

# Our Lady of Mount Carmel Catholic Church

## Parish in Paradise

Newsletter

November 2023 ♦ ISSUE 43



▲ OLMC held our annual Thanksgiving luncheon on Thursday, Nov. 23, 2023. The luncheon was sponsored by The Westin Resort. Several people and youth came out to serve more than 180 meals. Thank you to all who volunteered their time to serve. Thank you to the Westin Resort for sponsoring the luncheon again.

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## ➤ From the desk of the pastor

Greetings Sisters and Brothers.

I greet you in the wonderful name of Jesus. May this new month uncover for us the blessings of God.

We are living in such sad times. What is happening in the Middle East, I am sure is bringing sadness to many of us. We cannot ignore it. We have to pray for God's mercy.

This is definitely not what is God's plan for us. We seem to go further and further way from God. The darkness becomes darker and darker. The evil increases and the pain seems unbearable. Many are tempted to ask where is God? Why is he allowing such evil? Why are so many innocent children dying?

Jesus wept over Jerusalem. I am sure that is what He is doing as He looks down on this earth.

I feel we can push back the darkness and not add to it by striving to live holy lives. We are not meant to curse the darkness but to light our candle.

It only takes one person to make a difference. Who comes to mind is Saint Mother Theresa. Just one woman saw the need and responded to it. Let us be the change. Let us not hate but love. May we be charitable to others. Pure love, no hate. May God give us the grace to forgive the people who have hurt us and the ability to love those we find it most difficult to love.

Jesus, Prince of Peace, you have asked us to love our enemies and pray for those who persecute us. We pray for our enemies and those who oppose us. With the help of the Holy Spirit, may all people learn to work together for the justice that brings true and lasting peace. To you be glory and honor for ever and ever.

In Christ,

Rev. Fr. Anthony Abraham, Pastor

## Magnificat 2023



➤ Simonia Dagou, left, Mary Athanase, Rosemary Joseph and Gwenda Dagou of Our Lady of Grace Chapter of OLMC attended the 17th International Leaders Conference held from Oct. 5-8, 2023, in Pittsburgh, PA. This Magnificat's 42nd anniversary. The theme was "Come, Holy Spirit! Come!" Women from around the world attended the conference, which featured several talks, a Magnificat Meal, Masses and much more. Magnificat conferences are held every two years.

*Magnificat, A Ministry to Catholic Women* is a private association of the Christian faithful under the jurisdiction of the local ordinary. (Canon 305.2) Its purpose is to help Catholic women to open more and more to the Holy Spirit through a deeper commitment of their lives to Jesus as Lord and to impart the Holy Spirit to one another by their love, service, and sharing the good news of salvation. It thus provides opportunities which will foster a desire to grow in holiness.

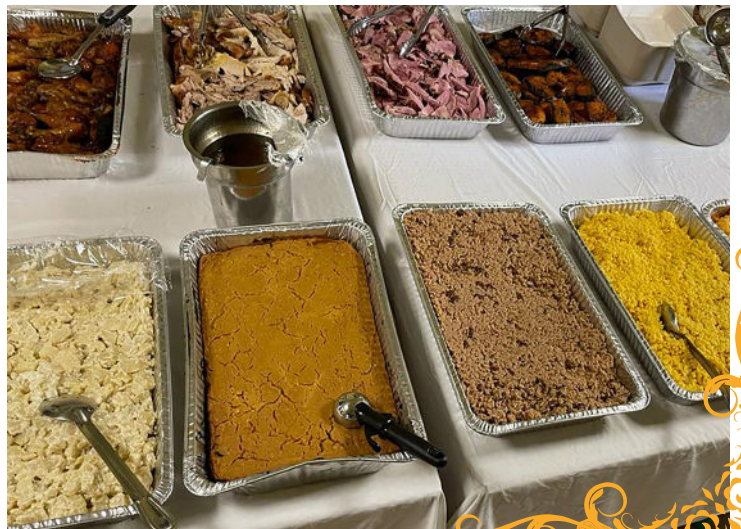
[www.magnificat-ministry.net](http://www.magnificat-ministry.net)

# Celebrating Creole Day

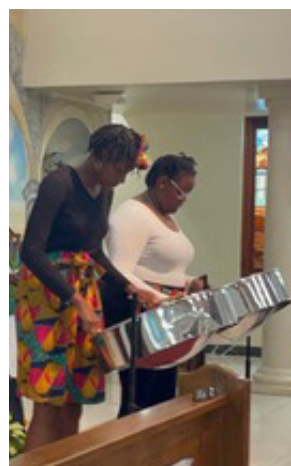
OLMC Choir celebrated Creole Day on Sunday, October 29, at the 9:30 a.m. Mass. The choir sang a Creole song for the offertory and did an offertory dance with items offered for the soup kitchen.



# 2023 Thanksgiving Luncheon



## Youth Group



◀ The OLMC Youth Group led the 9:30 a.m. Mass on Sunday October 29. They did the readings, Prayers of the Faithful, collection and of-fertory. Two of the members, Shari Raphael and Lynnea Jean, played a rendition of "High Mas" by David Rudder on the steel pan.

## Young Authors



^ OLMC youth – A'maya Abraham, left, Liandra Dagou and Gleidy Castillo Caraballo – are among six young women whose poems, memoirs, rants and a collective piece were published in a book titled, “*Hear Every Voice Creative Writing for Teens.*” This is a collaboration between Society 340 and St. John School of the Arts. The youth had a book signing on Saturday, Nov. 11, 2023, at Bajo El Sol Gallery. The book is available at Bajo El Sol for \$20.00.

## CPR/AED training



^ Brett Huntley, OLMC parishioner and St. John Rescue training captain and clinical educator, conducted a CPR/AED training for OLMC staff and others on Thursday, Nov. 2, 2023. Fr. Anthony Abraham, Deacons Michael Jackson Sr. and Evans Doway, Simonia Dagou, Digna Doway, Sandra Donaie and Cheri Jackson participated in the training. St. John Rescue donated an AED machine to OLMC, which will be mounted in the back of the church.

## Life in the Spirit



^ Our Lady of Mount Carmel is hosting a Life in the Spirit seminar at Holy Family Church and at OLMC. The seminar began on Monday, Oct. 16 at Holy Family Church and on Thursday, Oct. 19 at OLMC. The Life in the Spirit Seminar is a Catholic spiritual process of seven teaching sessions – one building upon the previous one. It includes speakers, scripture, music, prayer and small groups sessions. Msgr. William John-Lewis of Dominica led a healing session on Nov. 13 and 16.

# The Importance of Regular Exercise

By Trevor Jean-Jacques, MD

The topic of this column seems like a “no brainer,” but let us discuss it. With all the conveniences put into our life today to make our lives easier, they have come at a price. What’s that price, you might ask? Well, that price is that it has made us lazier and has taken away the little bit of exercise you would get daily without realizing that you were exercising. If you are old enough to remember the window crank for raising and lowering the window in your car, well that was exercise for your elbow and shoulder. Now, with the push of a button, the window comes down with very little effort. How about having to get up and walk to the TV to turn a knob to select another station or to adjust the volume? Now, you can sit in the comfort of your La-Z-Boy recliner and do that with the remote. I am very sure that you can think of other examples. So, there is no need to wonder why obesity and disease have become commonplace in our society today.

One of the best remedies for the problem of obesity and disease is good old fashion exercise. So, the next time that you go to the grocery store, instead of looking for a spot near the handicap parking, go to the spot on the far end of the parking lot. The few extra steps that you will take are good for you also. Also, if you are waiting for the elevator to go up one or two flights of stairs, consider taking

the stairs instead. Exercise can be done regardless of your gender, age or physical ability, and is has many benefits.

Regular exercise increases blood flow to your vital organs. It also improves your circulation and stamina. It improves your mood, helps you forget about your stress, and it helps you to sleep better, further improving your mood. It strengthens your muscles, helping you with balance and power. It improves your blood glucose control, blood cholesterol control and your blood pressure. Along with a diet high in fiber, it also helps with regular bowel movements.

But I have bad knees you say, you can go to the beach and walk while in the water. The buoyancy of being in the water reduces the stress on your knees and the water provides resistance to walking, making it an ideal workout for people with bad knees.

The current recommendation is for 150 minutes of moderate physical activity per week. So, that’s 30 minutes per day, 5 days per week. You can kayak, canoe, bicycle, jog, swim, dance or walk. Grab a friend or two and get outside and do some exercise starting today, and if you fall off, get right back on the next chance you get. Do it for your health!

Have a discussion with your doctor first to see what and how much you should be doing.



# SUPPORT THE OUR LADY OF CHARITY HOMELESS SHELTER



OLMC is holding a raffle to raise funds for the operating expenses of the Our Lady of Charity Homeless Shelter. There are 15 prizes. Prizes include a 2-night/3-day stay at a resort; dinners; a spa treatment; and many more.

**TICKETS ARE \$10 FOR ONE OR \$100 FOR A BOOK OF 11.**

Tickets can be obtained from the church office.

If you would like to pay online, call the office first at 340-776-6339 and then scan the QR code.



**NEED NOT BE PRESENT TO WIN! \* \* DRAWING CHRISTMAS DAY \* \***

## 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)  
5:30 p.m. (Spanish)

### Weekdays:

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



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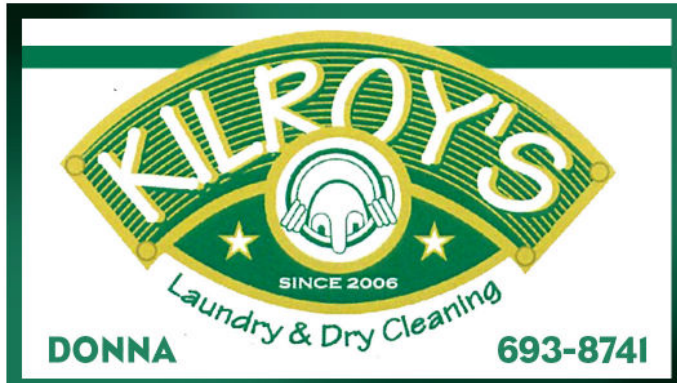
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