

FIRST SUNDAY OF
LENT

*The Parish Family of
Our Lady of Mount Carmel*

One Passaic Street, Ridgewood, NJ 07450
www.olmcridgewood.com

February 22, 2026

PARISH DIRECTORY
www.olmcridgewood.com

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Parish Office Hours

Monday-Friday—9AM-8PM | Saturday-Sunday—9AM-2PM

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Dear Friends,

I hope everyone made a good beginning of Lent by their observance of *Ash Wednesday*. In my Ash Wednesday homily, I quoted St. Maximilian Kolbe, the Polish saint who offered his life in exchange for another prisoner at Auschwitz and was executed by lethal injection on August 14, 1941. He wrote, “Lent is a time of grace, a time of conversion, a time to come home to God.” While some decry what they see as A & P Catholics (ashes and palms), I see it as a sign that somewhere in people’s deepest consciousness, there is still a glimmer of faith and it is our calling as a community, the whole community, to help that glimmer grow until it becomes a bright light, shining in the darkness of our world. Let’s all be dedicated to that. If you know someone, or some family that came on Wednesday, encourage them to come again during this Lenten season, and make it a “time to come home to God.”

Today is the 1st Sunday of Lent. We all know about Lent. When I think about Lent, I think about “giving up,” about fasting, about the “color purple,” (not the movie), about “hot cross buns,” (Remember them? I think you have to be a person of my age to know what they were), about trying to figure out the 40 days, do they include or not include Sundays? Lent is filled with so many images.

But Lent is really a journey. Theologically and liturgically it is a remembering, of Moses’ 40 days on Mount Sinai, of Elijah’s 40 day trek to that same mountain centuries later (and we will meet the two of them again in next week’s Gospel), of the 40 year journey of the Hebrews through the wilderness and the 40 day journey of Jesus through the desert. And for us, it is a 40 day reflection on our own journey through life, or, at least, through this past year. What it really should be for us is a 40 day examination of my life with Jesus. Where am I in my life? How did I get here? Is this where I want to be? Where am I going? Where do I want to go? And how do I get there? And most importantly, do I know that Jesus is with me? Do I feel His presence? Am I aware of and living the Christ-life that’s within me?

And how do I answer these questions? Simple. By comparing, stacking up my life with the life of Jesus, and some of the characters we will meet in these days ahead. Of course, doing it on a daily basis by coming to daily Mass would be the best—to hear the stories, reflect on my own life and learn the lessons, and then make whatever changes are needed in my life. But even if we only come on Sundays, the opportunities to do the same are there as well. The Church has a story to tell. It is a story about living, a story about coping, a story about salvation. But most of all, it is a story about a God who loves us, became one of us, to walk with us in this journey. And if we listen, the story can turn that glimmer I spoke of into a blazing light that will show us the way.

And where does it start, this story? It starts in the desert. Jesus is led there by the Spirit—as part of God’s plan for Him. Why? Maybe because it represents the lives that His brothers and sisters (you and me) live every day, the circumstances we confront as we travel through time. And what do we see Jesus face, in the desert? The same seductions that we face every day. Be popular. Be powerful. Make sure you get everything you deserve (or think you deserve). Take the easy way. Amass as much as you can—money, things, control. Whatever! Expect God to do what you want, when you want it. All of these temptations, which come at us every day, are wrapped up in the ones Jesus faced—the stones to bread, the kingdoms of the world, throw yourself down.

And what did Jesus do at those moments? Do you think He just wanted to impress the Devil with His knowledge of Scripture? The word of God that was on His tongue, as His response, was not just a sign of His knowledge; it was a sign of God’s closeness to Him, in His heart and mind. And because of that closeness, He, the human Jesus, was able to resist. The same can be true for us. You and I can resist, if God is close.

I invite you to use this Lent to say no to Satan in these very real temptations of modern living as Jesus said no in His time and circumstance. And to use the tools Scripture tells us Jesus used, prayer, fasting, and others as well, daily Mass, almsgiving (to charities, those in need, the Annual Appeal). The success of the Lenten season is not marked by the rigor with which you celebrate it, or even the fidelity in keeping your Lenten resolution(s). It is marked by the success in fighting those temptations which keep us from a closer relationship to the Lord and keeps us from the effective witness of His life and love. When the Lenten season is over, will you be able to say with St. Paul, “It is no longer I who live, but it is Christ who lives in me”? (Gal. 2:20). This is the real goal of Lent.

Grace and Peace for your Lenten journey,
Fr. Ron

PS. Next weekend is Commitment Sunday for the Annual Appeal. As in the past, we will show the video (different this year) and I will say a few words, asking for your commitment. Better yet, if you can, make a gift/pledge during this week.

STEWARDSHIP

“It is written: The Lord, your God, shall you worship and him alone shall you serve.” Tempted by the devil with the riches and power of this world, Jesus chose service to His Father. If we wish to truly follow Jesus, we too must decide to turn away from power and riches and put God at the center of our lives. The Christian Steward offers his/her gifts of **Time, Talent and Treasure**, as a pledge of such service. Do you?

The parish Stewardship of Treasure last week was \$14,931. God bless all who are generous in support of the work of the Gospel. Using electronic giving, **WeShare/Venmo**, is a tremendous help to the parish. Why not give it a try.



**TICKETS ARE AVAILABLE AT THE DOORS OF THE CHURCH
THIS WEEKEND!**

92 CHANCES TO WIN!

**EVERY TICKET CAN WIN MORE THAN ONCE! \$20/TICKET
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DRAWINGS BEGIN MARCH 6!

**TICKETS ARE ALSO AVAILABLE AT THE OLMC RECTORY OFFICE
MONDAY-FRIDAY, 9AM-4PM**



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all year long...



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Scan this QR Code, or call 877.316.0260

SPECIAL COLLECTION THIS WEEKEND

There will be a special collection this weekend in support of the church in Central and Eastern Europe. Checks, payable to OLMC with “C&E Europe” on the memo line, may be placed in the collection basket, dropped in the boxes at the doors of the church or dropped off at the Rectory. Restore the Church. Build the Future.



You can support OLMC via Venmo!

Find us under “Charities” @olmcridgewoodnj
or scan the QR code here.



**ST. PATRICK'S CELEBRATION
KNIGHTS OF COLUMBUS DINNER DANCE**

**SATURDAY, MARCH 14, 2026
Knights of Columbus Hall
7:00PM-11:00PM**

Celebrate the life of Saint Patrick at the annual Knights of Columbus Dinner Dance. Gather with family and friends and enjoy an all you can eat buffet.

**Corned Beef Dinner ~ Irish Folk Band
Grand Prize Raffle Drawing—\$2,500**

Reservations are \$60/person

Reserve Now! Limited Seating

Table Reservations/Questions Contact Mark or Mike
mmulvey22@gmail.com—michaelkowalski72@gmail.com

FIRST SUNDAY OF LENT

Religious Education Grades 1-6



The Summer Religious Education Program is open to all children entering grades 1-6 this coming September.

SUMMER RELIGIOUS EDUCATION PROGRAM DATES/TIME

June 25, 26, 29, 30; July 1 & 2 ~ 9:15AM-1:00PM

SUMMER RELIGIOUS EDUCATION PROGRAM PARENT REGISTRATION MEETING (Select One)

This Wednesday, February 25—9:30AM
Monday, March 2—7:30PM

Attendance at one of these two meetings is required if you want to register your child(ren) for the Summer Religious Education Program. There will be no exceptions.

Summer Program registration links will be emailed to interested families after the Parent Registration meetings.

For more information contact Cathy Hunt in the Religious Education office: chunt@olmcridgewood.com, or 201-444-0211.

Jesus & Me Story Time
This Coming Saturday
February 28, 2026—10:30AM
Parish Center Meeting Room

Bring your child, grandchild or Godchild to a fun, faith filled, story time for young children ages 2-1/2 to 5.

To register contact Adriana DeCandia
thedomesticchurch61@gmail.com
\$10 suggested donation per family



All are Welcome!
Pray the Stations of the Cross
Each Friday in Lent
Immediately Following
The 12:00 Noon Mass

We will be praying the Stations of the Cross in the main church immediately following noon Mass on Fridays during Lent. The devotional prayers depict 14 events in the Passion of Jesus Christ, beginning with Jesus being condemned to death and ending with His body being laid in the tomb. The pious practice of praying the Stations of the Cross originated in medieval Europe when pilgrims were unable to visit the Holy Land, so instead “visited” these Holy places through prayer. St. Francis of Assisi, the founder of the Franciscan order, authored Stations of the Cross that popularized the devotion throughout the world. Dcn. Bob Liwanag will be leading the prayers.

PLEASE PRAY FOR OUR PARISHIONERS SERVING IN THE MILITARY:

Anthony Bollhofer, Aedan Cannon, Nick Haddad,
Durkin McCarthy, John Morano, James Nardelli,
Michael Ortolani, Robert Smith, Thomas Tesoriero

For anyone reading the bulletin Friday...

Youth Ministry Food Drive/FROZEN Pan Drop Off **This Weekend, Saturday, Feb. 21—9AM-12NN** **Drive thru drop off in the school building driveway.**

These Food Drives support: Fr. English Food Pantry, Social Services Association, Ridgecrest Senior Living and Healing Meals. Your generosity is greatly appreciated by those served.

Consider helping our efforts by volunteering to be a driver, bringing collected food to one of the pantries.

Ministry Contact: Glen McCall, gmccall@olmcridgewood.com

ARCHDIOCESE OF NEWARK 2026 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the “paschal fast” to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

On a day of Fast, only one (1) full meal is permitted, **and two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.**

Those between the ages of 18 and 59 are obliged to fast.

On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

2. The obligation to observe the laws of Fast and Abstinence “substantially”, or as a whole, is a serious obligation.
3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.
4. The time for fulfilling the Paschal Precept (Easter Duty*) extends from the **First Sunday of Lent, February 22, 2026 to the Solemnity of the Most Holy Trinity, May 31, 2026.**

*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

CHILD HEALTH CLINIC

This Tuesday, February 24, 2026

Ridgewood Village Hall, Senior Lounge, 2:00PM-4:30PM

These child health clinics are for uninsured children, ages infant to 18 years old. Services are provided at no charge.

Immunizations ~ Measurements ~ Growth & Development

**Appointments Available by calling 201.291.6337
or email DSABBAG@VALLEYHEALTH.COM**



**PERPETUAL EUCHARISTIC ADORATION
(PEA)**

**CHAPEL IS OPEN 24/7
EVERYONE IS WELCOME!**

All are warmly invited to Perpetual Eucharistic Adoration.
Come and rest with Him.

A PRAYER FOR PERPETUAL EUCHARISTIC ADORATION

Lord Jesus, light of the world, You shine quietly from the
Eucharist, dispelling the shadows within me.

Draw my heart away from noise, from pride,
from distractions, and anchor it in You alone.

Teach me to listen as Your first disciples did,
to follow You not in haste, but in faithful love.

Unite Your church in Your presence, heal what is divided,
and make us one in You.

Stay with us, Lord, as we stay with You.

Amen

Stop by the chapel at anytime. The chapel is open 24 hours
a day, 7 days a week. Better yet, sign up for one holy hour
once a week, every week, to glorify God and to help keep
the door open to anyone seeking God, seeking peace.

Come spend an hour with Jesus. The chapel is open 24/7.

SCHEDULED ADORERS NEEDED

Sundays: 2-3AM; Wednesdays: 2-3AM, 9-10PM;
Fridays: 4-5AM, 2-3PM; Saturdays: 5-6PM

For more information

Contact Cynthia—551.574.1063, cynthiabtorres@yahoo.com

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Enrollment for 2026-2027 School Year is NOW OPEN!

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Call 201.445.0622 to arrange a tour!

THE WEEK AHEAD

Sun. Feb. 22	10:30AM	Empowering God's Children (PC)
	12:00NN	Empowering God's Children (PC)
	1:30PM	OCIA (MR)
	1:30PM	Bell Choir Practice (PCB)
	4:00PM	Spanish Apostolate (PC)
	5:00PM	Jr. High 8C (MR)
	7:30PM	Jr. High 8D (MR)
	7:30PM	Lois/Perrapato Conf. Group (YCB)
	7:30PM	Scali/Winnert Confirmation Grp. (MR)
	9:30AM	MOMs Discernment Team (Library)
Mon. Feb. 23	3:00PM	SCC Mendez/Boyle (SMR)
	4:00PM	WCST Circle of Prayer Prep (Library)
	5:00PM	Empowering God's Children (PC)
	5:30PM	CYO Basketball (Gym)
	6:00PM	SCC Core Team (MR)
	7:00PM	Pastoral Council Meeting (SMR)
	7:00PM	Empowering God's Children (PC)
	7:30PM	Contemporary Choir (Church)
	4:00PM	Religious Ed Grades 1-6 (Gym)
	5:00PM	Choir Rehearsal (Church)
Tues. Feb. 24	5:30PM	CYO Basketball (GYM)
	7:00PM	ChristLife: Discovering Christ (PC)
	8:00PM	Neocatechumenal Way (NCW)
	9:30AM	Rel. Ed. Summer Program Reg. (PC)
	5:30PM	CYO Basketball (Gym)
	8:00PM	Neocatechumenal Way (NCW)
	10:30AM	Sunday Liturgy Scripture Study (SMR)
	5:30PM	CYO Basketball (Gym)
	7:30PM	Knights Social (K of C Hall)
	8:00PM	Marriage Enrichment/Prep (NCW)
Wed. Feb. 25	9:00AM	MOMs SALT (MR)
	10:00AM	WCST Scripture Study (SMR)
	5:30PM	CYO Basketball (Gym)
	9:00AM	CYO Basketball (Gym)
	9:00AM	Men's Basketball (Gym)
	10:15AM	First Communion Retreat (Church)
	10:30AM	Jesus & Me Story Time (MR)
	6:30PM	Neocatechumenal Way (NCW)
Thurs. Feb. 26		
Fri. Feb. 27		
Sat. Feb. 28		

Visit Our Website
www.olmcridgewood.com

PLEASE PRAY FOR THE ILL MEMBERS OF OUR PARISH

Dale Adamo, Luis Badillo, Frederick Bruno, Mike Bucci, Charles Buckley, Kimberly Parsons Daub, Nick DiDonato, Maura Gillen Eidschun, Marie Evans, Kay & Bill Forster, Julianna Grace Giles, Frank Gillen, Susan Hart-White, Joseph Hyon, Marc Johnson, Tom Keleher, Claudia LaFrance, Susan Lois, Campbell McArthur, Christine O'Brien, David Oswald, Margaret Peak, Mary Kathleen Ramge, Linda Reo, Cathy Ricciuto, Art Rippas, Francis Tedaro Ristor, Michael Runz, Nancy Steen, Larry Switaj, Nickolas John Tedaro, Carmen Vega-Torres, Christina Volpe, Rochelle West, Rosemary Wright, Walter John Zelop, Jr.

Parishioners may call the Rectory with the name of a family member who is sick to have them included in our prayers.



Monday, Feb. 23 *Saint Polycarp, Bishop and Martyr*

6:30AM Special Intention

of Fr. Felix Ugwuozor

req Arthur & Susan Maroney

+ 8:30AM Meybol Bellow

req Cindy O'Brien

+12:00NN Barbara Chillemi

req Rebecca & John Jordan

Tuesday, Feb. 24

+ 6:30AM Ralph Des Lauriers

req Barbara & Mark Vermeylen

+ 8:30AM Harry Henky

req Linda English

+12:00NN Rose & Harry Stockhouse

req Anne & George Skau

Wednesday, Feb. 25

+ 6:30AM Danny McGinley

req His Family

8:30AM Special Intention of Carmen Martinez

req Her daughter, Pilar

+12:00NN Robert Thomann, Jr.

req His Family

Thursday, Feb. 26

+ 6:30AM Jack Flaherty

req Marian Gillson

+ 8:30AM Thomas Brown

req His Friends

+12:00NN Margaret Powers

req Kitty Gill

Friday, Feb. 27 *Saint Gregory of Narek,
Abbot and Doctor of the Church*

+ 6:30AM Dorian Punj

req The Walsh Family

+ 8:30AM Matthew Zadroga

req Steven & Elisa Morin

+12:00NN Joshua Pineda

req Dcn. Bob & Tessie Liwanag

Saturday, Feb. 28

+ 8:30AM The Morin & Savino Families

req Elisa & Steven Family

+ 5:30PM Lucy Caceres

req The McClure Family

Sunday, Mar. 1 *Second Sunday of Lent*

+ 8:00AM Martino Hroncich

req Al & Mary Tarabocchia

9:30AM For the People of the Parish

+11:00AM Rita Lewis

req The Lewis Family

+12:30PM Raymond John De Leon

req Laurie Gallo

+ 3:00PM Reyna Liriano De Aponte

& Manuel Antonio Aponte

req Antonio Aponte

+ 6:30PM Deceased Members

of the Engel Family

req The Engel Family

TODAY'S READINGS

1. Genesis 2:7-9; 3:1-7

The ancient authors of this book portray the first human beings and their choice to listen to a voice other than God's. As a result, they will reap the sad consequences of that choice. Created as the privileged one among all God's creatures, man is to have free access to the fruits of the garden, save one, the tree of knowledge of good and evil. Eating of it will bring death. Though having the benefit of God's word as a warning, the man and woman instead listen to the word of the serpent. And when they do, they indeed have knowledge, the knowledge of the evil they have brought into the world.

2. Romans 5:12-19

Reinforcing the lessons of Genesis, Paul reminds his readers that the consequences of Adam's bad choice, sin and death, hold all of his descendants in bondage until the coming of Jesus Christ. But as strong as sin was and is, the power of God's grace in the saving actions of Jesus is even greater. Through Jesus, humans are acquitted of sin and offered life forever.

3. Matthew 4:1-11

Identified as the Son of God at His baptism, Jesus, according to the Matthean author, will spend His entire ministry engaging the evil that exists in the world and overcoming it with His words and His actions. This engagement begins with the scene depicted in today's Gospel, His temptation in the desert. Each of Jesus' responses to the devil is a quote from the Old Testament Book of Deuteronomy, the central teaching of which is, "Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today." While Israel failed at this, Jesus will not and He offers that grace to those who follow Him.

REFLECTIONS FOR THE WEEK

1. Paul contrasts disobedience (Adam) and obedience (Jesus). Through one, death; through the other, life. Do you see that the choices you make can be so dramatic?
2. Which of the temptations Jesus faced speak to you at this point in your life?
3. When do you encounter the temptation to trust only in myself, or doubt God's love?

NEXT WEEK'S PRESIDERS

Sat. 2/28	5:30PM	Fr. Jakov
Sun. 3/1	8:00AM	Fr. Ron
	9:30AM	Fr. Ron
	11:00AM	Fr. John Carlos
	12:30PM	Fr. John Carlos
	3:00PM	Fr. Jakov
	6:30PM	Fr. Jakov

Late changes appear on the website
after 12NN the Saturday of that weekend.



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