

June 30<sup>th</sup>, 2024

## Thirteenth Sunday in Ordinary Time

### Stay Connected:

**Website:**

[www.olmcf.com](http://www.olmcf.com)

**Email:**

[pastoroffice@olmcf.com](mailto:pastoroffice@olmcf.com)

[office@olmcf.com](mailto:office@olmcf.com)

**Facebook:**

[www.facebook.com/olmcfparishfreelton](http://www.facebook.com/olmcfparishfreelton)

**Diocese of Hamilton:**

[www.hamiltondiocese.com](http://www.hamiltondiocese.com)

**Daily Mass times**

Tuesday: 6:30 p.m.

Wednesday—Friday

8:30 a.m.

**Sunday Mass:**

(Saturday) 5 p.m.

Sunday: 9 am & 11 am

**For emergencies:**

(text preferably) 289 609 4677

*From the  
Pastor's  
Desk*



Dear Parishioners,

June 28 marks my first year as pastor of Our Lady of Mount Carmel. I want to take this opportunity to express my heartfelt gratitude for your continued support and prayers. Your kindness has been truly inspiring, and I am blessed to serve such a wonderful community.

To celebrate our first anniversary together, I warmly invite everyone to join us for our parish picnic this August. This event will be a fantastic opportunity to mingle and have fun outside the liturgy, in a more relaxed way. Bring your whole family and enjoy delicious burgers and hotdogs.

I look forward to seeing you there and continuing our journey together in faith and fellowship.

With blessings and prayers,

Fr. Arpee

### Parish Picnic Meeting

Join us this upcoming Tuesday, July 2nd, right after the 6:30 pm Mass to help plan and organize our parish picnic. We welcome everyone who would like to contribute ideas and efforts to make our BBQ a success! Your participation and creativity are greatly appreciated.

## Summer Bulletin Break

Just a friendly reminder that there will not be a bulletin issued during the summer months.

For an overview of mass intentions in July, please refer to the third page of this week's bulletin where the first two weeks of the month's intentions are posted. Please note that some dates are subject to change.

In mid-July, I will send out an updated calendar with additional mass intentions.

Thank you for your attention, and may you have a wonderful and safe summer.

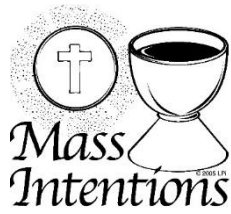
**Parenting Tip**--The first day of July starts with a celebration of Canada and all that our country has to offer. It is a wonderful month to celebrate summer with family and friends and a great time to remember to pray for our country, be thankful for our freedom to celebrate our Catholic faith and to look at the many riches our country has to offer us. So, speak to your children about their wonderful country, about the beauty God has created here for them and about the many blessings they experience as Canadians. It is easy to dwell on the negative, but teaching our children to have an attitude of gratitude for their blessings makes for a healthier frame of mind!

(Teresa Hartnett, Family Ministry Office; 905-528-7988 ext. 2250)

**MARRIAGE TIP** --Love is a choice and sometimes little choices can make for a more loving and contented relationship. A smile and kiss as a greeting, a thank you for something your spouse does for you or for the family, a little note of gratitude for their gifts and talents. Over time, we can forget that kind words, compliments and seeing the good can change the way we interact. Choose to take these actions and watch your love grow. (Teresa Hartnett, Family Ministry Office; 905-528-7988 ext. 2250)

## SMART STEPS

Are you a parent or stepparent adjusting to blended family life? This program, facilitated by those who have lived experience, is designed to offer practical insights and suggestions on how to make blended family relationships work well for all. This one-day session is held on Saturdays from 9:15AM - 3:30PM. The cost is \$75 per couple or \$50 per person (includes lunch). Fall dates will be on line in July and you can register at [hamiltondiocese.com](http://hamiltondiocese.com) by looking under Upcoming Events on the Diocesan home page. For more information, contact the Family Ministry Office at 905-528-7988 ext. 2249.



S	M	T	W	T	F	S
<h1>July</h1>	1	2 Marie Mac Donald—req. Friends	3 For the intentions of all our parishioners	4 The well- being of first responders— req. Kathy Irving	5 Special Intentions	6 Health of the Sick—req. Larry & Judy Van Schyndel  Ben Tuin -- Christiane Tuin & family
	7  Fourteenth Sunday in Ordinary Time	8	9	10	11	12
14  Fifteenth Sunday in Ordinary Time	Please Note: The second half of the month's announced mass intentions will be posted July 16.					

**July** "Pray to the Lord of the Harvest" 2024 Vocations Prayer Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rev. Gregory Merkley <i>Canada Day</i>	2 Most Rev. Matthew Ustrzycki	3 Congregation of the Sisters of St. Anne (s.s.a.)	4 Rev. Andrew Quarshie	5 Rev. Ross Campbell	6 Single Catholics
7  <i>Fourteenth Sunday in Ordinary Time</i>	8 Rev. Jonathan Reitzel	9 Rev. Francis Noronha, C.S.C.	10 Holy Ghost Congregation (Spiritans) C.S.Sp.	11 Rev. Alberto Ferreira	12 Most Rev. Anthony Tonnos	13 Rev. Veselko Kvesic, O.F.M.