

Religious Education



CCD Family Newsletter March 5 - March 12, 2025



CCD in March Continues

Monday, March 10th

Lesson 18: *How do we pray?*

Tuesday, March 11th

Lesson 17: *Why do we pray?*

[CCD Calendar](#)



Homeschooling Connection

Week of March 9th

Lesson 18: *How do we pray?*

As homeschooling families, you are in a unique position to tailor your lesson plan to the type of prayer that is best suited to your children. Do they like art? Try visio divina! Do they like stories? Try lectio divina! Are they active? Try walking the Stations of the Cross. Are they up early in the morning? Focus on

morning prayer. Night owls? Try the Daily Examen before bed. You get the idea. Help your children find the kind of prayer that fits best with their personalities and lifestyles.

Please help us with our CCD-wide Lenten Initiative. Breakfast cereal can be dropped off in the vestibule of the church whenever the church is open. As outlined in my email, please help your child understand the importance of intercessory prayer by listing prayer intentions and praying for them as a family each day during Lent.



Gospel Reflection Sticker

Ask your children why they think they received a sticker with an image of a heart created out of fruit on it. In this past Sunday's Gospel, one of the parables Jesus told was the Tree and its Fruits. Bad trees bear bad fruit. Likewise good trees bear good fruit. We want to be like the good trees and have people know what is in our good hearts by looking at all the good things we do. (We definitely DON'T want to be like the black banana Mrs. Noll ate! Yuck!)

Lent 2025 is Here

Check out this flyer with all the upcoming Lenten offerings at OLS.

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 27th</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: The Significance of Ash Wednesday](#)



Lent in 3 Minutes

What is Lent all about? Why do Christians receive ashes on Ash Wednesday? Why 40 days? If you're looking for answers, just click [HERE](#). In just three minutes, Busted Halo explains the significance of this season of prayer, fasting, and giving, and how you can make the most of this time of repentance and renewal. Take three minutes out of your day for a refresher - and then chat with your kids about it tonight as you sit down to your one small meatless meal of the day.

2025 OLS CCD Lenten Initiative

All our in-person students should have come home with a flyer outlining the basics for the CCD program's Lenten initiative for 2025. We will be collecting cereal for the food pantry through our final day of CCD before Easter break: April 8th.

Additionally, your children should also have come home with a slip of paper listing the prayer intentions of one of their classmates on it. Please put this slip of names in a prominent spot and remind our children to include these people and groups in their prayers. We will also be praying for these people as a larger group.

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



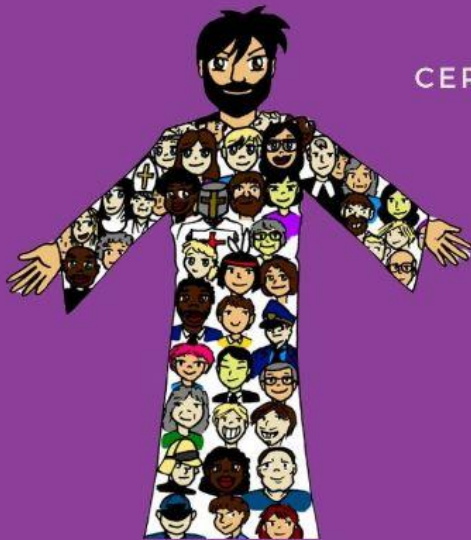
FAST

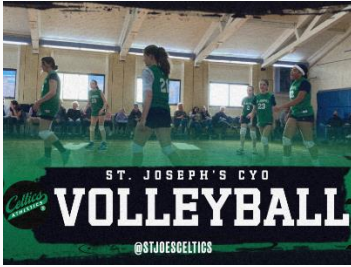
BY MAKING A SACRIFICE OF SOME KIND TO HELP US REMEMBER THE NEEDS OF OTHERS



PRAY

BY KEEPING THE SPECIAL INTENTIONS OF OUR CLASSMATES IN OUR PRAYERS





CYO Girl's Spring Volleyball Registration Ends This Friday

Be sure to register by the end of the week in order to have your daughter participate in the CYO's spring volleyball offering for girls in grades 4-7. 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 ends on Friday, March 7. The registration fee is \$200 per player.

Questions? Contact Coach Helene McLaughlin at helenemckelvey@gmail.com or Gerry O'Connor at stjosephcyobb@aol.com.

To register, click [HERE](#).

Mark Your Calendars

March is a very busy month here at OLS. Be sure to mark your calendars so that you don't miss out on anything. Of particular note, please be sure to RSVP for the St. Patrick's Day party. It is always one of the biggest gatherings of the year, so be sure to reserve your spot.

Mark Your Calendars - And please join us for:



Our Lady of Sorrows
Saint Patrick's Day Dinner
March 15th 6:30 PM - 10:00 PM
Our Lady of Sorrows Gymnasium

Bring the family for a night of fun and enjoy
Corned Beef and Cabbage from Town Hall Deli, Hot dogs and Chips for the kids,
Keg of Irish Beer, Wine, Soda, Coffee and Dessert
Irish Dancers, Bagpipers, Face Painting and Raffles to entertain adults and children

RESERVATIONS ARE REQUIRED

Yes, we want to share in some Irish Cheer on March 15, 2025

Name: _____
Address: _____
Telephone No.: _____
Number of people: Adults _____ Children _____
To be seated with (name of person's table/# per table): _____
Amount Enclosed: \$ _____

If you would like to pay by credit card, please indicate below and you will be sent an invoice from Square Deposit

Pay by Credit card: _____ Email: _____

(\$30 per Adult or \$70 per Family)
*Family max is 2 adults and children under 15 years of age

Please send reservations
no later than March 10th
To:
Marii Craig
360 Sunset Avenue
Asplenwood, NJ 07090
or you can drop them off at
the parish office
Questions, Call Marii at:
(973) 943-0079 or you can
email her at:
mari@catholic.com

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

OUR LADY OF SORROWS
LENTEN MISSION:
"Renew our Hope!"
March 24th-27th, 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
website and to let us
know you're coming!

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! 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 a group, the CCD program is focusing on intercessory prayer this Lent. You can help teach your child about not only intercessory prayer, but also the Catholic Church hierarchy and apostolic succession, by including Pope Francis in your daily prayers.

According to a Vatican Press Office communiqué on Tuesday evening, Pope Francis had not manifested any episodes of respiratory insufficiency or bronchospasm. He is alert, without fever, and cooperative. As planned, non-invasive mechanical ventilation will be resumed.

Click [HERE](#) for a collection of Pope printables from *Look to Him and be Radiant*.



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](#)

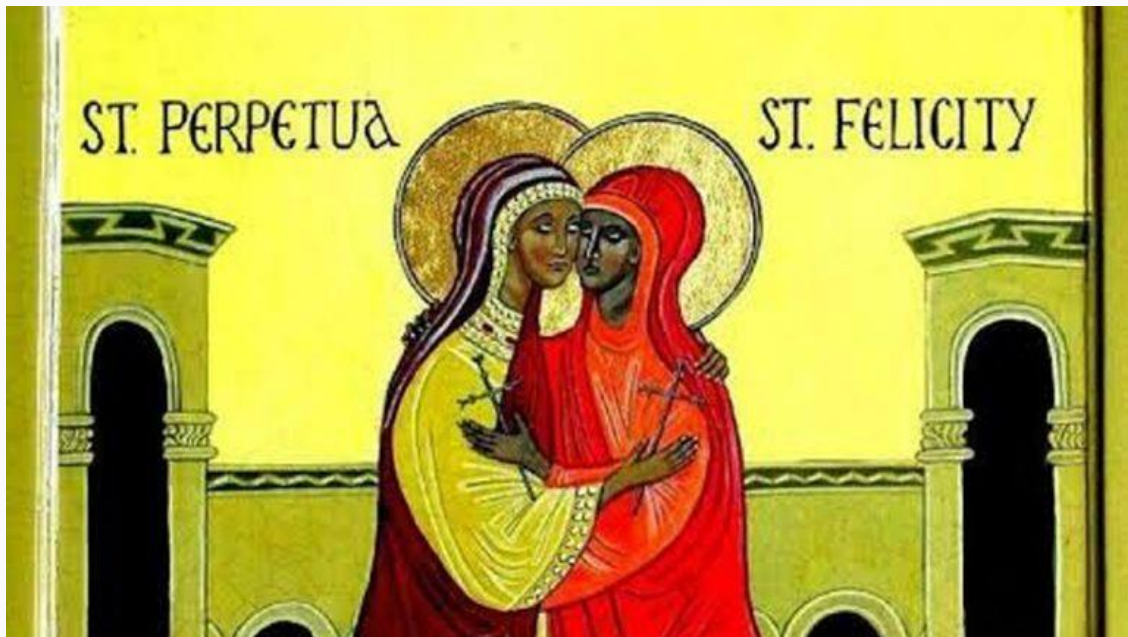
Each of the linked lesson plans contains several different options for presenting the core material for each lesson. You do not have to complete all of the options for your child to be considered "trained". You simply have to present material in the way you, as a parent, feel is the most appropriate 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

Sts. Perpetua and Felicity

Feast Day: March 7th

Patron of: Mothers, Expectant Mothers, Persecuted Christians

“When my father in his affection for me was trying to turn me from my purpose by arguments and thus weaken my faith, I said to him, ‘Do you see this vessel—water pot or whatever it may be? Can it be called by any other name than what it is?’ ‘No,’ he replied. ‘So also I cannot call myself by any other name than what I am—a Christian.’”

So writes Perpetua: young, beautiful, well-educated, a noblewoman of Carthage in North Africa, mother of an infant son and chronicler of the persecution of the Christians by Emperor Septimius Severus.

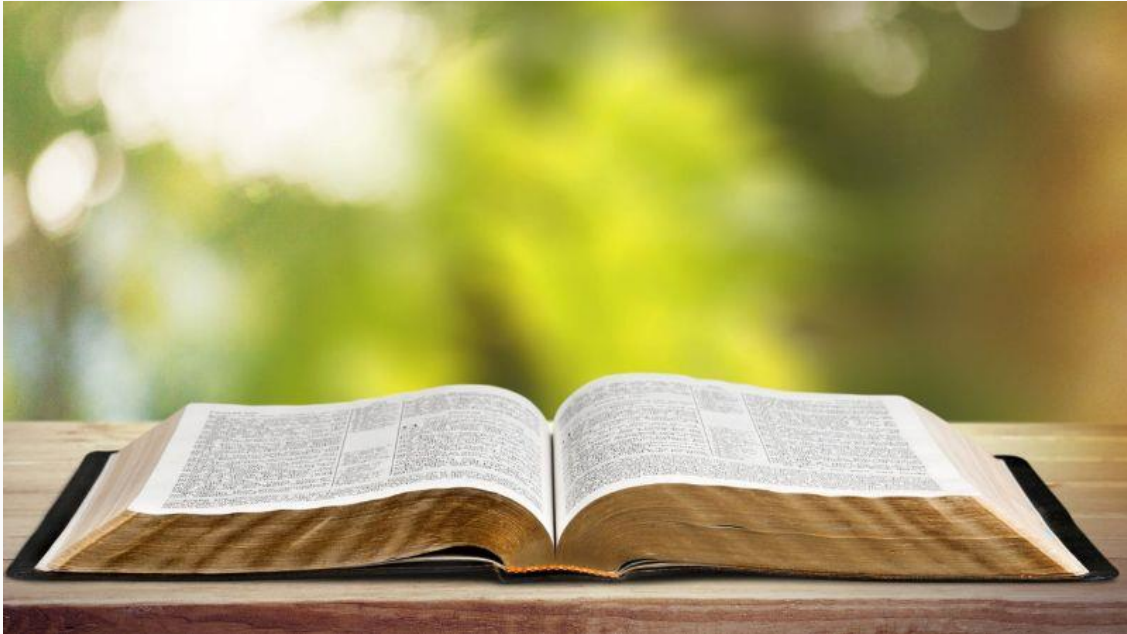
Perpetua’s mother was a Christian and her father a pagan. He continually pleaded with her to deny her faith. She refused and was imprisoned at 22.

In her diary, Perpetua describes her period of captivity: “What a day of horror! Terrible heat, owing to the crowds! Rough treatment by the soldiers! To crown all, I was tormented with anxiety for my baby.... Such anxieties I suffered for many days, but I obtained leave for my baby to remain in the prison with me, and being relieved of my trouble and anxiety for him, I at once recovered my health, and my prison became a palace to me and I would rather have been there than anywhere else.”

Despite threats of persecution and death, Perpetua, Felicity—a slave woman and expectant mother—and three companions, Revocatus, Secundulus and Saturninus, refused to renounce their Christian faith. For their unwillingness, all were sent to the public games in the amphitheater. There Perpetua and Felicity were beheaded, and the others killed by beasts.

Felicity gave birth to a daughter a few days before the games commenced.

Perpetua’s record of her trial and imprisonment ends the day before the games. “Of what was done in the games themselves, let him write who will.” The diary was finished by an eyewitness.



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:**

[First Sunday of Lent](#)

[Loyola Press: Sunday Connection](#)

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



The Meaning of Lent

Begin Lent in the wilderness with Jesus

[Mark Ten Mission - What is Lent? Little Liturgies](#)

KIDSCALENDAR

MARCH 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Word of the month:</p> <h2>TEMPTATION</h2> <p>A strong urge to do something we know is wrong.</p>						
<p>EIGHTH SUNDAY IN ORDINARY TIME</p> <p>Q Jesus said, "Every tree is known by its fruit." (SEE MARCH 6)</p> <p>● Luke 6:39-45</p> <p>2</p>	<p>SAINT KATHARINE DREXEL, VIRGIN</p> <p>3</p>	<p>SAINT CASIMIR</p> <p>4</p>	<p>ASH WEDNESDAY</p> <p>5</p>	<p>A Its own fruit.</p> <p>6</p>	<p>SAINTS PERPETUA AND FELICITY, MARTYRS</p> <p>7</p>	<p>SAINT JOHN OF GOD, RELIGIOUS</p> <p>8</p>
<p>FIRST SUNDAY OF LENT</p> <p>Q What did Jesus eat in the desert? (SEE MARCH 18)</p> <p>● Luke 4:1-13</p> <p>9</p>	<p>SAINT PATRICK, BISHOP</p> <p>10</p>	<p>A He ate nothing.</p> <p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>
<p>SECOND SUNDAY OF LENT</p> <p>Q Who did Jesus take up the mountain? (SEE MARCH 26)</p> <p>● Luke 9:28b-36</p> <p>16</p>	<p>17</p>	<p>SAINT CYRIL OF JERUSALEM, BISHOP AND DOCTOR OF THE CHURCH</p> <p>18</p>	<p>SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY</p> <p>19</p>	<p>20</p>	<p>A Peter, James and John</p> <p>21</p>	<p>22</p>
<p>THIRD SUNDAY OF LENT</p> <p>Q What kind of tree is Jesus talking about? (SEE MARCH 27)</p> <p>● Luke 13:1-9</p> <p>23</p>	<p>24</p>	<p>THE ANNUNCIATION OF THE LORD</p> <p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>A A fig tree.</p> <p>29</p>
<p>FOURTH SUNDAY OF LENT</p> <p>Q How many sons did the father have? (SEE MARCH 31)</p> <p>● Luke 15:1-3, 11-32</p> <p>30</p>	<p>A Two.</p> <p>31</p>			<p>Living Faith Kids helps children explore, learn about the Catholic faith and grow as follower of Christ.</p> <p>Living Faith Kids <i>Pause + Pray + Play with Scripture Every Day</i></p> <p>Subscribe online at www.livingfaithkids.com</p>		

Images: adobeistock.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

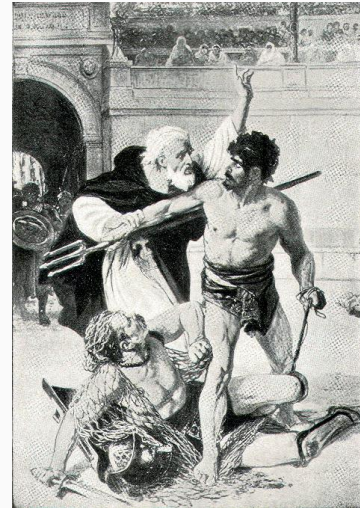
[Click Here to Download the March Calendar from Catechist Magazine](#)

Catholic Trivia

Question:

This week we remember the lives of Sts. Perpetua and Felicity who were martyred in the "games" in a roman amphitheater. Which of the following saints is credited with being the individual whose death in the gladiatorial ring caused Emperor Honorius to issue a historic ban on gladiatorial fights?

- A) St. Ambrose of Milan
- B) St. Basil of Caesarea
- C) St. Methodius
- D) St. Telemachus



Answer: D St. Telemachus (also known as Almachius) was an Eastern ascetic who was stoned to death in Rome when he tried to stop a contest between gladiators in the arena. He entered the stadium while the games were in progress and, going down into the arena, attempted to separate the combatants. The spectators of this cruel pastime were infuriated, and at the instigation of Satan, who delights in blood, they stoned to death this messenger of peace. His death, according to Theodoret, caused Emperor Honorius to abolish gladiatorial contests. His feast day is January 1.

Joke of the Week

There's a joke in there somewhere about keeping the Lent in VaLENTine's Day...

...but I gave up trying to find it.

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[Our Lady of Sorrows Website](#)