

**Melissa Fasano**

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**From:** mail@flocknote.com on behalf of Notre Dame of Mount Carmel Church  
<mail@flocknote.com>  
**Sent:** Tuesday, January 9, 2024 4:20 PM  
**To:** Melissa Fasano  
**Subject:** Parish Update: January 9, 2024

## *Parish Update: January 9, 2024*



**Eucharist & Family – The Real Deals**



*"Believe it or not, our Christian faith in the Holy Eucharist and our respective families are the “real deals” in our lives. They serve as the center and soul of our Christian life. They provide us the spiritual and emotional support whenever needed. It is in the Eucharist where we commemorate the life of Jesus Christ and it is where our families and members of the Church gather together to praise and glorify God and partake of the sacred host. If we make the Eucharist as the heart of our Christian family life, it will not only build unity but will also promote peace, love and understanding among the family members, the community and ultimately mankind." Eucharist And Family – The Real Deals: One Bread, One Body, One Cup of Blessing*





This past Christmas season gave so many the opportunity to gather with family near and far to celebrate the birth of our Lord, Jesus, at His Table in the Sacrament of the Eucharist. The special memory above beautifully captures the gift of family coming together in His name.

*"When Diane & I did the pre-Mass teaching at the Christmas Eve Family Mass, we asked who was visiting from the farthest away, and the Ukwu family is one of the families who received a small gift from us, as their extended family was visiting from Nigeria! The Ukwu family joined our parish just a few months ago and immediately engaged in parish life, with their two children participating in the Joyful Noise Choir. They are a gift to our parish community, and it was an honor to welcome their extended family and the many other visitors who joined us during the special season of Christmas!" Laura Balogh*



## Pastoral Council Update

This past November, a renewed model for the Notre Dame of Mt. Carmel Pastoral Council was announced, with the purpose of -- in consultation with Fr. Paddy -- clearly articulating the vision, mission, and strategies that will guide our parish's health and growth as Missionary Disciples of Jesus Christ.

At that point, a nomination process was opened to the parish, whereby parishioners could nominate other parishioners (or themselves) to be considered for membership to the council. All nominees were asked to review the **Pastoral Council Foundational Principles** and, if they wished to be considered for membership, to complete an application for Pastoral Council Membership.

A total of 20 nominations were submitted, and 14 of the nominees accepted the nomination and completed the application. Last night, in the presence and guidance of the Holy Spirit, the existing council members began the discernment process.

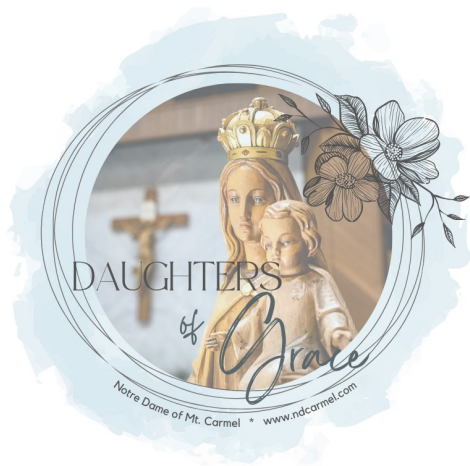


The renewed council will be in place by mid-February. Please pray for the discernment process and for those who will ultimately be called to serve our community as part of this leadership body.

## **Fruitfulness in the Mission through Mentoring & Raising New Leaders!**

In early August, a small group of "seasoned" women leaders and younger women visibly invested in their faith and families here at Notre Dame came together for a series of conversations regarding future opportunities to broaden the outreach to women in the community, especially those in younger generations.





The conversations led to the formation of the **Daughters of Grace Ministry**, which seeks to inspire, encourage, and disciple women of all ages by creating spaces for friendship, support, mentorship, service, and spiritual growth.

One of the opportunities set forth by the ministry has been the ***Spa for the Soul*** monthly gatherings, with the first series themed on ***The Beatitudes***. From a strategic standpoint, the goal has been to nurture and mentor new leaders. As those younger voices also take the lead on these faith sessions, sharing their unique gifts, insights, and perspectives, the hope is that those prospective participants will see that these spaces make room for their younger life insights and experiences.

**Mentoring, Accompanying, Rasing New Leaders:** The Spa for the Soul series was started by seasoned leader **Beth Letizia**, who led sessions themed on the first two Beatitudes. Beth then guided and mentored one of the "newer" voices, **Amanda Mazzetta**, who led the most recent session on the Third Beatitude.

### ***1. I do. You Watch. We talk.***



## *2. You Do. I help We Talk.*



*"As the leaders of the ministry asked others to consider leading a session, I thought this would be a good opportunity for me to draw closer to God and do something more spiritual. In preparing for the session, I spent a good amount of time researching and reflecting on the content I came across and discerning what I would ultimately present. It's a process that certainly helps further your own spiritual journey. I enjoyed the experience!"*  
Amanda

## *3. You Do. Someone else watches.*

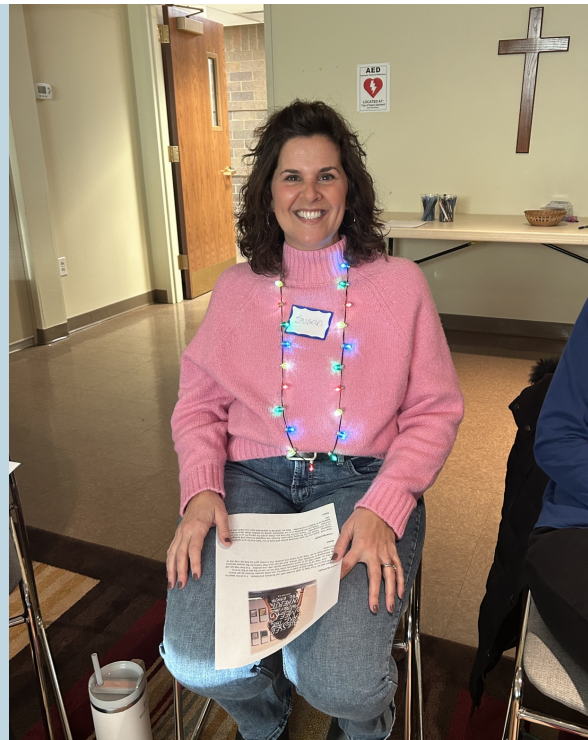


*"Amanda, in her gentle and unique spirit, did a great job with her presentation, guiding us through meditation and offering great suggestions for embracing gratitude in our lives."*

*"As a 'seasoned' Daughter of Grace, I am truly grateful for the gift of joy that I 'inherit' when I am in the light of our younger Daughters of Grace!"*



**Stay Tuned, More to come!** The next session on the Fourth Beatitude will be led by **Susan Haemmerle** tomorrow, **Wednesday, January 10, at 7:30 pm.** Then, **Jessika Caruso** will lead the Fifth Beatitude on **Tuesday, February 13, at 7:30 pm.**



***All women are welcome!***

*Olders, youngers, and in-betweeners;  
working, stay-at-home, and retired;  
introverts, extroverts, and other-verts;  
Jesus-lovers, Jesus-seekers, and even  
Jesus-avoiders*

## **Fr. Michal Rybinski to Receive Knights of Columbus 4th Degree Sword**

On Sunday, January 14<sup>th</sup>, K of C Council members from Long Valley, NJ, two groups of Color Guards, and several Knights from our local Council in Whippany will be attending the 11:00 AM Mass at Our Lady of Mercy Church to honor Fr. Michal Rybinski and present him with a 4<sup>th</sup> Degree Sword for his exemplary service with the Knights of Columbus.

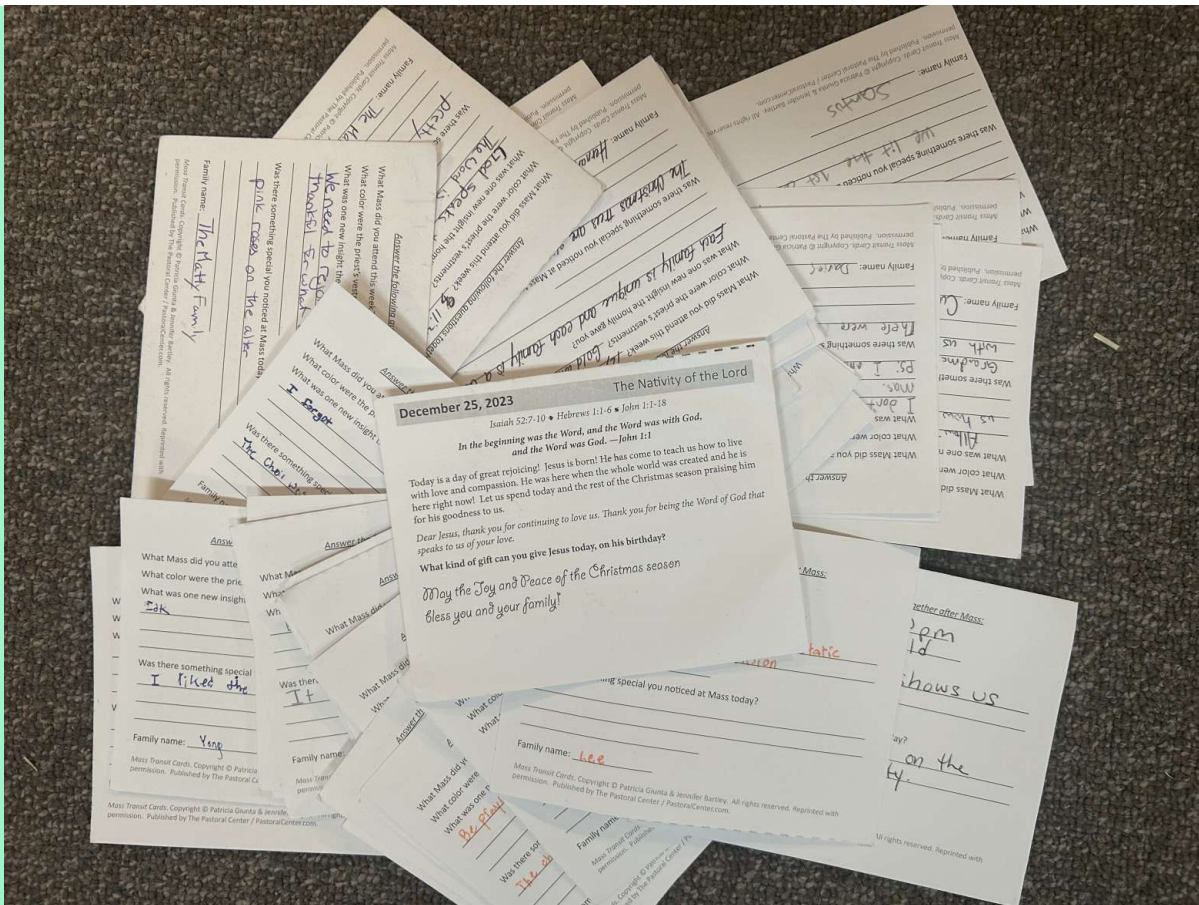


Fr. Michal became a 4th Degree Knight while a Long Valley Council 10419 member and into Augustus J Rampone Assembly 2450 back in 2022. That Council was planning to present him with a 4<sup>th</sup> Degree Sword, but before that happened, he was reassigned to Our Lady of Mercy Church in Whippany. Please join us as we present the sword to Fr. Michal. Refreshments will be served after Mass.

## **Family Faith: Mass Transit Conversations**

*(Comments reflect previous Sundays' celebrations)*





## What was one new insight the homily gave you?

"Showing kindness to others is how we can exemplify love."

"The family is the building block of the church."

"I don't know. I fell asleep; it was Midnight Mass. I also carried baby Jesus outside."

"Fr. Paddy reminded us that Christmas is not a day, but the presence of the Holy Spirit should be felt and celebrated all day."

"Even though we are small, we can add joy and make a difference."

"Be always humble. Pray every day. Be thankful."

"Allow Jesus into your heart. He came to reach us to live with love and compassion. Turn all the Grinches around the world into good people."

## Was there something special you noticed at Mass today?

"The beautiful nativity scene."

"We sang Gloria for the first time in months!"

"Granma and Pop came to celebrate Mass with us today."

"The church was decorated for Christmas!"

"The burning incense was very interesting, and we liked watching it."

"A screen presentation of the Nativity and birth of Jesus was shown."

"Pro-life advocate came to give her personal testimony; her story was very uplifting." (Family attended Mass at another church).

"The trumpet in chorus."

"Such a beautiful church. I loved Silent Night."

*"The life of a disciple is never static; we are always on a mission."*

*"The choir got new members."*

*"There was a movie screen and music, and the lights were off, and Fr. Alex lost his voice."*

## ***Memories that share our story...***

*5 pm Mass*





## Family Mass







Sent by Cristina Folan - Communications

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