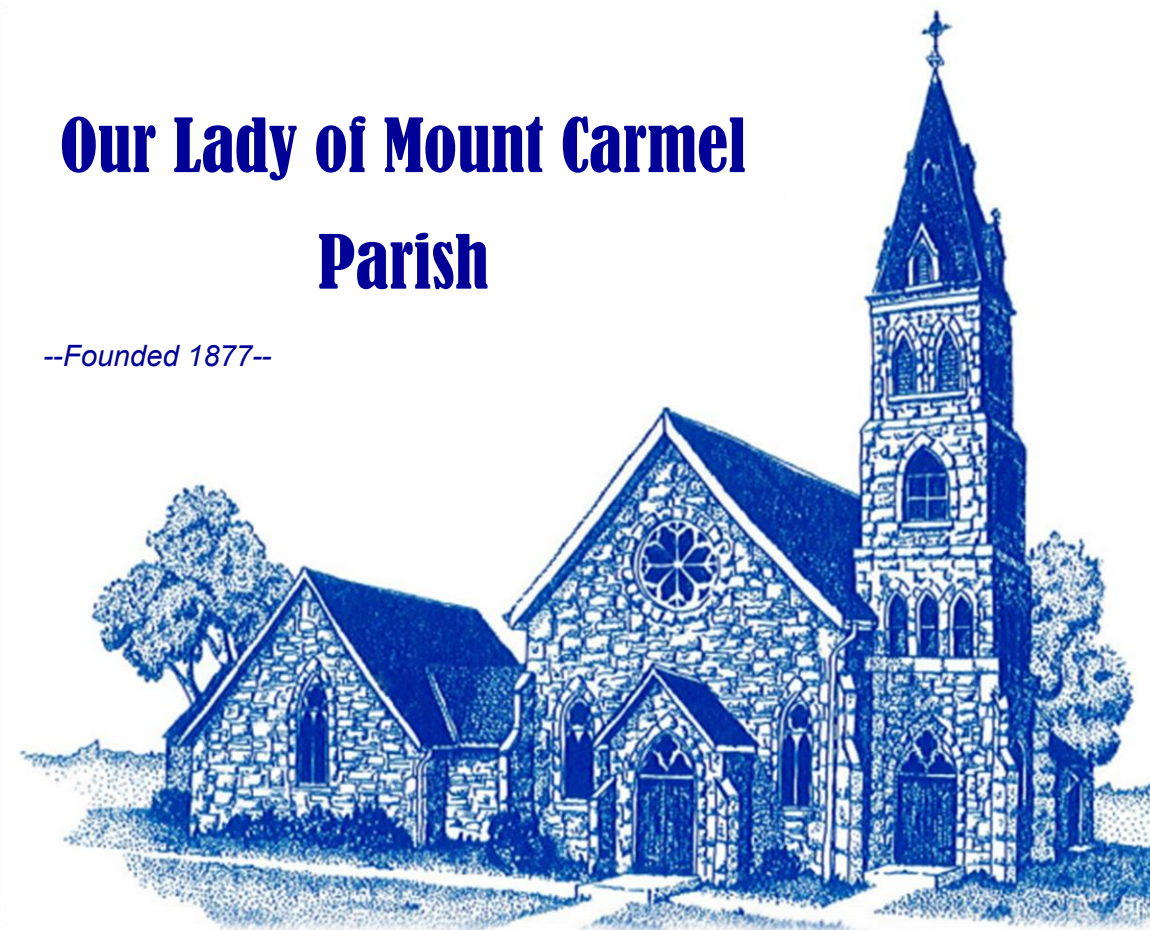


Our Lady of Mount Carmel Parish

--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



LENTEN SEASON SCHEDULE
EVERY FRIDAY
 5:30 PM ADORATION AND CONFESSIONS
 6:20 PM, BENEDICTION FOLLOWED BY MASS
 STATIONS OF THE CROSS

ADOREMUS
 SATURDAY, APRIL 5TH, 3:30 PM
 TIME FOR ADORATION, SACRED SCRIPTURE, SACRED HYMNS, &
 CONFESSIONS. BENEDICTION AT 4:45 PM.
 DIFFERENT PRIESTS ARE INVITED TO HEAR CONFESSIONS.

MASS OF THE LORD'S SUPPER
 HOLY THURSDAY, APRIL 17TH, 7:00 PM

THE LITURGY OF THE PASSION OF OUR LORD
 GOOD FRIDAY, APRIL 18, 3:00 PM
 STATIONS OF THE CROSS, 6:30 PM

BLESSINGS OF THE EASTER BASKET
 HOLY SATURDAY, APRIL 18TH, 9 :00 AM

EASTER VIGIL
 HOLY SATURDAY, 8:00 PM

EASTER SUNDAY MASSES
 9:00 & 11:00 AM

GOD HAS PROMISED FORGIVENESS TO YOUR REPENTANCE, BUT HE HAS NOT
 PROMISED TOMORROW TO YOUR PROCRASTINATION.

— St. Augustine

office@olmcf.com 79 Freelon Rd, Freelon olmcf.com 9056593305

Stations of the Cross

We invite individuals, pairs, or trios to lead our upcoming Stations of Cross. A sign-up sheet is available at the back of the church, where you can select the prayer you'd like to lead.

Pre-approved prayers are provided, but you may also propose your own selection, subject to approval by Fr. Arpee. Copies of the prayers are available for your preparation.

We encourage your participation in this meaningful tradition.

The **CWL of Our Lady of Mount Carmel Parish** invites all women of the parish to a **Lenten Retreat** on **Saturday, March 22, 2025, from 1:00 PM to 4:00 PM** in the church annex. Our theme, *"Holy is the New Happy,"* will explore the hidden power of personal holiness. The retreat will be moderated by **Simone Robinson**, a life coach and spiritual director dedicated to guiding and inspiring women in leadership toward a deeper life with God. **Cost is \$10 per person**, and advance registration is required. A sign-up sheet is available in the annex, with a registration deadline of **Sunday, March 16**. Please leave your payment in a clearly marked envelope or send an **e-transfer to cwlfreelon@gmail.com**. Participants are encouraged to arrive at **12:30 PM** to connect and greet one another before the session begins. **Refreshments and snacks will be provided**. For more information, please contact **mariacontent@gmail.com**.

ReSTART: Moving Forward – Our 10 week program offers education and support to anyone seeking to heal and move forward after divorce or separation. The sessions will be offered from **March 17 - June 9** (no sessions April 21 & May 19) and are held at the Chancery Office at 700 King St. West in Hamilton. Cost is \$35 for materials, but no one is turned away. To register go to hamiltondiocese.com and look for the date under Upcoming Events, or contact Sarah at 905-528-7988 ext. 2249, or e-mail familyministry@hamiltondiocese.com.

When Life Changes – Has someone you cared about died? Are you grieving the loss of the person's presence in your life? Are you looking for relief from the feelings associated with the loss of this loved one? You are not alone! The Hamilton Diocese is offering our six-week grief program from **April 23rd to May 28th, 2025**. The program runs from 7:00-8:30 pm at the Chancery Office at 700 King St. West in Hamilton To register go to hamiltondiocese.com and look for the start date under upcoming events on the home page.

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

Mass Intentions March 17 th —March 23 rd	
Monday	NO Mass
Tuesday: 6:30 pm	Intentions of our CWL
Wednesday: 9:00 am	Intentions of Lucy Brozic
Thursday: 9:00 am	Special Intentions
Friday: 5:30 pm Adoration 6:30 pm	Stations of the Cross-following Mass
Saturday: 5:00 pm	Barbara & Slavo Davutovic—Luba Filipcic & family
Sunday: 9:00 am 11:00 am	Our Parishioners