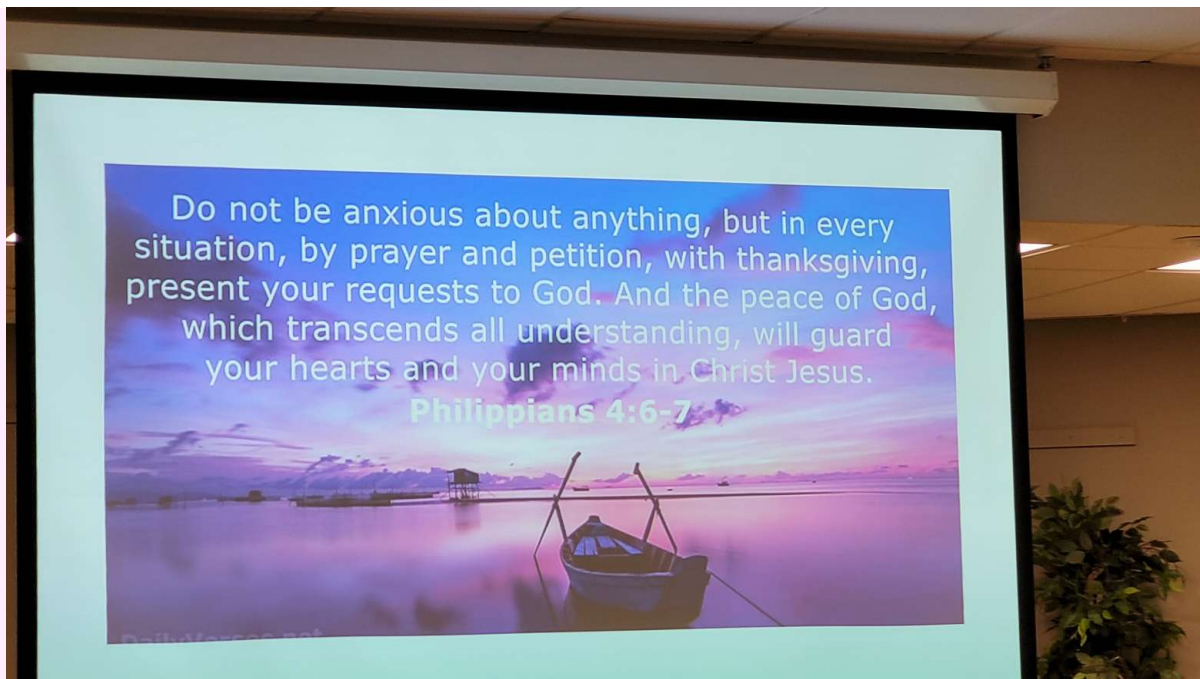


Melissa Fasano

From: mail@flocknote.com on behalf of Notre Dame of Mount Carmel Church
<mail@flocknote.com>
Sent: Tuesday, March 5, 2024 3:57 PM
To: Melissa Fasano
Subject: Parish Update: March 5, 2024



Health & Wellness: Learning to Cope



On Saturday morning, March 2nd, our **Parish Nurses/Health & Wellness Ministry** hosted a workshop to offer coping skills to those feeling stressed, anxious, or overwhelmed. Parishioner Kisten Stahl, LPC, LCADC, led the workshop. Despite the rainy morning, several came to our Parish Hall to learn how to best deal with various life circumstances that often burden a person's emotional, spiritual, and physical well-being.



"It was a nice way to spend some time on a Saturday morning, connect with friends, and attend the presentation on Coping Skills for Stress and Anxiety. No matter where you are in life, there are always stressors, some internal and others from outside. Some are easily managed, and others require attention. Kristen discussed recognizing symptoms. She shared some simple but effective ways to deal with anxiety or stress,

"The workshop was very good- good for the individuals themselves and also in offering tips on how to deal with family members. Kristen gave us tools on how to cope with everyday anxieties. The meditation was wonderful and very important for us to remember to do. The sharings were so helpful. It was nice to hear how other people handle waking up in the night and how they get themselves back to sleep. Plus, it was great seeing people I haven't seen in a long time!" Mary Kochan



Thanks to Kristen for sharing her talent, time, professional wisdom, and experience with our parish! Thanks as well to the Parish Nurses/Health & Wellness Ministry for seeking these opportunities to improve our community's health - mind, body, and spirit. If you have an interest or experience in the health and wellness field, please join their next planning meeting on Thursday, April 4, at 7 PM.

including paying attention to your breath, prayer, and even combining the two. Her PowerPoint presentation contained valuable information for personal use or to possibly share with others who might need encouragement, including how to find professional help. Thank you to our Parish Nurses/Wellness Ministry for arranging this wonderful presentation, and thank you, Kristen, for sharing your time and expertise!" Lisa Wallburg



Given the positive response to the workshop, Kristen said she would consider offering the workshop again in the future - so stay tuned!

www.ndcarmel.com

Health & Wellness Planning Meeting

We seek to expand our offerings to include broader healthcare disciplines, such as nutrition, mental health, fitness, etc.

We invite all in the community who are in the health and wellness field to join us!
Thursday, April 4th, 7:00 pm
in the Cozy Room!

Questions?
 Marie Sasso at mmesas3@gmail.com
 Sue O'Connor at susancarrollaconnor@gmail.com
 Maryann Johnston at 973-888-1634

Discipleship Groups: On the Lenten Journey

"Unholy Mess: What the Bible Says About Clutter"

“What a blessing it has been for me to join these beautiful women of God this Lent. We are having encouraging conversations, talking candidly about how the Holy Spirit is prompting us. This Lent, as we practice prayer/fasting/almsgiving, we are also decluttering. We are making more space for God to shine His beautiful light in our lives. We have been decluttering our minds, calendars, schedules, offices, and homes. We have been inspired by Angie Hyche’s book “Unholy Mess” as well as beautiful scriptures from the Bible.” Unholy Mess DG Facilitator Patty Allocca



Knights of Columbus Seeking Men to Join Their Mission

“The harvest truly is plentiful, but the laborers are few. Therefore, pray the Lord of the harvest to send out laborers into His harvest.”

Matthew 9:37-38



This past weekend at all Masses, the Knights of Columbus (KoC) held a recruitment weekend, inviting men 18 and older to join their brotherhood of Knights in their mission to serve the Church and our local community. Those unable to connect with Brother Knights this past weekend are invited to learn about their local **KoC council at an Open House this Thursday, March 7, at 7 PM at Monore Hall in Whippany.** Sandwiches and beverages will be served. Come, taste, and see!



Lenten Family Traditions

By Diane Byrne, Elementary Family Faith Coordinator

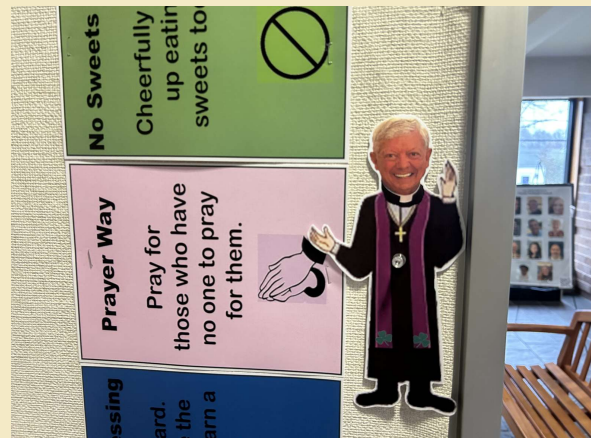
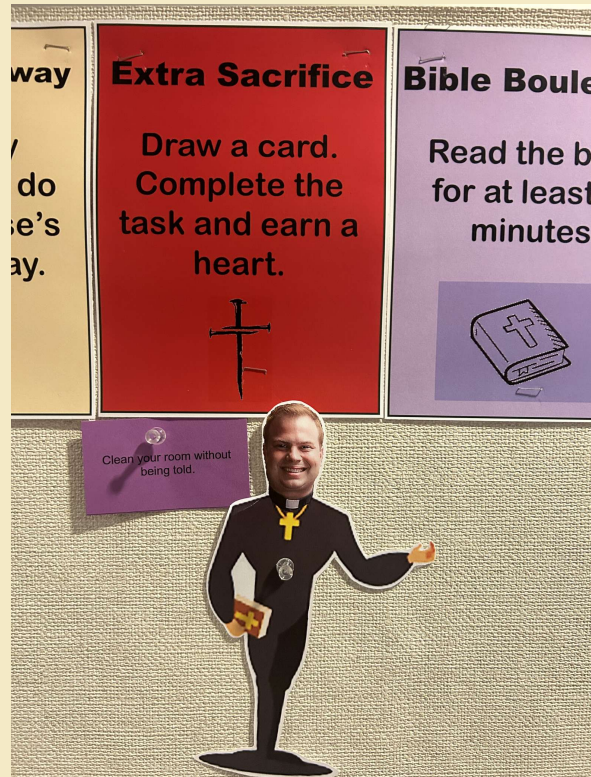
This past Sunday, at our Family Mass, Marina, Izabella, and Francesca Makowski shared their Lenten tradition. Towards the end of Lent, the Makowskis gather food to be placed in a basket – homemade baked goods, bread, dyed eggs, wine, chocolate, baby food, etc. The family makes sure there is something for everyone!



The filled basket is brought to church on Holy Saturday morning to be blessed at our "Blessing of the Food" service. On Easter, the blessed food is shared with family and friends!



And on the Lentopoly front...



Remember, everyone who completes one of these tasks during the week will earn a heart to place on our cross.

From last week's tasks... "Make something for an elderly neighbor and deliver it."



A New Beginning!



This past Sunday, at the 7:30 m Mass, and on behalf of our parish family, Fr. Paddy recognized Melissa Fasano for her wonderful and numerous contributions these past eight years as Parish Secretary. Melissa's last day "on the job" will be this Friday, March 8th.



As Melissa embarks on her new professional journey, we pray her new position and work environment will be a new source of growth, joy, as well as personal and professional fulfillment. We are blessed that she and her family will continue to be part of our spiritual parish family!

Congratulations, Melissa! May this new job be a stepping stone to the fulfillment of God's plans for you. May His grace accompany you today and always!

Guatemala Outreach: *Looking Back to Look Ahead...*

As our Guatemala Outreach Ministry calls for missionary disciples who may be interested in journeying on this year's mission to build homes, we share inspiring

testimonials from the last mission trip back in August 2019. **Click below to read what a few of the missionaries had to say about their experience.**

MISSIONARY DISCIPLESHIP...

GUATEMALA OUTREACH: TRANSFORMING OUR LIVES

During the week of August 12th, 22 of our parishioners built 4 homes for families in dire need of shelter in one of the poorest areas in Guatemala. Thanks to God, and the prayerful and financial support of so many in our community, 28 homes have been built through the Guatemala Outreach ministry and From Houses to Homes (FHTH). Following are testimonials shared by some of the missionaries. Please visit our website for additional sharings and pictures from this year's journey.

Connection may be the most fundamental of all human needs. In the way of connections stand all kinds of man-made barriers: the borders of nations and markets, the borders of first and third worlds, the borders of language, the borders of pride and greed, the borders of race and ignorance, the borders of

fear. Jesus disrespected these borders whenever he embraced the lepers, the poor and those made to feel inadequate according to the man-made vision of the time. The Guatemala ministry is about crossing such artificial borders and awakening to the joy that comes from connecting with new friends in Guatemala and new and deepening friendships within Notre Dame of Mt.



faith and humility, none of this can happen. The people from FHTH with whom we worked were among the hardest working I have ever met, but with a kindness, gentleness and sense of humor that made the experience incredibly enjoyable. There wasn't a day when we were not laughing about something. It is hard work, but hard work of the best possible kind: with a

over the lack of material things, but rather appreciate what they receive and take joy and comfort in the people around them. I was always greeted with a smile and pleasantries such as "Hola" hello or "Buenos dias," Good Morning.

When I arrived at the site where the home was to be built and met the family that would be living there, it was an emotionally charged moment. I was first touched by the gratitude of the family for our contribution to help them.

Secondly I was stunned by the task at hand, as I gazed upon a narrow, bare patch of flattened earth on a steep hillside where my fellow volunteers and I were tasked to build a home in only five days.

Although my initial intention to go on this mission was to help others, the irony is that I received far more from the

Want to learn more?



Notre Dame of Mt. Carmel

2024 GUATEMALA OUTREACH Info Session!

Friday,
March 8th,
6 pm.
Resource Rm.

We are excited to resume this August our Guatemala Outreach mission of building shelter for those in need in areas nearby Antigua, Guatemala.

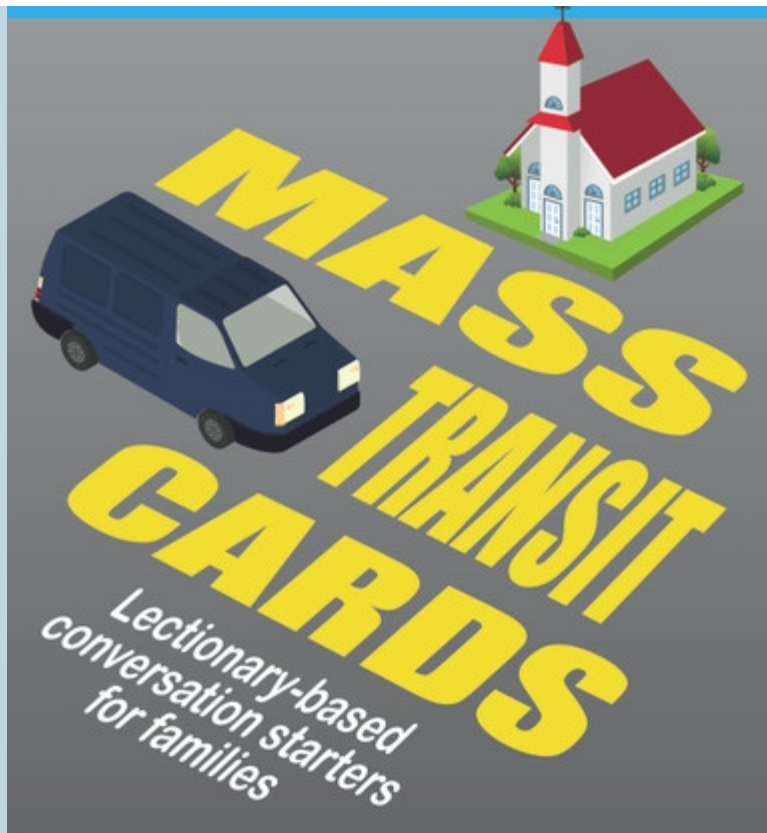
Join us for this **Information Session** and learn how, in just one week, lives can be changed through this ministry... including yours!



Visit our website at www.ndcarmel.com/guatemala-outreach for more details or contact Ken Folan at kenfolan@gmail.com

Family Faith: Mass Transit Conversations

(Comments reflect previous Sundays' celebrations)



What was one new insight the homily gave you?

"We need to be kind to the lepers."
"The message of Noah's ark & connection to Eagles Wings." God will always hold us close even in the hardest of our struggles."
"We are making a sacrifice for Jesus Christ. He shows us his power. He shows power through humility."
"To accept and bring in others who may be different and ignore stigmas."
"Sometimes in our lives, we're drowning, but if we turn to Jesus, he gives us new life like baptism."
"Do not be afraid to let someone in because they are different."
"Go to my friend who might be sitting alone at school. Don't be afraid."
"The holy spirit is a messenger of God."
"It is important to speak words of love to my parents and listen."

Was there something special you noticed at Mass today?

"I read prayers of the faithful at Mass."
"We noticed how moved Father Paddy was when discussing his retirement."
"Father Alex's hobby is to fly planes."
"Lentopoly has been fun!"
"We will miss Father Paddy."
"The purple Father Alex was wearing is my favorite color."
"Sandy did a great job singing in the choir"
"I like the new boy singer."
"There are a lot of people at Mass today"
"We love hearing everyone's Lenten traditions."
"A wonderful example of an activity with beans."
"The BIG DICE! And also the purple cloth around the ring."
"No drums because my dad wasn't here."

*"God speaks to us through our friends,
animals, and the Gospel."*

"Holy Spirit = God's messenger"

"The holy spirit is everywhere."

*"Baptism is your death & reborn with the
breath of the holy spirit."*

"Homework: date of baptism."

"We put hearts on the cross."

"No Aleluia"

*Fr Paddy is retiring in June. We will all
miss him deeply. PS you forgot the
transit card winner!"*

This Week's Mass & Lamp Intentions

Parishioner Announcements

Memories that share our story...

7:30 am Mass





Family Mass





Sent by Cristina Folan - Communications

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