos \$10.00—Familia \$25—Niños de 6 a 12 \$5.00

## COMIDA PARA FAMILIAS

¿Sabías que OLMC es una de las 150 agencias asociadas? Nosotros proveemos comida y otras fuentes para aliviar el hambre a vecindarios alrededor del Condado de San Diego.

¿Conoces a alguien en nuestra comunidad que necesita de estos servicios?

El tercer sábado de cada mes es el día dedicado para la distribución de comida.

La distribución empieza a las 8:00 am. Comida esta disponible para cualquiera en nuestra comunidad que lo necesite.

Si le gustaría ser voluntario para ayudar en la distribución, por favor llegue a las 7:00am. y use zapato cerrado.

## AÑO JUBILAR DE LA MISERICORDIA



Nuestra Señora de Monte Carmelo

### Obras de Misericordia

#### Corporales:

- 1) Visitar a los enfermos
- 2) Dar de comer al hambriento
- 3) Dar de beber al sediento
- 4) Dar posada al peregrino
- 5) Vestir al desnudo
- 6) Visitar a los presos
- 7) Enterrar a los difuntos

#### Espirituales

- 1) Enseñar al que no sabe
- 2) Dar buen consejo al que lo necesita
- 3) Corregir al que se equivoca
- 4) Perdonar al que nos ofende
- 5) Consolar al triste
- 6) Sufrir con paciencia los defectos del prójimo
- 7) Rezar a Dios por los vivos y por las difuntas.

### Nuestro Lema:

Amar. Orar. Servir. ¡Proclamar a Cristo!

### Nuestra Misión:

La Parroquia de Nuestra Señora de Monte Carmelo es una familia en Cristo.

Nosotros:

- Amamos a Dios y al prójimo.
- Oramos en la celebración de los Sacramentos y recibimos gracia.
- Servimos sacrificando nuestro tiempo, talento y tesoro.
- Proclamamos las Buenas Nuevas de la salvación.

Alentados por el Espíritu Santo, y con la ayuda de nuestra Madre María, con esperanza caminamos al cielo.

### LECTURAS DE LA SEMANA

- Lunes:** Lv 19:1-2, 11-18; Sal 19 (18):8-10, 15; Mt 25:31-46
- Martes:** Is 55:10-11; Sal 34 (33):4-7, 16-19; Mt 6:7-15
- Miércoles:** Jon 3:1-10; Sal 51 (50):3-4, 12-13, 18-19; Lc 11:29-32
- Jueves:** Est C:12, 14-16, 23-25; Sal 138 (137):1-3, 7c-8; Mt 7:7-12
- Viernes:** Ez 18:21-28; Sal 130 (129):1-8; Mt 5:20-26
- Sábado:** Dt 26:16-19; Sal 119 (118):1-2, 4-5, 7-8; Mt 5:43-48
- Domingo:** Gn 15:5-12, 17-18; Sal 27 (26):1, 7-9, 13-14; Fil 3:17 — 4:1 [3:20 — 4:1]; Lc 9:28b-36

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