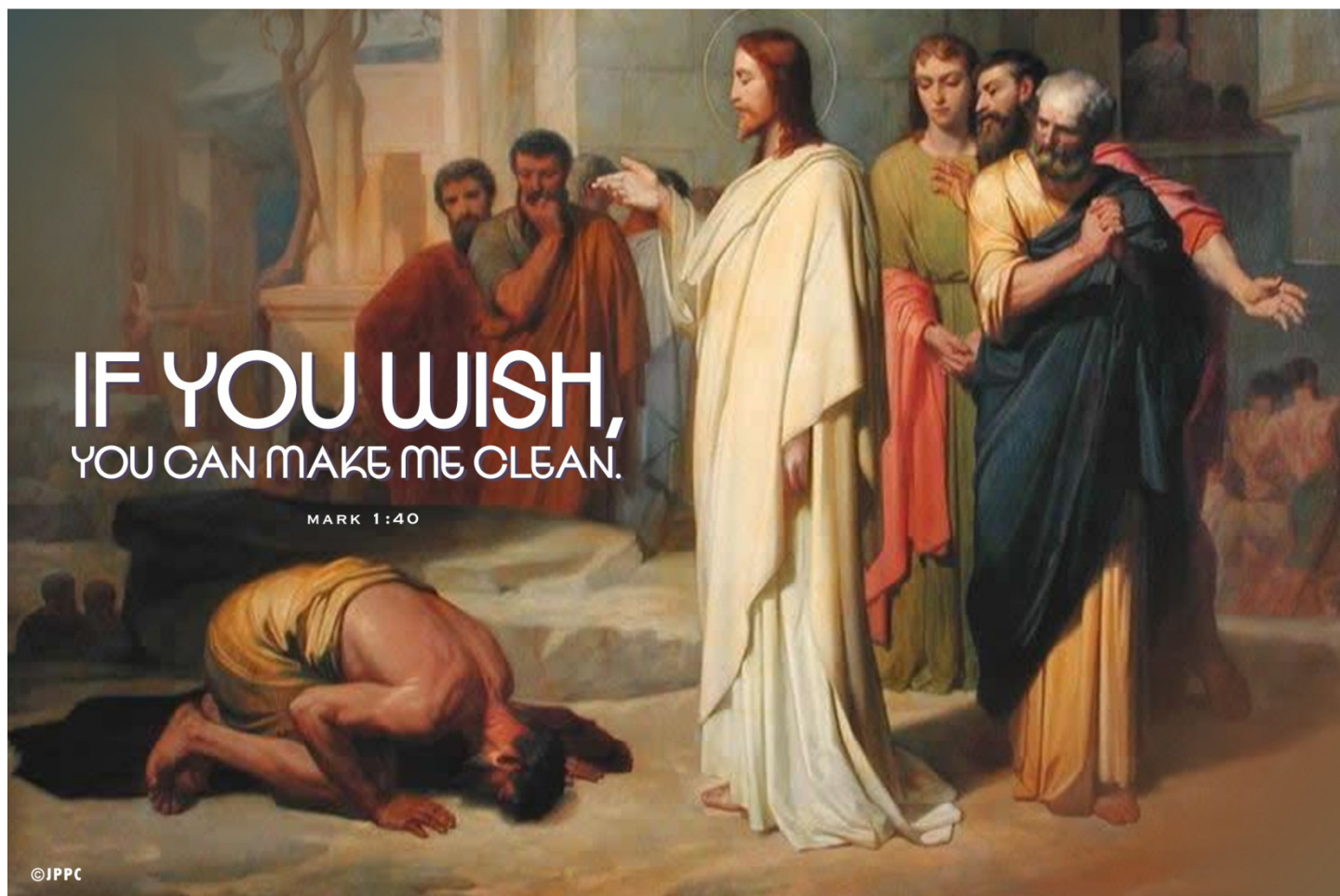


Our Lady of Sorrows Church
217 Prospect Street, South Orange, NJ 07079
973-763-5454
www.olschurch.com



MASSSES: *Saturday Vigil: 5:30 pm; Sunday 8:00, 10:00 and 11:30 am*
Monday-Friday 7:00 am and 12:00 pm; Saturday 8:30 am and 12:00 pm

Penance: Confessions Saturday 1:00 pm – 2:00 pm or by appointment

Baptism: Contact Parish Office after the birth of your child to begin Baptismal preparation program

Ministry of the Sick: Call Parish Office for anointing of seriously or chronically ill and arrange Communion calls

Marriages: Arrange at least one year in advance with a parish priest

RECTORY & PARISH: 973-763-5454 • FAX: 973-763-9506 • www.OLSCHURCH.COM

FEBRUARY 14, 2021
6th Sunday in Ordinary Time

A Message from Fr. Brian

Time flies and so too does the liturgical calendar. It seems like we just took down the Christmas decorations and now our Lenten journey is suddenly upon us. This coming Wednesday is Ash Wednesday. ***We will have Ash Wednesday Masses at 7:00 am, 12:00 Noon, and 7:00 pm. Please note that we will not have an Ash Wednesday Service at 4:00 pm as is our regular custom.***

On Ash Wednesday, we are accustomed to having ashes smudged on our foreheads in the shape of a cross. Due to the pandemic, and according to Vatican and Archdiocesan directives, ashes will be distributed according to the Italian custom, that is, they will not be smudged on the recipient's forehead, but instead sprinkled on the crown of the head. So, while the sign value of ashes on the forehead will be minimized this year, the symbolism is still the same: "Remember, you are dust and unto dust you shall return."

Remember! Despite this reminder we sometimes forget that without God we are nothing. Without God, all that remains of man's greatness is a small amount of ashes, spread on the forehead or (this Lent) sprinkled on top of the head.

The placing of those is not just a symbol of our fallenness and brokenness, and still less is it a morbid and masochistic gesture. It is above all a sign of renewal and of new life.

The message of Lent is one of conversion of heart, a heart that acknowledges its weaknesses and sins, but is prepared to rid itself of them. It is a total and radical conversion on the path to holiness and a signal to God that we desire to partake in His holiness, in His divine life. And so Lent is a chance for us to start over, to begin a new journey on the path to holiness. This holiness is manifested during the Lenten season especially by a more radical commitment to the Lenten disciplines of prayer, fasting, and almsgiving.

As I have done for the past several Lents, I offer a few practical suggestions to help us during this Lenten season – and beyond.

Prayer:

1. Spend at least 15 minutes in prayer every day. That is equal to 1% of your day (the other 99% is yours). Daily prayer is a non-negotiable. Engaging in one or more of the suggestions on this will get you to that easy goal of 15 minutes. I preached on February 7th about the 4 basic types of prayer, which can be remembered by means of the acronym "ACTS": Adoration, Contrition, Thanksgiving, and Supplication.
2. Pray the Rosary once a week. Make Mary a partner in your Lenten journey.
3. Pray the Our Father 3 times per day: morning, noon, night.
4. As soon as you wake up every day, say, "Jesus, I love you."
5. Read something from the Bible every day. The daily Gospel is always a good place to start.
6. Read a spiritual book or a book on the life of a saint.
7. Every time you check your cell phone, first say a quick prayer: "My God, I love you;" "Jesus, forgive me;" "Jesus, heal me;" "Jesus, be with me;" "Jesus, you are Lord;" "Jesus, I trust in you;" "Blessed be God;" "Thy Kingdom Come;" "Mary, my Mother and my Hope;" etc.
8. If you're comfortable in coming to Church, attend Mass at least one day a week other than Sunday. If you're uncomfortable coming to Church, absolutely watch and participate in our Sunday 10:00 am via live stream, but also watch and participate in another weekday Mass (they're very easy to find on cable TV or on the Internet).
9. Come to our Stations of the Cross every Friday during Lent at 7:00 pm.
10. Partake in *The Search*, a new virtual small group video series. See the flyer in today's bulletin for further information.
10. Spend some time in Adoration of the Blessed Sacrament, every Monday and Friday in the Church, from 12:30-3:00.
11. Make a daily Examination of Conscience before you go to bed.

12. Go to Confession. That's a non-negotiable. We have confessions every Saturday, from 12:45-2:00 pm.

Fasting:

1. Observe days of abstinence on Ash Wednesday and Good Friday. There is further information about this in the bulletin.
2. No meat on Fridays.
3. Chocolate, candy, ice cream, your favorite dessert.
4. Alcohol, sodas, coffee? Give the money you save to your favorite charity.
5. Your favorite TV show (or one night a week, or completely).
6. Facebook, Instagram, and/or Twitter.
7. Restrict yourself to looking at your cell phone no more than 15 minutes a day in total. Believe me, you can do it!
8. Turn off the radio in the car. Pray the Rosary instead.
9. By the way, things like gossip, snide comments, nagging, interrupting others, foul language don't count – you shouldn't be doing those things at any time of the year.

Almsgiving:

1. Give some personal possessions like clothes and shoes to people in need. We have Catholic Charities drop boxes in our parking lot.
2. Make a donation of food to our Food Pantry.
3. Make a monetary donation to our St. Vincent de Paul Society.
4. Give a painfully large donation to another charity (your parish?!?).
5. Spend a few hours one day a week volunteering. There are even ways of doing this virtually.
6. Look others in the eye and ask them how they are doing and then – most importantly – take a real interest in their reply.
7. Visit or call someone who might be lonely. During the pandemic, some people – especially the elderly – have had to endure soul crushing loneliness. Reach out to them!
8. Give at least one complement each day to everyone with whom you live or work.

You get the idea. Pick one or more of these from each category or be creative and come up with something yourself. Don't let this Lenten season pass without returning to the Lord with your whole heart (Job 2:12) and growing in holiness. Have a blessed and holy Lent!

Blessings in Christ,

Fr. Brian





"Our hearts are restless until they find their rest in you, O Lord." – St. Augustine

Why are we restless? Why is life this way? Why are we here? Not just here in these bodies on this planet and in this year. But why do we exist? What is this journey in between the event we call "birth" and the one we call "death?"

Why are we filled with longing?

The questions are there. And the answers are too.

A new and impactful video-based series is coming to our parish!

It's called ***The Search***, and the national reception to it has been so enthusiastic that we are bringing it to Our Lady of Sorrows. *The Search* is beautifully filmed and is hosted by well-known Catholic evangelist Chris Stefanick. *The Search* features scientists, artists, philosophers, and other people from all walks of life proclaiming how their searches for meaning in life led them to Jesus and the Gospel.

But *The Search* is not meant just to be watched . . . and it's certainly not meant to be watched alone. That's why we are forming small groups – virtually – to watch, discuss, and truly benefit and grow from experiencing *The Search*.

We will meet every Monday at 7:00 pm for 7 Mondays, beginning March 1st
(if you have a scheduling conflict with one of the Mondays, don't let that be an obstacle!).

We will start by watching together a video of about 30 minutes. We will then break into virtual small groups and discuss what we have just watched. In total, we will spend about an hour or so together. The 7 episodes ask these 7 BIG questions: What do you seek? Who am I? Why a God? What's our Story? Who is Jesus? Am I saved? Why a Church?

If your faith is already solid, *The Search* will help you to deepen it.

If you're feeling unsure, it's for you too.

If you're worried about your kids or grandkids, it's a great series for you to share with them.

There's nothing quite like it in the Catholic world. *The Search* proclaims the Gospel in words that modern ears are ready to hear and images that modern eyes can't help but see and remember.

Register On **Eventbrite**



SCAN ME

ARCHDIOCESE OF NEWARK
2021 LENTEN REGULATIONS

The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

- On a day of Fast, **only one (1) full meal is permitted, and two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.**
 - Those between the ages of 18 and 59 are obliged to fast.
- On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.
- The obligation to observe the laws of Fast and Abstinence "substantially," or as a whole, is a serious obligation.

The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

The time for fulfilling the Paschal Precept (Easter Duty*) extends from the **First Sunday of Lent, February 21 to The Solemnity of the Most Holy Trinity, May 30, 2021.**

**Canon 920, §1. All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*



THE SACRIFICIAL GIVING OF OUR PARISHIONERS

January 31st	Week 31	Y. to Date
Collection	\$14,689	\$371,658
Avg. Budgeted	\$12,038	\$373,192

February 7th	Week 32	Y. to Date
Collection	\$8,105	\$379,763
Avg. Budgeted	\$12,038	\$385,231
Food Pantry \$625		

Thank you for your continued support!

Pope Francis on the right to life

"The pandemic forced us to confront two unavoidable dimensions of human existence: sickness and death. In doing so, it reminded us of the value of life, of every individual human life and its dignity, at every moment of its earthly pilgrimage, from conception in the womb until its natural end. It is painful, however, to note that under the pretext of guaranteeing presumed subjective rights, a growing number of legal systems in our world seem to be moving away from their inalienable duty to protect human life at every one of its phases...If we deprive the weakest among us of the right to life, how can we effectively guarantee respect for every other right?"

February 8, 2021

Adoration of the Blessed Sacrament

We once again have Adoration of the Blessed Sacrament every Monday and Friday, from 12:30pm - 3:00pm, concluding with recitation of the Divine Mercy Chaplet. Please consider spending some quiet time in prayer before Our Lord in the exposed Eucharist. What the world, our nation, our Church, and our families need more than anything else right now is time spent with Jesus in quiet prayer. Honestly, can you think of any better way to use a few minutes of your Monday and Friday afternoons than with Our Lord in the peaceful quiet of our beautiful church?

Monday February 17th is Presidents' Day we will have one Mass only in the upper church at 9:00 am

Parish Offices Now Open

You may now enter our Parish Office on Monday through Friday, from 10:00am-3:00pm. You must enter through the 4th Street entrance. When you arrive, press the new electronic button next to the door and a member of our parish staff will respond. You may visit us during those hours to arrange for Masses, to pick up or drop off items, to drop off food to the Food Pantry, or for any other parish related business. **PLEASE NOTE: A MASK MUST BE WORN AT ALL TIMES WHEN YOU VISIT US.** We look forward to seeing you!

Meet Our Staff

Rev. Brian X. Needles, Pastor
fbrianneedles@gmail.com
Rev. Richard Pfannenstiel, Parochial Vicar
Fanmann91@msn.com
Rev. Eugenio (Gino) de la Rama, Priest in Residence
Deacon Walter Wiggins, Permanent Deacon
deaconwalt@outlook.com
Ms. Judy Foley, School Principal
principal@ourladyofsorrowsschool.org
Sr. Mary Selina, S.C.C., Pastoral Associate
passociate07@gmail.com
Jennifer Noll, Catechetical Coordinator
jennollols@gmail.com
Christopher Kaiser, Youth Minister
kaiserch@shu.edu
Colleen McDonald, Administrative Assistant
sorrowchurch@gmail.com
Preston Dibble, Director of Music
olsmusician@gmail.com
Karlene Campbell, Nursery Director
karlene@thenurseryatols.org
Charles Noun, Business Manager
ols217so@msn.com
Anne Moore, Parish Secretary
ols.pastor@verizon.net

Facebook

Be sure to follow Our Lady of Sorrows Parish on Facebook! Simply search for "Our Lady of Sorrows Church: South Orange, New Jersey"

Stewardship Reflections

"Brothers and sister, whether you eat or drink, or whatever you do, do everything for the glory of God."

Do a quick check of your priorities. Where does God rank in that list? If he's not first, you have some work to do. Putting God first in everything helps us from putting other "gods" (like our pride, ego, money and possessions) before God. Before making a decision, ask yourself, "Am I doing this for the glory of me?"

Update from the OLS Food Pantry

The COVID-19 pandemic has taken a tremendous toll on local families. Prior to March, we served 100-125 families each week. For the past 2 months, we have provided bags of groceries to 400-450 families on our Saturday distribution dates.

Please help us keep our shelves stocked with basic grocery items including boxed milk (1qt, all types), hot/cold cereal (low sugar), pasta and sauce, peanut butter and jelly, beans (can/dry), canned tuna & chicken, rice (1lb bags, all types), canned fruit and vegetables. Food donations can be dropped off outside of the Food Pantry Monday-Friday 10am-3pm or Saturday, 8:30am-3:00 pm and at the front door of the rectory 3-5pm Monday-Saturday. Monetary donations are also accepted by check (payable to 'OLS Food Pantry' and mailed to the church at 217 Prospect Street) or online at <https://olschurch.com/parish-giving/>. Questions? Email olspantry@gmail.com or call 973-370-0458.

New Confession start time

Confessions will begin to be heard at 12:45 pm on Saturdays (rather than 1:00 pm) and will continue until 2:00 pm. This adds an additional 15 minutes of scheduled confession time.

Please sign up for Our Lady of Sorrows Digital newsletter today! Go to our website main page under news and events.
<http://www.olschurch.com>

Stations of the Cross

We will have the Stations of the Cross on Fridays during lent beginning Friday, February 19th at 7:00 pm in the upper church.



World Marriage Day

This Sunday, **February 14th**, is **World Marriage Day**, a day to celebrate the beautiful sacrament--and vocation--of holy matrimony. For all of the married couples in our parish, let us pray that God will bless them and their families; and strengthen them in the virtues of faith, hope, and charity.

For the young single men and women of our parish, if God is calling you to the vocation of holy matrimony, remember you *can* and *should* pray for your future spouse! Ask God to lead you to one another at the right time, to bless you both with patience as you continue searching, and to bless your future marriage! Some resources for married couples and for those discerning this vocation:

<https://www.foryourmarriage.org/>
<https://www.helpyourmarriage.org/>

Three to Get Married by Venerable Archbp. Fulton J. Sheen



VIRTUAL **Triv**[?]**ia**[?] **NIGHT**[?]

Catholic Edition!

Thursday, Feb. 25, 7:00 pm

A fun way to learn more about your Catholic faith!

Join with and compete against fellow parishioners!

No need to be an expert - this is the chance to have some virtual fun while learning more about the faith!

Awesome prizes!

Adult and children's versions!

Register On **Eventbrite**



SCAN ME



Men's Lenten Retreat Saturday, March 13

Men of the parish are invited to participate in a 1/2 day Lenten retreat sponsored by the OLS Wednesday Morning Men's Prayer Group

Date: Saturday, March 13, 2021 - 10:00 AM - 3:00 PM
Mass: 8:30 AM Mass at OLS (optional)
Venue: * Villa Pauline, Mendham, NJ (carpooling from OLS parking lot after Mass)
Gather at Villa Pauline for 10:00 am start
Leader: ** Linda M. Garofalo
Theme:*** Exodus and Easter: Lenten Parallels.
Program: Continental breakfast upon arrival at Villa Pauline, full hot lunch, two presentations, opportunity for private prayer and reflection, Exposition of the Blessed Sacrament and Benediction conducted by Deacon Walter Wiggins of OLS.
Cost: \$40.00 (includes continental breakfast upon arrival and full lunch)

For Reservations and questions, contact Len Mrozak (908 872-4968); lmrozak@aol.com

* The Villa Pauline Retreat and Spiritual Center is located on the beautiful grounds of The Sisters of Christian Charity Mallinckrodt Convent in Mendham. Carpooling will be available. Visit their website: scceast.org

** Linda M. Garofalo has an MA in Theology and a background in adult religious education. She currently works in professional development for faculty and administrators at Seton Hall University.

*** Exodus and Easter: Lenten Parallel:

The parallels between the events of the Exodus and the events of Easter offer a unique opportunity to enrich our understanding of redemption in both the Old and the New Testaments. The prophet, Moses, and the Exodus suggest a pattern for our spiritual life that challenges our understanding of God and His ways, while the Lenten season presents an occasion for deepening our relationship with Him.

Covid-19 protocols are in effect:

1. Maximum participants allowed – 20
2. Temperatures will be taken upon arrival
3. Masks must be worn. (Please bring your mask)
4. Social Distancing will be enforced throughout the Center
5. Food will be served by the staff
6. All dishes will be washed and sanitized.



Nursery Opening

Infant Teacher Position openings

The Nursery

7:30am -12:30pm

&

9:00am-5:00 pm 5 days a week.

Experience preferred

If you are interested please reach out to
Karlene Snipe Director at 973-763-4040 ext.1 or email
karlene@thenurseryatols.org



\$120 Donation & 12 Chances to win!
Cash Prize of \$1500 Each Month
Only 500 tickets will be sold

Every Ticket Holder eligible to win each month, even if you won a previous month.

Drawing to be held the 15th day of each month at @ 1:00 pm in the Church office.

First Drawing: January 15, 2021

Purchase by completing the form below and mail with your donation or put in the collections on Sunday (it will be brought to the office.) We will mail your ticket to you. Please make checks payable to Our Lady of Sorrow's Church (for \$120.00).

We can take checks, cash or credit cards

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ORDER FORM**

Enclosed is my check for \$_____ for _____ chance(s) in the Raffle

Credit Card # _____ Security # _____ Expiration _____

Name(s) _____
Please Print, PERSON ENTERING MUST BE 18 YEARS OR OLDER

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City: _____ State: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

Email: _____

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Municipal RL 1345

2021 Mass Book

The 2021 Mass book is now open. You may send in your Mass intention requests by mail. The donation for Masses is \$10 for each one. Please use the form below to submit requests by mail or place this form in the Sunday collection basket. When we receive your request, we will call you to let you know if the date and time you requested is unavailable. If you require a Mass card, we will mail it to you (please check the box below if you wish to have a Mass card).

Requested by _____

Address _____

Phone _____

Name of the deceased or Special Intention (please specify): _____

Is a Mass card required? ☐ Yes ☐ No

Date (weekday) _____ ☐ 7:00 am ☐ 12:00 Noon

Date (Saturday) _____ ☐ 8:30 am ☐ 12:00 Noon

Date (Saturday Vigil/Sunday) _____ ☐ 5:30 pm ☐ 8:00 am
☐ 10:00 am ☐ 11:30 am

Name of the deceased or Special Intention (please specify): _____

Is a Mass card required? ☐ Yes ☐ No

Date (weekday) _____ ☐ 7:00 am ☐ 12:00 Noon

Date (Saturday) _____ ☐ 8:30 am ☐ 12:00 Noon

Date (Saturday Vigil/Sunday) _____ ☐ 5:30 pm ☐ 8:00 am
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Date (Saturday) _____ ☐ 8:30 am ☐ 12:00 Noon

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Date (Saturday) _____ ☐ 8:30 am ☐ 12:00 Noon

Date (Saturday Vigil/Sunday) _____ ☐ 5:30 pm ☐ 8:00 am
☐ 10:00 am ☐ 11:30 am

Amount enclosed: \$_____ (make check payable to Our Lady of Sorrows)

Helping Those in Need: Society of St. Vincent de Paul

*"Whatever you did for one of these least brothers of mine,
you did for me." (Mt 25:40)*

Inspired by Gospel values, the Society of St. Vincent de Paul, a Catholic lay organization, leads women and men to join together to grow spiritually by offering person-to-person service to those who are needy and suffering. This is done in the tradition of its founder, Blessed Frederic Ozanam, and its patron, St. Vincent de Paul.

The Society is one of the largest charitable organizations in the country. The purpose of the Society is to bear witness to the love of Christ. Our parish group does this by offering financial assistance to individuals and families temporarily unable to meet their current living expenses.

Every effort is made to provide this assistance in ways that respect the dignity of the recipient and the strictest confidentiality of the relationship between the recipient and the Society. People of all backgrounds and religions can receive assistance.



Email olssvdp@aol.com if you are in need of assistance.

The Society cannot do this alone. We are therefore most grateful for the monetary donations we receive in order to carry out our work. Donations may be sent to: Our Lady of Sorrows Church, c/o Society of St. Vincent de Paul, 217 Prospect Street, South Orange, NJ 07079. Checks should be made out to the Society of St. Vincent de Paul. Thank you for helping us bear witness to the love of Christ.



COVID-19 Crisis Counseling Services

NJ Hope and Healing Crisis Counseling Program (CCP) at the Family Service Bureau of Newark is available to assist communities affected by COVID-19. We are a neighbor helping neighbor team with staff on-call to provide the following services:

- Online Support for Stress Management Techniques
- Develop New Coping Skills
 - Compassion Fatigue
- Communication Techniques
 - Resource Linkage



Hours of Operations: Monday to Friday, 9 a.m. to 5 p.m.

Phone Number: 973-272-7488

Email Address: FSBNJHH@newcommunity.org

*Services offered in Bergen, Essex, Hudson and Passaic counties.
Various languages are available.*

**Services are available
remotely for families,
individuals and youth.**



This program is brought to you by/through NJ Hope and Healing Crisis Counseling Program (CCP). Family Service Bureau of Newark in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a FEMA/SAMHSA grant.



SATURDAY, FEBRUARY 13, 2021

5:30 PM People of the Parish

SUNDAY, FEBRUARY 14, 2021

8:00 AM Anne Gallo
10:00 AM The Deceased Members of the
Lambusta & Abramo Families
11:30 AM Angela Buch 40th Anniversary

MONDAY, FEBRUARY 15, 2021

9:00 AM Kathy Kelleher

TUESDAY, FEBRUARY 16, 2021

7:00AM Anna Cupper
12:00 PM Joanne Laracy

ASH WEDNESDAY, FEBRUARY 17, 2021

7:00 AM Michael Robertson – Special
Intention
12:00 PM Walter A. Mattheis
7:00 PM People of the Parish

THURSDAY, FEBRUARY 18, 2021

7:00AM George Blair
12:00 PM Frank Sullivan

FRIDAY, FEBRUARY 19, 2021

7:00 AM The Brutofsky Family
12:00PM Ernestine Holmok

SATURDAY, FEBRUARY 20, 2021

8:30 AM Ayoub Family
12:00 PM Joseph & Alice McAleer

VIGIL MASS FEBRUARY 20, 2021

5:30 PM Ginevra Formisani

SUNDAY, FEBRUARY 21 2021

8:00 AM People of the Parish
10:00 AM Bernard Nathanson 10th
Anniversary
11:30 AM Marilynn Cucciniello

In Sympathy Of

Let us remember in our prayers those who have recently passed away here at OLS: **Bernard Schaefer**. We pray for the repose of their soul and also for those left behind during this time of loss.

In Memoriam

It is a loving gesture to donate the weekly Sanctuary Lamp in memory of a loved one or for a special intention.

MUSIC MINISTRY

Donations to support our Music Ministry are gratefully accepted. Donations are applied toward the purchase of printed choral music and instrumentalists for holiday liturgies, concerts & special occasions.

REMEMBER TO PRAY FOR THE SICK

Please remember to pray for the following in your prayers: Julia Callaghan, Angie Sena, Daniel Callaghan, Elizabeth Stuart, Marie Somers, Bill Aber, Neville Moore, Jane O'Donoghue, George Richmond Files Jr., Megan More, Ludgarda Rosa, Stephanie Windsor, Amy Dombrowski, Mark F. Davonski, Beth Hebron, Jennifer Bober, Rosemary Muller, Melissa O'Brien, Rita Arena, John Colaku, Pat Bendrot, Deacon Raj Srinivasa and Kate Mullin.



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