

Our Lady of Mount Carmel

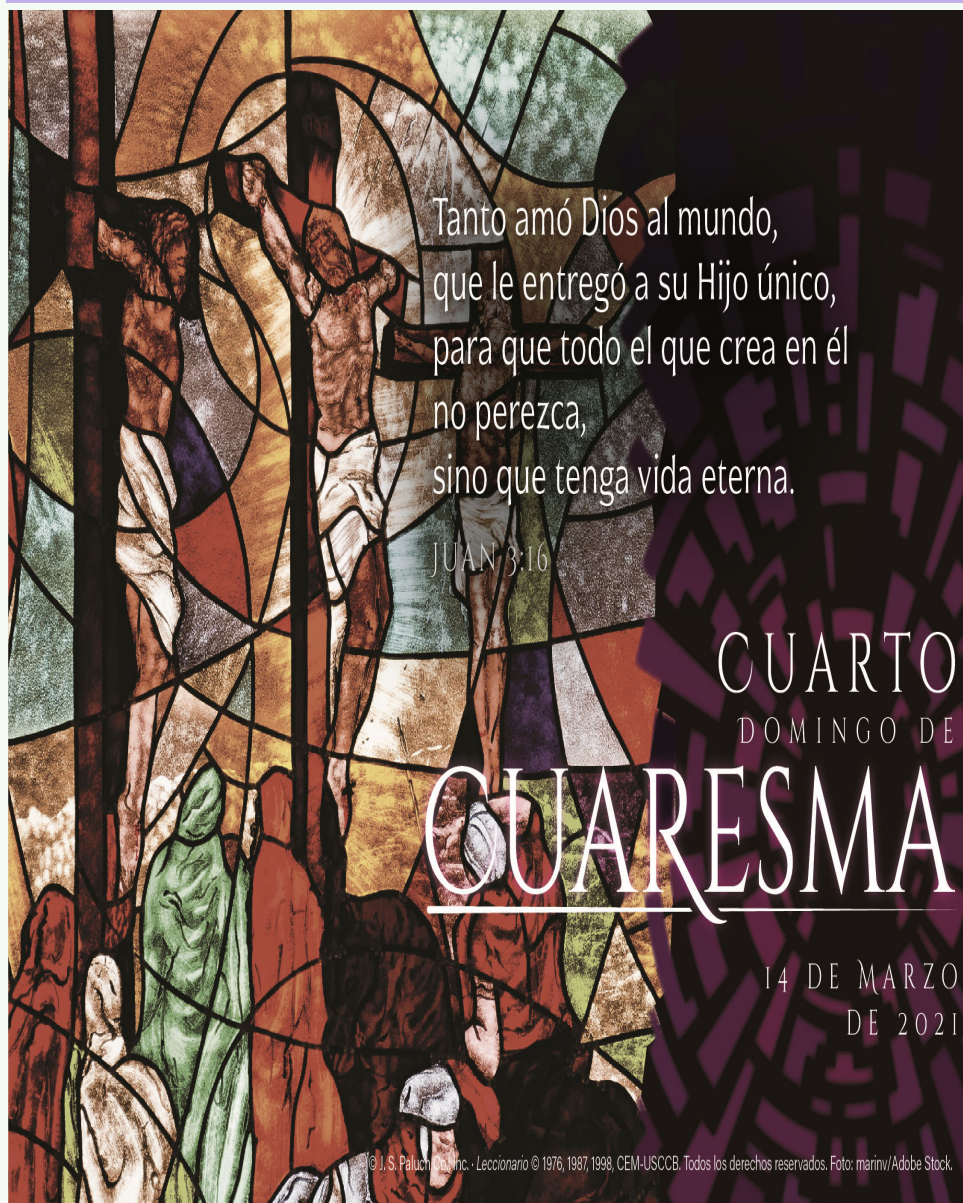
2020 Alaquinas Drive San Ysidro, CA 92173

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olmcasy@gmail.com

Website: www.ourladyofmountcarmel-sy.org Instagram @ olmcchurch_sy

Facebook @ Our Lady of Mount Carmel or YouTube @ Our Lady of Mount Carmel San Ysidro



**FOURTH SUNDAY
OF LENT
MARCH 14, 2021**



CLERGY

Pastor:

Father Armando P. Escurel

Deacons:

**Deacon José Luis Medina
T.O.C.**

Deacon Raúl González

Deacon Tim Schulz

PARISH STAFF

Betty Contreras
Bookeeper
olmcbetty@gmail.com

Mayra Bedoya
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olmcmayra@gmail.com

Carmen Garcia
Secretary to the Pastor
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Sister Ruth Barreda
Religious Education

Jesús Valle
Religious Education Coordinator
olmc.jesus@gmail.com

Fanny Garcia
Bernardo Lara
Facilities

Sister Eva Lujano
OLMC School
619-428-2091

Frank Amador
Music Director

**LECTURAS DE LA SEMANA/
READINGS FOR THE WEEK**

03/15/2021 - 03/21/2021

Lunes: Is 65:17-21; Sal 30 (29):2, 4-6, 11-13b; Jn 4:43-54
Martes: Ez 47:1-9, 12; Sal 46 (45):2-3, 5-6, 8-9; Jn 5:1-16
Miércoles: Is 49:8-15; Sal 145 (144):8-9, 13cd-14, 17-18;
Jn 5:17-30

Jueves: Ex 32:7-14; Sal 106 (105):19-23; Jn 5:31-47
Viernes: 2 Sm 7:4-5a, 12-14a, 16; Sal 89 (88):2-5, 27, 29;
Rm 4:13:16-18, 22; Mt 1:16, 18-21, 24a o Lc 2:41-51a
Sábado: Jer 11:18-20; Sal 7:2-3, 9bc-12; Jn 7:40-53
Domingo: Jer 31:31-34; Sal 51 (50):3-4, 12-15; Heb 5:7-9;
Jn 12:20-33

Lecturas alternativas (Año A):
Ez 37:12-14; Sal 130 (129):1-8; Rom 8:8-11;
Jn 11:1-45 [3-7, 17, 20-27, 33b-45]

03/15/2021 - 03/21/2021

Monday: Is 65:17-21; Ps 30:2, 4-6, 11-13b; Jn 4:43-54
Tuesday: Ez 47:1-9, 12; Ps 46:2-3, 5-6, 8-9; Jn 5:1-16
Wednesday: Is 49:8-15; Ps 145:8-9, 13cd-14, 17-18;
Jn 5:17-30
Thursday: Ex 32:7-14; Ps 106:19-23; Jn 5:31-47
Friday: 2 Sm 7:4-5a, 12-14a, 16; Ps 89:2-5, 27, 29;
Rm 4:13:16-18, 22; Mt 1:16, 18-21, 24a or Lk 2:41-51a
Saturday: Jer 11:18-20; Ps 7:2-3, 9bc-12; Jn 7:40-53
Sunday: Jer 31:31-34; Ps 51:3-4, 12-15; Heb 5:7-9; Jn 12:20-33
Alternate readings (Year A):
Ez 37:12-14; Ps 130:1-8; Rom 8:8-11;
Jn 11:1-45 [3-7, 17, 20-27, 33b-45]

MASS SCHEDULE / HORARIO DE MISAS

*Outdoor Masses and also
via Facebook @ Our Lady of Mount Carmel or
YouTube @ Our Lady of Mount Carmel San Ysidro*

**Please bring your own chairs/
Por favor traer su propia silla.**

Lunes/Monday - Viernes/Friday:
7:00am

Sabado/Saturday:
5:00pm

Sunday/ Domingo
*Bilingue: 8:00am
Español: 10:00am*

Confessions/ Confesiones
Cancelled/Cancelado

OFFICE HOURS/HORARIOS DE OFICINA:
*Lunes/Monday-Viernes/Friday:
8:00am-4:45pm
Saturday/Sábado: Closed/Cerrado*

Mass Intentions/Intenciones-Misas

Sábado, Marzo 13, 2021

5:00pm. †María Gutiérrez,
†Trinidad y Manuel Juárez,
†Rosario y Rubén Miranda,
†Itzel Areli Toscano,
†Carlota Ramírez,
†María del Rayo Gutiérrez.

Domingo, Marzo 14, 2021

8:00am. †Jose Carbajal,
†Maria de Jesus Perez,
†Carlota Ramirez,
†Brian Isac Ames.

10:00am.

†José Virgen,
†Rosalina Loya,
†Benito & Benito Jr Rodríguez,
†Erick Ibarra,
†Guillermina Roche,
†Gustavo Hernández.
A.G. Divino Niño, Cumpleaños Erick del Rio.

Lunes, Marzo 15, 2021

7:00am. †José Luis García Pérez.

Martes, Marzo 16, 2021

7:00am. José Luis García Pérez, Daniel y Jesús Uribe,
Luis Ramírez, Animas Benditas del Purgatorio.

Miercoles, Marzo 17, 2021

7:00am. †José Luis García Pérez.
A.G. Cumpleaños Teresa Sahagun.

Jueves, Marzo 18, 2021

7:00am. †María Dolores Ugarte, José Luis García Pérez.

Viernes, Marzo 19, 2021

7:00am. †Sylvia Cano, José Luis García Pérez.

Thank you for your support!

1st Collection: \$5,290.00

Online: \$1,464.00

Total: \$6,754.00

New Project: \$1,037.00

2021 Living Lent

With our youth.

Wednesday

Thursday

Friday

Saturday

17

Jesus wants to be your Friend. This Lent, turn away from what is wrong and come closer to Him.

Ash Wednesday
FEBRUARY

18

Put your favorite toys or games in a box. On top, write "Goodbye for Lent. See you at Easter!" Give Mom the box.

19

New Life Seeds!
Poke holes in the bottom of a small transparent container. Add potting soil and plant beans or seeds. Just as Jesus died, was buried, and rose again, so the seeds will come to new life!

Read John 12:24.

20

Sunday

Monday

Tuesday

21

1st Sunday of Lent

"You shall worship the Lord, Your God, and him alone shall you serve." Luke 4:8



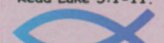
22

JESUS

Go somewhere QUIET, think about JESUS, and tell Him, "I love You!"

23

Make an Ichthus with yarn. Wear it and tell people about Jesus making the Disciples fishers of men. Read Luke 5:1-11.

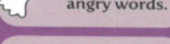


24

I'm Sorry!
Forgive someone for something that made you feel sad or hurt your feelings.

25

"Lord, make me an instrument of Your peace." Today, keep quiet when you want to say angry words.



26

Have members of your family write their names on pieces of paper and put them in a bowl.



27

Draw names to find your secret friend for Lent! Do special things (write notes, give little gifts, offer prayers) for your friend, and give him or her a card on Easter Sunday!



28

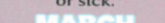
2nd Sunday of Lent

His face changed in appearance and his clothing became dazzling white. Luke 9:29



1

Visit or make a card for someone who is elderly or sick.



MARCH

2

Decorate a candle and light it when your family prays.



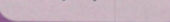
3

Make a list of 10 things you are thankful to God for. Then tell Him!



4

DRAW A PICTURE of Jesus on the cross with sad people, and one of Jesus risen with happy people!



5

Make a Giving Box by decorating a little box with a slot in the lid. Put a jar of coins nearby. Whenever anyone does a kind deed, they secretly take a coin from the jar and put it in the box. Give the money to the poor on Easter Sunday. Read Luke 6:38.

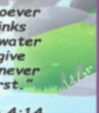


6

7

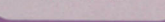
3rd Sunday of Lent

"Whoever drinks the water I give will never thirst." John 4:14



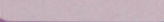
8

List what is special about each person in your family, and then **GIVE** it to them!



9

"I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." Exodus 3:6



10

Gather some clothing and give it to the poor.



11

HE LIVES!
MAKE A BANNER. Use any material (paper, fabric, etc.) for a background. Write a Bible verse or cut out an Easter symbol (butterfly, empty tomb, etc.). Hide it and bring it out Easter Sunday!



12

13

Read Psalm 23 with your family — The Lord is your Shepherd.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

14

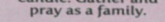
4th Sunday of Lent

"I am the light of the world!" John 9:5



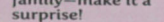
15

Create a Prayer Space in your home with a cross, Bible, cloth, and a rock or candle. Gather and pray as a family.



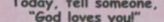
16

Write a prayer for someone in your family—make it a surprise!



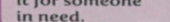
17

Saint Patrick gave his heart to Jesus and brought the Gospel to Ireland. Today, tell someone, "God loves you!"



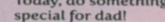
18

Give up something you like (TV, ice cream) today and offer it for someone in need.



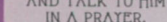
19

Jesus, the carpenter's son, honored Joseph His father. Today, do something special for dad!



20

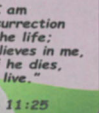
GO SOMEWHERE QUIET, THINK ABOUT JESUS, AND TALK TO HIM IN A PRAYER.



21

5th Sunday of Lent

"I am the resurrection and the life; he who believes in me, even if he dies, will live." John 11:25



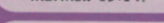
22

Clean your room without being reminded.



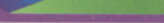
23

Just as food makes your body strong, God's Word makes your soul strong. Today, read Matthew 19:14.



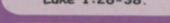
24

Go on a walk today and see all the beautiful things God made for us!



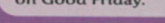
25

Thank your Mom for being a great Mother. Read about Jesus' mother in Luke 1:26-38.



26

Pray and remember the Way of the Cross that Jesus walked on Good Friday.



27

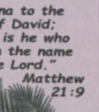
Help clean up after a meal.



28

Palm Sunday

"Hosanna to the Son of David; blessed is he who comes in the name of the Lord." Matthew 21:9



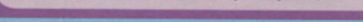
29

Watch the movie Jesus of Nazareth as a family and talk about it.



30

Pretzels
Pretzels in the shape of two arms folded in prayer are a traditional Lenten food.
INGREDIENTS
1 cake yeast
1 1/2 cups warm water
1 teaspoon salt
1 tablespoon sugar
4 cups flour
1/2 whole wheat
1/2 unbleached
PREPARATION
Dissolve the yeast in the warm water, then add the salt and sugar. Blend in the flour mixture. Knead dough until smooth. Cut into small pieces. Roll into ropes, & twist into pretzel shape. Place on lightly greased cookie sheets. Brush pretzel with 1 beaten egg. Sprinkle with coarse salt. Bake immediately at 425° for 12-15 minutes.



31

Holy Thursday
"As I have loved you, so you also should love one another." John 13:34



APRIL

2

Good Friday
Be especially quiet from Noon to 3 PM and remember Jesus on the cross. John 19:30



3

Holy Saturday
Color Easter eggs today, and think of Jesus in the tomb. He won't stay there for long!



Easter Sunday

APRIL 4

He is not here! He is Risen, just as He said! Matthew 28:6

From the Diocese....
REPORTING SEXUAL ABUSE

Complaints about sexual abuse by a member of the Clergy or by a parish or Catholic school employee or Volunteer can be made by contacting Mary Acosta at (858) 490-8353 or www.sdcatholic.org



La Diocesis de San Diego quiere que usted sepa...
Que para reportar quejas sobre abuso o acoso sexual cometido por cualquier miembro del clero, empleado, o voluntario de la parroquia o escuela católica usted puede comunicarse con Mary Acosta, al (858) 490-8353 o www.sdcatholic.org



HOLY WEEK SCHEDULE / HORARIO DE SEMANA SANTA

Palm Sunday
Domingo de Ramos
03/28/2021

Mass Saturday 5pm
spanish
Misa sabado 5pm
spanish

Mass Sunday 8am
Bilingual
10am spanish
Misa 8am bilingue
Misa 10am español

Holy Thursday
Jueves Santo
04/01/2021

Mass 6pm
Bilingual

Misa 6pm
Bilingue

Good Friday
Viernes Santo
04/02/2021

Stations of the Cross
Bilingual
12pm

Adoration of the Holy
Cross
Adoracion de la Santa
Cruz
6pm

Easter Vigil
Vigilia Pascual
04/03/2021

Mass/Misa 7:30pm
Bilingual/Bilingue

Easter Sunday
Domingo de Pascua
04/04/2021
Mass/Misa 8am
Bilingual/Bilingue
Mass/Misa 10am
Spanish/Español

All masses and services will be outdoors. Please don't forget to bring your own chair, practice social distancing and wear your face mask at all times. Thank you
Todas las misas y servicios seran afuera. Por favor no olvide traer su propia silla, guardar la distancia y usar cubre boca. Gracias



*Comunidad
Juan Bautista*



**Somos un ministerio
de Evangelización**

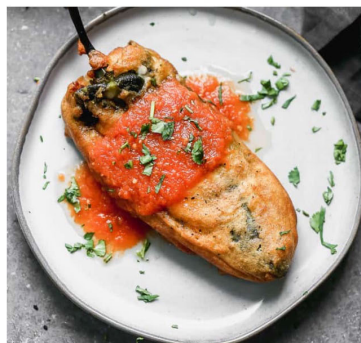
**Nos reunimos, los Lunes
de 7:00 a 9:00 pm**

**Por medio de Zoom
Meeting ID: 494 0958616
Password: 424017**



- VENTA DE COMIDA -
EN APOYO A NUESTRA PARROQUIA OLMC

**TODOS LOS VIERNES EN
CUARESMA DE 2PM A 5PM
SOLO POR PRE-ORDEN
LOS ESPERAMOS!!**



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**03/05: TORTAS DE CAMARÓN
CON NOPALES
03/12: CHILES RELLENOS
03/19: TACOS DORADOS
DE PAPA
03/26: TACOS DE MARLÍN**

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619-428-1115 y pregunta por miembros del Team & Changes



Susana Torres - Maria Cervantes

Nadia Morehouse

Nirya Dominguez



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