

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 12:45 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 for the Sacrament of Anointing of the Sick and to arrange Communion calls

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

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February 27, 2022
8th Sunday in Ordinary Time

A Message from Fr. Brian

Believe it or not, Easter is not too far away! We will celebrate the Resurrection of Jesus on April 17th. But before we do that, we need to make our Lenten journey, which begins on Ash Wednesday, which is this coming Wednesday, March 2nd. ***We will have Ash Wednesday Masses at 7:00 am, 9:30 am (School Mass, but all are invited), 12:00 Noon, and 7:00 pm.***

Due to the pandemic, as we did last year, and as directed this year by the Archdiocese of Newark, ashes will be sprinkled on the crown of the head, rather than smudged on the recipient's forehead. 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."

To help you deepen your friendship with Christ during Lent, we are offering the following:

- ***No Greater Love: A Biblical Walk through Christ's Passion***, a virtual small group video series, on 5 Wednesdays during Lent. See the description below for further information.
- ***A Lenten reflection booklet*** is once again being offered to every parishioner. They will be at the doors of the Church this weekend. Please pick up a copy and try to read the daily reflections. They will definitely help you to experience a more profound Lenten journey.
- ***Stations of the Cross, Every Friday during Lent, 7:00 pm.*** Join us as we prayerfully meditate on Christ's Passion and Death.
- ***Lenten Reflection Talk, Monday, March 21, 7:00 pm.*** Fr. Doug Milewski, a priest from Seton Hall and a wonderful public speaker and homilist, will offer this reflection.
- ***Lenten Penance Service, Monday, April 4, 7:00 pm.*** Your chance to receive God's mercy and forgiveness. We'll have a communal penance service, followed by individual confessions.

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.
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. Attend Mass at least one day a week other than Sunday.
9. Come to our Stations of the Cross every Friday during Lent at 7:00 pm.
10. Partake in *No Greater Love* (see below for further information).
11. 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.

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.
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. Many 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,



No Greater Love - Lenten Small Group Virtual Video Series

We often hear about Jesus' passion and death, but imagine experiencing them for the very first time. In **No Greater Love: A Biblical Walk Through Christ's Passion**, we are going to walk step-by-step with Jesus on his journey from His agony in the garden to his crucifixion on Calvary. Along the way, we will unpack the biblical background to these events, the prophecies, and most especially, the ways Jesus is inviting us to walk more closely with him today.

Filmed on location in the Holy Land, **No Greater Love** is a biblical pilgrimage that reveals Christ's amazing love for us. Best-selling author Edward Sri guides you through the last hours of Christ's life. Every step of the way, Old Testament prophecies, messianic expectations, biblical symbolism, and historical context shed light on the mystery of Christ's suffering and death. Experience a deeper understanding and appreciation of God's immeasurable and unconditional love for you — grow closer to Jesus than you ever have before.

No Greater Love is a five-part Bible study program that begins on Wednesday, March 9th and continues for the following 4 Wednesdays, ending on April 6. We will meet by Zoom at 7:00 pm on these Wednesdays. Together we will watch a video and then we will break up into virtual small groups to discuss the video. To register for this virtual video series, contact Fr. Brian at fbrianneedles@gmail.com.

**THE SACRIFICIAL GIVING
OF OUR PARISHIONERS**

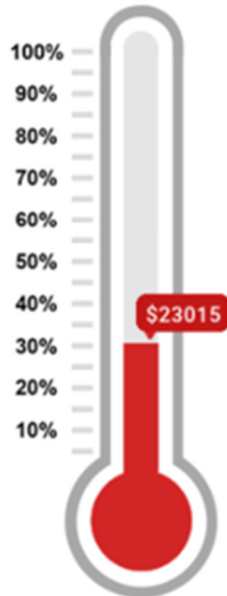
February 20th	Week 34	Y. to Date
Collection	\$10,522	\$404,003
Budgeted	\$11,179	\$380,086

St. Vincent De Paul \$280
Central & Eastern Europe \$1,477
Candles \$301

Thank you for your generosity!

***Catholic Stewardship in Action
Annual Appeal***

Goal: \$75607



Total donors
as of 2-22-22:
55

Total # of OLS families:
2162

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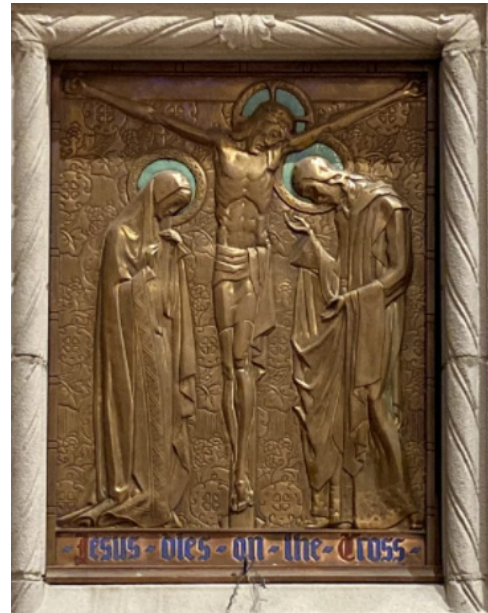
SAVE THE DATE



**Our Annual St. Patrick's Day Party
Saturday, March 19th 6:30 pm
More information to follow**

Stations of the Cross

We will pray the Stations of the Cross on Fridays during Lent at 7:00 pm. Please join us as we accompany Our Lord on the road to Calvary.



Adoration of the Blessed Sacrament

We have Adoration of the Blessed Sacrament every Monday and Friday, from 12:30pm - 3:00pm, concluding with 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 now more than ever 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?



ARCHDIOCESE OF NEWARK

2022 LENTEN REGULATIONS

1. 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.

2. The obligation to observe the laws of Fast and Abstinence “substantially”, or as a whole, is a serious obligation.
3. 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.
4. The time for fulfilling the Paschal Precept (Easter Duty*) extends from the **First Sunday of Lent, March 6, 2022 to the Solemnity of the Most Holy Trinity, June 12, 2022.**

**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.*

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for your Family,
City and Country

Men's Lenten Retreat Saturday, March 19

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 19, 9:00 AM - 3:00 PM
Location: * Villa Pauline Retreat and Spiritual Center, Mendham, NJ
Leader: Rev. Richard Pfannenstiel, Parochial Vicar, OLS
Cost: \$45.00

Program:

- Continental Breakfast upon arrival
- First Presentation by Fr. Rich
- Opportunity for Confession / Private Reflections
- Mass
- Hot Lunch
- Second Presentation by Fr. Rich
- Recitation of the Rosary
- Dismissal by 3:00 PM

For Reservations and questions, contact Len Mrozak (908 872-4968). lmrozak@aol.com or Frank Franzonia (862 224-6769) ffranzonia@gmail.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

*Masks and vaccinations
are required
at the Motherhouse and
Villa Pauline Retreat Center
Thank you for your compliance.*



VIGIL, SATURDAY, FEBRUARY 26, 2022

5:30 PM James Sullivan

SUNDAY, FEBRUARY 27, 2022

8:00 AM Guillermo Sanchez

10:00 AM People of the Parish

11:30 AM William R. Haine

MONDAY, FEBRUARY 28, 2022

7:00 AM Rose Marie Choy

12:00 PM Roland Pamiloza-Special Intention

TUESDAY, MARCH 1, 2022

7:00AM Agnes Blair

12:00 PM Pasquale Giordano

ASH WEDNESDAY, MARCH 2, 2022

7:00 AM Carrie Pfannenstiel

9:30 AM School Mass – George Evans

12:00 PM People of the Parish

7:00 PM People of the Parish

THURSDAY, MARCH 3, 2022

7:00 AM Martha Lois Jones

12:00 PM Angela Valbiro

FRIDAY, MARCH 4, 2022

7:00 AM Angelina Cordasco

12:00 PM Ernestine Holmok and Jessie
McNamara

7:00 PM Stations of the Cross

SATURDAY, MARCH 5, 2022

8:30 AM Guillermo Sanchez

12:00 AM Guillermo Sanchez

VIGIL MASS MARCH 5, 2022

5:30 PM Charles Silano

SUNDAY, MARCH 6, 2022

8:00 AM James McDonnell, Jr.

10:00 AM People of the Parish

11:30 AM Mark Halliday

In Memoriam

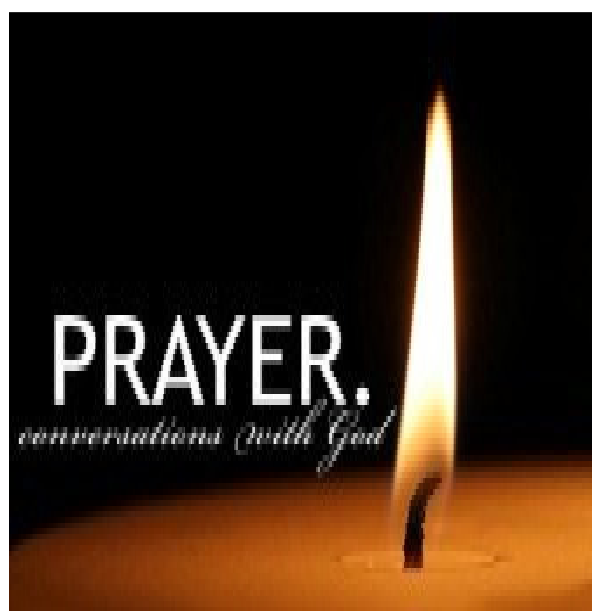
It is a loving gesture to donate the weekly Sanctuary Lamp in memory of a loved one or for a special intention.

MUSIC MINISTRY

Donations to support our wonderful Music Ministry are gratefully accepted. Donations are applied toward the purchase of printed choral music and for instrumentalists for holiday liturgies, concerts and other 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, Melissa O'Brien, Rita Arena, John Colaku, Kate Mullin, Rosemary Muller, Norma Gonzalez, Agnes Marshall, Bekim Colaku, Kyle Reardon, Mary Jane Tannen, Catherine Sullivan and Robert Charles.



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