

Our Lady of Mount Carmel Catholic Church

Parish in Paradise

February 2023 ♦ ISSUE 38



Newsletter

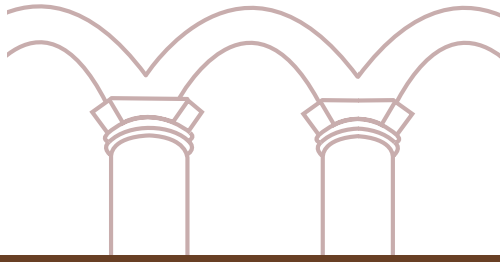


Our Lady of Mount Carmel held a Thanksgiving Mass at the future site of St. Therese Chapel on Tuesday, February 21, 2023. The Mass was held to give God thanks for His many blessings on the future site of St. Therese Chapel.

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✦ From the desk of the pastor

Dear brothers and sisters in Christ:

We are reminded there is a season under the sun for everything. “There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to…” Ecclesiastes 3:1-11. We have entered a journey – Lent has come to an end.

We were given 40 days to prepare ourselves for the Easter festivities. We were encouraged to examine our prayer life, our almsgiving and our abstinence.

All of us should be ready now to join in the celebration. I wonder for a moment – if we were aware that this was going to be our last Lent, what would we have done differently? This question truly troubled my mind.

We need to acknowledge that every day is a gift from God. What we do with our gift of the day will be our gift to him.

May this Lent make us ready for the next season – Easter! May this day be your best day ever!

In Christ,

Rev. Fr. Anthony Abraham
Pastor

Priests serving homeless



⤴ Fr. Anthony Abraham, left, Fr. Kerly Francois, Fr. Robert Kenfack and Fr. Boniface-Blanchard Twaibu serve the homeless and less fortunate on Monday, March 6, 2023. Fr. Modeste Digwou is not pictured.

Fixing the Kneelers



⤴ Parishioners Dave and Peggy Spoth reupholstered some of the torn kneelers in the church. Thank you for your generosity.

Sacrament of Baptism



⤴ OLMC welcomed Torin Hollen. Torin, who was baptized on Feb. 19, 2023, is shown with his parents, Andrew Hollen and Larita Carter; Deacon Michael Jackson Sr.; Godmother, Brenda Wallace; and his siblings.

Ash Wednesday and Good Friday Stations of the Cross



^ Ash Wednesday, which was February 22, 2023, marked the beginning of the Lenten season.



Lenten Trivia



1. What was the original meaning of the word "Lent"?
2. What is the first day of Lent called?
3. What food was traditionally eaten the day before Lent begins?
4. What Irish saint's feast day takes place during Lent?
5. On what day during Lent does the Bishop bless holy oils for the year?
6. Who helped Jesus carry his Cross?
7. What is the Triduum?

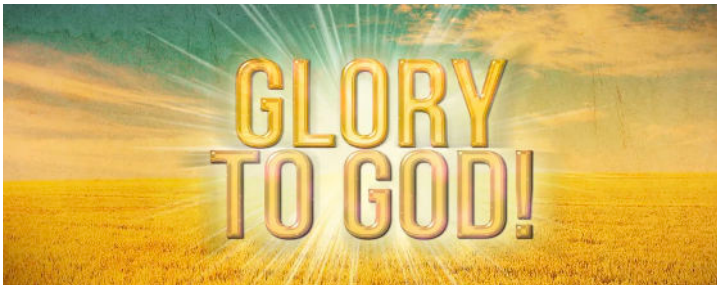
Answers

1) "Spring" • 2) Ash Wednesday • 3) Hot Cross Buns • 4) St. Patrick • 5) Holy Thursday (or earlier in the week in some places) • 6) Simon of Cyrene • 7) "Triduum" comes from the Latin word for three, and it includes the three holiest days of the Church year from sundown on Holy Thursday, through Good Friday and Holy Saturday, to sundown on Easter Sunday.



^ During Lent, Stations of the Cross is held in Cruz Bay and in Coral Bay.

Our Lady of Charity Transitional Homeless Shelter



^ Our Lady of Charity Shelter manager Deacon Doway with residents, Michael, Ritchie, Crucian, Jerry and Earl. The shelter moved to the Johns Folly Learning Institute on March 1, 2023. OLMC hopes to break ground this year for the new shelter in Cruz Bay.



^ 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*. **If you wish to make a donation towards this project, please contact the OLMC Rectory, or go online to: <https://olmcvi.org/donations/>**

Painting and Fixing Johns Folly



^ Our Lady of Charity Shelter Manager Deacon Evans Doway and resident Darryl “Crucian” Ward painted the exterior of Johns Folly Learning Institute.



^ Our Lady of Charity Homeless Shelter moved to the Johns Folly Learning Institute on March 1, 2023. Alterations and repairs were made before the move. Thank you to all who helped get the shelter ready for the move including Deacon Cas-sius Mathurin, Deacon Michael Jackson Sr. and Deacon Evans Doway.

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. **If you wish to make a donation towards this project, please contact the OLMC Rectory, or go online to: <https://olmcvi.org/st-therese/>**

Mass of Thanksgiving for the St. Therese Chapel



A Mass of Thanksgiving was held on Tuesday, Feb. 21, 2023, at the future site of *St. Therese Chapel*. The Mass was to give thanks to God for His continued blessings for the construction of St. Therese.

The evening also including music by the OLMC Youth Steel Pan and food and drinks donated by parishioners. Thank you to everyone who made this event a success.

From Self-Preservation to Self-Sabotage

By Claudia Verdant

Perhaps one of the most remarkable facts about turtles and tortoises is their ability to retract their head, neck and limbs into their shells (except for sea turtles) to protect themselves from predators and perceived threats. The same is true of our beloved Soldier Crabs. When threatened, they also retreat completely into their shell. This behavior ensures the survival of the animal. This instinctual behavior is called self-preservation.

Now, if the animal remains in their shell for a long period of time, even after the threat is gone, they will die because, they couldn't interact with the environment, move, or eat.

The same is true for us when we retreat into "our shells", our minds for self-preservation. To some this may sound preposterous and may even have you asking the question, "What's the harm in protecting yourself? Isn't the natural act of preservation simply the discipline of responsibility?" The obvious answer is yes! We are all wired for fight or flight tendencies when danger surfaces in order to protect ourselves.

However, think of self-preservation and the saying, "everything in moderation". Staying within our shells for an extended period of time, even when the threat is removed, is dangerous and potentially detrimental.

These threats maybe undesirable thoughts, awkward situations, unwanted conversations, interactions with people, anxieties, experiencing sadness and grief, etc. While a period of isolation, wallowing or rumination, is acceptable, do not stay there. Set a time limit and get out.

Sadness and anxiety can quickly transform into depression. Isolation (e.g., evading contact with friends and family) and avoidance (e.g., stop participating in activities you normally enjoy) can quickly transform into de-

pression. Turning to alcohol, drugs, junk food etc. to mask our pain and unhappiness can quickly turn into depression.

What we consider threatening and how we respond to threats will vary from person to person. However, if we stay within our shell and fall into these depression traps, our results will all be the same: a worsening mood that perpetuates a vicious cycle which will negatively affect us and those we love.



Being sucked in the vortex of our shells produces a negative mind, that begets negative thoughts, contaminates our heart, and then influences our words and actions, leaving our uncorrected behavior to become repeated behavior.

These Bible verses sums everything in the previous paragraph more eloquently than I can.

"Do not be conformed to this world but be transformed by the renewal of your mind..." – Romans 12:2

"Keep your heart with all vigilance; for from it flow the springs of life." – Proverbs 4:23

"... For out of the abundance of the heart the mouth speaks. The good man out of his good treasure brings forth good, and the evil man out of his evil treasure brings forth evil." – Matthew 12:34-35

As human beings, a life without threats is not promised. What was promised to us was a constant and loving companion, there to guide us and protect us from threats. He is there not just to help us survive, but to thrive.



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

The Bloodline Poem recited by Earl Singleton



This month is a month where we acknowledge our past
But we believe this month should actually be all year long
because our history is history that's just that vast
ast with Power, vast with strength, and vast with courage and vast with peace
Vast with Love and vast with shine, it's vast with so much authority
Because we were born in a powerful, powerful bloodline
And that bloodline is a bloodline where weakness could not dwell
A line where kings and queens were born
Where Men and women had integrity and took care of their affairs
A bloodline where Love would overcome All hate
Where we would make the best out of all things
even when all things weren't that great
A bloodline of POWER where we would climb from the pit
Overcoming all things like hatred, slavery,
A bloodline where boldness was embedded deep within our genes too
Humility, Faith, Love and Grace
A bloodline that produced folk like Martin Luther King Jr.
The brother that declared, "I have a dream"
And that dream was a dream that provoked peace to arise
In a time where peace seemed so far and in between
A bloodline brothers and sisters where we were finally moved up from the back
The moment we were blessed with Greatness, with a man in our bloodline
who cared about and represented for more than just black
More than just white, and more than just Asian, more than African and more
than the Korean, More than Hispanic and more than Japanese,

More than every single race all over the world
From the north, to the south, to the west
and the east
More than the friend and more than the stranger
The moment we were blessed with a brother
who was born and laid in a manger,
We're talking about Jesus Christ!
It's a bloodline where wisdom was given with no restraint
A bloodline where we evicted word's I can't
And replaced it with "I can do ALL things through Christ"
It's a bloodline that trumps the bloodline of just black and of white
See we aren't here to just encourage one color of flesh
Cause neither black nor white matters
The only color that truly matters is red
The Blood of this Man, our Christ, or King
He was born as a servant but actually reigns supreme
a king like no other who said Let there be, and there was
Could raise the dead could heal sick
Could move mountains with His tongue
Could walk on water as though the water was a solid as this ground
Was crucified upon a cross but not even death could hold him down
That's the bloodline you're a part of so brothers and sisters pick your heads up
and be of good cheer
And if you're not a part of this bloodline yet, well guess what The blood of Jesus
Christ this King still draws near!

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)
5:30 p.m. (Spanish)

Weekdays:

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



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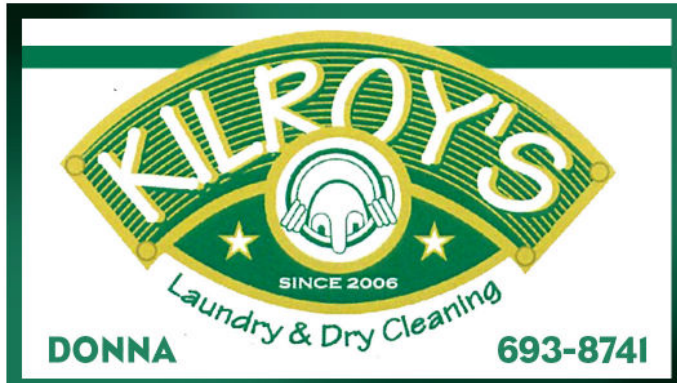
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