



Our Lady of Mount Carmel Catholic Church

FOURTEENTH SUNDAY IN
ORDINARY TIME
July 5, 2020

Erected in 1936, the entire structure reflects the architectural style developed by missionaries, combining the building patterns of the Pueblo Indians with Spanish-Colonial design. Even the landscaping, with carefully selected shrubs and trees, is typical.

Priest

Fr. Lawrence Seyer, **Pastor**

lseyer@mtcarmelsb.com

Monsignor Stephen Downes, **Pastor Emeritus**

Father Maurice O'Mahony, **Pastor Emeritus**

Parish Office

1300 East Valley Road
Santa Barbara, CA 93108

Phone 805/969-6868

Hours: 9:00 AM to 12:00 PM and 1:30 PM to 5:00 PM

website: www.mtcarmelsb.com

email: info@mtcarmelsb.com

Masses

Daily 7:45 AM

Saturday 7:45 AM Vigil Mass - 4:30 PM

Sunday 8:00 AM - 10:00 AM - 12:00 Noon

Holy Day Mass

Vigil Mass - 5:30 PM

7:45 AM – 9:00 AM (*School Mass*) – 5:30 PM

Devotionals

Daily 8:15 AM – Recitation of the Rosary

Wednesdays Adoration of the Blessed Sacrament
3:30 to 7:00 PM with Benediction at
6:45 PM

Confessions: Saturdays 3:30 - 4:15 PM (*In the Side Chapel*)

Baptisms: Sundays at 1:00 PM

Religious Education

805/969-4868

Sister Rosalie Callen, C.S.J.

rcallen@mtcarmelsb.com

Youth Ministry

805/574-9941

Sarah Mack - Director of Faith Formation

olmcsb93108@gmail.com

High School Confirmation - 'El Camino'

Middle School Youth Group - 'The 'M&M's'

Young Adult Ministry - 'MCYA'

Weddings

805/969-6868

Dori Macias - Wedding Coordinator

weddings@mtcarmelsb.com

Please contact the Parish Office at least **six** months
before the proposed wedding date.

Our Lady of Mount Carmel School

805/969-5965

Principal - Tracie Simolon

Pre-K thru 8th Grade

530 Hot Springs Road - Santa Barbara, 93108

www.mountcarmelschool.net

Secular Order of Carmelites

Evelyn Duimovich

805/969-3858

Merri Berwick

805/448-3587

Community Outreach

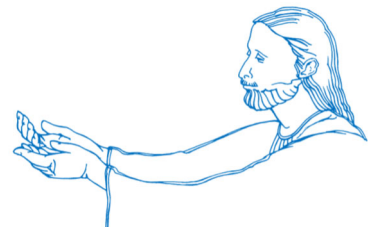
805/969-4868

Sister Kathleen Patrice Sullivan

kpatrice@mtcarmelsb.com

“Come to me, all you
who labor and are
burdened, and I will
give you rest.”

— Matthew 11:28



WELCOME TO OUR LADY OF MT. CARMEL

If you are visiting or new to our community, we are blessed that you are here to worship with us and we welcome you!

Our Pastor Father Lawrence, our retired priests, Fr. Steve and Fr. O' Mahony and Parish Family extend the hospitality of Jesus Christ to you.

Due to the current public health emergency, our parish office is closed. We are here still here to assist you by phone, 805/969-6868 or email at info@mtcarmelsb.com.

Let us pray that the measures of caution being asked of all of us keep us from harm and that our prayers help those affected by this devastating virus.



Our Lady of Mount Carmel

Our Lady of Mt. Carmel, pray for us!

Online Giving

Sign up today at

www.mtcarmesb.com

How great is God's love for us!

Your generous giving shows your love for God and God's Church.

Parishioner Registration Form

Name _____

Name _____

Address _____

City _____

Zip _____ Phone (____) _____

email _____

email _____

Check One:

- New Parishioner New Address
- Would like Offertory Envelopes
- Moving out of Parish

Please place the form into the Offertory basket or bring it by the Parish Office.

Thank You!

Whole Community Faith Sharing

Matthew 11: 25-30

Reflection: This Gospel is so pertinent during these challenging times. Jesus is not inviting us to a life of ease; we know that to be a faithful follower is not easy; but a life of humble service, freedom and joy, and freedom from the burden of sin will lighten our load.



If we have faith during the hardest of times, Jesus tells us that he will help carry our burden. To have humility is not meekness, but strength to carry the load of some of the challenges of life because we know that Christ is with us to help with that load! When we have humility, it makes us stronger not weaker!

Faith Question: How can I grow in humility? How can I be a lifelong learner about my faith?

Faith Response: I will call upon Christ in my faith, that He understands the load that I carry, and will share it with me and give me strength.

Safeguard Our Children Did You Know?



Tips for keeping calm and parenting during stressful times

We are living in unprecedented times, and many parents are stretched to capacity. The added stress of pandemic living can make it hard to parent calmly and effectively when children are acting out, but it's

important to remember that children are also going through a huge period of change right now. Instead of reacting in anger, try these ideas to keep your cool. Talk to a friend – many people are suffering from a lack of physical community, so reach out by phone or text. Pray together as a family, asking for patience, cheerfulness, and whatever other virtues you need to get you through the day. Set an example of forgiveness with your children – ask for it when you need it and grant it when they do. For more tips, get a copy of the VIRTUS® article, "Say it on repeat: I am going to keep my calm!" at

<https://lacatholics.org/did-you-know/>.

LECTORS ASSIGNMENTS

SUNDAY ~ JUNE 28th

8:00 AM

Debbie Bruce

10:00 AM

Frederic Cogburn

History Reflection for 4th of July

by Fr. Stephen Lynch

Three Kinds of Freedom

Philosophers distinguish three kinds of freedom.

- 1) Freedom to do what you must leads to totalitarianism.
- 2) Freedom to do what you want leads to anarchy.
- 3) Freedom to do what you ought is true freedom, because it takes into account the common good, as well as the individual good. True freedom demands integrity, responsibility, accountability and appropriate self-restraint. Any nation crippled by law-breaking, violence and uncivilized conduct is not a nation that is truly free.

When Francis Scott Key saw the American flag flying over Fort McHenry, he was thrilled by the sight, and the knowledge that the fort had not fallen. Key wrote some verses on the back of a letter. Later, after the British had withdrawn, Key completed his poem on the defense of Fort McHenry. Within a few days the poem was put to the music of an old English song. Both the new song and the flag became know as The Star-Spangled Banner. Congress made the phrase In God We Trust “the nation’s official motto in 1956, but it probably originated from verse 4 of The Star-Spangled Banner: “And this be our motto: ‘In God is our trust.’”

Democracy can be a noble vehicle for life, liberty and the pursuit of happiness when checks and balances work properly, and when freedom is used responsibly to enhance the common good. The Fourth of July celebrates the signing of the Declaration of Independence. This is an appropriate time to remind ourselves of the final line of the Declaration of Independence: “And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.”

— Fr. Stephen, who served as a missionary in Japan for 20 years, lives and works at St. Francis Chapel in Providence, R.I.



Mass Intentions

SAT.	JULY 4
Daily	John A. Biersmith†
4:30 PM	Alex Saucedo and Vicki Bruce†
SUN.	JULY 5
8:00 AM	Rose M. Rezzonico Lee†
10:00 AM	For All Parishioners
12:00 PM	Anna Maria Halling†
MON.	JULY 6
Daily	John Campbell†
TUE.	JULY 7
Daily	George & Annette Corbett†
WED.	JULY 8
Daily	Tab Hunter†
THU.	JULY 9
Daily	Roy Rohter†
FRI.	JULY 10
Daily	Molly Lopez†
SAT.	JULY 11
Daily	Oliver O’Donnell†
4:30 PM	Louis de Ponce†
SUN.	JULY 12
8:00 AM	Dorothy Barnewall†
10:00 AM	For All Parishioners
12:00 PM	Priest of Our Lady of Mount Carmel

Please Pray For The Sick Of Our Parish

Tyler Hester,
Jane Burkemper,
Evelyn Duimovich and Anika Rabbani



Do you know of someone who is no longer in need of being on our list?

- Wish to add an immediate family member?
- Does someone need to be visited? Please call our Parish Office at 805/969-6868