



OUR LADY OF MOUNT CARMEL CATHOLIC CHURCH

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www.ourladycarmelvalley.org



THIRD SUNDAY OF LENT – MARCH 8, 2026

"GIVE ME LIVING WATER, THAT I MAY NEVER THIRST AGAIN" JOHN 4:15

The initial conversation between Jesus and the woman at the well is better understood if we consider the importance of water, especially in the climate of Israel. At first, the woman understands Jesus' promise of "living water" in a literal sense: "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." We learn in her conversation with Jesus that she is an outcast because of her "many husbands."



The high point of the conversation is when Jesus reveals himself to her as the Messiah. His answer to the Samaritan woman's questions about worship is meant to predict a time when worshiping in truth and spirit will become the way to worship.

After the conversation, the Samaritan woman becomes a disciple. Even though she is an outcast and not a Jew, she returns to her town to lead others to Jesus and to wonder whether she has found the Messiah. The Samaritan townspeople return with her to meet Jesus for themselves, and many are said to come to believe in him. *Loyola Press*

III DOMINGO DE CUARESMA – MARZO 8, 2026

"DAME DE TU AGUA VIVA PARA QUE NO VUELVA A TENER SED" JUAN 4:15

La conversación inicial entre Jesús y la mujer junto al pozo se comprende mejor si consideramos la importancia del agua, especialmente en el clima de Israel. Al principio, la mujer entiende la promesa de Jesús de "agua viva" en un sentido literal: "Señor, dame de esta agua, para que no tenga sed ni tenga que venir aquí a sacar agua". Aprendemos en su conversación con Jesús que ella es una marginada debido a sus "muchos maridos".

El punto culminante de la conversación es cuando Jesús se le revela como el Mesías. Su respuesta a las preguntas de la mujer samaritana sobre la adoración pretende predecir un tiempo en el que la adoración en verdad y en espíritu se convertirá en la forma de adorar.

Después de la conversación, la mujer samaritana se convierte en discípula. Aunque es una marginada y no judía, regresa a su pueblo para llevar a otros a Jesús y preguntarse si ha encontrado al Mesías. La gente del pueblo samaritano regresa con ella para encontrarse con Jesús por sí mismos, y se dice que muchos llegan a creer en él.

HOLY FAST

Fast from worry, and feast on divine order by trusting in God.

Fast from complaining, and feast on appreciation.

Fast from negatives, and feast on affirmatives.

Fast from unrelenting pressures, and feast on unceasing prayer.

Fast from hostility, and feast on tenderness.

Fast from bitterness, and feast on forgiveness.

Fast from self-concern, and feast on compassion for others.

Fast from idle gossip, and feast on purposeful silence.

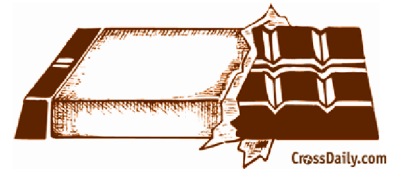
Fast from judging others, and feast on the Christ within them.

Fast from emphasis on differences, and feast on the unity of life.

Many people wonder what to give up for Lent such as chocolate, alcohol, coffee and alike. While giving up these things may be beneficial for our body maybe it will be good for us to give up something else: what **sin** are we going to give up for Lent and for the rest of our life?

Lent is like that story in the Scriptures where a man stands in the back of the temple, and looks down at the ground, and prays to God, "Lord, have mercy on me, a sinner!" Lent is a time for us to be like that man, to give up our sinful habits, our sinful attitudes, to stand before God and to ask him to forgive us, to wash our sins away, and to empower us to turn away from our sinful past and to live new lives that are dedicated to God. — *Fr Emil Robu*

I'm giving up
Chocolate
this Lent



CrossDaily.com



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

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



March 13



March 27

LENTEN SEASON 2026

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

Lenten Reconciliation Service

Thursday March 19 at 6:30pm. Confessions with four priests, two English-speaking and two bilingual.

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 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

7:00pm: Misa en Cachagua, con Bendicion de Ramos, en Casa de Dona Lupe, #14.

PALM SUNDAY

Sunday March 29

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

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

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...

On the Third Sunday of Lent, Jesus tells the Samaritan woman that He can give "living water." Like her, we often search for satisfaction in many places, yet our deepest thirst is for God.

Lent invites us to pause and come to Christ, who alone can fill our hearts and renew our lives. Let us ask Him this week to give us the living water that truly satisfies.

Shalom! Father Jhonnatan



STATIONS OF THE CROSS

The Stations are celebrated each Friday of Lent at 5:30 PM. One way to make this Lenten season more meaningful and special is by attending the Stations. Please make an effort to be there – it takes only about 30 minutes or so.



MASS INTENTIONS

MARCH 7 – MARCH 15, 2026

Saturday Mar 7, 4:30 PM vigil: Health of Ginny Luttrell

Sunday Mar 8, 9:00 AM: † Bill Kreisi

11:00 AM: † Victoria Long

1:00 PM Spanish Mass: † Rosa Ramirez & Graciela Salinas

Wednesday Mar 11, 12:00 PM: † Brian Conroy

Thursday Mar 12, 12:00 PM: Health of Richard Carr

Friday Mar 13, 12:00 PM: † Fr Mark Stetz (4th Anniversary)

Saturday Mar 14, 4:30 PM vigil: People of the Parish

Sunday Mar 15, 9:00 AM: † John Woodward

11:00 AM: † Victoria Long

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

WEEKLY COLLECTION

February 28 – March 1: \$3,138

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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

Finance Council

Faith Formation

Bereavement Ministry

Human Trafficking

Music Ministry

Parish Hall & Kitchen Rental

Social Media

Website

Eucharistic Ministers

Coffee Hospitality

Sacristans

Lectors

Ushers

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



PARISH STAFF

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