

Religious Education



CCD Family Newsletter April 16 - 23, 2025



CCD in April

Monday
April 21st - NO CCD
(Easter Break)

April 28th - CCD Resumes
Lesson 20: *Why is the Lord's Prayer Called the Perfect Prayer?*

Tuesday
April 22nd - NO CCD
(Easter Break)

April 29th - CCD Resumes
Lesson 20: *Why is the Lord's Prayer Called the Perfect Prayer?*

[CCD Calendar](#)



Homeschooling Connection

Week of April 20th - No CCD

While there is NO CCD for Easter Break, if **you have fallen behind on your studies, Holy Week is the BEST possible time ever to catch up!** I look forward to grading your submissions!

Join us for

Holy Week and Easter

here at Our Lady of Sorrows

Palm Sunday April 13 th	Holy Monday April 14 th	Holy Tuesday April 15 th	Spy Wednesday April 16 th
Normal Mass Times Procession with Palms before 10am Mass (weather permitting) Meet in front of the Rectory by 9:45am!	7am: Mass 12pm: Mass 12:30-3pm: Adoration	7am: Mass 7:30-8am: Confessions 12pm: Mass	7am: Mass 12pm: Mass 12:30-1pm: Confessions
Holy Thursday April 17 th	Good Friday April 18 th	Holy Saturday April 19 th	Easter Sunday April 20 th
9am: Morning Prayer 7:30pm: Mass of the Lord's Supper Church open until 11pm for Prayer	9am: Morning Prayer 12-1pm: Confessions 3:00pm: Service of the Lord's Passion (Holy Communion distributed) 7:30pm: Living Stations of the Cross with Parish Choir	9am: Morning Prayer 9:45am: Blessing of Easter Foods 10am: Egg Hunt & Family Social w/ Crafts 8pm: Solemn Vigil Mass of Easter	----- Masses at 8am, 10am, and 11:30am



Living Stations of the Cross Presented by the OLS Youth Group and Parish Choir

Friday, April 18th - 7:30 pm

If you have never attended the **Living Stations of the Cross** here at OLS, I urge you to come with your family **Friday night** to see the OLS Youth Group present their reenactment of the events surrounding Jesus' crucifixion and death. Their moving portrayal of each of the Stations of the Cross is sure to reside in your heart long after the evening has ended. Plus, the extremely talented OLS parish choir provides the beautiful and often haunting musical accompaniment for the night. I hope to see you there.

Join Us This Saturday!

So far the weather for this Saturday looks pretty good, so we're really **hoping for an outdoor Egg Hunt!** If your schedule permits, **join us in St. Joseph's Hall after the hunt for coffee, bagels, and donuts.** We'll also have six different stations set up for the kids to visit so you can enjoy your coffee and some adult conversation:

- Design your own Easter cards
- Create a Holy Week or Easter Bunny "cootie catcher"
- Turn one of your collected eggs into a fun Easter Season top
- Create a collection of Holy Week Eggs featuring symbols from the events of the week
- Design your own family Paschal Candle
- Color in a Holy Week booklet

HOLY SATURDAY **9:45 AM** **UPPER CHURCH**
APRIL 19TH **OUR LADY OF SORROWS**
ANNUAL BLESSING
OF THE EASTER BASKETS

ŚWIEÇONKA



WHAT SHOULD I PUT IN MY EASTER BASKET?
For those wishing to participate in the Świeçonka, the following is a guide to familiarize yourself with this traditional Polish custom. Feel free to use the foods listed below and bring your own interpretation of the Easter breakfast in a basket to be blessed.

CUSTOMARY EASTER BREAKFAST FOODS

Hardboiled Eggs - Eggs have long been regarded as a symbol of new life. The emergence of a newborn chick from the shell is a sign of the new life Christ provided through his resurrection. It has also been compared to His emergence from the tomb on Easter morning. Poles cut the first egg into pieces so that all may share the egg, symbolizing our sharing of Christ with each other. **Salt** is a symbol of prosperity, and that we are the "salt of the earth" (St. Matthew 5:13) and is sprinkled on the egg. **Pepper and horse radish** are reminiscent of our Lord's passion and may be sprinkled on the eggs.

Ham, Pork, Kielbasa - All of these types of pork were forbidden under the dietary codes of the Old Testament. Since our Lord comes to fulfill the law, the old makes way for the new. One main element of the Świeçonka ceremony is the blessing of those formerly forbidden foods, emphasizing the "New Covenant" which Jesus Christ established for all by his death and resurrection.

Bread or Babka - This is a round loaf of bread topped with a frosting cross. This symbolizes the bread of the Eucharistic meal.

Butter (or Paschal) Lamb - The lamb is featured carrying a banner emblazoned with a cross. The symbolism of the lamb has many meanings. Our Lord proclaimed, "I am the Good Shepherd" (John 10:11). St. John the Baptist proclaimed, "Behold the Lamb of God." (John 1:29). The lamb, a sacrificial animal in ancient times, portrays Christ as victorious through this presentation. This lamb may also be made of dough or cast plaster.

Vinegar - Reminds us of the sour wine given to Jesus as He hung upon the cross.

Wine - Reminds us of Jesus' blood, particularly His request to drink of His blood.

Questions? Contact Jan Hall at jehall101@gmail.com

Holy Saturday
EGG HUNT & FAMILY SOCIAL
April 19, 2025

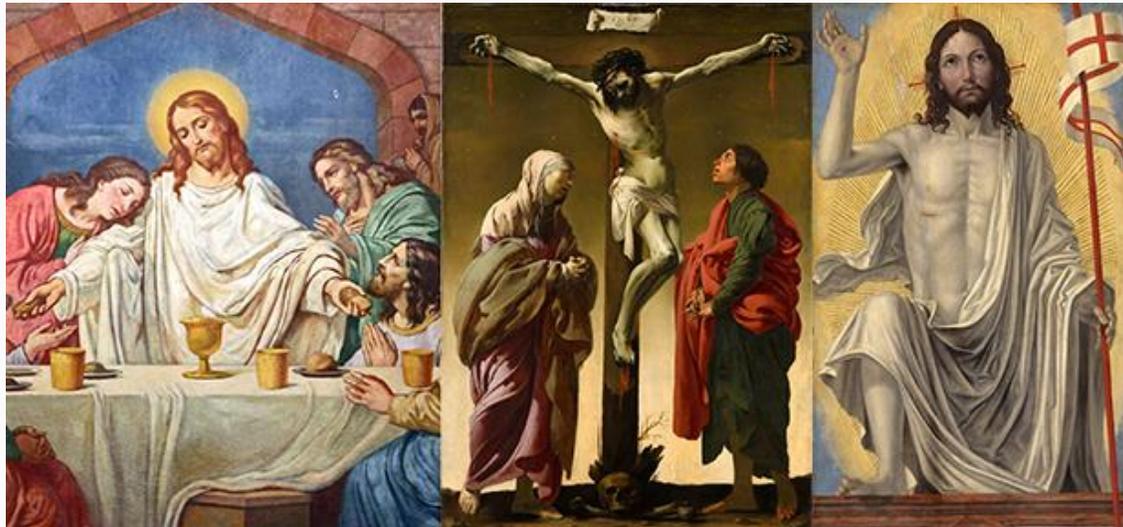


HOP ON DOWN!

Egg Hunt
Immediately following the 9:45 Blessing of the Easter Baskets
Church Lawn Near the Playground
Children of All Ages are Welcome - Little Ones will Hunt Separately
(In case of rain, the egg hunt will be held in St. Joseph's Hall)

Family Social
Join Us After the Hunt for:
Light Breakfast and Refreshments
Holy Week Crafts and Activities for the Kids

Questions? Email Colleen McGeehin at colleenmcgeehin@gmail.com
Suggested Donation - \$10 per child, no more than \$25 per family - Collected at Event



The Triduum

The Easter Triduum begins with the evening Mass of the Lord's Supper on Holy Thursday, reaches its high point in the Easter Vigil, and closes with Evening Prayer on Easter Sunday.

Need a Sacred Paschal Triduum refresher? No problem! The Archdiocese of Toronto was kind enough to sum everything up in 5 easy to understand infographics!

Paschal Triduum

The **Easter Triduum** or **Holy Triduum** is the three-day celebration of the **Paschal Mystery**: the Passion, death and resurrection of Jesus Christ

PASCHAL: associated with the Hebrew **Passover**; referring to Jesus as the Lamb of God
TRIDUUM: derived from the Latin for **three days**

The Paschal Triduum bridges the seasons of **Lent** to **Easter**.

In the Sacred Triduum, the Church solemnly celebrates the greatest mysteries of our redemption, keeping by means of special celebrations the memorial of her Lord, crucified, buried, and risen.

The Roman Missal

The Paschal mystery has two aspects: **by his death**, Christ liberates us from sin; **by his Resurrection**, he opens for us the way to a new life.

DAY 1:
sundown on Holy Thursday to sundown on Good Friday



DAY 2:
sundown on Good Friday to sundown on Holy Saturday



DAY 3:
sundown on Holy Saturday to sundown on Easter Sunday



HOLY THURSDAY:

“Jesus gives himself to us as food and, in the washing of feet, teaches us the need to serve others.”

GOOD FRIDAY:

“In the mystery of Christ’s death on the cross, we contemplate that undying divine love which embraces all mankind and summons us in turn to love one another in the power of the Spirit.”

HOLY SATURDAY:

“The day of God’s silence - invites us not only to solidarity with all who are abandoned and alone, but also to trust in that faithful love which turns death into life.”

SOURCE: POPE FRANCIS, GENERAL AUDIENCE, MARCH 23, 2016



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“These, then, are days which speak to us **powerfully** of God’s **love** and **mercy**.”
- Pope Francis



Holy Thursday

Maunder Thursday

The Paschal Triduum begins...

At the **Mass of the Lord's Supper**, we recall that Christ:

- 1 "instituted the Eucharist" and "commanded his apostles to celebrate it until his return"
- 2 "constituted them priests of the New Testament" and
- 3 "commanded them to love one another" as he has loved them.

Source: CCC, no. 337 and John 15:12f



During the **Liturgy of the Word**, we recall the first Passover.



The Gospel (John 13:1-5)

focuses on Jesus washing the feet of his disciples:

"So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you."

JOHN 13:1-5

"Maunder" means **commandment**

On this day, Jesus gives the Apostles the **commandment** to love one another:

"Love one another. Just as I have loved you, you also should love one another."

JOHN 13:34



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In the Washing of Feet, the priest pours water and dries the feet of those who have been chosen from among the people of God as a sign of unity and love in obedience to Christ.



There is **no dismissal** from Mass, creating a connection to the rest of the Paschal Triduum.

Following the Mass of the Lord's Supper, the faithful are invited to join in adoration before the Blessed Sacrament.

Blessed Sacrament is the name given to the Holy Eucharist, especially the consecrated elements reserved in the tabernacle for adoration.

Source: CCC





Friday of the Passion of the Lord

Good Friday

On this day, we meditate on the mystery of Christ's death and we venerate the cross. Behold the wood of the cross, on which hung the salvation of the world. Come let us adore.



We observe the **PASCHAL FAST** on Good Friday to prepare us to celebrate the Lord's Resurrection. The paschal fast continues until the Easter Vigil, if possible. We may do so by prayer, fasting and by abstinence from meat.

All praise to you, Father in heaven, for leading us out of the darkness of sin into **the light of your kingdom**. We bless you for sending us your Son to save us, to die for us that we might die to sin, to be raised that we might share your life. We thank you for giving us your Spirit of love, to live in our hearts and lead us to you. All glory, praise and honour be yours, Father, Son and Holy Spirit, now and evermore. Amen.

Prayer from the Canadian Conference of Catholic Bishops www.cccb.ca

"Let the paschal fast be kept sacred.

Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the **joys** of the Sunday of the resurrection may be attained with **uplifted and clear mind.**"

Constitution on the Sacred Liturgy, no. 110



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The Easter Vigil in the Holy Night

HOLY SATURDAY

On Holy Saturday, the Church waits at the Lord's tomb in prayer and fasting, meditating on his Passion and death and on his descent into Hell, and awaiting his Resurrection.



The Easter Vigil is made up of four parts described below:



1 The Lucernarium and Easter Proclamation

(The Service of Light)

A great fire is blessed.

The **Paschal Candle** is lit from this sacred fire with the words:

“May the light of Christ, rising in glory, dispel the darkness of our hearts and minds.”

2 The Liturgy of the Word

FROM THE GOSPEL READING:

“Why do you look for the living among the dead?”

Luke 24:5

3 Baptism

We celebrate Christ's death and Resurrection.

After water in the font is blessed, catechumens are initiated into the Church through baptism. The faithful also renew their baptismal promises at this time.



SOURCE: The Roman Missal



4 The Holy Eucharist

COMMUNION ANTIPHON:

“Christ our Passover has been sacrificed; therefore let us keep the feast with the unleavened bread of purity and truth, alleluia.”

1 Corinthians 5:7-8



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The Resurrection of the Lord

Easter Sunday



On this, the last day of the Paschal Triduum, the Church and, indeed, the whole world is filled with the **radiance** of the resurrection.

Today, we proclaim the faith passed on to us from the Apostles:

“The Lord is truly risen, alleluia!”



All things are made new because of Christ's death and resurrection. At Mass, we remind ourselves of the **great gift** given to us by professing our faith and being sprinkled with holy water as a symbol of our baptism.

May our hearts be grateful in remembrance of the Paschal Mystery, be filled with Jesus' gracious presence, and renewed in the promise of eternal life!



May we greet Christ eagerly through our celebration of Holy Eucharist on this great solemnity of Easter!



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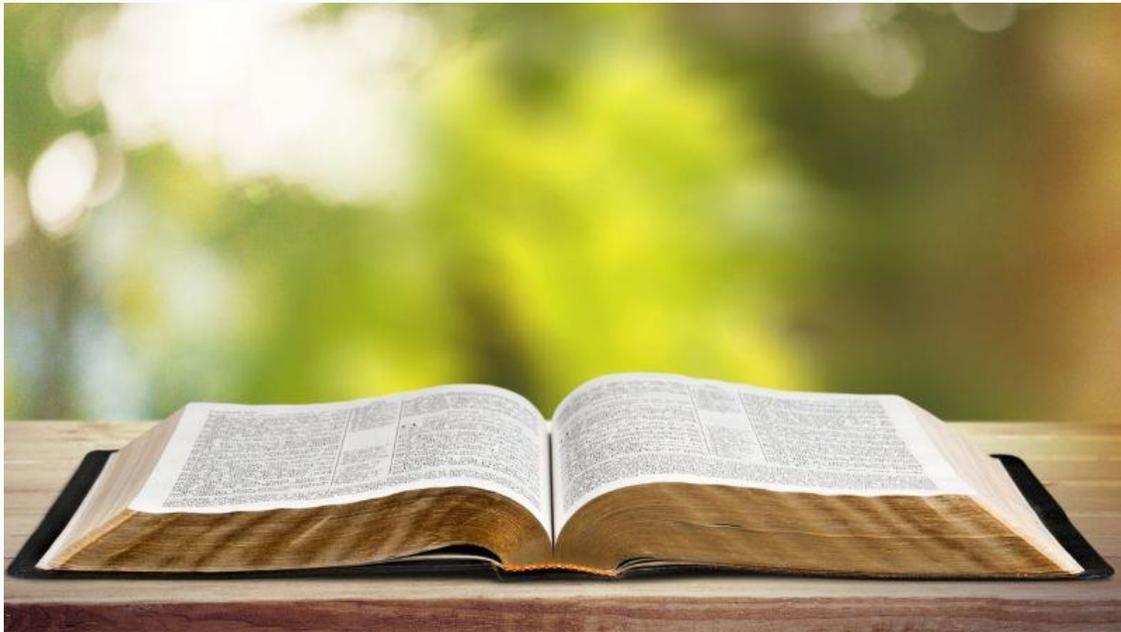
[Downloadable "An Illustrated Guide to the Triduum"](#)



**Attention Sacramental Preparation Families:
If You Can't Make it to the Mass of the Lord's Supper on Holy Thursday,
Check This Resource Out!**

The good folks at the Mark 10 Mission have created two Holy Thursday "Little Liturgies" just for kids explaining the meaning of the Last Supper. If you have a few minutes with your kids, check out the one most age-appropriate for your child.

[Holy Thursday Little Liturgy for Kids Aged 4-8](#)
[Holy Thursday Little Liturgy for Kids Aged 8-12](#)



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:

[The Resurrection of the Lord](#)
[Loyola Press: Sunday Connection](#)
[Sadlier: This Week's Liturgy](#)

KIDSCALENDAR

APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	SAINT FRANCIS OF PAOLA, HERMIT 1	2	3	SAINT ISIDORE, BISHOP AND DOCTOR OF THE CHURCH 4	SAINT VINCENT FERRER, PRIEST 5
FIFTH SUNDAY OF LENT Q What did Jesus tell the woman to do? (SEE APRIL 9) John 8:1-11 6	SAINT JOHN BAPTIST DE LA SALLE, PRIEST 7	8	A "Do not sin anymore." 9	10	SAINT STANISLAUS, BISHOP AND MARTYR 11	12
PALM SUNDAY OF THE PASSION OF THE LORD Q Who helped Jesus carry the cross? (SEE APRIL 10) Luke 22:14-23:56 13	MONDAY OF HOLY WEEK 14	TUESDAY OF HOLY WEEK A Simon, a Cyrenian 15	WEDNESDAY OF HOLY WEEK 16	HOLY THURSDAY 17	FRIDAY OF THE PASSION OF THE LORD 18	HOLY SATURDAY 19
EASTER SUNDAY OF THE RESURRECTION OF THE LORD Q Who came to the tomb early in the morning? (SEE APRIL 25) John 20:1-9 20	MONDAY WITHIN THE OCTAVE OF EASTER 21	TUESDAY WITHIN THE OCTAVE OF EASTER 22	WEDNESDAY WITHIN THE OCTAVE OF EASTER 23	THURSDAY WITHIN THE OCTAVE OF EASTER 24	FRIDAY WITHIN THE OCTAVE OF EASTER A Mary of Magdala 25	26
SECOND SUNDAY OF EASTER SUNDAY OF DIVINE MERCY Q What did Jesus say three times? (SEE APRIL 28) John 20:19-31 27	A "Peace be with you." 28	SAINT CATHERINE OF SIENA, VIRGIN AND DOCTOR OF THE CHURCH 29	SAINT PIUS V, POPE 30	Word of the month: RESURRECTION Jesus' rising from the dead.		

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

Catholic Trivia



Question: *What is the shortest liturgical season of the year?*

- A) Advent
- B) Lent
- C) Sacred Paschal Triduum
- D) Easter

Answer: C

The Triduum is the most important three days in the liturgical year. It is also the shortest liturgical season.

Joke of the Week

Did you know that there was a DJ in the Bible?
It was Jesus because he turned tables.

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[Our Lady of Sorrows Website](#)