


Religious Education



CCD Family Newsletter
February 26 - March 5, 2025



CCD in March is Here

Monday, March 3rd

Flex Day* - Suggestion - Lesson 24 (Lent)

Tuesday, March 4th

Flex Day* - Suggestion - Lesson 24 (Lent)

[CCD Calendar](#)

*As a reminder, "Flex" days refer to the catechists' ability to tailor the day's topic to their class's individual needs. As a program, we are suggesting that they cover the start of the season of Lent.



Homeschooling Connection

Week of March 2nd

Lesson 24: *Lent*

Ash Wednesday marks the beginning of the season of Lent. This year, Lent begins on Wednesday, March 5th. Help your child understand this beautiful penitential season by working with them on Lesson 24. Take the time to develop and discuss your family's Lenten plan.

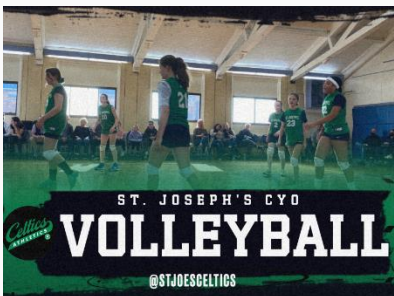


Gospel Reflection Sticker

Ask your children why they think they received a sticker with the image of a conversation heart bearing the words "I Love You" on it. This past Sunday's Gospel was all about loving your enemies and treating others the way that you would want to be treated.

One of the ways we illustrated this point was by recalling the common practice of passing out Valentine's Day cards and treats to the other children in our class. The rule in every single class has always been: If you bring in cards to exchange you have to bring a card in for EVERY person - even the kids who you don't like very much who aren't in your circle of friends. The Valentine's day classroom rule is a great reminder that we need to show love to everyone.

We also talked about the importance of giving other people second, third, and even unlimited! chances after they've wronged us if we want to be merciful in the same way God is merciful to us. (Because, honestly, we all like second, third and unlimited chances ourselves...don't we?)



CYO Girls Spring Volleyball Registration Underway

St. Joe's CYO Program is excited to announce the start of registration for its first season of spring volleyball for girls in grades 4-7. They anticipate having two teams: JV for girls in grades 4 and 5 and Varsity for girls in grades 6 and 7. No prior playing experience is necessary. The criteria for eligibility however, remains the same as for all CYO programs: players must be registered in the CCD program at either St. Joseph's in Maplewood or OLS in South Orange.

Registration is now open and will end on March 7. The registration fee is \$200 per player.

To register, click [HERE](#).

Practices will be on either Tuesday or Thursday nights starting in mid-March. There will be a 10-game schedule between April and May. The program does not have an official game schedule yet, but it anticipates some weeknight and weekend games.

Please contact Coach Helene McLaughlin at helenemckelvey@gmail.com or Gerry O'Connor at stjosephcyobb@aol.com with any questions or with the names of any adults who would like to coach.

Lent Begins in One Week Wednesday, March 5th Ash Wednesday

Post this Lenten calendar on your fridge or bookmark it on your phone so that you don't miss any of the upcoming Lenten offerings here at OLS. We hope to see you and your children at many. Please note, a separate Holy Week flyer will be posted as we get closer.

CHECK OUR BULLETIN AND WEBSITE FOR MORE DETAILS

LENT AT OLS

Hope in the LORD, for with the LORD is mercy and fullness of redemption! - Psalm 130

Wednesday March 5th ASH WEDNESDAY Mass Times: 7:00am 9:30am (School Mass) 12:00 noon and 7:00pm	Every Friday Starting March 7th PRAY THE STATIONS OF THE CROSS 7:00pm - 7:45pm in the Upper Church No RSVP needed	Saturday March 8th MEN'S RETREAT DAY: Surrender to the Eucharist 9:00am - 3:00pm Offsite in Mendham, NJ! Includes Mass, guest speaker Fr. Patrick Seo, meals, and silent prayer time. RSVP to Len: Lmrozak@aol.com	+ Every Day + Holy Mass ----- Monday - Friday: 7:00am and 12:00pm Saturday: 8:30am and 12:00pm Sunday obligation: 5:30pm Saturday Vigil 8:00 am, 10:00am, 11:30am
Friday March 14th YOUNG ADULT THEOLOGY ON TAP with Dr. Eric Johnston 7:00pm at Saint Philomena in Livingston, NJ No RSVPs needed Questions? Email olschurchministries@gmail.com	Monday, March 24th - Wednesday, March 27th PARISH MISSION: "RENEW OUR HOPE" WITH THE FRANCISCAN FRIARS OF THE RENEWAL 7:00pm - 9:00pm each evening Join us for a 3-day parish retreat including Confessions and Eucharistic Healing. You won't want to miss this! No RSVPs needed Questions? Email olschurchministries@gmail.com	+ Palm Sunday + April 13th ----- PROCESSION WITH PALMS BEFORE 10AM FAMILY MASS (weather permitting) Meet in front of Rectory by 9:45am!	

5 tips
to help you live liturgically
this season

THINGS TO DO DURING LENT

- 01 DO AN EXAMINATION OF CONSCIENCE TO SEE HOW YOU CAN ELIMINATE SIN IN YOUR LIFE
- 02 READ OR LISTEN TO THE DAILY READINGS. TAKE THESE WORDS TO HEART!
- 03 ABSTAIN FROM MEAT ON ASH WEDNESDAY & EVERY FRIDAY DURING LENT
- 04 STAY CLOSE TO THE SACRAMENTS! ATTEND WEEKDAY MASS & GO TO CONFESSION
- 05 ADD SOMETHING NEW TO YOUR PRAYER ROUTINE LIKE PRAYING THE STATIONS OF THE CROSS

ChurchPOP

What's Your Family's Plan for Lent in 2025?

As catechists and parents, we are keenly aware that there are a lot of ideas competing for our attention during Lent. When deciding on a focused Lenten practice, there are three questions to ask:

- Is this practice focused on God, others, or myself?
- Does this practice help me fast from something that I truly struggle with?
- Do I give, pray, and serve out of love or out of my own selfishness?

Click [HERE](#) for a Catechist's Journey article entitled *Practical Ways to Observe Lent at Home with Children*.

Click [HERE](#) for a National Catholic Register article entitled *18 Ways Your Family Can Walk Together During Lent* for some excellent ideas on how your family can grow in faith together this Lenten season.

**Friendly Reminder for Parents:
Ash Wednesday is a Day of Fasting and Abstinence**

LENT STARTS

ASH WEDNESDAY



WHAT IS LENT?

Ash Wednesday begins the 40 days before Easter Catholics call Lent. We practice prayer, fasting, and sacrifice.

WHAT ARE FASTING & ABSTINENCE?



Fasting

Catholics who are 18-58 years old are required to keep a limited fast: a single, normal meal & 2 snacks.

Ash Wednesday & Good Friday



Abstinence

Catholics 14 years & older are required to abstain from eating meat & fowl.

Ash Wednesday & Fridays of Lent



Do I have to give up something for Lent?

No. Giving something up is a beneficial custom. You can give up something you enjoy, engage in physical or spiritual acts of mercy for others, pray, fast, abstain, go to confession, and other acts expressing repentance in general.

WHEN DOES HOLY WEEK BEGIN?



Jesus' triumphal entrance into Jerusalem on **Palm Sunday** begins Holy Week.



HOLY TRIDUUM STARTS with the Mass of the Lord's Supper on **Holy Thursday** when Jesus celebrated the first Mass, AND **LENT OFFICIALLY ENDS.**



Good Friday marks the anniversary of the crucifixion and death of Jesus Christ on the cross.



HOLY SATURDAY Our Lord lay in the tomb **Holy Saturday** before his resurrection.



EASTER SUNDAY

the Resurrection of Christ, is the greatest holy day of the Christian year!



CATHOLIC.COM

[Augustine Institute Video "Everything You Need to Know to Prepare for Lent"](#)



Please Continue to Pray for Pope Francis

Pope Francis remains hospitalized and in critical condition but has showed slight improvement in laboratory tests in recent days and has resumed some work. Please continue to keep the Holy Father in your prayers. (We prayed for his health as a group on Monday and Tuesday.)



Empowering God's Children Reminder

Attn: Parents in Grades K-7*

Due to the generally low levels of participation at the in-person Empowering God's Children workshops held for the past two years, the Archdiocese of Newark is now asking all families with students in its religious education programs to complete the two Empowering God's Children lessons designated for this year with their children.

This year the Archdiocese of Newark is asking parents to partner with us to teach the two lessons below:

Lesson 1 - Physical Boundaries: Safe and Unsafe Touching Rules: Students learn simple rules about what to do and how to react when someone's touch is confusing, scary, or makes the child or young person feel uncomfortable. Young people start to deal with the real risks they face when they are out in the world and on their own, and they begin to learn where to draw boundary lines in relationships.

Lesson 2 - Safe Adults, Safe Touches and Special Safe Adults: Children, young people, and their parents establish basic guidelines for working together to make certain which friends and other adults in their environment can be trusted to act safely and in the best interest of each child or young person.

Here are the links to the lessons, as well as introductory videos for you:

[Teaching Boundaries and Safety Guide: Guide for Caring Adults, Parents and Guardians](#)

[Empowering God's Children Introductory Video - Grade K-5](#)

Lesson 1 - Physical Boundaries: Safe and Unsafe Touching Rules Plans by Grade:

[Grades K-2 Lesson One](#)

[Grades 3-5 Lesson One](#)

[Grades 6-8 Lesson One](#)

Lesson 2 - Safe Adults, Safe Touches and Special Safe Adults Plans by Grade:

[Grades K-2 Lesson Two](#)

[Grades 3-5 Lesson Two](#)

[Grades 6-8 Lesson Two](#)

Each of the linked lesson plans contains several different options for presenting the core material for each lesson. You do not have to complete all of the options for your child to be considered “trained”. You simply have to present material in the way you, as a parent, feel is the most appropriate given your family’s unique circumstance and dynamic. If you would like our office to make hard copies of any of the lesson plans, please reach out and we would be happy to send them home.

We thank you in advance for partnering with us in our efforts to protect our children. Please reach out to Jen Noll if you have any immediate questions about the material provided. For more information about how the Archdiocese of Newark’s Department for the Protection of the Faithful is committed to complying

with the Bishops' Charter for the Protection of Children and Young People, please contact Karen Clark at Karen.Clark@rcan.org.

*Parents of students in grade 8 are not being asked to participate in this at-home training as, after a review of the Health curriculum for the South Orange Maplewood Board of Education by the Archdiocese of Newark's Department for the Protection of the Faithful, it was determined that training of this nature is already being conducted in the public school classroom.

[Let us Know if You've Talked with Your Kids about Lessons 1 and 2 - Short Parent / Guardian Acknowledgement Form](#)



SAINT / FEAST OF THE WEEK

St. Angela of Foligno

Feast Day: February 28th

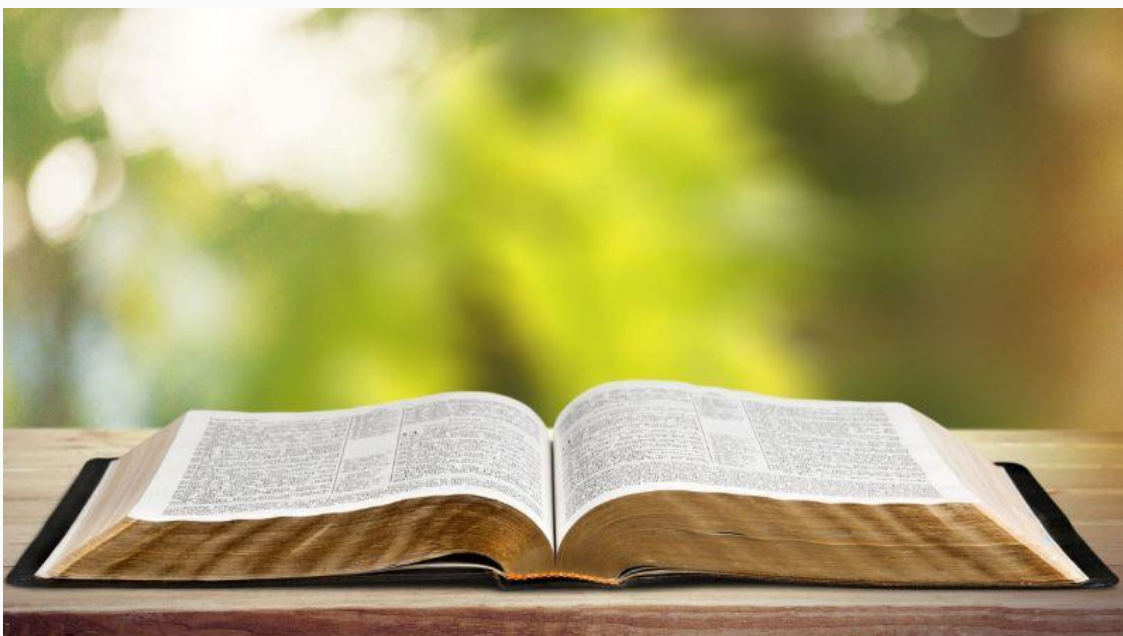
Angela of Foligno is a model for people who want to simplify their lifestyle. As a young adult she reveled in luxury and sensuality. She married a rich man of Foligno, Italy, and used his wealth to indulge herself in possessions. And her impetuous temperament nudged her into sinful behavior.

However, in 1285, Angela made a surprising about-face. One day she wept bitterly and confessed a serious sin to a friar, who absolved her. Then she embarked on a life of prayer and penance. Over the next six years, step-by-step she divested herself of her attachments to people and things.

In 1288 her mother, husband, and sons died of a plague. As a widow, Angela was free to concentrate on her pursuit of holiness. She modeled herself on St. Francis of Assisi and joined the Franciscan Third Order in 1291. Like Francis, Angela expected to meet Christ in the poor. For instance, on Holy Thursday, 1292, she and a companion went to care for lepers at the hospital in Foligno. After they had washed a man who was badly decomposed, they drank some of the bathwater. The experience so moved Angela that she says all the way home she felt “as if we had received Holy Communion.”

Angela of Foligno was a visionary who, like St. Catherine of Siena, at the drop of a hat might fall into a trance. From 1292 to 1296 she dictated her revelations to Brother Arnold, her confessor. Angela recorded 30 steps of her tortured spiritual journey, which always seemed to blend awareness and absence of God, certitude and doubt, and joy and agony.

A small band of disciples gathered around the saint. She led them wisely, instructing them in basic Christian living. At Christmas, 1308, Angela told her companions she would die shortly. A few days later Christ appeared to her, promising to come personally to take her to heaven. She died in her sleep on January 3, 1309.



In the Liturgy of the Word, the Church feeds the people of God from the table of his Word. Previewing the readings before Mass is then a bit like looking over the menu before you get to a restaurant: you have a better idea of what you can expect so that you can enter into the experience more fully prepared. And like a good discussion during a meal, discussing the readings and how they can be applied to your family's daily life helps your family to truly go out and proclaim the gospel after leaving the church.

Here are a few resources to help your family delve deeper into the Liturgy of the Word:

[Eighth Sunday of Ordinary Time](#)

[Loyola Press: Sunday Connection](#)

[Sadlier: This Week's Liturgy](#)

[Maryknoll Brothers Video: How to be the Good Fruit](#)



Mark Ten Mission - The Fruits of the Spirit - 8th Sunday

Catholic Trivia

Question: Which location was sometimes referred to as "Vatican 3" by St. Pope John Paul II?

- A) St. Peter's Square
- B) Castel Gandolfo
- C) St. John Lateran Church
- D) Gemelli Hospital

Answer: D

St. Pope John Paul II, who was head of the Catholic church from 1978 until his death in 2005, was treated nine times at Gemelli Hospital and spent a total of 153 days there. He quipped that "Vatican number one" was St. Peter's Square, "Vatican number two" was the papal summer residence of Castel Gandolfo, and the Gemelli was number three.



John Paul II's repeated and prolonged stays caused the Vatican to create a mini-residence on site, an apartment on the top floor that is accessed by a long corridor guarded by Italian and Vatican police. According to Italian media, the suite is painted white and furnished simply. In addition to the pope's room, there is a meeting room for medical staff, a kitchen, bathroom and rest areas.

Pope Francis, the latest pope to be treated at Gemelli, entered the hospital on February 14th for the treatment of a respiratory condition.

Joke of the Week

Question: *"Which superhero likes March the most?"*

Answer: "Robin!"

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[Our Lady of Sorrows Website](#)