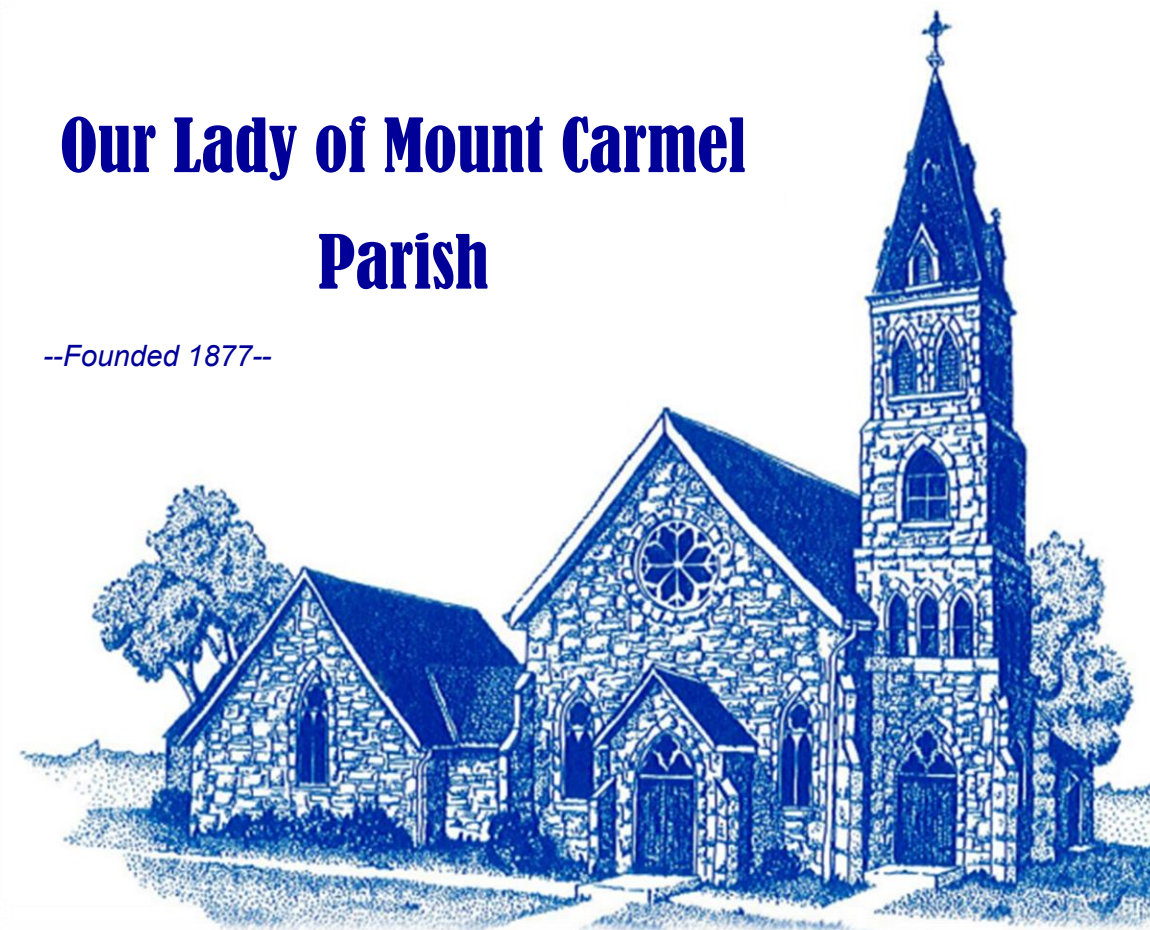


Our Lady of Mount Carmel Parish

--Founded 1877--



79 Freelon Road, Freelon, Ontario, L8B 0Z3

Phone: 905 659 3305

Website: www.olmcf.com

Pastor: Fr. Arpee Urquico

Secretary: Angela Clayton

Email: pastoroffice@olmcf.com or office@olmcf.com

Sunday Mass:

(Saturday) 5 p.m.
Sunday 9 a.m. & 11 a.m.

Confession Times: Please email Fr. Arpee or call the office to arrange an appointment.

Weekday Mass:

Tuesday: 6:30 p.m.
Wednesday & Thursday: 9 a.m.
Friday:

Hospital Visits:
Please email or call the office.

Adoration & Benediction: 5:30 p.m.
Mass: 6:30 p.m.

For emergencies: (text preferably)
289 609 4677

Parish Registration:

Welcome to Our Lady of Mount Carmel: Please fill this out to register and place in the collection basket:

Name: _____ Phone: _____

Email: _____

Address: _____

Would you like envelopes? Yes NO

Eighth Sunday of Ordinary Time

Catholic Women's League – Installation of New Executive

The CWL of Our Lady of Mount Carmel invites all members and parishioners to join us for the Installation of our new executive on Sunday, March 9th, during the 11 AM Mass.

Following the Mass, we warmly welcome everyone to a time of fellowship and hospitality in the Annex.

We look forward to seeing you there!

World Day of Prayer

The 2025 Women's Inter-Church Council of Canada World Day of Prayer Service will be hosted by Carlisle United Church, 1432 Centre Rd., Carlisle, on Friday March 7 at 1:00pm.

Refreshments will follow and everyone is welcome. This year's theme is "I Made You Wonderful".

The service is written by the WDP Committee of Cook Islands.

Please join us, and our friends from neighbouring churches, for this uplifting Ecumenical Worship Service!

VIRTUAL LEARNING WITH THE DIOCESE OF HAMILTON The Diocese of Hamilton is proud to partner with Dayton University's Virtual Learning Community for Adult Faith Formation (VLCFF) to offer certificate programs for ministry and enrichment for adult faith formation. Interested in learning more about our programs? Have questions about the structure, course content and fees? Join us for a brief information session hosted by the VLCFF Coordination Team for the Diocese of Hamilton on **Wednesday, March 26, 2025 @ 7pm.** Registration: <https://bit.ly/VLCFFinfo>.



Join us as we begin the Lenten season.

Ash Wednesday Mass times:

- 3:00 PM
- 6:00 PM (Adoration & opportunity for Confessions)
- 7:00 PM (Benediction, followed by Mass immediately after)

Starting next Friday, March 7, and continuing every Friday during Lent, the Stations of the Cross will be held after the 6:30 p.m. Mass. (Adoration will begin at 5:30 p.m.)

Join us for Shrove Tuesday!

Before we begin the Lenten season, let's come together for a delicious pancake breakfast following the 9 AM Mass on March 4th (Please take note of the changed Mass Time for this Tuesday.)

To help us prepare, RSVP by:

- ☎ Calling the parish office—905 659 3305
- ✉ Emailing signup@olmcf.com or the office at office@olmcf.com There is also a sign up sheet in the annex.

Sunday, March 2, 2025

PARENTING TIP OF THE MONTH #167 Parents are the most influential people in their children's lives. They watch every move, take in every word and see how you navigate the world - then they become the mini version of you, their parents. All the traits they take in become part of who they are for life! Help them to be the best people they can be by looking inward and asking yourself if you are doing enough to raise them to be the adult you would like them to be. If not, change how you interact and help them grow strong in mind, body and spirit. (Family Ministry Office)

MARRIAGE TIP OF THE MONTH #147 March is the start of Lent, a time when we reflect on our faith and our commitment to living as we are called to as disciples of Jesus. It is a perfect time to discuss as a couple how your marriage, considered both a Sacrament and Vocation by the Church, is fulfilling its mandate to be the visible sign of God's invisible love. Do you strive always to treat each other as God loves, in total self-giving, with mercy and forgiveness acting as strong pillars of your marriage? This Lent, make your Lenten journey a time to pray together and to work as a couple to strengthen one of the most important parts of your life, your marriage.

LITURGICAL MINISTERS OF HOPE During Lent this year, the Liturgy Office invites all Liturgical Ministers to gather for a Lenten retreat on the theme of Liturgical Ministers of Hope. Saturday, **March 22, 2025**, Basilica of Our Lady Immaculate, Guelph, ON, 10:00 a.m. to 12:30 p.m. or Saturday, **March 29, 2025**, St. Matthew Parish, Oakville, ON, 10:00 a.m. to 12:30 p.m. or Saturday, **April 5, 2025**, Annunciation of our Lord Parish, Hamilton, ON, 10:00 to 12:30 p.m.

POPE'S PRAYER INTENTION FOR MARCH:



For families in crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

Mass Intentions: March 3rd – March 10

Monday:	No Mass
Tuesday: 9:00 am	**Please Note the Changed Time for this Tuesday only
Ash Wednesday	3 pm & 7 pm (Adoration begins at 6 pm)
Thursday: 9:00 am	Special Intentions
Friday: 6:30 pm (Adoration begins at 5:30 pm)	Marian Taylor
Saturday: 5 pm	Dennis & Frances McKenna and family members—The Ollmann Family
Sunday: 9 & 11 am	Our Parishioners