

OUR LADY OF THE VISITATION PARISH COMMUNITY

Fourth Sunday in Ordinary Time

February 1, 2026



OUR STATEMENT OF MISSION

We, the people of Our Lady of the Visitation Church, inspired by Jesus' and Mary's example of openness to the will of God the Father and the Holy Spirit, desire to be faithful stewards of God's gifts to us; and believe our mission is: To understand the word of God through study; to become examples of Christ's love in the world by caring for one another through our communal sharing and service; and to celebrate our joy of understanding and caring through sacraments and prayer.

Everyone is welcome to become a member of our community of steward-disciples and to participate in our parish life and worship. Please take the time to register your family at the rectory office.

OUR STAFF

Rev. Antonio L. da Silva, SDV
Pastor

Rev. Prince Thomas, SDV
Parochial Vicar

Todd Rushing, Deacon

Peter Emr, Deacon Emeritus

Jeanette Price, Parish Secretary

Deacon Todd Rushing, Finance Council Chairperson

Joann Longinetti, Trustee

Peggy Halligan, Trustee

OTHER COMMUNICATION CENTERS

Joanna Kowalska, Music Director, Organist
kjoanna38@yahoo.com

Youth Ministry
Future Announcement

RECTORY

234 Farview Avenue, Paramus, NJ

Phone: 201-261-6080

Fax: 201-261-2995

Office Hours:

Mon. - Thur. 9:00 am - 4:00 pm
Fri. 9:00 am - 12:00pm
Sat., Sun. - Closed

Parish Website: olvparamus.org

Bulletin Submissions:

bulletin@olvparamus.org

FAITH FORMATION CENTER

Phone: 201-265-3812

Fax: 201-261-2995

Office Hours:

Mon. - Thurs. 9:00 am - 2:00 pm
Fri., Sat., Sun. - Closed

Email: ccd@olvparamus.org

VISITATION ACADEMY

For information Call the Rectory Office

SACRAMENTS

The Eucharist

Saturday Vigil Mass: 5:00 pm

Sunday Masses: 8:30, 10:30 am & 12:00 pm

Holy Day Masses: As announced in bulletin

Weekdays: 7:00 & 8:45 am

Saturday: 9:00 am

Marriage

Arrangements should be made with one of the priests one year before the date of the wedding.

Anointing of the Sick

Please call the rectory for a priest to anoint anyone who is seriously ill.

Reconciliation

Celebrated on Saturdays from 4:00 - 4:30 pm, or by appointment

Baptism

Celebrated at 1:30 pm on the second Sunday of each month. Instructions for parents and sponsors the prior week 1:30 pm in the Rectory, first Sunday of each month. Pre-registration at the Rectory is necessary prior to Baptism instruction.

**Welcome to our
Parish Community**

HIS WORD TODAY

Rev. William J. Reilly

“Seek the Lord, all you humble of the earth, who have observed his law, seek justice and humility, perhaps you may be sheltered on the day of the Lord’s anger. For I will leave as a remnant in your midst a people humble and lowly who shall take refuge in the name of the Lord... Blessed are they...”

How frequently do we hear the word ‘seek’ in the scriptures. ‘Seek first the kingdom of God’.. ‘seek and you will find’... Our Christian lives are calls, summons to action, not moments to sit back and do nothing. For this reason the beatitudes of Matthew today describe what action is required of us - to be poor in spirit or dependent upon God, humble, pursuing justice and holiness, be merciful, prayerful and peacemakers. Now is the time to get up and get going.

STEWARDSHIP OF TREASURE

Please consider enrolling in electronic giving. For information, see the DONATE link on our website, www.olvparamus.org. Peter Emr is our online giving coordinator. If you are having difficulty contact him at peteremr2@verizon.net.

COMMUNITY BUILDING

ACTIVITIES FOR THE WEEK

SUNDAY: Rosary Society Mass 8:30am
Baptism Prep. 1:30pm

THURSDAY: Bereavement 7:00pm

SATURDAY: Rosary 8:30am
Mass 9:00am
Miraculous Medal 9:30am

SUNDAY: Holy Name Society Mass 8:30am
Baptisms 1:30pm

ST. BLAISE

TUESDAY, FEBRUARY 3

BLESSING OF THE THROAT

7:00am and 8:45am Masses

3:30pm Service - we encourage all students to attend this service

FINANCE COUNCIL

There will be a meeting of the Finance Council on **Wednesday, February 4, at 7:00pm** in the Rectory. Please make every effort to attend.

VISIT OUR WEBSITE FOR PARISH INFORMATION WWW.OLVPARAMUS.ORG

BULLETIN SUBMISSIONS

Articles for the Bulletin may be submitted to bulletin@olvparamus.org no later than 11:00am on the Monday prior to the Sunday you wish the item published.

EUCARISTIC ADORATION

Every Monday from 6:30pm -7:30pm we pray for our parish. All are encouraged to join us!

PARISH MEMBERSHIP

Every family participating in the spiritual life of our parish is encouraged to register at the Rectory. Also, please inform us if you are moving.

FACEBOOK

Our Lady of the Visitation is now on Facebook. Please “like” our page to stay informed of what’s happening in our parish.

We pray for the sick of the parish, especially Edward Carletto, Caye Condon, Desirie DeBari, Joan Gallina, Peter Jamgochian, Anna & Andrzej Krecki, Carol Lorenzo, Lynne McGarry, Zolio Magpantay, Karen Mahr, Amelia Martello, Paul Morra, Richard Wall, Paul Walter. Please call the Rectory with the name of any family member who is sick so we can include them on our prayer list.

We pray for our Emergency, Medical, First Responders, and Essential Workers



We Pray for those Serving our Country:

1st Lt. Christopher J. Kalman, USMC

Please email bulletin@olvparamus.org or call the Rectory, if you have a loved one serving in the armed forces of the United States.



FROM GRIEF TO HOPE

Our parish Bereavement Ministry meets on **Thursday 7:00pm - 8:00pm** in the Rectory as follows: **2/5**, Guilt; **2/19**, Why? (article); **3/5**, Inner Healing; **3/12**, What Makes Us Angry; **3/19**, Liberation of Grief; **3/26**, The Healing Journey.

If you would like to join us, call Carol Russell 201-652-2549, Blanca Diaz 917-838-9524, or Joan Carlson, 201-248-9743.

CENTERING PRAYER

The contemplative practice of meditation and prayer is available in the Zoom Meditation Chapel on **Monday evenings at 7:15pm**. You are encouraged to consider joining our group which is made up of parishioners and neighbors from near and far.

The Home page for the meditation chapel can be found at MeditationChapel.org. At the bottom of the home page is a link to the Getting Started Page that has the Steps To Follow. Step 3 has the link to Register as a Meditation Chapel User. This page contains the link to The Mail Chimp Registration Page. There you will fill in the necessary information – email, name, meditation tradition, etc. Click Subscribe and in a brief period of time you will receive your links to the Meditation Chapels.

There are several different meditation chapels that will be available to you offering a variety of prayerful experiences. To find our group choose the Peace Chapel on Monday evenings at 7:15pm. If you have any questions or need assistance with registering, please contact me at peteremr2@verizon.net or 201 259-0677. Gratefully + Peter

CURSILLO

Going forward we will tentatively meet on the following Saturdays: February 21, March 21, April 25, May 23, June TBD. Please remember to check the mycursillo.com website for info on upcoming events, like this year's Women's and Men's Cursillo Weekends.

For more information, please contact Judy Faley at 201-289-0752 or jfaley59@aol.com.

VENTURE CREW

Venture Crew 138 will be having their annual Chocolate Lovers Delight sale, selling delicious Chocolate Covered Pretzel Rods, Chocolate Covered Peanut Butter Filled Pretzels, Oreo Balls & Nonpareils on **February 7 and 8**, before and after each mass.

Advanced orders can be placed by using the order form at <https://forms.gle/LeekRMippAA9JoQP7> or emailing us at ad.venture.crew138@gmail.com.

Your purchase helps support campouts, service projects, and character-building activities. Treat yourself, or someone else, while supporting a great cause!

EMPLOYMENT MINISTRY

Mark Anderson is available on Thursday nights. Please contact him by email at mark@talentbeacon.net.

LIFELONG FAITH FORMATION



The Faith Formation Program at Our Lady of the Visitation Parish is an eight-year journey of growing in faith, designed for students in grades 1 through 8. This program is a cooperative effort between families and our parish community, working together to nurture our children's understanding and love of God.

Registration for the 2025-2026 school year is closed. Registration for the new year will start on March 1, 2026. For more information regarding Faith Formation classes please contact Roberta at cccd@olvparamus.org or call the Rectory.

We are also seeking volunteers who feel called to share their faith with our children; all are welcome! Please reach out to Charlene or Fr. Antonio for more information. High school students looking to earn service hours or simply wanting to volunteer are invited to serve as class aides or hall monitors on Sunday mornings from 8:55 a.m. to 10:15 a.m. If interested, please contact Charlene at cviger@olvparamus.org.

ORDER OF CHRISTIAN INITIATION OF ADULTS (FORMERLY RCIA)

The OCIA program at OLV will warmly welcome you and guide you on your faith journey.

- WANT TO LEARN MORE ABOUT THE CATHOLIC FAITH?
- KNOW SOMEONE WHO DOES?
- THINKING ABOUT BECOMING A CATHOLIC for some time but never got around to doing anything about it?
- MARRIED TO A CATHOLIC, but not yet made a religious commitment of your own?
- INVOLVED IN THE PARISH here at OLV but never taken the step towards becoming a member in full communion with the Church?

- BAPTIZED but not active in a church or find yourself wanting more?

Please consider joining us for OCIA (JOURNEY IN FAITH). Leave a message at the Rectory or email deaccontoddr@gmail.com

WORSHIP & SPIRITUAL DEVELOPMENT

Monday

Mal 3:1-4; Heb 2:14-18; Lk 2:22-40 or 2:22-32

Tuesday

2 Sm 18:9-10, 14b, 24-25a, 30-19:3; Mk 5:21-43

Wednesday

2 Sm 24:2, 9-17; Mk 6:1-6

Thursday

1 Kgs 2:1-4, 10-12; Mk 6:7-13

First Friday

Sir 47:2-11; Mk 6:14-29

First Saturday

1 Kgs 3:4-13; Mk 6:30-34

Sunday

First Reading: Isaiah 58:7-10

This reading is a vigorous exhortation from the prophet Isaiah to lead lives of active charity and generosity. He promises that the Lord will be our “dawn,” our “rear guard,” our “light” if we share our bread, shelter the homeless, and clothe the naked.

Second Reading: 1 Corinthians 2:1-5

Paul tells the Corinthians that he and they must not rely on the so-called “wisdom” of secular teaching and philosophy but on the power of the Spirit.

Gospel: Matthew 5:13-16

Jesus reminds the disciples and all Christians that they carry special responsibilities to be “the salt of the earth.” They must not hide their light but show their goodness to all.



Saturday, January 31

5:00pm Merle & Maurice Almeida

Sunday, February 1

8:30am Rosary Society
10:30am Rita Concepcion
12:00pm Terence Hopkins

Monday, February 2

7:00am People of the Parish
8:45am Ricky Voltzow

Tuesday, February 3

7:00am Novena Mass
8:45am For Vocations

Wednesday, February 4

7:00am For Vocations
8:45am People of the Parish

Thursday, February 5

7:00am Mary Feorenzo
8:45am Novena Mass

Friday, February 6

7:00am People of the Parish
8:45am For Vocations

Saturday, February 7

9:00am Luz Timmapuri
5:00pm Rosalie Valjavec

Sunday, February 8

8:30am Holy Name Society
10:30am Robbin Ann Miller Pavone
12:00pm For Vocations

FEBRUARY NOVENA MASSES

Tuesday, February 3	7:00am
Thursday, February 5	8:45am
Monday, February 9	8:45am
Friday, February 13	7:00am
Tuesday, February 17	7:00am
Thursday, February 19	8:45am
Monday, February 23	7:00am
Wednesday, February 25	8:45am
Friday, February 27	7:00am

FEBRUARY NOVENA MASS INTENTIONS

Emil J. Lovas	Anna Lovas
Richard Bellina	Peter Romain
Julius Ciulla	James P. McMahon
Francis J. Casey	Vincent & Ceil Casey
Eileen Benson	James Rogers, Sr
James Rogers, Jr.	Robert Rogers
Ariana Rogers	Robert Spitzer (L)
Lisa Carleo	Juanita & Joseph Dizon
Marriage of Franklin & Rebecca Roque	



Please patronize our advertisers
who help make this Bulletin possible

CALL US TODAY!



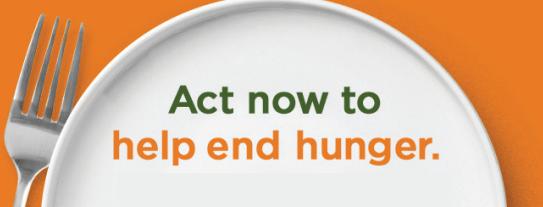
YOUR AD HERE!

- Connect with a Dedicated and Engaged Audience
- Build Trust and Credibility
- Showcase Your Business to Those Who Actively Support Local Businesses
- Benefit From Our Online Presence and Extend Your Reach Beyond the Church Walls

— Reserve Your Space Today! —

Contact our advertising team at **800-883-4343**.

Don't miss this opportunity to become a valued partner in the community.



In the United States, one in nine people face hunger.

feedingamerica.org

FEEDING AMERICA

Help the ASPCA put a stop to animal cruelty.



ASPCA
ASPCA.ORG
WE ARE THEIR VOICE.

www.aspca.org

 During #FinancialLiteracyMonth...
Looking for a job?
Never pay to get one.

Learn more:

ftc.gov/jobscams

FEDERAL TRADE COMMISSION

ROOFING • CHIMNEYS
MASONRY • GUTTERS

We Find & Fix Leaks!


ROYAL PRO CONSTRUCTION

\$1100 OFF
Any New Roof Replacement

20% OFF
Any Roof, Chimney, Gutter,
Masonry Repair & SENIORS

Family Owned/Operated • Lic. #13VH0934200, Bonded & Insured • 20+ Yrs.

732-589-9967 Serving All of New Jersey



Every Veteran has earned help and support.

Don't wait. Reach out.
VA.GOV/REACH

ad COUNCIL

VA



U.S. Department
of Veterans Affairs



Be a friend.
Give blood.

PEANUTS x American Red Cross

ADRIANA LIMA
CLEANING SERVICES

Years of Experience • Insured

~ Local Resident ~
Reasonable Rates

201-926-7252



**NEED A LAWYER?
INJURED?**

~ Call For A Free Legal Consultation ~

MARC J. BRENNER ESQ.

973-326-8902

- Personal Injury
- Workers' Compensation
- Social Security Disability

lawmarcbrenner.com • marc@lawmarcbrenner.com

222 RIDGEDALE AVENUE • CEDAR KNOLLS, NJ 07927

ADVERTISERS NEEDED!

PLEASE CALL RICHARD MILLER

1-800-364-0684, ext. 97

or cell: 201-819-9399

PLEASE
SUPPORT OUR
ADVERTISERS
THEY SUPPORT
OUR PARISH

SADDLE RIVER DERMATOLOGY, LLC
- SKIN CANCER - MOHS SURGERY

Dermatologic, Laser, Mohs Surgery and
Superficial Radiation Therapy (SRT-100 Vision)

~ BOARD CERTIFIED IN DERMATOLOGY & MOHS SURGERY ~

Gangaram Ragi, MD, FAAD, FACMS, Director
Henry Heaton, MD, FAAD, FACMS

www.SaddleRiverSkinMohsSurgery.com

Phone **201.350.5300**

82 EAST ALLENDALE RD • SUITE 8A • SADDLE RIVER, NJ

Vander Plaat Memorial Home

of PARAMUS

DISTINCTIVE FUNERAL & CREMATION SERVICE

FAMILY OWNED AND OPERATED

visit us at www.vanderplaat.com

Jennifer Aiello, Manager, LFD, CFSP
N.J. Lic. No. 5216

113 South Farview Ave
Paramus, NJ 07652
201-843-3100

RIDGEWOOD AUTO WASH

☺ We Make Your Car Smile ☺
Quick Lube & Detail Center **\$3.00 OFF**
450 SOUTH BROAD STREET & ACKERMAN AVENUE - GLEN ROCK **ANY CAR WASH**
OPEN 7 DAYS • 201-444-6037

THE MECCA Law Firm

Joseph L. Mecca, Jr., Esq.
Parishioner

Daniel P. Mecca, JSC (ret.)
of counsel

~ Over 60 Years of Combined Experience ~

A FULL SERVICE LAW FIRM CONCENTRATING IN:

- Real Estate, Land Use
- Wills, Trusts and Estate Planning
- Business Law, Corporations, LLC's
- Litigation, Mediation, Arbitration
- Family Law, Adoptions, Name Change

87 S. Fairview Ave., Paramus, NJ 07652

201-843-1400

Joe@JLMericaLaw.com

READY.GOV

Don't be afraid...Be Ready

 **KIMBERLY A. PATON**
ATTORNEY AT LAW

FREE 1/2 HOUR CONSULTATION

A Full Service Firm Including Elder Law & Asset Preservation

THE PATON LAW FIRM, LLC • 201-291-1603

33-11 BROADWAY • FAIR LAWN, NJ 07410

www.patonlawfirm.com • kimberly@patonlawfirm.net



BIG OAK TREE SERVICE
201.655.0795

FRANK HOFFMAN, Local Owner/Operator
TREE TRIMMING & REMOVALS
LICENSED & INSURED • FREE ESTIMATES

GLEN ROCK ROOFING
GENERAL CONTRACTING

Call Mark Callahan at
201-873-4158

24-HOUR EMERGENCY SERVICE
callahanmrk@aol.com Lic. #13vh01555100

CALL TODAY FOR FREE ESTIMATE

PAINT IT ALL LLC

Licensed & Insured • NJ#0451136427
Free Estimates • www.paintitall.biz
201-742-3000
10% OFF ST. ANNE'S PARISHIONERS

SELECT
ROOFING
CONSTRUCTION

\$1200 OFF
NEW ROOF
REPLACEMENT

10% OFF
SENIOR CITIZEN
& MILITARY

\$99.00
(Starting Rate)
GUTTER
CLEANING

Fully Licensed ROOFING • CHIMNEY • GUTTERS
SIDING • MASONRY • DECKS

201-757-6016

Select Roofing Construction

**FAMILY OWNED
& OPERATED**

N.J. Lic. No.13VH12774900

WWW.SELECTROOFINGNJ.COM



VIEW OUR WORK



RE/MAX
Properties

Outstanding Agents - Outstanding Results

Jeana Cowie, ABR, CRS, GRI, SRES®
Broker Associate/REALTOR®

Local Resident



82 E. Allendale Road
Suite 4B
Saddle River, NJ 07458

Each Office Independently Owned and Operated

RE/MAX Hall of Fame Agent & Platinum Club

What's your home worth? Call Jeana cell 201-982-2200

OFFICE: 201-825-6600 x348 jeanacowie.com

River Dell
Flowers and Gifts

(201) 262-8118

Fax (201) 262-2114

241 Kinderkamack Rd., Oradell, NJ

www.ftd.com/riverdell

Licensed, Bonded, Insured
Visiting Angels

of Ramsey

WHEN YOU CAN'T BE THERE,
OUR ANGELS CAN!

Cooking • Light Housekeeping
Personal Care • Transportation

Days, Nights, Weekends, Live-in

201-825-7900

17 S. Franklin Tpk., 1st Fl., #3, Ramsey NJ

angelcarenj@hotmail.com