



GOSPEL MEDITATION - ENCOURAGE DEEPER
UNDERSTANDING OF SCRIPTURE

May 21, 2020, The Ascension of the Lord

A pair of ducks found their way to the same little corner of the property year after year. Sheltered by a little grove of trees, they quickly made their preparations to build a nest, lay eggs, and welcome in a new family. Then one year, only one of the ducks came to that little corner. She went about the business of building a nest, but this time, she was clearly unsettled. She would wander around, sometimes seemingly without purpose, almost hoping perhaps that her mate might come along. But, she remained alone. There were many times when we could hear her “crying”, mourning her loneliness and lack of purpose, sitting on a batch of eggs that would never hatch. One day, she quietly left that little corner never to return again. Many human beings approach life this way. We silently grieve our loneliness, lack of direction, and sense of purpose. Maybe life once had meaning for us, but nothing seems to claim us and settle our restlessness any longer. We wander around looking and hoping for someone or something to come our way. We may even sob at times, wailing as we sit with the misery of our pain. Will happiness ever come our way again? Or will we simply leave where we are never to return again? Many are lost, wandering souls who are not quite sure where to settle or where to make a home. We are meant to be in Christ. This glorious feast of the Ascension shows us, with clear vision, who Jesus really is! Understanding ourselves in Christ really changes things up and reorients us to our greater purpose, mission, and meaning. We are part of the cosmic wonder of creation and part of a bigger plan and mystery, destined to be much more than what we now know ourselves to be. Could Jesus’ friends know who he would become? If we can find the Christ present within and see the Christ bursting forth in all creation and beyond, then we can come to know our truth and understand where our home and life is meant to be. Advancing upon the blessing of each new day with the certain knowledge that you are an unconditionally loved child of God gives you the axis and the safe harbor to cope with whatever comes your way. The gift of joy will be yours, and you can discover your true meaning and purpose. Look within, look without, look above, and look below. You are not alone. Trust that God will lead you where you need to be and transform you into who you really are.



MASSES OF THE WEEK

MON. (May25)	St. Bede the Venerable, St. Gregory VII, Pope & St. Mary Magdalene
7:00 am	Joe Eboli (Youth Group)
TUE. (May26)	St. Philip Neri, Priest
7:00 am	Elaine Palermo (Dr. John)
WED. (May27)	St. Augustine, Bishop
7:00 am	Mary Alice Clifford (Jim & Audrey Ryan)
THU. (May28)	Easter Weekday
7:00 am	(30th Day) Patrick Luongo (Joseph & Joan Cianci)
FRI. (May29)	Easter Weekday
7:00 am	Henry Walsh (Wife, Marie)
SAT. (May30)	Easter Weekday
4:00 pm	Nancy McCormick (Husband, James)
SUN. (May31)	Pentecost Sunday
7:00 am	Judge Carlon O’Malley (Mary E. McDonald)
9:30 am	(Anniv.) Emil J. Silvi (Wife, Mary & Family)
11:30 am	Barbara Santarsiero (Husband, Sandy)



Please pray for the elderly, the seriously ill, the dying and recently deceased members of our parish community, especially, *James B. Contessa, Jean Murrin & Mary Lou Perry*. May God grant them and all the faithful departed, eternal rest.



Mission Statement

We, the Eucharistic community of Our Lady of Mount Carmel Parish in Dunmore, are called to manifest the leadership, love and service of Jesus Christ. In union with the Holy Father, and under the leadership of Diocesan Bishop, we are called to proclaim the salvation of our loving Lord through our participation in His Word, Worship, Service and Community. With the Blessed Virgin Mary as our model, we seek to share our Baptismal gifts to build His Kingdom.

Our Value Statement

We recognize that, as a Parish Faith Community of Our Lady of Mount Carmel, our purpose is to accept and develop our call through a servant style of leadership, to evangelize others with zeal and joy through the witness of our life in the Word, Worship and Service that builds up our Community.

Thank you to all who continue to support your parish through these very trying times! If anyone is unsure how to do so, you could visit our website at www.olmcdunmore.org and sign up for online giving, mail your envelopes to the rectory, 322 Chestnut St., Dunmore, PA 18512 or drop off your envelopes in the mailbox on the side of the rectory.

PLEASE NOTE THAT OUR PARISH OFFICE WILL REMAIN IN OPERATION. HOWEVER, IT IS NOT OPEN TO THE PUBLIC. PARISH EMPLOYEES WILL BE WORKING REMOTELY. WE HAVE THE RESOURCES TO ASSIST YOU WITH ANY INQUIRIES OR EMERGENCIES THAT YOU MAY HAVE. AS ALWAYS, CALL THE RECTORY OFFICE @ 570.346.7429, EMAIL US AT INFO@OLMCPARISH.US, OR VISIT OUR WEBSITE AT WWW.OLMCDUNMORE.ORG

SPONSOR OF THE WEEK

We would like to thank
Brian J. Cali, Attorney & Counselor at Law
for sponsoring an ad in our weekly bulletin.

PRAY FOR OUR MILITARY

CDR WILLIAM E. KELLY, MSC US NAVY
SGT. RYAN HARBAUGH, US ARMY
CPL CHRISTOPHER MECCA, USMC
LT GEN CHRISTOPHER BURNE, USAF
ENSIGN JONATHAN M. SMITH, US NAVY
MM2 SHAWN SMITH, US NAVY
1ST LT WILLIAM C. STUCKART USMC
SPC SEAN FISNE, US ARMY
CORP CHRISTOPHER DESANDO
SPC KAILA LEWONCZYK
SPC ERIC SLOSS
CPT MICHAEL TODARO
SGT MICHAEL P. WENTLINE, USMC
1ST LIEUTENANT BRIAN HAUGHWAUT,
USAF
LT COMMANDER JOHN W. GILLIGAN,
US NAVY
LT ANTHONY CANTAFIO, US NAVY
CW2 JOHN T. REDMOND, US ARMY
COL JAMES F. CUMMINGS, M.D., US AR-
MY
AIC DARREN HUSSEY, USAF
LT JASON A. BUSELLI, US ARMY
HA CONOR J. RUANE, US NAVY
LTC ROBERT MCALLISTER, US ARMY
MAJOR ANDREW SCHLESSINGER, US
ARMY
AIC MARK MICCICHE, USAF
CPO AARON BISTRAN, USMC
CPL CHRISTOPHER HARBAUGH, USMC
A2C ANGELO MARTIN, USAF

*Almighty God, we commend to your gra-
cious care and keeping all the men and
women of our armed forces at home and
abroad. Defend them day by day with
your heavenly grace, strengthen them in
their trials and temptations, give them
courage to face the perils which face
them, and grant them a sense of your
abiding presence wherever they may be,
through Jesus Christ our Lord. Amen.*

PERFECT CONTRITION

With the increasing difficulty for individuals to receive the Sacrament of Reconciliation due to the current health crisis, the faithful of the Diocese of Scranton are reminded that by having perfect contrition one can receive the forgiveness of sins, apart from going to confession.

Perfect contrition requires the following three things:

- A love of God above all else
- A sincere desire for the forgiveness from sin
- The resolution to go to confession as soon as possible when this health crisis subsides

Dear Lord Jesus Christ, right before your Ascension into heaven you told your apostles to be His witnesses to the ends of the earth upon receiving the Holy Spirit. May I be similarly inspired to spread your Gospel message in word and deed, according to your will for me. And may I do so prudently and joyfully, with your help, your guidance, and your grace! And remembering this glorious event, help me to seek what is above, Heaven, where you are seated at the right hand of God the Father!



Fast Before Communion?

Question:

Why are Catholics required to fast before Communion?

Answer:

How we prepare for an important event helps us with the intentionality of our actions and raises our awareness. We prepare our house for guests. We wash our car before an important trip. We create a nursery for a newborn child. All of these actions heighten our senses for what is about to come. The fast required by canon law before holy Communion has its roots in Jewish spiritual practices. We fast for cleansing and to demonstrate our reliance on God. Catholics used to fast for much longer periods of time, but it was Pope Paul VI in 1964 who set the time at one hour in an attempt to encourage people to receive the holy Eucharist more frequently. That one hour observance allows us to pause and reflect on what we will participate in in the very near future. We deny our bodies so that we can focus more clearly on the Body of Christ that we will consume.

Prayer for Making a “Spiritual Communion” When Unable to Attend Mass

My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

St. Alphonsus Liguori

