

Our Lady of Mount Carmel Catholic Church

Parish in Paradise

Newsletter

Aug / Sept / Oct 2022 ♦ ISSUE 35



► The Spanish Community of OLMC and Sts. Peter and Paul Cathedral came to Mass on Sunday, Nov. 13, 2022, to celebrate Fr. Serapio Lopez Cruz's birthday. Fr. Serapio has been assigned to OLMC until Fr. Anthony returns in December. He is available Tuesday to Friday for confessions, counseling, visiting the sick, etc. For an appointment, call the church office at 776-6339.

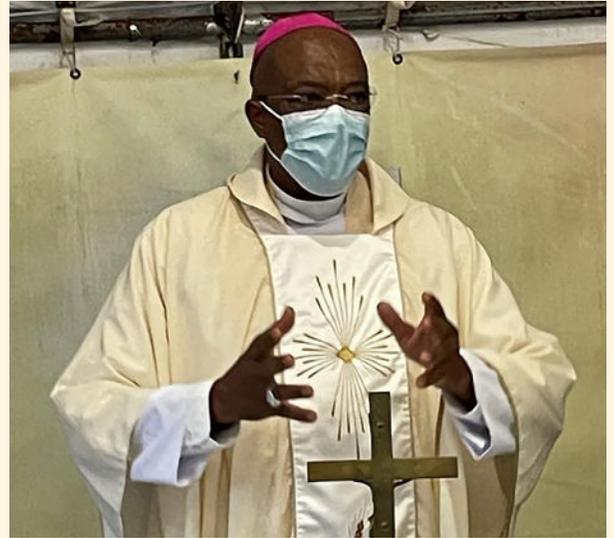
www.olmcvi.org ♦ olmc@hotmail.com ♦ fax: 340-693-7685

☎ P: 340-776-6339 • ✉ P.O. Box 241 • St. John, U.S. Virgin Islands 00831-0241

♦  OurLadyof MountCarmelstjohn ♦  OLMC VI Virgin Islands ♦



Archbishop Kenneth Richards



From the desk of the pastor

Dear Brothers and Sisters,

I greet you with the love of Jesus and his mother Mary. *“In everything give thanks, for this is the will of God in Christ Jesus.”* 1 Thessalonians 5:18.

Sometimes we focus on what we lack or do not have and forget to give God thanks for what we have. There is so much for us to give God thanks for.

Open our eyes dear Lord so we can see your hands at work and give you the praise.

Let us thank God for the blessings of life, health, food, family and friends.

We should not take these things for granted. We are truly blessed to be received the gift of this new day. What we do with this new day, week and month will be our gift to God.

When trials, suffering, and pain come, as we grow in Christ, we will be able to give God thanks for the pain. The book St. James says trials come to make us stronger. Trials are part of the Christian experience. Jesus told His disciples, *“In this world you will have trouble”* (John 16:33). We can give God thanks for the suffering because through the suffering we are moulded into a beautiful person. James 1:3 explains that God intends trials to test our faith and produce spiritual perseverance.

This year we thank the Lord for the many blessings we have received. Thank you Lord. Thank you Lord! I thank you in good times and the bad times. I say Thank you Lord !

In Christ,

Rev. Fr. Anthony Abraham, Pastor

Most Rev. Kenneth Richards, of the Archdiocese of Kingston, Jamaica, is filling in for Fr. Anthony Abraham, who is on vacation. Archbishop Richards is shown celebrating Mass in Coral Bay on Aug. 16, 2022, and he visited the seniors at the Adrian Senior Center on Aug. 18.



Fr. Anthony Abraham is on military leave with the U.S. Army Reserves until mid-December.

Please keep him in your prayers. If you would like to write to him, here is the address:

Leader Course (Class# 22-003)
CH Anthony Abraham
USA-IRL
10100 Lee Road
Fort Jackson, SC
29207-7090



Advent

A time of expectation

The Advent Wreath, a venerable European tradition, can be a way to involve even very little children in learning about Christian preparation – not only for celebrating Our Lord’s birth, but to make our hearts truly ready to receive Him.

The wreath’s symbolism of the advent (coming) of Light into the world is clear. The gradual lighting of the four candles, one on each Sunday of the Advent season, combined with the liturgical colors of the candles (purple is the penitential color used during Advent and Lent; rose is a liturgical color used only on Gaudete Sunday in Advent and Laetare Sunday in Lent) help to symbolize not only our expectation and hope in Our Savior’s first coming into the world, but also in his Second Coming as Judge at the end of the world.

The wreath itself is also symbolic. The circle of evergreen in which the candles are placed represents everlasting life. The seedpods, nuts and cones used to decorate the wreath are symbolic of resurrection, and fruits represent the nourishing fruitfulness of the Christian life.

Gathering materials for the wreath—perhaps on an outing in the park or woods, or even in the backyard— and assembling it at home is an interesting family project in which even the youngest children can participate.

On the first Sunday of Advent, you may sprinkle the wreath with holy water and bless it before the first purple candle is lit. The appropriate Advent collect can be said as the candle[s] are lit each day of the week, followed by the blessing before meals, if you use the wreath at mealtime.

The second Sunday two purple candles are lit; the third Sunday, two purple and one rose; and all candles are lit on the fourth Sunday.

Children who are old enough can take turns lighting the candles. (The littlest ones can blow them out at the end of the meal.) If you use the wreath at mealtime, it is helpful to place it on a tray or platter so it can be moved, and to protect the table from candle wax.

On Christmas Day, all the greens and decorations are replaced with fresh ones, and four new white candles, symbolizing Christ, replace the colored ones and are burned throughout the Christmas season. The Advent season is a good time to pray the Angelus at family meals.

Advent starts four Sundays before Christmas every year.

Advent 2022 started on Sunday, November 27, 2022.

◆ Article taken from *Celebrating Advent and Christmas: A Sourcebook for Families*. <https://www.catholic.org/advent>



Misa en español



Youth MINISTRY News



^ OLMC Youth Group cooked for the residents of the Our Lady of Charity Transitional Shelter and the homeless in Cruz Bay on Monday, Oct. 10, 2022.

Food distribution



➤ Catholic Charities of St. John, in partnership with the V.I. Department of Education and USDA, distributed food items to residents on St. John on Thursday, Nov. 3, 2022. More than 200 bags were distributed. Volunteers and others help assemble bags for distribution.

Domestic Violence Awareness



➤ The V.I. Domestic Violence & Sexual Assault Council held a Domestic Violence Awareness event on Saturday, Oct. 22, 2022, on St. John. Participants walked from the V.I. National Park to Moorehead Point where biodegradable lanterns were placed in the ocean recognizing those who lost their lives to domestic violence and also survivors. Deacon Michael Jackson Sr. said a prayer before the release of the candles and also gave the opening prayer in Frank Powell Park, where the event continued. A few parishioners also participated in the march and the event.

FEAR: FALSE EVIDENCE APPEARING REAL

By Claudia Verdant

What are you afraid of and how is it stopping you from living?

Fear is a natural, normal emotion and a part of our human condition. The threat of harm, real or imagined, towards our physical, emotional, or psychological well-being triggers our fear. Our fear towards a legitimate threat, helps protect ourselves, especially when faced with life-or-death situations. However, my experience has taught me, our fear, if left unchecked and uncontrolled, kills.

I vividly remember being fearful of the contents of an email. True story! I read the name of the sender and the subject line multiple times, but I could not open it. My fear, which at the time, was palpable. It was so concentrated as to seem tangible and perceptible to all of my senses. Unbeknownst to me at that time, the fear triggered a strong physical reaction in my body and my ability to harness reasoning and sound judgement was gone. My breathing changed; my body temperature increased and I stood frozen in my spot as my right thumb hovered over my phone. My eyes moved back and forth reading and rereading the sender's name and the subject line. As time increased my emotions quickly increased from trepidation, to nervousness, to anxiety and finally to dread. Finally, I reached to the point where I had to do something. I then tossed my phone down and walked away. Very anticlimactic, I know.

From that moment, and right up until I finally opened that email days later, that fear had control and total power over

me. My denial, my avoidance, and my resignation to not open the email, to read and respond to its contents, was killing me.



I did not breathe a sigh of relief or found peace until I gathered my strength and opened the email. The 180-degree change that occurred physically, emotionally, and psychologically was instantaneous. I was finally able to breathe again and to continue living. I can picture someone saying, "Really Claudia, all that for an email, grow up." My triggers and my experiences are different from yours. My bogeyman, is different from yours, yet we all have one. We've all experienced a time where our fear has robbed us. We may have acted out; we may have said harsh words; we may have distanced ourselves from

loved ones; we may have used substances to cope with it; we may have stopped talking or listening to God. We may have been so afraid to face our own wounds; so afraid of failing that we never took risks; so afraid of judgment that we hid ourselves; so afraid of being seen as incompetent that we never ask for help; so afraid of our guilt and perceived unworthiness that we never ask for forgiveness; so afraid that we did not love. Whatever our reasons and situations, that fear stopped us from living.

Scripture has given us a simple command, "Be not afraid!"

It's simple, but telling. God knows in this world we have much to fear, but from His and Jesus' perspectives we have absolutely no reason to be fearful (Deuteronomy 31:6, Isaiah 41:10, Psalm 56:3-4, Joshua 1:9). We are invited to live a full life of truth and love but we need to trust him in order to live that life.

So, in closing I ask this again, what are you afraid of and how is it stopping you from living?



◆ Claudia Verdant, a St. John resident, is a Major in the U.S. Army. She is also a parishioner of OLMC.

Emmaus men's retreat



^ Tony Alfonso and Deacons Evans Doway, Michael Jackson Sr., Cassius Mathurin & Peter Laurencin attended the Emmaus Men's Retreat from Oct. 15-17, 2022, in Pittsburgh, PA. Becky Cozza was one of the hosts and sponsors. Other hosts and sponsors included David Barone, Mark Erickson and Allen Sherwood.

Deacons retreat



Our Lady of Mount Carmel Mission Statement

Our Lady of Mount Carmel Catholic Church will provide support to all through the liturgy, worship and education. We pledge to provide our parish community and our visitors a prayerful experience in an environment of friendliness and courtesy. We are committed to proclaim the Word of God in unity and love towards each other.

Our mission is:

Evangelization: to evangelize ourselves, our families, our parish and our local community.

Liturgy: to celebrate our faith with joy through vibrant and prayerful worship.

Education: to educate and become educated in the truths of the Gospel and in the formation of conscience.

Service: to reach out in love and service to those in need.

Stewardship: to develop the material, financial and human resources of the Church and to manage them as faithful servants.

The *OLMC Parish in Paradise* Newsletter is composed by Fr. Anthony Abraham, Simonia Dagou, Lisa Etre and Brenda Rector Wallace.

To submit an article or for questions regarding OLMC Newsletter please contact: Lisa Etre by email at: olmc@hotmail.com

Graphic Design: Julie Vazquez

DEVOTIONS:

Eucharistic Adoration Daily: 24 hours a day

Sacrament of Reconciliation

Saturdays at 5 p.m.; after Masses; or by appointment

Baptism: By Appointment; 3 weeks preparation

Weddings: By Appointment; 6 months preparation

Regular Mass Schedule

Weekend: Saturdays: 6 p.m.
Sundays: 7:30 a.m. 9:30 a.m.
12:30 p.m. (Coral Bay)
5:45 p.m. (Spanish)

Weekdays:

Tuesdays: 6 p.m. (Coral Bay)
Wednesdays: 6 p.m.
Thurs & Fridays: 7 a.m.



Artistic
Villas

The Beach Estate
ST. JOHN, VIRGIN ISLANDS

800-253-7107

info@artisticvillas.com
www.artisticvillas.com



CARIBBEAN
PLANNING.com

Caribbeanprovisions.planning@gmail.com

**Your Personal
Concierge**

Welcome baskets, provisions,
charters, vacation planning,
baby equipment, babysitting
and much more

340-201-0029

Jessica Schnell, PT, DPT
Chris Reinbold, PT, DPT, OC



ST. JOHN PHYSICAL
THERAPY

Mailing Address: St. John Physical Therapy
5000 Estate Enighed #535
St. John VI 00830

Fax: •340-693-0148
•800-403-8365
•340-514-2376

http://www.stjphysicaltherapy.com/



MORGAN'S
MANGO

*Cruisines
of the Caribbean*

Cruz Bay
St John, USVI
340.693.8141
morgansmango@islands.vi



MUETTES

Lisa Etre VI Artist

Inspired by island
beauty...

lisaetre.com



St John
Scoops

U.S. Virgin Islands

"We Make it Fresh, Everyday!"
Open 9am - 11pm



KILROY'S

SINCE 2006

Laundry & Dry Cleaning

DONNA 693-8741



COURTESY CAR RENTALS

Prompt & Affordable, Professional Service

Greg Edward

P.O. Box 1316
Cruz Bay, St. John
USVI 00831
www.courtesycarrental.com

Days 340 776 6650
Fax 340 776 6734
Evenings 693 8672
info@courtesycarrental.com



SOCIAL MAVENS

A marketing & communications agency

BOSTON AGENCY

ISLAND EXPERIENCE

SOCIALMAVENS.COM



Cool Runnings
TAXI

Peace be the Journey
Open Air Safari Bus
Sightseeing Tours, Beach Trips

John Abraham
P.O. Box 927 • Cruz Bay
St. John U.S.V.I. 00831
Home: (340) 693-5207
Cell: (340) 513-2928

Safari Bus
Tag # JP 0092