The Most Reverend John O’Hara was born to John and Helen (Quinn) O’Hara in Jersey City, New Jersey on February 7, 1946. He attended Our Lady of Mount Carmel Elementary School in Ridgewood, New Jersey and Don Bosco High School in Ramsey, New Jersey. In 1967, he earned a bachelor of arts (BA) degree from Seton Hall University in South Orange, New Jersey, with a concentration in English.

From 1967 through 1980, Bishop O’Hara was employed in the field of journalism and broadcasting.

In 1980, he entered the archdiocese’s major theologate, Saint Joseph’s Seminary, in Yonkers, New York. Ordained to the priesthood in Saint Patrick’s Cathedral on December 1, 1984, by Archbishop John O’Connor, his first assignment was as parochial vicar for Saint Augustine’s Parish in New City, New York.

Bishop Patrick Sheridan, with the permission of Cardinal O’Connor, appointed Father O’Hara archdiocesan scout chaplain in 1988. That same year, Cardinal O’Connor transferred him to Saint Charles Parish on Staten Island, New York, as parochial vicar.

Four years later, in 1992, Bishop O’Hara was appointed by Cardinal O’Connor as parochial vicar of Saint Teresa of the Infant Jesus Parish, also on Staten Island. With the illness of Cardinal O’Connor in 2000, Bishop Robert Brucato, as apostolic administrator, appointed him pastor, where served until his appointment in 2012 to assist with the pastoral planning process, Making All Things New, which he has led since 2013.