

Melissa Fasano

From: mail@flocknote.com on behalf of Notre Dame of Mount Carmel Church
<mail@flocknote.com>
Sent: Tuesday, October 31, 2023 1:59 PM
To: Melissa Fasano
Subject: Parish Update: October 31, 2023



Beautiful Eucharist

"Stand in St. Peter's Basilica in Rome, Notre Dame or Sacre Coeur in Paris, St. Mary's Cathedral in Sydney, Duomo Cathedral in Milan, Las Laja Cathedral in Colombia, St. Patrick's Cathedral in New York, the Basilica of the National Shrine of the Immaculate Conception in Washington, DC, or any of a thousand other incredible churches around the world, and you will feel awe and a sense of the sacred."

Matt Warner in Matthew Kelly's Beautiful Eucharist



Las Lajas Cathedral (Photo taken from: turismopasto.com/...)

"What do these beautiful Churches really say to us? They say that there is something greater here than art of architecture, something more than history -- and not just something... but someone. That someone is Jesus Christ, truly present in the Eucharist, present in all these churches, and present in the tabernacle in your local church."

Matthew Kelly, Beautiful Eucharist



Commissioning of our Extraordinary Ministers of Holy Communion

By Fr. Alex

By our baptism, we are all co-responsible for the mission that is our Church: to share the Good News. One of the most manifest signs of the Good News is the Eucharist, which feeds us but is also our most precious gift. This past weekend, we commissioned members of our parish to the ministry of Extraordinary Ministers of Holy Communion, who will aid the priests and deacons in distributing Holy Communion.



This ministry is not simply functionary, but as we heard in the commissioning prayer, demands that the person reflect the love of God in their face and lives. The commissioning, beyond being required every three years and valid for just a single parish, also allows us to recognize the multiple gifts we share in the mission of the Church, clergy, and laity.



The synod in Rome that just concluded speaks to the importance of witnessing this event as an occasion to give visibility and community recognition to the ministries

that enrich our community. (Paragraph 8.O) It also encourages us to see where Christ is at work in my life and where I can be at work in the life of His body, the Church. So, while only some of our brothers and sisters were called to this ministry, this is an occasion to witness their devotion and increase in our journey to Christ, finding and following the path He has set for us.



"Nursing" our Community

I SEE THE CHURCH AS A FIELD HOSPITAL AFTER BATTLE. IT IS USELESS TO ASK A SERIOUSLY INJURED PERSON IF HE HAS HIGH CHOLESTEROL AND ABOUT THE LEVEL OF HIS BLOOD SUGARS. YOU HAVE TO HEAL HIS WOUNDS. THEN WE CAN TALK ABOUT EVERYTHING ELSE.

- POPE FRANCIS -

LIBQUOTES

At the beginning of 2023, our parish began offering **Memory Cafe** events in our church building, facilitated by Arden Courts and in partnership with our Parish Nurses Ministry. Since then, many parishioners and members of the local community have participated in the gatherings and have greatly benefited from the sessions, not only finding support among one another but also finding out about the many resources that are available in the community to accompany those caring for loved ones afflicted by Alzheimer's or Dementia.



"Several months ago, I came across a flyer for the Memory Café at Notre Dame of Mt. Carmel Church. My Mom had recently been diagnosed with dementia after

three major hip surgeries within four months. I wasn't sure how to navigate this new diagnosis. Even though I am not a parishioner, I went to a meeting and was welcomed with open arms. Maryann Johnston, the parish nurses, the presenters, and other group members have been invaluable resources for me. I look forward to these meetings and seeing my new friends. Thank you so much for hosting this great group and for letting me be part of it. I've also joined the Quilting Ministry with another group of great ladies!" ~ Julie R



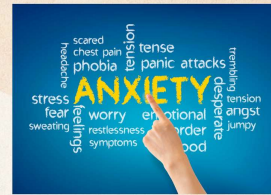
Parish Nurses' Ministry Chair
Maryann Johnston, RN, stopped by the parish office to share some additional resources brought to her attention by **Madine Despeine, Director of Self Help, Advocacy & Education at the Mental Health Association (MHA) of Essex and Morris County** and guest speaker at the latest Memory Cafe event.

The good news is that through various grants, MHA now offers free of charge several **opportunities to support families in distress and/or struggling with mental health or emotional issues**. For example, **In-Home Therapy for Seniors** (treatment includes individual and family therapy). There are other support groups and social gatherings (transportation provided!) to help with isolation, socialization, physical activity, etc.

Important Upcoming Event! Our **Parish Nurses & Wellness Ministry** will offer a special workshop, **Managing Anxiety & Distress**, next Tuesday at 7 PM in **Room 201**, with expert guest speakers from the Mental Health Association. Please come and hear how you, your family, or your loved ones can be supported in managing these challenging circumstances.

Notre Dame of Mt.Carmel Church
Cedar Knolls, NJ

*Are you or someone you care for
afflicted by Anxiety or Distress?*



Join us for a special workshop
Managing Anxiety & Distress

PRESENTED BY GENAYA PALMER, MA, LAC, ATR, NCC
MENTAL HEALTH ASSOCIATION OF MORRIS COUNTY

Recognize symptoms and emotions
Learn Coping Strategies
Connect to Resources for Support

TUESDAY, NOVEMBER 7, 2023, 7-8:30 PM
Upstairs in Room 201

Hosted by our Parish Nursing/Wellness Ministry
Questions? Contact Maryann Johnston, RN, at 973-886-1634

Couples' Hike hosted by Marriage Ministry

This past Saturday, our Marriage Ministry hosted a couple's hike in Mountain Way Park, a beautiful wooded area in Parsippany. The event welcomed new and old friends, as well as new and seasoned hikers!



"Our first hike with the Marriage Ministry group was a gift! We got to share a glorious walk in the woods (peak foliage, mild temperatures, sunshine, and blue skies) while beginning new friendships. At the top of a climb, we gathered for prayer and thanked God for the day and for one another and asked the Lord to bless and renew our marriages. Lunch at the diner afterward kept the camaraderie growing. Joe and Ann did a wonderful job organizing, making us all feel welcome, and leading us!" Judy & Mike

Elementary Family Faith:

To Jesus through Mary -- to Mary through Music

By Q Fernald, Director of Youth Ministry & Contemporary Worship

Music is a powerful way to pray! When we sing our prayers, we join our voices as one Church with the voices of the Angels and Saints in Heaven. We are also blessed as Catholics to be able to draw closer to Christ Jesus through the intercession of the Blessed Mother, Mary Most Holy.



Much as we do through our music in Mass and in worship, songs and hymns dedicated to Mary allow us to draw closer to her in prayer so that we may then draw closer to Christ and thus closer to God the Father!



Family Faith: Mass Transit Conversations

(Comments reflect previous Sundays' celebrations)

Was there something special you noticed at Mass today?

Farther Alex is growing a beard

Family name: _____

Bachos



Was there something special you noticed at Mass today?

"We saw the tabernacle where we learned last night at Seek that Jesus lives."

"He talked about helping people; our mom and dad are with us."

What was one new insight the homily gave you?

"We should be good listeners and not just say okay, okay..."

"Cyrus just cared about money and not God."

"The microphone is hanging by an orange line."

"That our friends are here from Belgium."

"Go out in the world and be disciples of God."

"If something seems too hard, pray to Jesus."

"We love singing!"

"The Welcome, Build, and Send signs."

Johnny looked for himself."

"There was a different band from the 9:30."

[Family attended the 6 p.m. Mass]

"It was my first time going to the 6 p.m."

Mass, and it was nice to see a bunch of kids my age."

"The lady talked about how she joined church and groups."

"No matter rich or poor, God invests in you/us - anything counts to help the church."

"That our parents love us."

"Fr. Alex brought a Fiat to show that Mary was the first disciple of Jesus and that we should go in our cars and be the disciples."

"Church is like family."

"We have to serve."

"Dave felt very welcome; we should welcome new members."

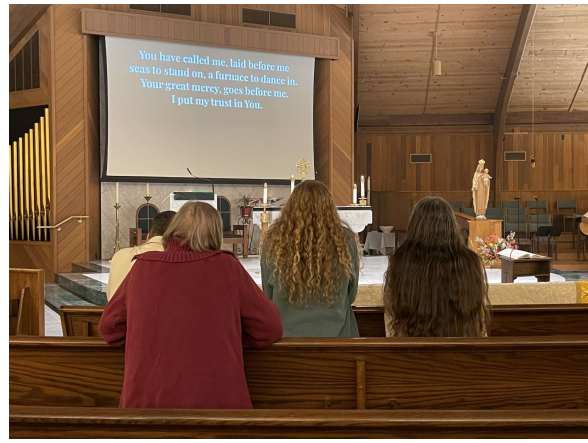
This week's Mass & Lamp Intentions

Parishioner Announcements

Memories that share our story...

Night of Contemporary Praise & Worship





Our Pastor bringing musical joy at the Knights of Columbus Gala!

7:30 am Mass



Family Mass

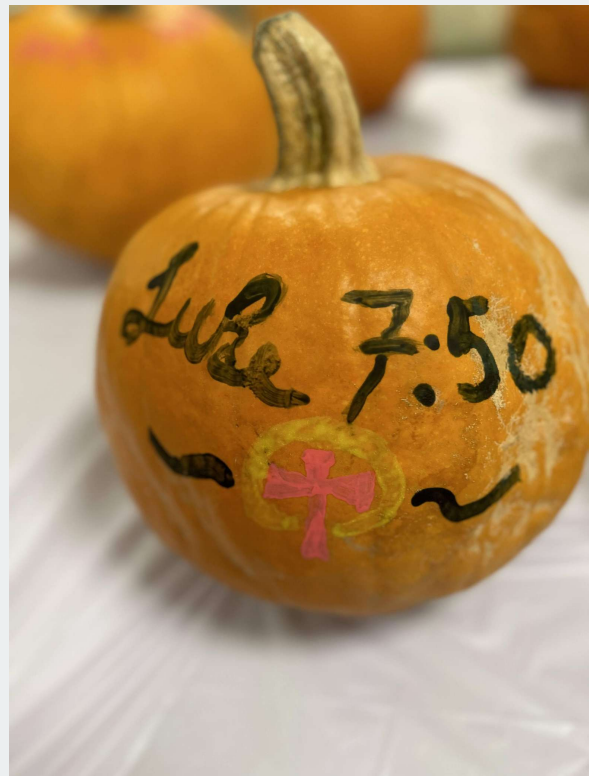


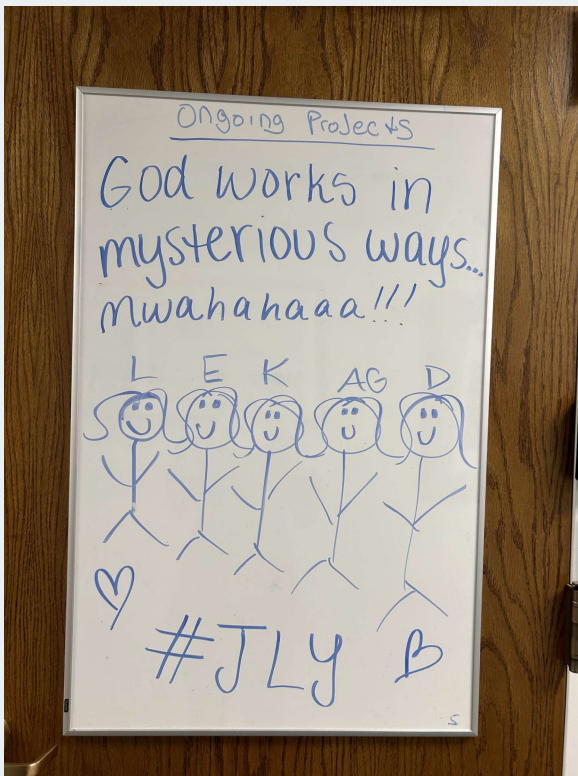
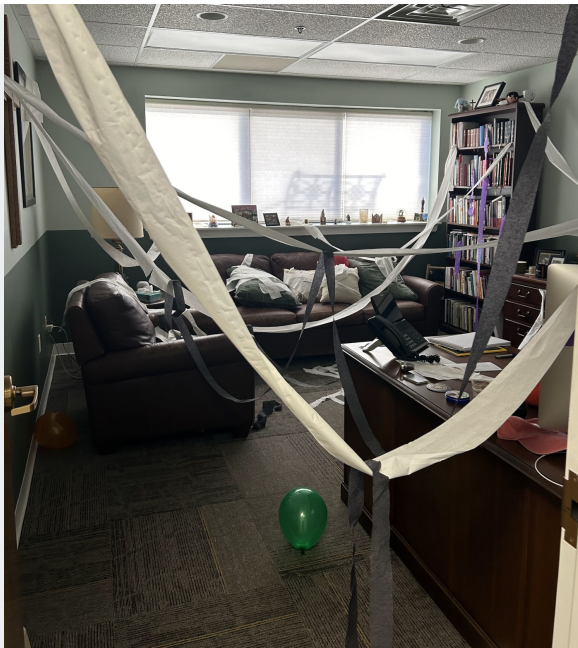


6 PM Mass Contemporary Worship



Youth Ministry in Action... Happy Halloween!







Sent by Cristina Folan - Communications

 Reply

Direct replies to this email can only be seen by admins. Click the blue Reply button above to leave a public comment.
Email me when people reply to this note

To ensure that these emails land in your inbox and do not go into spam, please add mail@flocknote.com to your email address book or safe senders list.



[my info](#) • [unsubscribe](#)

75 Ridgedale Avenue, Cedar Knolls, NJ 07927 • ndcarmel.com