


Religious Education



CCD Family Newsletter
March 19 - March 26, 2025



Next Two Weeks for CCD

Monday, March 24th

Lesson 9: *How do we celebrate God's forgiveness and healing?**

Monday, March 31st

NO CCD: Eid al-Fitr (District Closed)

Tuesday, March 25th

Lesson 9: *How do we celebrate God's forgiveness and healing?**

Tuesday, April 1st

Lesson 19: *What helps us to pray?*

[CCD Calendar](#)

* You may be thinking, "Wait. What? Lesson 9? I thought we were much further along than Lesson 9!" And you would be right. Our in-person classes skipped Lesson 9 earlier in the year. Lesson 9 deals with the Sacraments of Healing. We postponed its study so that we could cover it on a day when the students in grades 2-8 are celebrating the Sacrament of Reconciliation.



Reconciliation at CCD

Grades 2 - 8

Monday, March 24th

Tuesday, March 25th

The Church asks Catholics to celebrate the Sacrament of Reconciliation during the penitential season of Lent. As a result, **all our in-person students who have previously celebrated the Sacrament of Reconciliation will attend confession next week in CCD.** The theme for the entire day will center around the Sacraments of Healing. You can help prepare your children for celebrating the sacrament by walking them through an [Examination of Conscience](#) in the days before CCD. (We'll do one on Monday and Tuesday instead of our usual Opening Service, but parents are great at helping to jog their kids' memories when it comes to misbehavior.) You might also want to review the Act of Contrition with them. It's a great prayer to add to your nighttime routine during Lent.



Coffee and Donuts Sunday, March 23rd

Please join your parish family for **Coffee and Donuts** after the **10:00 Family Mass** or after the **11:30 Mass**. If you would like your children to help during the Family Mass, please reach out to Colleen McDonald and let her know that they are available.

Be sure to take a look at all of our **prayer intentions hanging in St. Joseph's Hall**. They are fairly adorable. And then, be sure to actively pray with your children for the names on our list.



Homeschooling Connection Week of March 23rd

Lesson 20: Why is the Lord's Prayer called the perfect prayer?

- Now is the time to add the **Lord's Prayer** to your family's bedtime routine!
- Show your family about giving during Lent 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.
- If your family's schedule permits, please have your child attend **Reconciliation this coming Monday or Tuesday**. If you come at 4:00 we'll put your child at the front of the line for a quick in and out.



Gospel Reflection Sticker

Do you have any idea what this week's sticker image is? It's an old-fashioned alarm clock! (The idea is that when the candle burns down and the nails fall down and clatter on the metal below that you'll wake up.) The disciples Peter, James and John nearly missed the Transfiguration because they were asleep. Lent is a time when the Church tries to wake us up from our daily routines to get us to think about things like prayer, fasting and almsgiving so that we don't miss the presence of Jesus in our lives.

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.

Presented by
**THE FRANCISCAN FRIARS
OF THE RENEWAL**



JOIN OUR LADY OF SORROWS FOR OUR
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



Watch the Official Parish Mission Video Starring Fr. Brian

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

<p>Wednesday March 5th</p> <p>ASH WEDNESDAY</p> <p>Mass Times: 7:00am 9:30am (School Mass) 12:00 noon and 7:00pm</p>	<p>Every Friday Starting March 7th</p> <p>PRAY THE STATIONS OF THE CROSS</p> <p>7:00pm - 7:45pm in the Upper Church</p> <p>No RSVP needed</p>	<p>Saturday March 8th</p> <p>MEN'S RETREAT DAY: Surrender to the Eucharist</p> <p>9:00am - 3:00pm Offsite in Mendham, NJ Includes Mass, guest speaker Fr. Patrick Seo, meals, and silent prayer time.</p> <p>RSVP to Len: Lmrozak@aol.com</p>	<p>+ Every Day + Holy Mass</p> <p>Monday - Friday: 7:00am and 12:00pm</p> <p>Saturday: 8:30am and 12:00pm</p> <p>Sunday obligation: 5:30pm Saturday Vigil 8:00 am, 10:00am, 11:30am</p>
<p>Friday March 14th</p> <p>YOUNG ADULT THEOLOGY ON TAP with Dr. Eric Johnston</p> <p>7:00pm at Saint Philomena in Livingston, NJ</p> <p>No RSVPs needed Questions? Email olschurchministries@gmail.com</p>	<p>Monday, March 24th - Wednesday, March 26th</p> <p>PARISH MISSION: "RENEW OUR HOPE" WITH THE FRANCISCAN FRIARS OF THE RENEWAL</p> <p>7:00pm - 9:00pm each evening</p> <p>Join us for a 3-day parish retreat including Confessions and Eucharistic Healing. You won't want to miss this!</p> <p>No RSVPs needed Questions? Email olschurchministries@gmail.com</p>	<p>+ Palm Sunday + April 13th</p> <p>PROCESSION WITH PALMS BEFORE 10AM FAMILY MASS (weather permitting)</p> <p>Meet in front of Rectory by 9:45am!</p>	

Fr. Mike Schmitz Video - Train for Martyrdom this 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.

LENT 2025



“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



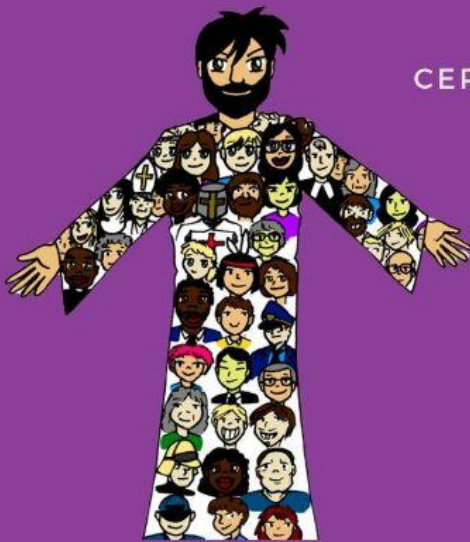
FAST

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



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 today - Wednesday, March 19th** and then swing by the OLS School to pick up your delicious fried fish from the Chippery in Union. Yum!



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](#)

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. Joseph

Feast Day: March 19th

Patron of: Universal Church, a happy death, families, fathers, expectant mothers, explorers, pilgrims, travelers, immigrants, home sellers and buyers, craftsmen, engineers and working people

Attributes in Art: Often seen holding lilies

The Bible pays Joseph the highest compliment: he was a “just” man. The quality meant a lot more than faithfulness in paying debts.

When the Bible speaks of God “justifying” someone, it means that God, the all-holy or “righteous” one, so transforms a person that the individual shares somehow in God’s own holiness, and hence it is really “right” for God to love him or her. In other words, God is not playing games, acting as if we were lovable when we are not.

By saying Joseph was “just,” the Bible means that he was one who was completely open to all that God wanted to do for him. He became holy by opening himself totally to God.

The rest we can easily surmise. Think of the kind of love with which he wooed and won Mary, and the depth of the love they shared during their marriage.

It is no contradiction of Joseph’s manly holiness that he decided to divorce Mary when she was found to be with child. The important words of the Bible are that he planned to do this “quietly” because he was “a righteous man, yet unwilling to expose her to shame” (Matthew 1:19).

The just man was simply, joyfully, wholeheartedly obedient to God—in marrying Mary, in naming Jesus, in shepherding the precious pair to Egypt, in bringing them to Nazareth, in the undetermined number of years of quiet faith and courage.



St. Joseph's Day Crafts and Activities for Kids

Saint Joseph holds a special place in the life of Jesus and the lives of all Christians. He was a hard-working father who raised Jesus Christ as a son. Make his feast day a little more special by working on one of the following with your kids:

[Easy Ways to Celebrate Saint Joseph's Feast Day](#) (Kennedy Adventures)

[St. Joseph Feast Day Celebration Ideas](#) (Catholic Icing)

[Feast of St. Joseph Prayer Printable](#) (Look to Him and Be Radiant)

[St. Joseph Feast Day Printables](#) (Catholic Icing)

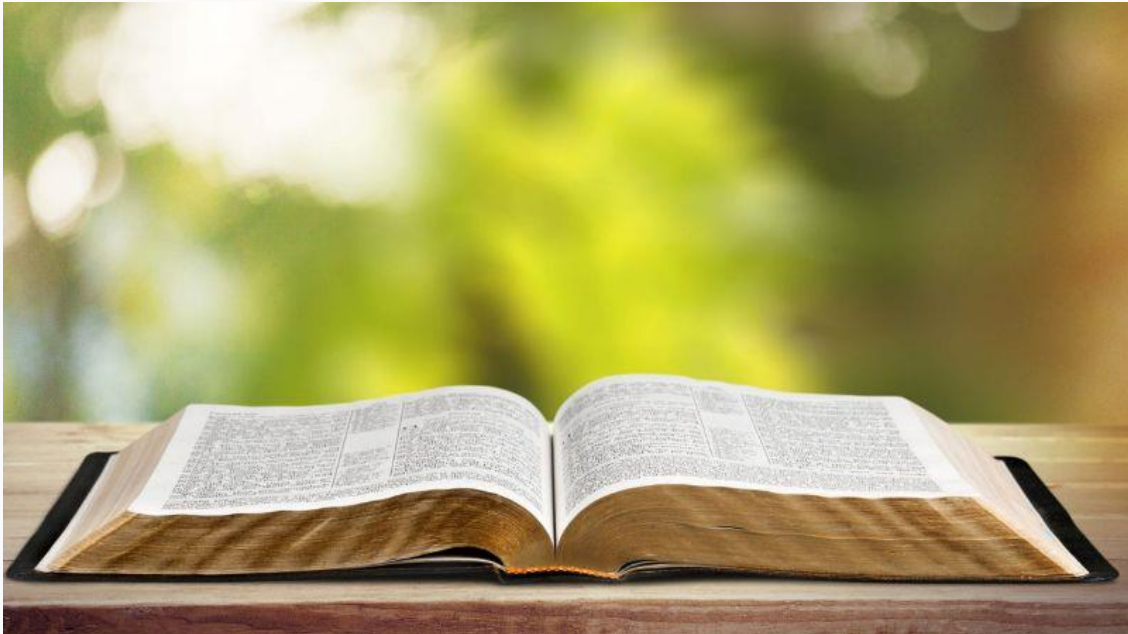
[Holy Family Activities](#) (The Religion Teacher)

[Quick and Easy Saint Joseph Shrine](#) (Look to Him and Be Radiant)

[Decoupage Diorama of St. Joseph and Jesus in Nazareth](#) (Et Maintenant une histoire!)

[St. Joseph Carpenter Picture on Wood](#) (Catholic Inspired)

[St. Joseph Craft Ideas](#) (Catholic Inspired)



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:

[Third Sunday of Lent](#)

[Loyola Press: Sunday Connection](#)

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



[Mark Ten Mission - Grow with Jesus this Lent](#)

[MaryKnoll Brothers: Hope Against All Odds](#)

KIDSCALENDAR

MARCH 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Word of the month: TEMPTATION A strong urge to do something we know is wrong.						
EIGHTH SUNDAY IN ORDINARY TIME Q Jesus said, "Every tree is known by its fruit." (SEE MARCH 6) Luke 6:39-45	SAINTE KATHARINE DIOKELE, VIRGIN	SAINT CASMIR	ASH WEDNESDAY	SAINTS PERPETUA AND FELICITY, MARTYRS	SAINT JOHN OF GOD, RELIGIOUS	
2	3	4	5	6	7	8
FIRST SUNDAY OF LENT Q What did Jesus eat in the desert? (SEE MARCH 10) Luke 4:1-13	SAINT PATRICK, BISHOP		SAINT CYRIL OF JERUSALEM, BISHOP AND DOCTOR OF THE CHURCH		SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY	
9	10	11	12	13	14	15
SECOND SUNDAY OF LENT Q Who did Jesus take up the mountain? (SEE MARCH 20) Luke 9:28B-36	THE ANNUNCIATION OF THE LORD		SAINT CYRIL OF JERUSALEM, BISHOP AND DOCTOR OF THE CHURCH		SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY	
16	17	18	19	20	21	22
THIRD SUNDAY OF LENT Q What kind of tree is Jesus talking about? (SEE MARCH 27) Luke 13:1-9	SAINT CYRIL OF JERUSALEM, BISHOP AND DOCTOR OF THE CHURCH		SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY		SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY	
23	24	25	26	27	28	29
FOURTH SUNDAY OF LENT Q How many sons did the father have? (SEE MARCH 31) Luke 15:1-3, 11-32	SAINT CYRIL OF JERUSALEM, BISHOP AND DOCTOR OF THE CHURCH		SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY		SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY	
30	31	Living Faith Kids helps children explore, learn about the Catholic faith and grow as follower of Christ.				
Living Faith Kids Pause + Pray + Play with Scripture Every Day Subscribe online at www.livingfaithkids.com						

Images: adobeStock.com and wikimedia commons from the public domain. Living Faith Kids is published by Creative Communications for the Parish, a division of Bayard, Inc. For more information, go to www.livingfaithkids.com

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

Catholic Trivia

Question: In Italy, if you are celebrating your onomastico, what occasion are you marking?

- A) Your birthday
- B) The anniversary of your Baptism
- C) The anniversary of your Confirmation
- D) Your "Name Day"

Answer: D

For many Italians, celebrating one's *onomastico* is just as special as celebrating one's birthday, and for some it is even more special. Onomastico means "name-day" in Italian, and in Italy there is a custom where Catholics named after a saint will celebrate their onomastico on the same day as that saint's feast day. So, for all those Josephs or Josephines out there - have a blast today! To learn more about the Italian custom of celebrating one's onomastico, click [HERE](#).



Joke of the Week



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[Our Lady of Sorrows Website](#)