



# OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH

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## FIFTH SUNDAY IN ORDINARY TIME – FEBRUARY 8, 2026

"YOU ARE THE SALT OF THE EARTH" "YOU ARE THE LIGHT OF THE WORLD"

Following upon the teaching of the Beatitudes, Jesus uses the now familiar metaphors of salt and light to describe the life of discipleship. We take salt and light for granted in our society, but these commodities were more precious in ancient cultures. Just as now, salt was used in Jesus' time for flavoring, as a preservative, and as a healing agent. Similarly, the widespread use of electricity in the modern world makes us less aware of the value and importance of light in our lives.

Still, our familiarity with this passage from Matthew's Gospel speaks well to the abiding power of the imagery that Jesus presented. Jesus' call to be salt for the earth and light for the world powerfully states our mission as Church and as Christians. Our commitment to social justice flows from the exhortation that Jesus gives us in today's Gospel. Some of the activities that this commitment leads us to are given more concrete expression as the Corporal and Spiritual Works of Mercy. When we feed the hungry, clothe the naked, console those who mourn, and so on, we show ourselves to be the salt of the earth and the light of the world. When we do these things with the community of faith, the Church, we are indeed acting as "a city set on a mountain" that cannot be hidden!



## V DOMINGO ORDINARIO

"USTEDES SON LA SAL DE LA TIERRA" "USTEDES SON LA LUZ DEL MUNDO"

Siguiendo la enseñanza de las Bienaventuranzas, Jesús usa las ahora conocidas metáforas de la sal y la luz para describir la vida del discipulado. En nuestro tiempo present no le damos el mismo valor a la sal y la luz en nuestra sociedad, pero estos productos eran más preciados en las culturas antiguas. Al igual que ahora, la sal se usaba en el tiempo de Jesús para dar sabor, como conservante y como agente curativo. Del mismo modo, el uso generalizado de la electricidad en el mundo moderno nos hace menos conscientes del valor y la importancia de la luz en nuestras vidas.

Aún así, nuestra familiaridad con este pasaje del Evangelio de Mateo habla bien del poder permanente de las imágenes que presentó Jesús. El llamado de Jesús a ser sal para la tierra y luz para el mundo afirma poderosamente nuestra misión como Iglesia y como cristianos. Nuestro compromiso con la justicia social brota de la exhortación que Jesús nos da en el Evangelio de hoy. Algunas de las actividades a las que nos lleva este compromiso se concretan en las Obras de Misericordia Corporales y Espirituales. Cuando alimentamos a los hambrientos, vestimos a los desnudos, consolamos a los que lloran, etc., nos mostramos como la sal de la tierra y la luz del mundo. Cuando hacemos estas cosas con la comunidad de fe, la Iglesia, ¡realmente estamos actuando como "una ciudad asentada sobre una montaña" que no se puede esconder!

# INTERNATIONAL DAY OF PRAYER & AWARENESS AGAINST HUMAN TRAFFICKING

Each year on February 8, the US Catholic Church encourages Catholics around the country to pray for the emotional, physical, and spiritual healing of survivors of human trafficking and make a personal commitment to combat human trafficking in their communities. February 8 also marks the Feast Day of Saint Josephine Bakhita, patron saint of human trafficking. Here is her story.



Born in 1869, St. Josephine Bakhita was kidnapped as a child and sold into slavery in Sudan; after walking over 600 miles she was eventually purchased by an Italian diplomat. St. Josephine was later residing in Italy, and was being cared for by the Canossian Sisters, who then fought for Josephine's freedom. Once Josephine was freed, she dedicated her life to sharing her testament of deliverance from slavery, comforting the poor and the suffering. Ultimately, she thanked her perpetrators and stated she would not have converted to Catholicism and found God without them. She died in Italy in 1947 and was canonized by Pope John Paul II in the Jubilee Year of 2000.

This year our parish is supporting the Monterey Rape Crisis Center (MRCC) in their work with the victims of human trafficking and in educating young people on the dangers of being entrapped. If any parishioners wish to donate any further funds, please can they write a check to OLMC marked Human Trafficking and we will ensure that this is sent to MRCC.

Thank you for your prayers and generous support for their important work.



**Don't wait to register for our three Friday Lenten dinners!  
Tickets are limited.**

**You can use our online platform FlockNote (QR codes below) to sign up to volunteer and/or pay for tickets, or visit our website's Event Calendar.**



**February 27**



**March 13**



**March 27**

## LENTEN SEASON 2026

Wednesday February 18

12:00 pm Mass w/ ashes

6:30 pm Bilingual Mass w/ ashes. Misa Bilingue con cenizas.

**ASH WEDNESDAY**

Bilingual Stations of the Cross, Fridays at 5:30 PM

Lenten Reconciliation Service

Thursday March 19 at 6:30pm. (Confessions with 5 bilingual priests)

Magnificat Lenten Companion Booklets

English/Espanol. \$5 offering.

## 2026 LENTEN DINNERS

Tickets are available for purchase after Sunday Masses or online through our website \$45 per person.

Friday February 27 at 6:00 pm

Friday March 13 at 6:00 pm

Friday March 27 at 6:00 pm

## HOLY WEEK AND EASTER 2026

Saturday March 28

4:30 pm: Vigil Mass

Sunday March 29

9:00 am and 11:00 am: Sunday Masses

Blessing of Palms (Covid Memorial Garden) "Weather permitting"

**PALM SUNDAY**

Thursday April 2

6:30 pm: Bilingual Mass of the

Lord's Supper with Adoration until 10 pm Parish Hall.

**HOLY THURSDAY**

Friday April 3

3:00 pm: Stations of the Cross

3:45 pm: Liturgy of the Lord's Passion

6:00 pm: Santo Via Crucis y 7 Dolores de la Virgen (Cachagua Community Park)

**GOOD FRIDAY**

Saturday April 4

8:00 pm: Bilingual Easter Vigil

Blessing of Fire (Covid Memorial Garden) "Weather permitting"

**HOLY SATURDAY**

Sunday April 5

9:00 am and 11:00 am: Easter

English Masses.

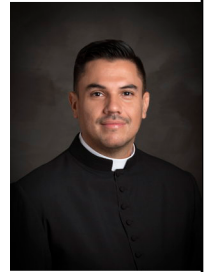
**EASTER SUNDAY**

NOTE: The office will be closed and there will be no weekday Masses the week after Easter, Wednesday, Thursday and Friday April 8, 9, and 10.

## FROM THE PARISH PRIEST'S DESK...

Since last Sunday with the Beatitudes, and continuing through today's Gospel and next weekend's, we are reflecting on Jesus' Sermon on the Mount. This weekend Jesus calls us salt and light not for ourselves, but for the world. Salt disappears to give flavor; light shines by being used up. Christian witness isn't about being noticed, but about quietly making life more true, more hopeful, more loving. When we live the Gospel in ordinary ways, God's light finds its way into the dark.

Shalom! Father Jhonnnatan



## MASS INTENTIONS

FEBRUARY 7 – 15, 2026

Saturday Feb 7, 4:30 PM vigil:	† Brian Coughlin
Sunday Feb 8, 9:00 AM:	† Alfonse Scarpitto
11:00 AM:	People of the Parish
1:00 PM (Spanish):	in Honor of Dianira Selis on her 80th Birthday
Wednesday Feb 11, 12:00 PM:	Health of Daniel Korman
Thursday Feb 12, 12:00 PM:	Health of John Woodward
Friday Feb 13, 12:00 PM:	Health of Bob Williams
Saturday Feb 14, 4:30 PM vigil:	† Maureen Dalton
Sunday Feb 15, 9:00 AM:	† Adam & Consuelo Solano
11:00 AM:	† Anita Zumach

*May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen*

## WEEKLY COLLECTION

JANUARY 31 – FEBRUARY 1: \$3,137

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## SCHEDULE

### Weekday Mass

Wednesday – Friday: 12 PM

### Weekend Masses

Saturday Vigil: 4:30 PM

Sunday: 9:00 and 11:00 AM, in English  
Spanish Masses:

2nd Sunday of the Month, 1:00 PM in the Church  
4th Saturday of the Month, 7:00 PM in Cachagua

### Reconciliation

Saturday at 3:30 PM and by appointment

### Office Hours

Wednesday – Friday: 1:00 PM – 3:00 PM  
Sundays: 10:00 AM – 11:00 AM

*"At the heart of silence is prayer. At the heart of prayer  
is faith. At the heart of faith is life. At the heart of life is  
service."*

— St Teresa of Avila

## PARISH MINISTRIES

Pastoral Council	Social Media
Finance Council	Website
Faith Formation	Eucharistic Ministers
Bereavement Ministry	Coffee Hospitality
Human Trafficking	Sacristans
Music Ministry	Lectors
Parish Hall & Kitchen Rental	Ushers

For more information about our  
ministries, follow the link in this QR code:



## PARISH STAFF

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