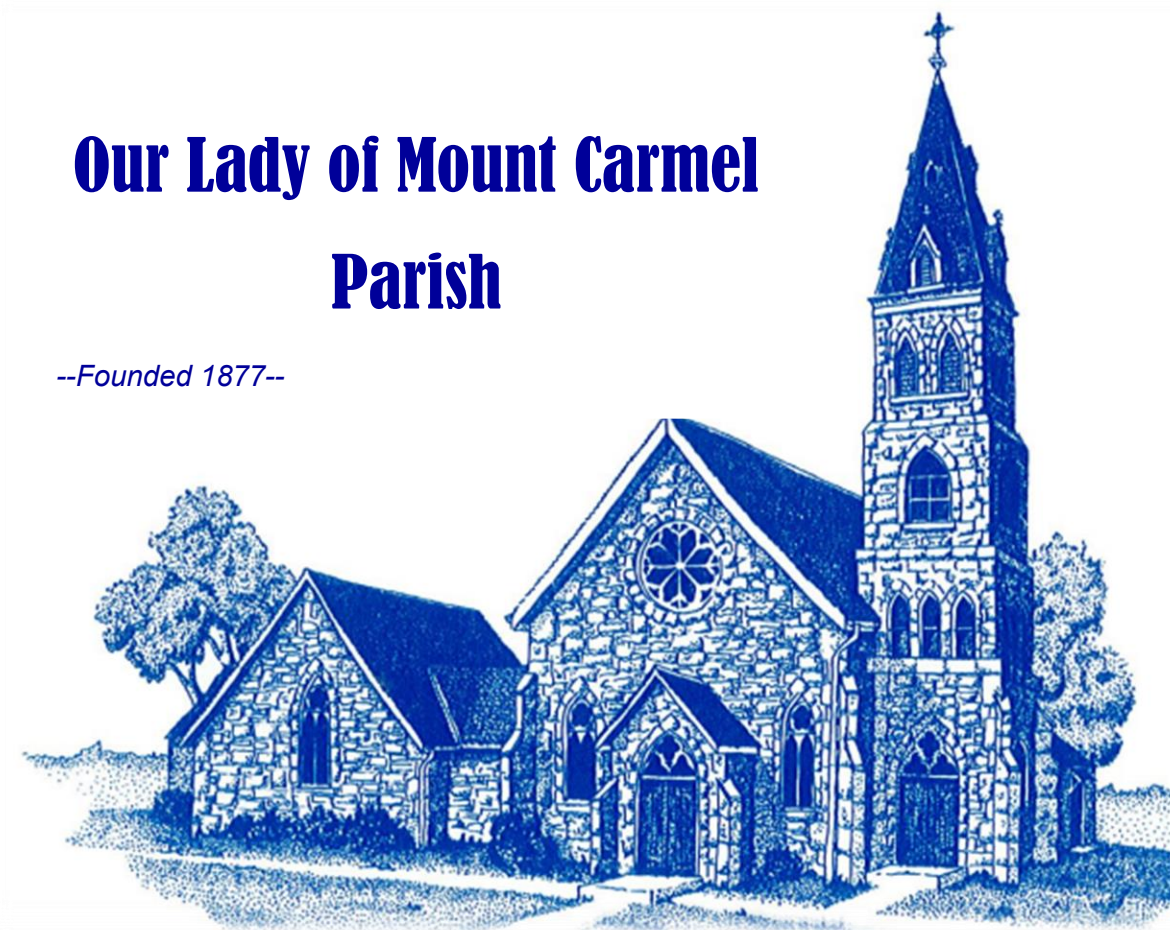




# Our Lady of Mount Carmel Parish

--Founded 1877--



79 Freelon Road, Freelon, Ontario, L8B 0Z3

Phone: 905 659 3305

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

**Pastor: Fr. Arpee Urquico**

Secretary: Angela Clayton

Email: [pastoroffice@olmcf.com](mailto:pastoroffice@olmcf.com) or [office@olmcf.com](mailto: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: \_\_\_\_\_

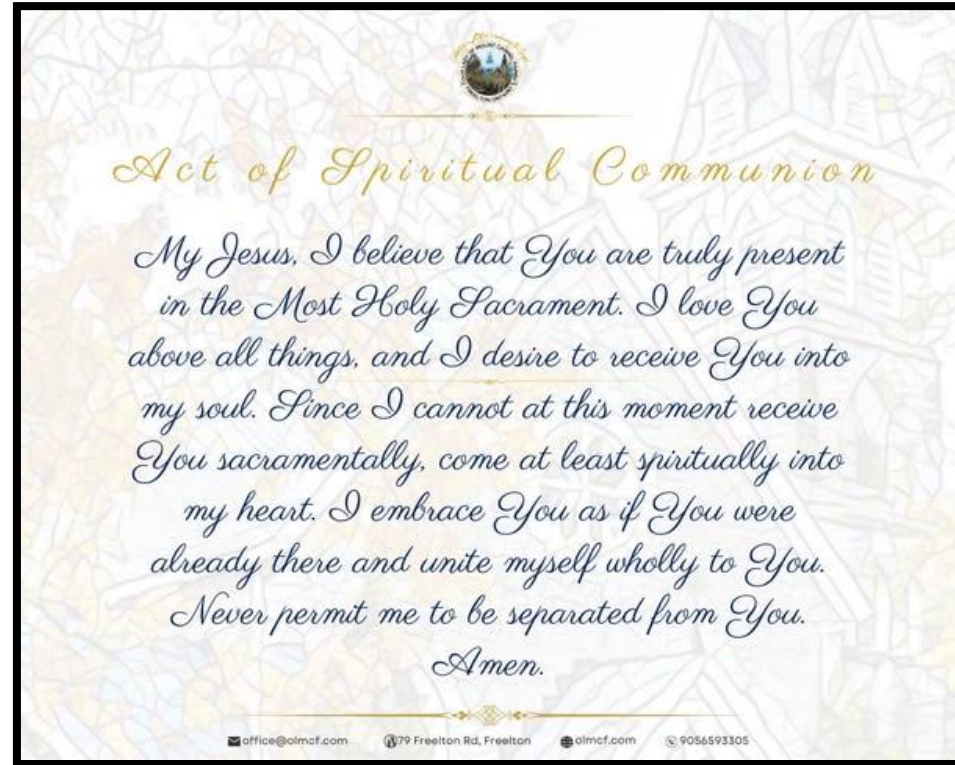
Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Would you like envelopes? Yes NO

*When it is not possible to receive the Eucharist sacramentally—such as due to inclement weather—the Church encourages us to make an Act of Spiritual Communion. This allows us to invite Jesus into our hearts with faith and love.*




*Act of Spiritual Communion*

*My Jesus, I believe that You are truly present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.*

*Amen.*

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



**The Diocesan Wedding Anniversary Mass – Save the Date!** Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2025? You are cordially invited to join Bishop Crosby and couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, June 1, 2025 at the Cathedral Basilica of Christ the King in Hamilton at 1:30 pm. (Space allows room for Anniversary couples only - those married 60 years or more may bring one guest if you require assistance). Registration is found under Upcoming Events on the home page at [hamiltondiocese.com](http://hamiltondiocese.com).

**Diocesan Choir** The Diocesan Choir leads and supports the assembly's song at major Diocesan liturgies, such as the Chrism Mass and Ordinations, and is looking for new members. For more information, please contact Mrs. Sharon Fazari, Choir Director, at [sfazari@hamiltondiocese.com](mailto:sfazari@hamiltondiocese.com).

**CWL Membership Reminder**

Just a friendly reminder that the annual CWL membership fee is \$40. If you haven't had a chance to submit yours yet, you can place your membership envelope in the collection basket. Thank you for your support!


CWL General Meetings are held the third Tuesday of each month. The next meeting is this Tuesday, February 18 (following the 6:30 pm mass. All members are encouraged to attend.

**Mass Intentions: February 17<sup>th</sup> –February 23<sup>rd</sup>**

<b>Monday:</b>	<b>No Mass</b>
<b>Tuesday: 6:30 pm</b>	<b>Intentions of our CWL members</b>
<b>Wednesday: 9:00 am</b>	<b>Intentions of Marg &amp; Dave O'Reilly &amp; family—req Helen &amp; Jim McGrath</b>
<b>Thursday: 9:00 am</b>	<b>Intentions of the Van Schyndel family</b>
<b>Friday: 6:30 pm</b> <b>(Adoration begins at 5:30 pm)</b>	
<b>Saturday: 5 pm</b>	<b>Kendrick DeMelo, Eve Handler &amp; Lana Lee DeMelo</b>
<b>Sunday: 9 &amp; 11 am</b>	<b>Our Parishioners</b>

**Diocesan Prayer Calendar:**

Monday:	Rev. Paul Edmondstone
Tuesday:	Rev. Fernand Pierre
Wednesday:	Discalced Carmelite Sisters, O.C.D
Thursday:	Rev. Grzegorz Ogorzalek
Friday:	Rev. Msgr. Edward Sheridan
Saturday:	Very Rev. David Wynen
Sunday:	Seventh Sunday of Ordinary Time



Tax receipts for the 2024 year are available for pickup in the annex. Any receipts not picked up by the end of February will be mailed. If you are not using offertory envelopes and would like to, please get in touch with the office at 905-659-3305 or email [office@olmcf.com](mailto:office@olmcf.com) and a box will be prepared for you.

*Prayer for Vocations God, the source of creation and love, You invite each of us to serve you through the life which is your gift. May your grace encourage men and women to heights of holiness through service to the Church as priests, sisters, brothers and lay ministers. Make me an instrument to encourage others to give themselves and challenge me to do the same. Amen.*