

# Religious Education



## CCD Family Newsletter March 12 - March 19, 2025

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### CCD in March Continues

**Monday, March 17th**

Lesson 19: *What helps us pray?*

**Tuesday, March 18th**

Lesson 18: *How do we pray?*

[CCD Calendar](#)

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## Homeschooling Connection

### Week of March 16th

#### Lesson 19: What helps us pray?

I hope your journey into the topic of prayer has been a source of many graces for your family.

You can be a help to other families by contributing to the CCD program's Lenten food drive for the OLS Food Pantry. This year we are collecting low-sugar breakfast cereal. You can place your donation in the collection box in the vestibule of the church between now and April 8th.



### Gospel Reflection Sticker

Ask your children why they think they received a sticker with an image of an angel and a devil playing tug of war with someone. During our Opening Service we used a game of tug of war to illustrate the "pull" of sin we feel whenever we face temptation. One of the ways we can battle sin is by relying upon some of the same things Jesus did when he battled the temptation of Satan in the desert before beginning his public ministry. Not only can we use scripture like Jesus did, but we can also look to the sacraments, the lives of the saints, prayer, the good advice of our parents and teachers to add some extra "angels" to our team to help us defeat the pull of the Devil.



## The Power of Communal Prayer



Your kids were pretty surprised when our paper person chain of prayer intentions was rolled out during CCD this week. **The Monday scroll of intentions was so long that it went from the front of the pews, all the way down the center aisle, out the front door, down the steps and halfway to the street!** Our Tuesday scroll was only slightly shorter.

It took about two and a half hours to tape the chain together. Please know that I prayed as I taped last week and as "mom" and "dad" were among the most popular prayer intentions, you all have featured prominently in my personal prayers.

Please encourage your children to keep their classmate's intentions in their prayers. If you would like to see the final product, you can view the chain on the walls of St. Joseph's Hall the next time you are down there for Coffee and Donuts.

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# Lent is Here!

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 26th**

### 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!

## Fr. Mike Schmitz Video - What's the Purpose of Lent?

### 2025 OLS CCD Lenten Initiative

This Lent please help reinforce your children's understanding of the three main pillars of Lent, **prayer, fasting and almsgiving**, by participating in the CCD program's 2025 Lenten Initiative.

We will be collecting breakfast cereal until our final CCD class before Easter break: April 8th. Post cereal (ie: Honey Bunches of Oats) is on sale at ShopRite this week for \$1.99 and Kellogg's cereal is 2 for \$5.

LENT 2025



GIVE

FAST

PRAY

## “WE ARE THE BODY OF CHRIST”

This Lent, as members of the OLS CCD Program and the Body of Christ, we are asked to:

### GIVE

BY DONATING LOW-SUGAR CEREAL TO THE OLS FOOD PANTRY



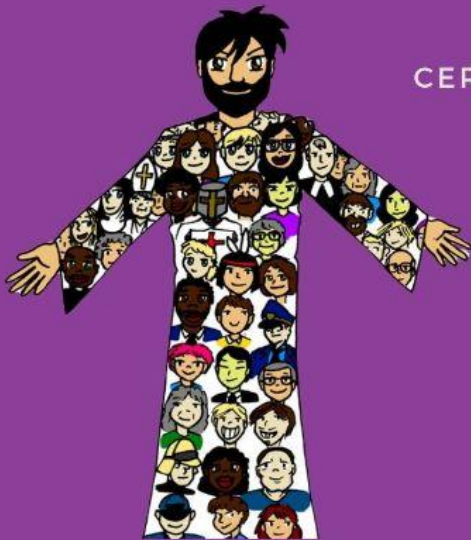
### FAST

BY MAKING A SACRIFICE OF SOME KIND TO HELP US REMEMBER THE NEEDS OF OTHERS



### PRAY

BY KEEPING THE SPECIAL INTENTIONS OF OUR CLASSMATES IN OUR PRAYERS







## Congratulations CYO St. Joe's JV Girls Essex County Champions!

We're proud of all our CYO athletes who balance school, religious education and sports. This week, however, we are also particularly proud of the **St. Joe's JV Girls team**, coached by Katy Walmsley, who took home the season win for Essex County. Congratulations to the JV Girls and the High School Boys - Champions!

Presented by  
THE FRANCISCAN  
FRIARS OF THE  
RENEWAL



OUR LADY OF SORROWS

### LENTEN MISSION:

*"Renew our Hope!"*  
March 24th-26th, 2025

**Monday, March 24th** *"Finding Hope Amidst Chaos":*  
Opening Talk and Adoration  
7:00pm in the Upper Church

**Tuesday, March 25th** *"The Hope That Frees Us!":*  
Talk, Adoration, and Confessions  
7:00pm in the Upper Church

**Wednesday, March 26th** *"Hope That Brings Us Healing":*  
Closing Talk and Eucharistic Healing Service  
7:00pm in the Upper Church



*Our Lady of Sorrows*  
217 PROSPECT STREET, SOUTH ORANGE, NJ 07079



Scan here for the  
webpage and to let us  
know you're coming!

## Join Us for Our Parish Mission March 24th - March 26th *Talks Begin at 7:00 pm*

Looking for a little "more" this Lent? Feel your soul and reenergize your prayer life at **OLS's upcoming parish mission**. This three-day mission, led by the Franciscan Friars of the Renewal, is like a Lenten mini-retreat. Come to as many days as you are able and renew your hope in the world during this jubilee year.

**OLS Fish Fry**  
from the Chippery in Union

**FRIDAY, MARCH 21ST**  
6:00PM - 8:00PM  
DINE IN (OLS CAFETERIA) OR TAKE OUT!  
BYOB IF YOU DINE IN!  
**ORDER DUE DATE - MARCH 19TH**

**\$20**  
FISH AND CHIPS/COLE SLAW/TARTER SAUCE  
**\$5 EACH**  
PIZZA AND MAC AND CHEESE (DINE IN ONLY)

**Click QR Code to Order**



OLS Fish Fry — Our Lady of Sorrows School

## Abstain from Meat While Also Supporting Our School

Tired of eating mac and cheese or cheese pizza on Friday nights during Lent? The OLS School has the delicious answer you've been looking for - its **annual fish fry!** Place your order by Wednesday, March 19th and then swing by the OLS School to pick up your delicious fried fish from the Chippery in Union. Yum!



## Please Continue to Pray for Pope Francis

As you know, the CCD program is focusing on intercessory prayer this Lent. The most frequently named individual on our enormous prayer chains was Pope Francis. Please remind your children to continue to keep Pope Francis in their prayers - especially if his was on a friend's prayer slip.



## **Empowering God's Children Reminder**

Attn: Parents in Grades K-7\*

Please give the following your attention prior to April 1st. Thank you!

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](#)

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## **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](mailto: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.

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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. Patrick**

**Feast Day:** March 17th

**Patron of:** Ireland, Engineers, Nigeria

Legends about Patrick abound; but truth is best served by our seeing two solid qualities in him: He was humble and he was courageous. The determination to accept suffering and success with equal indifference guided the life of God's instrument for winning most of Ireland for Christ.

Details of his life are uncertain. Current research places his dates of birth and death a little later than earlier accounts. Patrick may have been born in Dunbarton, Scotland, Cumberland, England, or in northern Wales. He called himself both a Roman and a

Briton. At 16, he and a large number of his father's slaves and vassals were captured by Irish raiders and sold as slaves in Ireland. Forced to work as a shepherd, he suffered greatly from hunger and cold.

After six years Patrick escaped, probably to France, and later returned to Britain at the age of 22. His captivity had meant spiritual conversion. He may have studied at Lerins, off the French coast; he spent years at Auxerre, France, and was consecrated bishop at the age of 43. His great desire was to proclaim the good news to the Irish.

In a dream vision it seemed "all the children of Ireland from their mothers' wombs were stretching out their hands" to him. He understood the vision to be a call to do mission work in pagan Ireland. Despite opposition from those who felt his education had been defective, he was sent to carry out the task. He went to the west and north—where the faith had never been preached—obtained the protection of local kings, and made numerous converts.

Because of the island's pagan background, Patrick was emphatic in encouraging widows to remain chaste and young women to consecrate their virginity to Christ. He ordained many priests, divided the country into dioceses, held Church councils, founded several monasteries and continually urged his people to greater holiness in Christ.

He suffered much opposition from pagan druids and was criticized in both England and Ireland for the way he conducted his mission. In a relatively short time, the island had experienced deeply the Christian spirit, and was prepared to send out missionaries whose efforts were greatly responsible for Christianizing Europe.

Patrick was a man of action, with little inclination toward learning. He had a rock-like belief in his vocation, in the cause he had espoused. One of the few certainly authentic writings is his *Confessio*, above all an act of homage to God for having called Patrick, unworthy sinner, to the apostolate. There is hope rather than irony in the fact that his burial place is said to be in County Down in Northern Ireland, long the scene of strife and violence.

### [1-Minute Video - St. Patrick Bio Overview](#)

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## St. Patrick's Day Crafts and Activities for Kids

Keep your kids busy at your next St. Patrick's Day party by setting them up with the following crafts and activities:

[Saint Patrick's Day Catholic Resource List](#) (Catholic Icing)

[Saint Patrick's Day Activities for Kids](#) (Real Life at Home)

[Saint Patrick's Day Activities and Lesson Plans](#) (Catholic Teacher Resources)

[Saint Patrick's Day Crafts and Children's Books](#) (The Kennedy Adventures)

[Saint Patrick Printable Craft for Kids](#) (Catholic Icing)

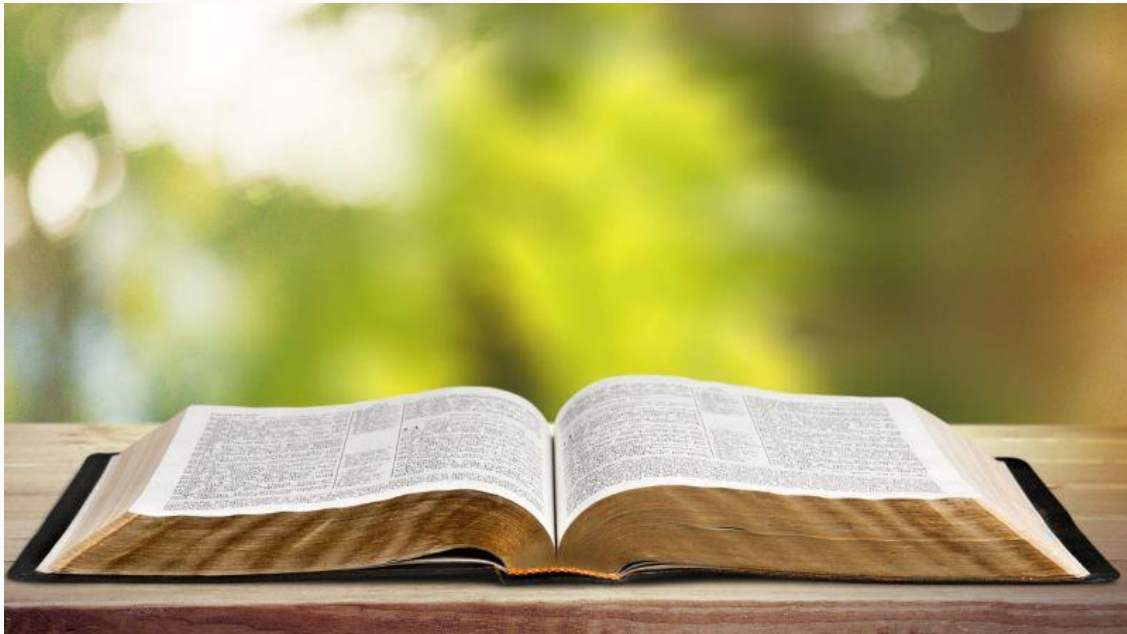
[Printable Trinity Craft](#) (Catholic Icing)

[Holy Trinity Lesson Plan & Activities](#) (The Religion Teacher)

[Saint Patrick's Breastplate Prayer Activity](#) (The Religion Teacher)

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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:

[Second Sunday of Lent](#)  
[Loyola Press: Sunday Connection](#)  
[Sadlier: This Week's Liturgy](#)

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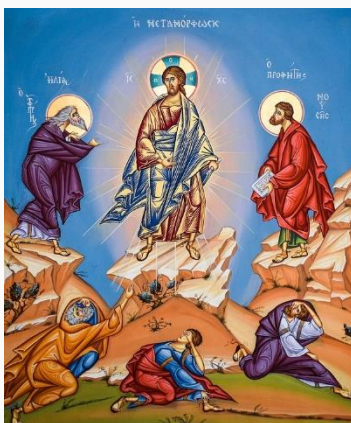
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[Mark Ten Mission - Jesus Shines in Lent](#)

[MaryKnoll Brothers - Transfiguration: Illuminated by Hope](#)



## Transfiguration Activities & Crafts

[Transformer Transfiguration Object](#)

[Lesson \(Christianity Cove\)](#)

[Sunshine Mountain Lesson \(Sermons4Kids\)](#)

[Feast of the Transfiguration Cards \(The Whole Trouble Is Blog\)](#)

[Transfiguration of Jesus Craft \(Catholic Inspired\)](#)

[Transfiguration Lesson \(Mission Bible Class\)](#)

Living Faith Kids Pause + Play + Play with Scripture Every Day

# KIDSCALENDAR

MARCH 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Word of the month:</b> <b>TEMPTATION</b> A strong urge to do something we know is wrong.						
<b>EIGHTH SUNDAY IN ORDINARY TIME</b> <b>Q</b> Jesus said, "Every tree is known by its fruit." <small>SEE MARCH 6</small> <small>• Luke 6:39-45</small> <b>2</b>	<b>SAINTE KATHARINE GREXEL, VIRGIN</b>  <b>3</b>	<b>SAINT CASMIR</b> <b>4</b>	<b>ASH WEDNESDAY</b>  <b>5</b>	<b>A</b> Its own fruit. <b>6</b>	<b>SAINTE PERPETUA AND FELICITY, MARTYRS</b> <b>7</b>	<b>SAINT JOHN OF GOD, RELIGIOUS</b>  <b>8</b>
<b>FIRST SUNDAY OF LENT</b> <b>Q</b> What did Jesus eat in the desert? <small>SEE MARCH 10</small> <small>• Luke 4:1-13</small> <b>9</b>	<b>10</b>	<b>A</b> He ate nothing. <b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>SECOND SUNDAY OF LENT</b> <b>Q</b> Who did Jesus take up the mountain? <small>SEE MARCH 25</small> <small>• Luke 9:28b-36</small> <b>16</b>	<b>SAINTE PATRICK, BISHOP</b>  <b>17</b>	<b>SAINT CYRIL OF JERUSALEM, BISHOP AND DOCTOR OF THE CHURCH</b> <b>18</b>	<b>SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY</b>  <b>19</b>	<b>20</b>	<b>A</b> Peter, James and John <b>21</b>	<b>22</b>
<b>THIRD SUNDAY OF LENT</b> <b>Q</b> What kind of tree is Jesus talking about? <small>SEE MARCH 27</small> <small>• Luke 13:1-9</small> <b>23</b>	<b>24</b>	<b>THE ANNUNCIATION OF THE LORD</b>  <b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>A</b> A fig tree. <b>29</b>
<b>FOURTH SUNDAY OF LENT</b> <b>Q</b> How many sons did the father have? <small>SEE MARCH 31</small> <small>• Luke 15:1-3, 11-32</small> <b>30</b>	<b>A</b> Two. <b>31</b>			<b>Living Faith Kids helps children explore, learn about the Catholic faith and grow as follower of Christ.</b> <b>Living Faith Kids</b> <small>Pause + Play + Play with Scripture Every Day</small> <b>Subscribe online at <a href="http://www.livingfaithkids.com">www.livingfaithkids.com</a></b>		

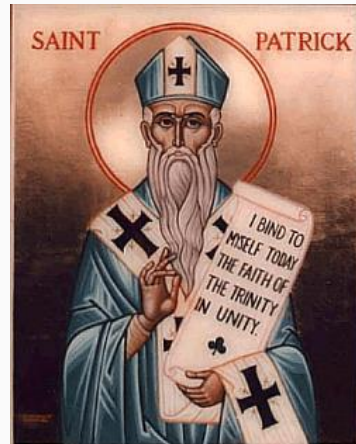
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[Click Here to Download the March Calendar from Catechist Magazine](#)

## Catholic Trivia

**Question:** Before green, which color was traditionally associated with St. Patrick?

- A) White
- B) Blue
- C) Yellow
- D) Gray



**Answer:** B Blue - who knew! the earliest depictions of St. Patrick show him clothed in blue garments, not green, and that when George III created a new order of chivalry for the Kingdom of Ireland, the Order of St. Patrick, its official color was a sky blue, known as "St. Patrick's Blue." The significance of blue dates back to early Irish mythology when the sovereignty of Ireland, *Flaitheas Éireann*, was often represented by a woman dressed in a blue robe. According to legend, the depiction was based on the 10th-century queen named *Gormfhlaithe*, a portmanteau of the ancient Irish words for blue (*gorm*) and sovereign (*flaithe*). To read more, click [HERE](#).

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Joke of the Week



Saint Patrick Driving the snakes out of Ireland

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[Our Lady of Sorrows Website](#)