


# Religious Education



## CCD Family Newsletter April 9 - 16, 2025

Join us for  
*Holy Week and Easter*  
here at Our Lady of Sorrows

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



## Palm Sunday at OLS

Join us before the 10:00 am Family Mass this Sunday (weather permitting) for a **procession with palms**. We'll start at the rectory and then process over to the church with our palms. It'll be a wonderful way for your children to get a better understanding of Jesus' triumphant entry into Jerusalem. Oh, and wear red for Palm Sunday if you remember!

Please note, given that the Passion Gospel read on Palm Sunday is quite long, Mass on Palm Sunday tends to be longer than usual. As such, even though this Sunday is the 2nd Sunday of the month, there is **no coffee and donuts**. Why? Well, between the longer Mass and coffee and donuts there is nowhere for people attending the 11:30 Mass to park. Sorry! Consider those Sunday donuts yet another Lenten sacrifice.



## Palm Sunday Donkey Craft

There may not be a Coffee and Donuts craft this Sunday, but that doesn't mean that you can't do one at home with your youngster! Click [HERE](#) for instructions and a template to make this cute and educational **Palm Sunday Donkey craft**. All you need are:

- Paper Plate (they used dessert size)
- Donkey Template (see link)
- Paint, grey (or markers)
- Card stock, grey (light and dark), black and green
- Googly Eyes (optional, but a fun addition)



## CCD in April

**Monday, April 14th - NO CCD**

(Easter Break)

**April 22nd - NO CCD**

(Easter Break)

**April 28th - CCD Resumes**

Lesson 20: *Why is the Lord's Prayer Called the Perfect Prayer?*

**Tuesday, April 15th - NO CCD**

(Easter Break)

**April 22nd - NO CCD**

(Easter Break)

**April 29th - CCD Resumes**

Lesson 20: *Why is the Lord's Prayer Called the Perfect Prayer?*

## CCD Calendar

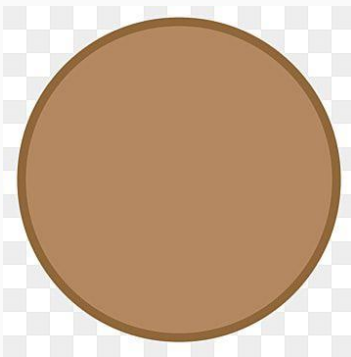
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### **Homeschooling Connection**

**Week of April 13<sup>th</sup> - 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!



### **Gospel Reflection Sticker Image**

Ask your children if they can remember why they received a **sticker with a brown dot** on it during CCD this week. In the gospel reading for the 5th Sunday of Lent, the Jewish elders confront Jesus with a woman who has been found committing adultery and ask what they should do. These men are only able to see

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the woman's sin and are leaning toward stoning her - the punishment for adultery. Unlike Jesus, they are incapable of seeing the woman in her entirety. This reminded me of a painting, by artist Oscar Peterson, currently on display in the Pierro Gallery at the Baird Community Center in South Orange. When you stand too close it only seems like a series of painted circles, but when you step back and view the image in its entirety, you can see that it is a painting of a woman wearing glasses. We are more than our worst sin! We are more than our biggest "flaw"! Jesus sees us in our entirety and loves us - all of us.

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## **Mark Your Calendars for these Holy Saturday Events**

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**HOLY SATURDAY  
APRIL 19TH**

**9:45 AM**

**UPPER  
CHURCH**

OUR LADY OF SORROWS  
**ANNUAL BLESSING  
OF THE EASTER BASKETS**

**ŚWIĘCONKA**



**EASTER BASKETS BLESSING**

**WHAT IS ŚWIĘCONKA?**

- Święconka is a traditional Polish custom.
- It is pronounced "Sveen-Tsonka".
- Święconka refers to the Easter foods taken to church, in baskets lined with linens, for blessing on Holy Saturday.
- Each food in the basket is symbolic of the life, death, or resurrection of Christ.
- Święconka also refers to the meal at which the blessed foods are eaten on Easter morning.
- This meal is considered the first breakfast in the traditions of many nationalities, serving to "break-the-fast" of the season of Lent.
- Święconka is a meal of celebration and joy.



**WHAT SHOULD I PUT IN MY EASTER BASKET?**

For those wishing to participate in the Święconka, the following is a guide to familiarize yourself with this traditional Polish custom. Feel free to alter 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 **horseradish** 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 Święconka 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 Pascal) 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 Jen Noll at [jennollols@gmail.com](mailto:jennollols@gmail.com)

# Holy Saturday

## EGG HUNT & FAMILY SOCIAL

April 19, 2025



### 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](mailto:colleenmcgeehin@gmail.com)  
Suggested Donation - \$10 per child, no more than \$25 per family - Collected at Event

**In the Happy Event that You are Still Young Enough to Qualify as  
a "Young Adult" ...**

**Upcoming "*Verso Christo*" Offerings for April  
(Ages 20-35)**



**Friday, April 11<sup>th</sup> –  
Service Night at Penn Station**

Join us this Friday night, April 11th, and live out the corporal works of mercy this Lent by **providing a hot drink and food to our homeless neighbors** at Penn Station in Newark. Meet at Our Lady of Sorrows at 6:30pm to prepare the materials, or at 7:00pm for a short reflection and shared carpool over to Penn Station from there. Email [olschurchministries@gmail.com](mailto:olschurchministries@gmail.com) with questions or if you need a ride!



**Sunday, April 27th  
Group Movie Outing**

***Carlos Acutis: Roadmap to Reality* is a new film** coming to theaters for a limited time at the end of the month. It **tells the life story of the first millennial Saint, Carlo Acutis**. Verso Cristo is planning a group trip to go on Sunday, April 27th at AMC Loews in East Hanover, NJ for the 4:00pm showing.

We are looking to buy tickets soon! Click [HERE](#) and fill out this form by Friday 4/11 if you are interested in going.

Email Liz Archer ([elizabetharcher54@gmail.com](mailto:elizabetharcher54@gmail.com)) if you have any questions!





## Lenten Giving

Thank you to everyone who participated in this year's Lenten collection for the food pantry. In the event that you were wondering what the most popular low-sugar cereal donated was...the answer is Honey Nut Cheerios, followed closely by Raisin Bran. All of our cereal boxes will be delivered at the food pantry's upcoming April 12th distribution. In total, **the CCD program donated 15 grocery bags of cereal** to this very worthwhile cause. Thanks!

# HOLY WEEK


During Holy Week, we journey with Jesus to Jerusalem and remember the events of His Passion, death, and Resurrection. You can stay close to Jesus this week by walking through these stories from the Gospels.

### MONDAY OF HOLY WEEK

**JOHN 12:1-11**

Today we read that Mary of Bethany anointed Jesus's feet with fragrant oil. This day is sometimes called Extravagant Monday in remembrance of her beautiful act of worship. Mary of Bethany showed how much she loved Jesus and that she believed He was the Messiah.

*What are some ways you show Jesus you love Him?*




### HOLY THURSDAY

**JOHN 13:1-15**

At the Last Supper, Jesus gathered with His Apostles and gave them the gift of the Eucharist. We receive this same gift at every Mass.

*Pray that we will open our eyes, minds, and hearts to truly see Jesus present in this sacrament: Body, Blood, Soul, and Divinity.*




### TUESDAY OF HOLY WEEK

**JOHN 13:31-38**

We read today how Jesus predicted that Peter would deny Him three times. On Good Friday, this happened just as Jesus said it would. But after Jesus's Resurrection, Peter ran to Jesus for forgiveness and told Jesus three times that he loved Him, once for each of his denials.

*Today, think about anyone you may need to forgive or ask forgiveness from.*




### HOLY SATURDAY

**JOHN 19:00-02**

On this day we ponder the three days that Jesus's body lay in the tomb. The first Holy Saturday must have been quiet and still as His disciples watched and waited.

*Today, you can wait like the first disciples did by adding some quiet into your day. Turn off music, games, TV shows, and extra noise.*




### GOOD FRIDAY

**JOHN 19:16-42**

Today we remember the worst thing that has ever happened, the death of Jesus on the Cross. So why is it called "good" Friday? This day is named Good Friday because Jesus's death is also the best thing that has ever happened. Jesus's death frees us from sin and allows us to be welcomed into heaven.

*On Good Friday, we can pray before a crucifix or pray the Stations of the Cross.*




### PALM SUNDAY

**MATTHEW 21:1-11**

The people welcomed Jesus into Jerusalem with cries of "Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!" What words do you use to praise Jesus?

*Today, sing a song or listen to music that praises the Lord.*




### SPY WEDNESDAY

**MATTHEW 26:14-25**

We read that on Wednesday of Holy Week, Judas accepted thirty pieces of silver in exchange for betraying Jesus. He looked for an opportunity to hand Jesus over to the chief priests.

*Take some time today to reflect on ways you have hurt God and others. If you are old enough, resolve to go to Confession as soon as you are able.*




### EASTER SUNDAY

**JOHN 20:1-9**

As the sun rises on Easter Sunday, we rejoice! Jesus is risen! The story of Holy Week is filled with sacrifice and sadness, but it ends with the glory of the Resurrection.

*Today at Mass, sing the Gloria and the Alleluia with all the joy in your heart!*

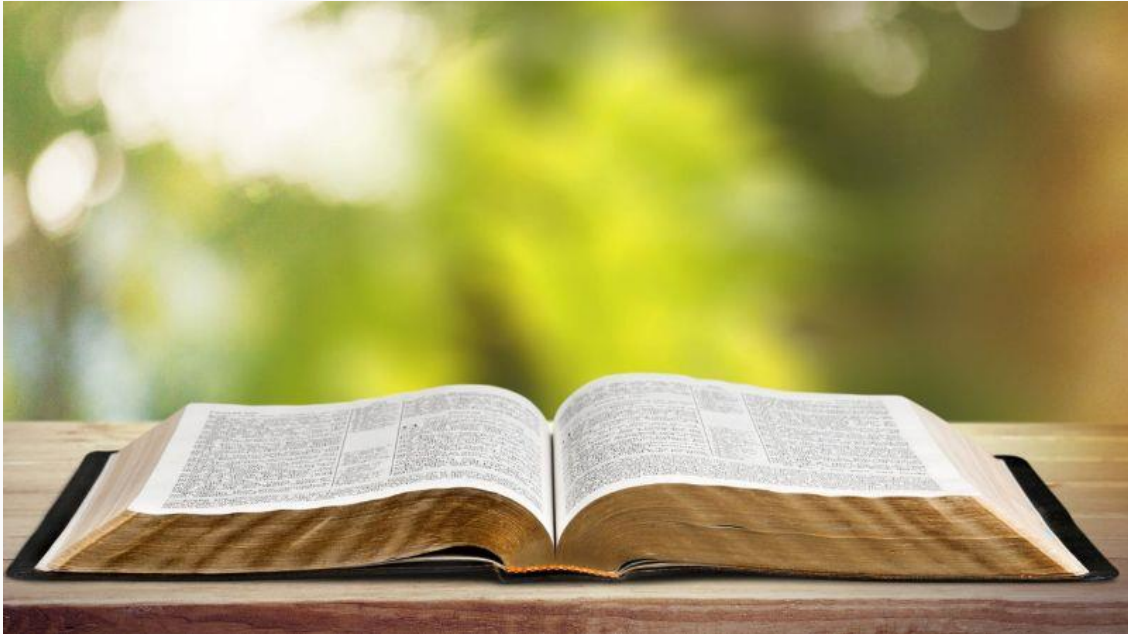


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# Holy Week Family Retreat

We invite your family to enter into a Holy Week Retreat. This collection of ideas is to help you create a family liturgy in your domestic church. Many of the activities are intended for a broad range of ages, so you can participate in them as a whole family. You can record your prayers, favorite Bible verses, journaling, and artwork in [your own Holy Week Journal](#). Click on each of the links for more info and resources.

Day	Liturgy	Scripture	Activities
3/28/21 Palm Sunday		<a href="#">Matthew 21:1-11</a> <ul style="list-style-type: none"> <li>• Make a Scripture Card</li> <li>• <a href="#">Draw an illustration</a></li> <li>• <a href="#">Pray with Lectio Divina</a></li> </ul>	Video: <a href="#">Palm Sunday</a> Video: <a href="#">Better than a Super Hero: Cat Chai</a> (Formed.org) Craft: <a href="#">Handprint Palms and Footprint Donkey Craft</a> Coloring Page: <a href="#">Palm Sunday Coloring Page</a> Food: <a href="#">Palm Sundaes</a> Song: <a href="#">Lift High the Cross</a>
3/29/21 Monday of Holy Week		<a href="#">John 12:1-11</a> <ul style="list-style-type: none"> <li>• Make a Scripture Card</li> <li>• Draw an illustration</li> <li>• <a href="#">Pray with Lectio Divina</a></li> </ul>	Video: <a href="#">The Witness Trilogy: God with Us</a> (Formed.org) Video: <a href="#">Holy Week in Two Minutes</a> Craft: <a href="#">Mary Anoints Jesus' Feet Craft</a> Coloring Page: <a href="#">Faith Over Fear Quote Coloring Pages</a> Food: <a href="#">Lenten Pretzels</a> Song: <a href="#">Walking with Jesus</a> (Rosary in Song)
3/30/21 Tuesday of Holy Week		<a href="#">John 13:31-38</a> <ul style="list-style-type: none"> <li>• Make a Scripture Card</li> <li>• <a href="#">Draw an illustration</a></li> <li>• <a href="#">Pray with Lectio Divina</a></li> </ul>	Video: <a href="#">Jesus in the Desert</a> Video: <a href="#">Pillow - A Social Media Holy Week</a> Craft: <a href="#">Easter Color By Number</a> Coloring Page: <a href="#">Peter Denies Jesus Coloring Page</a> Food: Your Favorite Chicken Dish (for the cockcrow in today's Gospel) Song: <a href="#">How Can It Be</a>
3/31/21 Spy Wednesday		<a href="#">Matthew 26:14-25</a> <ul style="list-style-type: none"> <li>• Make a Scripture Card</li> <li>• Draw an illustration</li> <li>• <a href="#">Pray with Lectio Divina</a></li> </ul>	Video: <a href="#">Spy Wednesday - 30 Pieces of Silver Hunt</a> Video: <a href="#">Betrayal and Arrest of Jesus</a> Craft: <a href="#">Judas' Money Pouch Printable</a> Coloring Page: <a href="#">What the Triduum Looks Like Coloring Page</a> Food: <a href="#">Money Bag Wontons</a> Song: <a href="#">Were You There</a>
4/1/21 Holy Thursday		<a href="#">John 13:1-15</a> <ul style="list-style-type: none"> <li>• Make a Scripture Card</li> <li>• <a href="#">Draw an illustration</a></li> <li>• <a href="#">Pray with Lectio Divina</a></li> </ul>	Video: <a href="#">The Bread of Life: Celebrating the Eucharist</a> (Formed.org) Video: <a href="#">The Veil Removed</a> Craft: <a href="#">Monstrance Art Project</a> Coloring Page: <a href="#">DaVinci's Last Supper Coloring Pages</a> Food: <a href="#">Hot Cross Buns</a> or <a href="#">Allergy Friendly Version</a> Song: <a href="#">Panis Angelicus (Bread of Angels)</a>
4/2/21 Good Friday		<a href="#">John 19:16-42</a> <ul style="list-style-type: none"> <li>• Make a Scripture Card</li> <li>• <a href="#">Draw an illustration</a></li> <li>• <a href="#">Pray with Lectio Divina</a></li> </ul>	Video: <a href="#">The Crucifixion and The Stations of the Cross with Children</a> Video: <a href="#">Fulton Sheen on the Meaning of the Cross</a> Craft: <a href="#">Stations of the Cross Art - Easy Version &amp; Challenging Version</a> Activity: <a href="#">Pray the Rosary with Petitions for the Pandemic</a> Activity: <a href="#">Stations of the Cross Box for Kids</a> Coloring Page: <a href="#">Stations of the Cross Coloring Pages</a> Food: <a href="#">Good Friday Symbolic Lunch</a> or <a href="#">Allergy Friendly Version</a> Song: <a href="#">At the Cross Her Station Keeping</a> Ideas for Venerating the Cross at home and talking with your young children about the Crucifixion <a href="#">in this video</a>
4/3/21 Holy Saturday		<a href="#">Matthew 28:1-10</a> <ul style="list-style-type: none"> <li>• Make a Scripture Card</li> <li>• <a href="#">Draw an illustration</a></li> <li>• <a href="#">Pray with Lectio Divina</a></li> </ul>	Video: <a href="#">That One Day</a> Video: <a href="#">The Three Days Moses</a> Craft: <a href="#">Make Your Own Paschal Candle</a> Activity: <a href="#">Reset Your Spiritual Promises</a> or <a href="#">Make Praying for You Cards</a> Coloring Page: <a href="#">Sacred Heart of Jesus Coloring Pages</a> Food: <a href="#">Resurrection Rolls Recipe and Story</a> Song: <a href="#">Easter Proclamation (Exultet)</a>
4/4/21 Easter Sunday		<a href="#">John 20:1-9</a> <ul style="list-style-type: none"> <li>• Make a Scripture Card</li> <li>• <a href="#">Draw an illustration</a></li> <li>• <a href="#">Pray with Lectio Divina</a></li> </ul>	Video: <a href="#">He is Risen! The Power of the Resurrection</a> (Formed.org) Video: <a href="#">The Easter Story</a> Craft: <a href="#">Way of Light Men Coloring Book and Bible Study</a> Coloring Page: <a href="#">What Easter Looks Like Coloring Page</a> Food: <a href="#">Decorated Easter Eggs with Resurrection Symbols</a> Song: <a href="#">Eastern Playlist</a>



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:

[Palm Sunday of the Lord's Passion](#)

[Loyola Press: Sunday Connection](#)

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

[Maryknoll Brothers: This is Not the End of the Story](#)

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# KIDSCALENDAR

APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	 2	SAINT FRANCIS OF PAOLA, HERMIT 3	4	5	SAINT SIDORE, BISHOP AND DOCTOR OF THE CHURCH 6	SAINT VINCENT FERRER, PRIEST 7
FIFTH SUNDAY OF LENT Q What did Jesus tell the woman to do? (SEE APRIL 9) John 8:1-11 8	SAINT JOHN BAPTIST DE LA SALLE, PRIEST 9	10	A "Do not sin anymore." 11	12	SAINT STANISLAUS, BISHOP AND MARTYR 13	14
PALM SUNDAY OF THE PASSION OF THE LORD Q Who helped Jesus carry the cross? (SEE APRIL 15) Luke 22:14-23:56 15	MONDAY OF HOLY WEEK 16	TUESDAY OF HOLY WEEK A Simon, a Cyrenian 17	WEDNESDAY OF HOLY WEEK 18	HOLY THURSDAY 19	FRIDAY OF THE PASSION OF THE LORD 20	HOLY SATURDAY 21
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 22	MONDAY WITHIN THE OCTAVE OF EASTER 23	TUESDAY WITHIN THE OCTAVE OF EASTER 24	WEDNESDAY WITHIN THE OCTAVE OF EASTER 25	THURSDAY WITHIN THE OCTAVE OF EASTER 26	FRIDAY WITHIN THE OCTAVE OF EASTER A Mary of Magdala 27	28
SECOND SUNDAY OF EASTER SUNDAY OF DIVINE MERCY Q What did Jesus say three times? (SEE APRIL 28) John 20:19-31 29	A "Peace be with you." 30	SAINT CATHERINE OF SIENA, VIRGIN AND DOCTOR OF THE CHURCH 31	SAINT PIUS V, POPE 32	<b>Word of the month:</b> <b>RESURRECTION</b> Jesus' rising from the dead.		

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

## Catholic Trivia

**Question:** We hear the word "Hosanna" a lot on Palm Sunday, but what does it mean?

- A) "grant your salvation" or "save us"
- B) "repent" or "turn from sin"
- C) "praise God" or "Alleluia"
- D) "victory" or "we win"

**Answer:** A

The word Hosanna is a Hebrew imperative mean "grant your salvation" or "save us." In time, the term came to be used as a form of exultant greeting and acclaim as in our Lord's triumphant entry into Jerusalem on Palm Sunday. Want to hear more, click [HERE](#) for a short video from The Religion Teacher.com



## Joke of the Week

*(In honor of OLS' hard-working Music Director Preston Dibble and all our choir members...)*



**THE PREPARATIONS FOR HOLY WEEK AND  
EASTER**



**WERE STARTING TO TAKE A TOLL ON THE  
PARISH ORGANIST**

memegenerator.net

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[Our Lady of Sorrows Website](#)