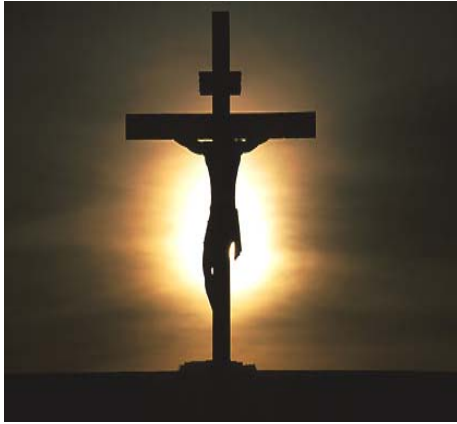


Notre Dame of Mt. Carmel
CEDAR KNOLLS, NJ

We invite our Young Adults to join us for a

Young Adult Retreat

“The Seven Last Words of Christ”



SATURDAY, FEBRUARY 27, 2010

9:30AM – 5:00PM*

here at Notre Dame

Come join fellow young adults (20s & 30s single and married) on this 1-day retreat to help prepare you for the holy season of Lent. Together we will discover the meaning behind the seven last words of Christ. This **FREE** event will include lunch, talks, discussion, Adoration, confession, and will end with our 5pm Mass.

Please **RSVP by February 20** by sending an email to info@mcva.us.

Walk-ins are Welcome!

If you have any questions, contact Concepta Fanelli at 973-428-8304.

This retreat is in honor of the DelloRusso Family

** Registration begins at 9:30am.*

OUR SOUP KITCHEN IS OPEN!



5:00PM – 7:00PM
IN OUR PARISH HALL

Our Lenten Soup Kitchen attempts to mirror, in a small but sincere way, the daily routine of those less fortunate that have to wait in line for a bowl of soup each day. We may not be able to feel all that they have to endure but we can reflect and donate money for the good work the real soup kitchens provide.

WAYS YOU CAN HELP!

- † Monetary donations offered at our Friday Soup Kitchen are passed on to other organizations to help the less fortunate.
- † Sign up to bring your favorite Soup (we need 10-12 volunteers to make good size pots of meatless soup each Friday).
- † Helpers: About 10-15 volunteers will be needed to set-up, serve and clean up. If you can assist from 4:00pm or 4:30pm until 7:30pm (or anytime in between), your help is greatly appreciated!



To coordinate everyone's efforts, please see our display table in the Gathering Space or call Lorelei Kelly at 973-267-2520.