

# Our Lady of Mount Carmel Catholic Church

## Parish in Paradise

May/June 2023 ♦ ISSUE 40



Newsletter

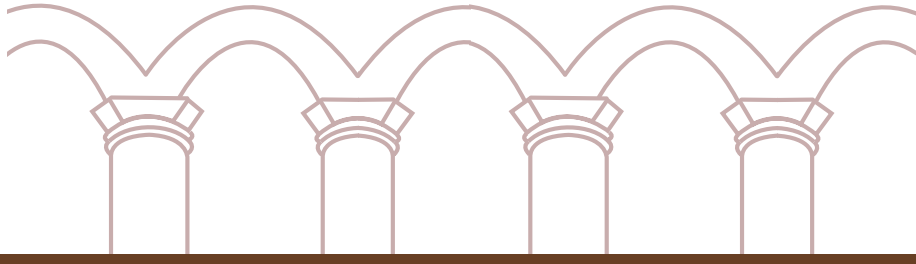


^ Mother's Day crowning of the Virgin Mother Mary, and distribution of Mother's Day gifts.

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♦  OurLadyofMountCarmelstjohn ♦  OLMC VI Virgin Islands ♦



## ✦ From the desk of the pastor

Dear Brothers and sisters,

It is such a blessing to be alive and free. It is good to remember every day is God's gift to us, and what we do with the day will be our gift to him. We are called to use this day (gift) wisely.

I saw a video on TikTok recently. This little boy was reminding his audience to make use of whatever time we had left.

Sometimes we forget to cherish the moment. Share our love with others. Don't take each other for granted.

Do not wait until someone dies to say how much you valued and loved them. Swallow your pride. Sometimes we allow cultures to bar us from showing affection and love.

Jesus had to be very affectionate. He loved people. He wept at the death of his friend Lazarus. He allowed John to lay his head on his chest.

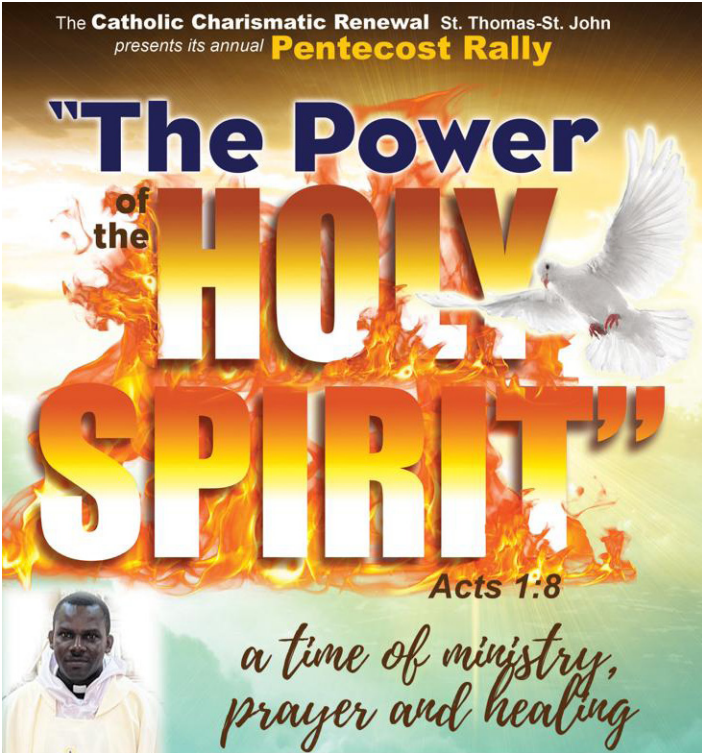
People always remember how we make them feel. Give them their roses while they are alive. Let us start using these three words more often "I love you."

Parents love your children. Children love your parents. Husbands love your wives. Wives love your husbands. Love is an attribute of God. God is love, and anyone who loves knows God. "Love is patient; love is kind. It does not envy; it does not boast; it is not proud. It is not rude; it is not self-seeking; it is not easily angered; it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails" (1 Corinthians 13:4-8a).

In Christ,

Fr. Anthony Abraham

# Pentecost Rally



↗ Pentecost Sunday rally from OLMC around Cruz Bay ending with a teaching by Fr. Prince. All the churches in the diocese were represented.

# Deacons' 7th Anniversary Dinner



# A Letter to My Sisters

By Claudia Verdant

Dear sisters, I see you.

I see you looking at yourself in the mirror and criticizing every curve, every freckle, every wrinkle, every pound, and 'imperfection' on your body.

I see you praying for strength before exiting your vehicle and going to work.

I see you choosing the right outfit, a trendy purse, and accessories, sauntering into a room, convincing your troubled heart everything's okay for now.

I see you working hard and diligently on a project that speaks to your soul and inner passion that those around you don't understand or support.

I see you chit-chatting with the other women, politely smiling and nodding, while your mind races with comparisons. Hmm, they seem happier, fitter, cuter and live life with a purpose.

I watch as your self-worth continues to shrink as the comparisons increase.

I see you embarking on a new journey filled with uncertainty and self-doubt, but you are committed to doing it.

When someone asks how you are doing, I see you answering "I'm good" or "I'm fine" because telling them the truth would take too long to explain, and deep inside, you're convinced they wouldn't understand or genuinely care to know.

I see you glowing confidently because you learned a new skill and did what they said you couldn't.

I see you bleeding from the wound of a failed relationship you thought 'was the one.'

I see you sitting on your porch, watching the sunset in amazement as yellow, orange, and red hues scatter across the sky.

I see you wearing your shame and regret from past choices like a 30lb weighted blanket, trapping you in the past and preventing you from prospering.

I see you working full-time, taking care of your kids, volunteering, studying, being a wife, a sister, a daughter, and a friend.

I see you thriving despite having a past filled with alcoholism, mental illness, physical illness, abuse, and dysfunction.

I see you searching for peace as the activities, commitments, and noise of this world pull you in so many directions, telling you, you need to be all things to all people at all times.

I see you throwing your hands up in exasperation, casting your eyes to the sky, and asking why.

I see you trying to decipher society's new definition of 'woman.'

I see you making a difference in a world that desperately needs kindness and healing.

I see your faith as it ebbs and flows. It is in a rhythmic pattern of coming and going, growing and declining, moving back and forth.

I see you forgetting that you are loved, important, and valued and forgetting to whom you belong (Ephesians 2:19-22).

Sisters, regardless of what we go through in our lives, search for the anchor that keeps us routed and does not allow us to stray from our intended path.

Our lives are a gift from God, beautiful and hard-fought. When we are in need of love, reassurance, and strength, remember:

1. God is in the midst of her; she shall not be moved; God will help her when morning dawns (Psalms 46:5).
2. The Lord will fight for you, and you have only to be still (Exodus 14:14).
3. As I was with Moses, so I will be with you; I will not fail you or forsake you (Joshua 1:5).

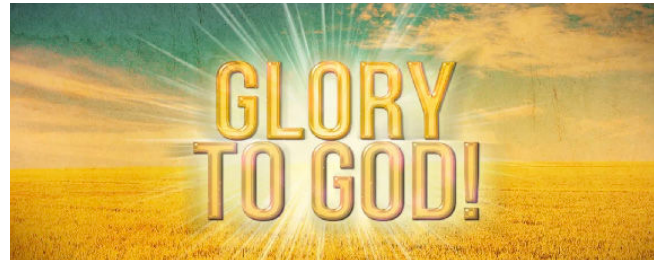
Love, Your sister, Claudia

**Full disclosure:** I wrote this with only the women readers in mind.



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

## Our Lady of Charity Transitional Homeless Shelter



◀ Our Lady of Mount Carmel has been approved for a 20-year lease (with option to renew for another 20 more years) from the Government of the Virgin Islands to build a homeless shelter in Cruz Bay. OLMC hopes to break ground this year on the new Our Lady of Charity Transitional Homeless Shelter. **Scan the QR code to donate!**

## St. Therese Chapel permit approval



▶ Our Lady of Mount Carmel has been approved for the Major CZM Permit by the Department of Planning and Natural Resources for 6R-2C Carolina. OLMC hopes to break ground this year. The first structure to be built will be St. Therese Chapel. We recently installed a new tent to use for worship services until the Chapel is constructed. **If you wish to make a donation towards this project, please scan the QR code, contact the OLMC Rectory, or visit: <https://olmcvi.org/st-therese/>**

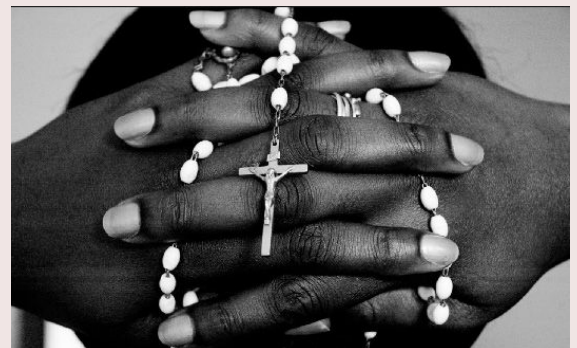
## Youth cook off



^ Whippin in Deh Kichen at work on their respective dishes. Fr. Anthony sampling one of the dishes.

### Hurricane Season Prayer

God our Father, all elements of nature obey Your command. Keep us safe from the danger of hurricanes and all other natural disasters. Let us always feel the presence of Your love. May we be secure in Your protection and turn our fears into praise of your goodness. Grant this through Christ our Lord. Amen!



### 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](mailto: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.



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MUETTES

Lisa Etre VI Artist

Inspired by island  
beauty...

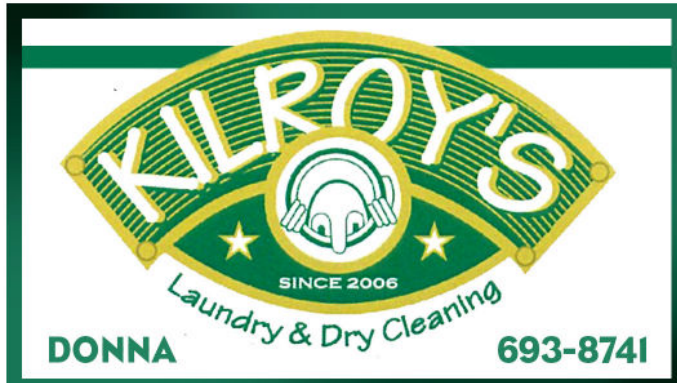
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