

# 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**  
kjonna38@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](http://www.olvparamus.org). Peter Emr is our online giving coordinator. If you are having difficulty contact him at [peteremr2@verizon.net](mailto: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](http://WWW.OLVPARAMUS.ORG)**

## **BULLETIN SUBMISSIONS**

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

## **EUCCHARISTIC 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:**

*1<sup>st</sup> Lt. Christopher J. Kalman, USMC*

Please email [bulletin@olvparamus.org](mailto: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](http://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](mailto: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](http://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](mailto: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](mailto: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](mailto: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 [ccd@olvparamus.org](mailto:ccd@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](mailto: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 [deacontoddr@gmail.com](mailto:deacontoddr@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
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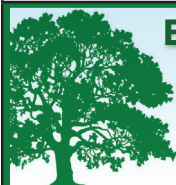
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