

Our Lady of Mount Carmel Catholic Church

Parish in Paradise



He is Risen!

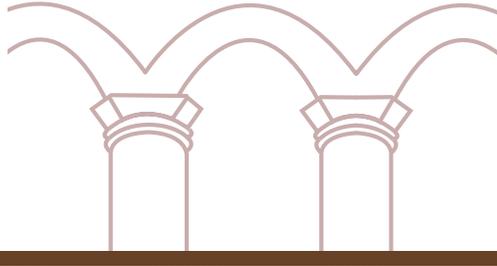
Newsletter

March/April 2020

◆ ISSUE 17

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



From the desk of the pastor

My dear Sisters and Brothers in Christ,

With the global epidemic that is facing us – the COVID 19 virus – we most definitely need to “keep our eyes on Jesus,” Heb. 12:2.

The great Saints teach us that we must have faith and hope in our Lord. It is through Him, we are able to find peace in trying times. In my lifetime, I have never seen anything like this. However, for weeks the Church has been preparing us for this. On Ash Wednesday, we all were reminded that we are dust and unto dust we shall return.

This virus has caught us by surprise. It reminds us how Christ is going to return. The world seems to have come to a stop. The “Coronavirus” is mentioned so often. We, however, must remind ourselves that the name of Jesus is greater than this virus.

With what is happening, there is a danger of treating our neighbors with scorn. Let us not lose sight of Jesus in the less fortunate and in those who might be fearful of getting infected. Let us remember those who have been affected. Let us remember those who have died. Let us remember those in the medical profession who put their lives at risk daily.

Lord we don't want to live in fear. We want to stand on your word and your promises. We remember the words of the psalmist, “we lift our eyes up to the hills from where our help come. It comes from the Lord who made the heavens and the earth.”

May we not put the Lord to the test. May we take every precaution necessary to stay healthy.

May God bless us all and May Our Lady of Good Health watch over us.

In Christ,

Fr. Anthony Abraham
Pastor

Ash Wednesday



Fr. Anthony Abraham makes a cross with ashes on parishioners' foreheads for Ash Wednesday, which began the season of Lent.

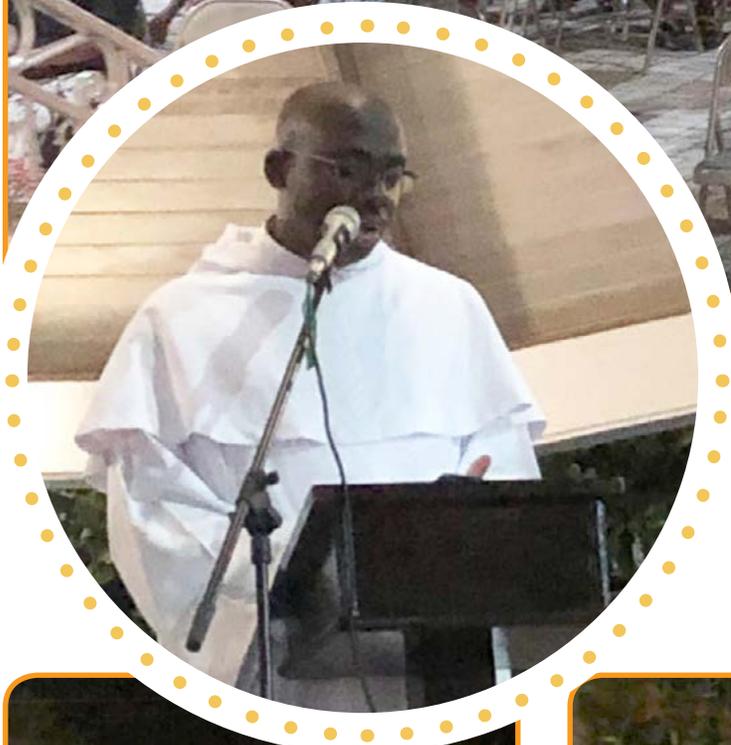
St. John Cancer Fund



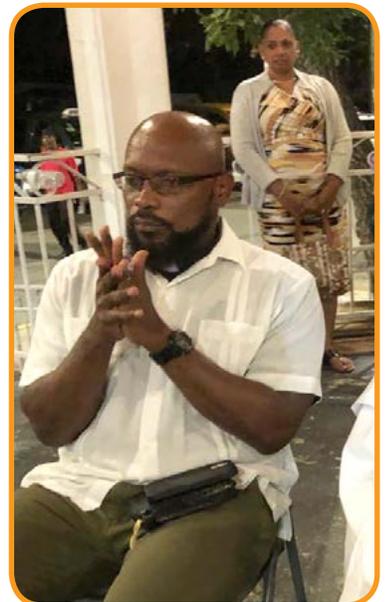
Fr. Anthony Abraham presents Hank Slodden with a donation to the St. John Cancer Fund from OLMC. “The three hearts of Love City” were placed in the church for a weekend to encourage people to have a heart and donate to the St. John Cancer Fund. The hearts toured throughout St. John.

LENTEN

MISSION



Our Lady of Mount Carmel held its 2020 Lenten Mission from March 2-5 in the Frank Powell Park. The guest speaker was Fr. Irenaeus Vincent of Jamaica. The evenings included praise and worship, testimonies from people and talks by Fr. Vincent.





Important Announcement
FROM
FR. ANTHONY ABRAHAM



Dear parishioners and visitors:

BISHOP HERBERT BEVARD HAS ANNOUNCED THE CANCELLATION OF ALL MASSES IN THE ENTIRE DIOCESE OF ST. THOMAS IN THE VIRGIN ISLANDS.

THIS IS DUE TO THE COVID-19 PANDEMIC CRISIS WORLDWIDE.

1. Please be advised that I will hold **Mass via Facebook on Sundays at 8:30 a.m. and weekdays at 6 a.m.** The Facebook page can be accessed at **OurLadyof MountCarmelstjohn** (There is a space between.)
2. Catholic Television Network (CTN) also televises Mass on channel 7 at 10 a.m. Sundays. Mass can also be viewed on EWTN.
3. Call the church office at **340-776-6339** or email **olmc@hotmail.com**, if
 - A. Anyone **needs prayers and/or confession.**
 - B. Anyone **would like to get candles or holy water.**
 - C. Anyone **would like to schedule a Mass intention.**
4. If anyone would like to give their tithes, you can:
 - A. **Drop** your offering envelope in the church mailbox on the office door
 - B. **Mail** it to the church at **P.O. Box 241, St. John, VI 00831**
 - C. **PayPal:** Our Lady of Mount Carmel (**olmc@hotmail.com**)
 - D. **Online giving:**
<https://www.myowngiving.com/Default.aspx?cid=1390>

In Christ,

Fr. Anthony Abraham, Pastor

A Coronavirus Prayer

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Lord Jesus Christ, you traveled through towns and villages “curing every disease and illness.” At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbors from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders.

Lord Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

Be with those who have died from the virus. May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.



Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Lord Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

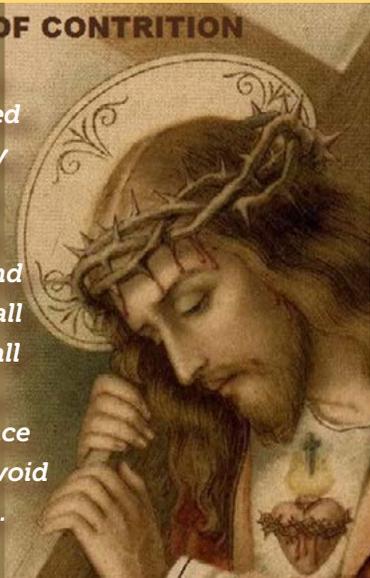
Jesus Christ, heal us.

In the name of the Father, and of the Son and of the Holy Spirit.

Amen. †

ACT OF CONTRITION

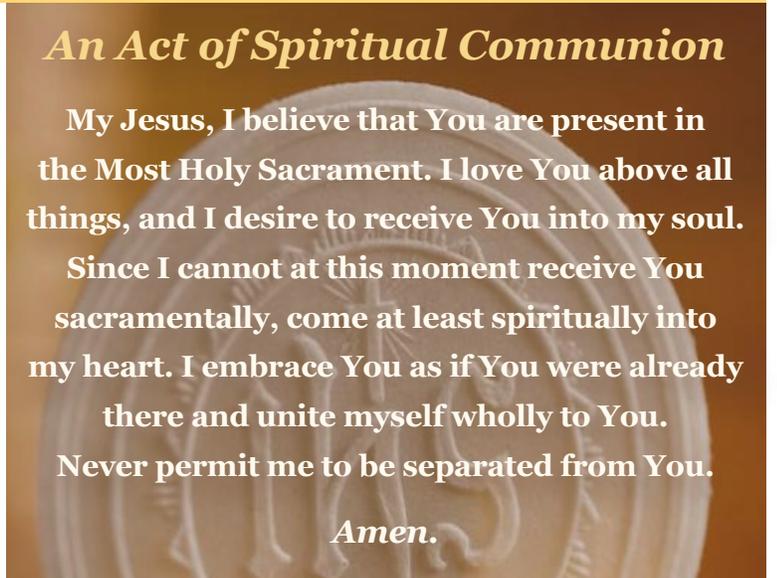
O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.



An Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

Amen.



DYM Lenten Youth Retreat



Diocesan Youth Ministry held the annual Lenten Youth Retreat on March 7, 2020, at Holy Family's Columban Hall. Fr. Anthony Abraham was the guest speaker. Fr. Anthony, Fr. Touchard and Fr. Eduardo heard confessions.

Religious Education



Religious Education students from Our Lady of Mount Carmel and Holy Family Church work on a project during class on Saturday, Feb. 29, 2020. Fr. Neil Scantlebury, pastor of Holy Family Church, and the CCD teachers brought the students to St. John for their Lenten Retreat.

University choir



^ The Yale University Undergraduate Choir celebrated Mass and rendered two songs at the 9:30 a.m. Mass on March 8, 2020.

** CHURCH RAFFLE **



**OLMC RAFFLE DRAWING,
ORIGINALLY SCHEDULED
FOR APRIL 12, 2020,
HAS BEEN POSTPONED.**

A NEW DATE WILL BE ANNOUNCED SOON.

Social Media

**OLMC is now branching out
our social media platforms.**

**Our new website has been launched
at: olmcvi.org**

You can now find us on *Facebook* at **OurLadyof MountCarmelstjohn**;
on *Instagram* at **@parish.in.paradise**;
and on *YouTube* at **OLMC VI Virgin Islands**.

This is where you can keep up with us and our latest news and events. We will also be doing special giveaways through these platforms, so be sure to follow us so you don't miss out on the fun!



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.
5:45 p.m. (Spanish)

Weekdays:

Tuesdays & Weds at 6 p.m.
Thurs & Fridays at 7 a.m.

THE CORONAVIRUS: WHAT TO KNOW

MARCH 2020

COVID-19, caused by a novel coronavirus, is a global health crisis recognized by the Virgin Islands Department of Health (VI-DOH) and the Centers for Disease Control (CDC). Here's what you need to know.



1

WHAT ARE THE FACTS?

- The first case of COVID-19 was identified in Wuhan, China on 12/13/2019.
- As of 3/10/2020, COVID-19 has affected over 100 countries and territories around the world.
- The VI-DOH is working closely with the CDC and VITEMA to monitor and be prepared to respond.

2

WHAT ARE THE SYMPTOMS?

- Mild to severe respiratory illness
- Fever
- Coughing or shortness of breath
- Symptoms may appear in as few as 2 days or as long as 14 days after infection.

3

HOW DOES IT SPREAD?

- Via droplets produced when an infected person coughs or sneezes, usually within 6 feet.
- Getting droplets from an infected person directly on your hands, and then touching your eyes, nose, or mouth.
- The exact information on how many different ways that the virus spreads, and how quickly it spreads, is still being researched.

4

PREVENTION & TREATMENT

- As with most viruses, there is no known treatment.
- Avoid contact with anyone who is sick.
- Avoid touching your face.
- Cover your mouth when you cough or sneeze with a tissue or your arm, and not your hands.
- Disinfect frequently touched objects and surfaces with regular household cleaner.
- Wash your hands for at least 20 seconds, especially after going to the bathroom, before and after eating, and always after blowing your nose, coughing, or sneezing.
- The CDC does not recommend that you wear a mask unless told to do so by a healthcare provider.

5

IF YOU ARE SICK

- STAY HOME! Self quarantine is the most effective way for you to prevent the spread of the virus.
- If you are self quarantining, limit contact with other members of your household.
- Do not go directly to the doctor if you are exhibiting flu-like symptoms. Call a healthcare provider first.

VISIT WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML FOR MORE INFO

EL CORONAVIRUS: QUÉ SABER

MARZO 2020

COVID-19, causado por un nuevo coronavirus, es una crisis de salud global reconocida por el Departamento de Salud de las Islas Vírgenes (VI-DOH) y los Centros para el Control de Enfermedades (CDC). Esto es lo que necesite saber.



1

¿CUÁLES SON LOS HECHOS?

- El primer caso de COVID-19 se identificó en Wuhan, China, el 13 de diciembre, 2019.
- A partir del 10 de marzo, 2020, COVID-19 ha afectado a más de 100 países y territorios del mundo.
- El VI-DOH está trabajando estrechamente con los CDC y VITEMA para monitorear y estar preparados para responder.

2

¿CUÁLES SON LOS SÍNTOMAS?

- Una infección respiratoria leve a severa
- La fiebre
- La tos o dificultad para respirar
- Los síntomas pueden aparecer en tan solo 2 días o hasta 14 días después de la infección.

3

¿CÓMO SE PROPAGA?

- Por gotas producidas cuando una persona infectada tose o estornuda, generalmente dentro de 6 pies.
- Por obtener gotas de una persona infectada directamente en sus manos y luego tocarse los ojos, la nariz o la boca.
- Todavía se está investigando la información exacta sobre cuántas maneras diferentes se propaga el virus, y qué tan rápido se propaga.

4

LA PREVENCIÓN Y EL TRATAMIENTO

- Como con la mayoría de los virus, no existe un tratamiento conocido.
- Evite el contacto con cualquier persona enferma.
- Evite tocarse la cara.
- Cúbrase la boca cuando tosa o estornude con un pañuelo descartable o con el brazo, y no con las manos.
- Desinfecte objetos y superficies que se tocan con frecuencia con un limpiador doméstico común.
- Lávese las manos durante al menos 20 segundos, especialmente después de ir al baño, antes y después de comer, y siempre después de sonarse la nariz, toser o estornudar.
- Los CDC no recomiendan que use una máscara a menos que se lo indique un médico.

5

QUÉ HACER SI ESTÁ ENFERMO/A

- ¡Quédese EN CASA! La auto-cuarentena es la forma más efectiva para prevenir la propagación del virus.
- Si está en cuarentena, limite el contacto con otros miembros de su hogar.
- No vaya directamente al médico si se presentan los síntomas similares a los de la gripe. Llame primero a un médico.



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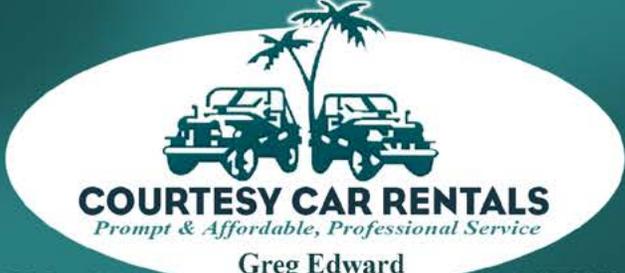


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