

## *Notre Dame of Mt. Carmel*

CEDAR KNOLLS, NJ 07927

# Follow Me 2017



## *We Walk by Faith*

### OUR LENTEN JOURNEY OF DISCIPLESHIP

Enrich your spiritual journey, grow closer to Christ, and connect with fellow parishioners as you follow a path of authentic discipleship.



**Register online at [ww.ndcarmel.com](http://ww.ndcarmel.com)**

**Registration Deadline: Sunday, February 19!**

*All sessions begin after Ash Wednesday, March 1.*

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## GROUP DESCRIPTIONS

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***Lenten Gospel Reflections*** - Join our Pastor as he shares his reflections on the Lenten gospels, engaging participants in discussion that will make the journey through our Lenten Masses more enriching and meaningful. **Fr. Paddy** ([frpdaddy@ndcarmel.com](mailto:frpdaddy@ndcarmel.com)).

**Mondays, 12:45 – 1:45pm, Rm. 201.**

Mar. 6, 13, 20, 27; Apr. 3, 10.

**\*Oremus** - Do you find it easy to pray? Is prayer an integral part of your day? Do you hear God's voice in your daily life, and know how to respond accordingly? Oremus is a DVD-guided journey through Catholic prayer that teaches the essentials of a fruitful prayer life. **Cristina Folan** ([commsupport@ndcarmel.com](mailto:commsupport@ndcarmel.com)). **Mondays, 7:30-9:00pm, Rm. 103.** 8 sessions: Mar 6, 13, 20, 27; Apr. 3, 10, 17, 24.

*Over, please...*

**St. Benedict Outside the Walls: Benedictine Spirituality for the Laity** - St. Benedict, considered the Father of Modern Monasticism, wrote his Rule of St. Benedict in the mid-sixth century. We will explore the profound wisdom of the Rule and how, 1500 years later, it still is relevant to our daily lives. **Paul Cocco** ([pfcocco@yahoo.com](mailto:pfcocco@yahoo.com)). **Tuesdays, 7:30-9pm, Rm 203.** Mar 7, 14, 21, 28; Apr. 4, 11.

**Divine Mercy Holy Hour** - Join us for a special Holy Hour each Tuesday evening during Lent, with a short reading from St. Faustina's Diary, singing the Divine Mercy Chaplet, and silent adoration. All are welcome! Families are especially encouraged to come pray together. **Marc Luciani** ([lucianimar@gmail.com](mailto:lucianimar@gmail.com)). **Tuesdays, 7:00-8:00pm, Chapel.** Mar. 7, 14, 21, 28; Apr. 4, 11.

**Bible Stories and Great Works of Art** - Explore, with knowledgeable "online" art historians, great works of art which depict scenes from stories in the bible. This journey will help us to experience the beauty and spiritual meaning of these great works and will include reflection and discussion. **Carl Schlotfeldt** ([carl.schlotfeldt@gmail.com](mailto:carl.schlotfeldt@gmail.com)). **Wednesdays, 7-8:30pm, Youth Ministry Rm.** 5 sessions: Mar 8, 15, 22, 29; Apr. 5.

**\*Walking Toward Eternity** - This inspiring series is designed to help us live our faith more fully. Through daily prayerful meditation with Scripture, (lectio divina), you will be drawn into an intimate and life-changing encounter with Christ. **Joanne McHugh** ([mfmchughnj@gmail.com](mailto:mfmchughnj@gmail.com)). **Wednesday mornings, 10:30am – 12pm, Rm. 103.** Mar. 8, 15, 22, 29; Apr. 5, 12.

**Scripture Reflection:** Each week we will explore the upcoming weekend's gospel, reflecting on its meaning and its relevance to our faith and our daily lives. We will turn to some of the great Catholic minds for guidance and further insight. **Bob Abplanalp** ([rma626@aol.com](mailto:rma626@aol.com)). **Thursdays, 7:30pm, Resource Rm.** Mar. 2, 9, 16, 23, 30; Apr. 6.

**\*Life-Changing Questions from the Gospels** - Using as our guide a new book by Dr. Allan Wright, "25 Life-Changing Questions from the Gospels," we will explore at each gathering one or more of Jesus' questions from scripture. This journey will help us reflect on the path of our lives in light of Jesus' teaching. **Jean Pankow** ([jpankow@ndcarmel.com](mailto:jpankow@ndcarmel.com)). **Thursdays, 7:00-8:00pm, Rm. 103;** 5 sessions: Mar. 9, 16, 23, 30; Apr. 6.

**\*Becoming a Dynamic Catholic** - Renowned speaker and author, Matthew Kelly, is the "guide" for this Lenten journey exploring the four things that distinguish a truly engaged Catholic. Reflecting on Kelly's insights promises to help you live out the blessings and genius of Catholicism in your everyday life. **Beth Letizia** ([mrstiz1@verizon.net](mailto:mrstiz1@verizon.net)). **Thursdays, 7:00-8:30pm, Rm. 201.** Mar. 2, 9, 16, 23, 30; Apr. 6.

**\*The Art of Marriage** - A DVD-based journey that weaves together expert teaching, engaging stories, man-on-the-street interviews, humorous vignettes, and more, to portray both the challenges and the beauty of God's design for marriage. **Debby & Eric Kispert** ([dkispertmsrd@aol.com](mailto:dkispertmsrd@aol.com)). **Fridays, 7:00-8:30pm, Rm. 201.** Mar 3, 10, 17, 24, 31; Apr. 7

**A Lenten Journey for Men** - Men of the parish, join Deacon Joe for a weekly reflection on the Lenten gospels, engaging in discussion that will make the journey through our Lenten Masses more enriching and meaningful. **Dcn. Joe Quinn** ([joeq8562@gmail.com](mailto:joeq8562@gmail.com)). **Saturdays, 8:00-9:30am, Upper Rm.** Mar 4, 11, 18, 25; Apr. 1, 8.

*\*There is a nominal \$15 donation/person to help cover the cost of participant materials. However, financial difficulties should never be an obstacle to your faith journey. If you are experiencing such difficulties, please contact Jean Pankow at [jpankow@ndcarmel.com](mailto:jpankow@ndcarmel.com) / 973-538-1358, ext.122*

**Intentional** (adj.): an action performed with awareness; done deliberately, consciously, on purpose.

**May we be intentional about our spiritual growth!**