

Lenten Prayer

Lord, during this holy season of Lent,
renew our parish in faith, hope, and love.

Strengthen our hearts to follow You more closely,
guide our steps in prayer and service,
and inspire us to share Your mercy with all.

Bless our parish community, our families, and all who gather here.

May our prayers, fasting, and works of charity
bring us closer to You and prepare us for the joy of Easter.

Amen

Our Lady of Mount Carmel, pray for us.

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

Our Lady of Mount Carmel Parish

--Founded 1877--



79 Freelton Road, Freelton, Ontario, L8B 0Z3

Phone: 905 659 3305

Website: www.olmcf.com

Pastor: Fr. Peter Robinson

Secretary: Angela Clayton

Email: pastoroffice@olmcf.com or office@olmcf.com

Sunday Mass:

(Saturday) 5 p.m.
Sunday 9 a.m. & 11 a.m.

Weekday Mass:

Tuesday: 6:30 p.m.
Wednesday - Friday: 9 a.m.

Confession Times:

Tuesday: 5:50 pm -6:10 pm
Saturday: 4:30 pm—4:45 pm

Hospital Visits:

Please email or call the office.



OLMCFREELTON



Palm Sunday of the Passion of the Lord

Collection Report: March 15th

Sunday Collection: \$1720.00
 Loose Collection: 175.00
 Share Lent: 1225.00

\$3120.00

Thank you for your continued

We extend our sincere thanks to Fr. Bill Trusz for leading our Lenten Healing Mission. His time, guidance, and heartfelt ministry were a true blessing to our parish community.

We are also grateful to all those who participated. Your presence, prayer, and openness helped make this mission a meaningful and grace-filled experience for everyone.

Thank you all for being part of this special time of healing and renewal.

News & Updates:

- **Dance Tickets:** Tickets are on sale this weekend! Thank you to everyone for your participation.
- **Grief Support Group – Week 4:** Join us Wednesday, April 1, from 10:30 a.m. to noon.
- **Holy Week & Easter Sign-Up:** Sign-up sheets are in the annex. We appreciate your support in preparing for these special celebrations.
- **Holy Thursday – Volunteers Needed:** We are looking for six parishioners to take part in the **Washing of the Feet** during Holy Thursday Mass.
- **Palms:** This year our palms are a bit smaller, so we kindly ask that each family takes **just one**.

HOLY WEEK
MASS SCHEDULE

Palm Sunday March 29
 SAT (5 PM) • 9 AM • 11 AM

Holy Thursday (April 2):
 7 PM

Good Friday (April 3):
 3 PM (Liturgy of the Passion of the Lord)

Blessing of Easter Baskets (April 4)
 11 AM

Easter Vigil (April 4):
 7 PM

Easter Sunday (April 5):
 9 AM • 11 AM

Sunday, March 29, 2026



Help Not Harm: Take Action to Support Bill C-218

You're invited to visit HelpNotHarmCanada.ca where you can e-mail your Member of Parliament (MP), asking for their support of **Bill C-218 (The Right to Recover Act)**, which would amend the Criminal Code to prevent Medical Assistance in Dying (MAiD) from being provided when mental illness is the sole underlying condition. Without this change, MAiD will be available for those suffering from mental illness alone beginning in March 2027.

Chances are you know someone struggling with mental illness — a family member, friend, or colleague. As Catholics and Canadians, we are called to offer care, hope, and protection — not death — to those who are suffering and most vulnerable. Visit HelpNotHarmCanada.ca today and ask your MP to support Bill C-218. **Protect Mental Health, Protect Life — Support Bill C-218 Write your Member of Parliament Today! Visit HelpNotHarmCanada.ca**

ENHANCING SELF-ESTEEM This program provides the opportunity to increase awareness of yourself and to learn specific skills for building a positive self-esteem. It can help you to feel stronger in all areas of your life. Issues covered during the course include taking responsibility for your own thoughts and feelings, positive ways to behave assertively and setting realistic goals for your future. The program will run Tuesdays from April 6 – June 9 from 7-9 pm and are held at the Chancery Office at 700 King St. West Hamilton. Cost is \$35 for materials. Registration online can be found by going to hamiltondiocese.com and looking for the date under Upcoming Events, or by contacting Sarah at 905-528-7988 ext. 2249, or at familyministry@hamiltondiocese.com.

Mass Intentions	Mass Time(s)	Mass Intentions: March 30 th – April 5 th	Diocesan Prayers Calendar
Monday	No Mass		Rev. David Mowat, C.R.
Tuesday	6:30 pm	Erwin & Christa Hinterdorfer – Simone Robinson	Rev. Gregory Merkley
Wednesday	9:00 am	For the sick and suffering in our parish	Oblates of Mary Immaculate, O.M.I.
Holy Thursday	No Daily Mass	Mass of the Lord's Supper	
Good Friday	No Daily Mass	The Passion of the Lord	
Saturday	7:00pm	Holy Saturday	
Sunday	9:00 a.m., 11:00 a.m.	The Resurrection of the Lord	