

Give your child the gift of faith!



Please Pray for Fr. Brian



In case you weren't at Mass this weekend and you aren't on Facebook, I wanted to share with you the news that Fr. Brian posted from his bed in the Cardiac Care Unit at Cooperman Barnabas Hospital this past Monday. While he is now home and continuing to rest and recuperate, please keep Fr. Brian (and Fr. Andrew who is assuming many of his priestly duties) in your prayers.

Dear Brothers and Sisters,

Thank you all for your prayers and best wishes for my full recovery. I ABSOLUTELY feel the power of your prayers as I confront this health challenge. I am so INCREDIBLY blessed to be a part of the OLS family. Thank you for your texts, emails, phone calls, and comments left here on FB. I have read them all and they have lifted my spirits immensely. Thank you!!!

I'm returning to the Rectory today, but I don't know when I'll be celebrating Masses, hearing confessions, etc. I have MUCH healing to do.

Lots of people are curious about what happened to me. Allow me to share my experience and hopefully doing so may even save a life (as mine was saved). This may be a longish post, but there are some lessons I wish to convey to all of you.

On Wednesday evening, I was watching Jeopardy in the Rectory (and getting most of the responses wrong!). While watching, all of a sudden, with no previous warning, I felt pain in my left arm and tightness in my chest. That was followed by nausea and lightheadedness, as the pain in my chest grew worse. I Googled those symptoms and learned that they are symptoms of a heart attack (no surprise). I called Fr. Dominic (who lives in the Rectory) and asked him to call 911. The South Orange Rescue Squad showed up very quickly (thank you!) and I was brought to St. Barnabas. In the ER, I was immediately given an EKG and informed that I had had a heart attack (in the Rectory). About 15 minutes later, I had another, massive heart attack and went into VFib, a life-threatening state. One of my arteries, the left anterior descending artery (which brings 50% of the blood to the heart and is sometimes referred to as the Widow Maker) was 99% blocked. My heart stopped beating, and I was "dead" for 7 minutes. They resuscitated me (which broke one of my ribs and bruised the rest - very painful!), and it's absolutely and truly a miracle that I'm still alive. I had a stent put in and it seems that I may need to have another stent put in another one of my arteries.

I have a long road ahead of me because my heart has been quite weakened (we hope temporarily). Because of the weakness in and low functioning of my heart, for the next few months I'll be wearing - 24/7 - a portable defibrillator vest (Life Vest) which will shock my heart if I again go into cardiac arrest. Hopefully during these months, my heart will begin to heal itself and regain some or, please God, most of its previous strength. Now for the lessons:

1. Educate yourself as to the symptoms of a heart attack and stroke. If you experience symptoms, call 911 IMMEDIATELY! Don't wait, don't try to take a nap, don't try to "walk it off." Call 911. In my case, 911 was called within 10 minutes of symptoms. If I wasn't brought to the ER immediately, I absolutely would be dead today. I'm only alive today because my massive heart attack took place in the ER. What better place to have a heart attack of the type I had than in the ER? I would call that an act of Providence, right? And I was only in the ER because 911 was called so quickly after the onset of symptoms. Don't wait! Your life may depend on a quick response.

2. Previous to this event, I tried (more or less) to watch my diet, being careful about the amount of high cholesterol foods I ate. Based on my last blood test this past March, all of my cholesterol levels were absolutely ideal. I also get plenty of exercise, including walking 10,000-12,000 steps per day. I just came back from Spain, having walked 180 miles in 10 days on the Camino de Santiago. I was in good physical shape. But one doctor told me that I could have done everything right, but genes also play a big role. I have a family history of stents being put in and other heart issues. My point here is that you may want to consult with your doctor and discuss ways of identifying possible blockages and then get them taken care of. I wish I had. As the expression goes, an ounce of prevention is worth a pound of cure! And don't assume (as I did) that just because you attempt to live a healthy life you won't have any issues.

3. Nurses are the best! A doctor literally saved my life, but it's been nurses who have given me so much wonderful health care while in the hospital. I am SO grateful to them and I'm in awe of them. Treasure our nurses! In a very real and profound way, they partake in the healing ministry of Jesus.

4. Most importantly, trust in God!!! Throughout the whole ordeal of the 2 heart attacks (and afterward) I have turned to God continuously. When I thought my life was literally going to end, I fervently called upon the Lord's mercy and the intercession of Our Lady. They came to my rescue. But they are there for us always, not just in life threatening situations. Never tire of turning to Jesus and His Mother Mary. And don't be surprised if God works miracles in your life. I received one!

Thanks for reading and, again, thank you for your loving support of me, always and in all ways, but especially at this time. God bless you all!



OLS Parish Office Summer Hours

Summer office hours here at the parish have begun. (Whoo Hoo!) The parish offices will be closed on Fridays from now through August 29th. Daily Masses at 7:00 am and 12:00 pm as well as Adoration on Mondays and Fridays, which begins after Mass and ends with Benediction at 3:00, will still take place in the church.



CCD Registration for 2025-2026 Continues

We encourage you to **register your child as early as possible**. Early registration helps to ensure that your child can be placed in a class on the day of your choice. Additionally, the volume of expected students impacts the number of volunteers we need to recruit and train as well as the types of spaces we are able to use and the number of workbooks we need to purchase. Your early registration is therefore greatly appreciated. (Plus, you'll save \$30!)

You are encouraged to **register even if you do not know which day of the week your child will be able to attend** - just let us know by September 1st!

Please **complete one registration form for each child** in grades K-8. Registration for the OLS high school Youth Group is separate and begins in September.

Religious Education

Give your child the gift of faith!



CCD REGISTRATION

2025 - 2026

Allow our catechists the privilege of helping your child develop a lasting relationship with Jesus Christ through the OLS CCD program.



Calendar

25 Total Classes

Classes Begin

Last week in September

Classes End

First week in May

Homeschooling option available



Timing

Monday Classes

Grades K-6 & 8
3:55 - 5:15 pm

Tuesday Classes

Grades 1-8
3:55 - 5:15 pm



Cost

Register By July 15th

1 Child - \$150
2 Children - \$240
3 Children - \$325

Register After July 15th

1 Child - \$180
2 Children - \$270
3 Children - \$355

Register on the OLS website



olschurch.com



Jen Noll
973-763-5454
jennollols@gmail.com

[2025-2026 OLS CCD Registration Form](#)



Homeschooling Year-End Discussions

Thank you to everyone who signed their homeschooler up for one of our end-of-the-CCD-year discussions. I absolutely love getting a chance to chat with your kids one-on-one. Yes! Someone was reading all of those short answer lesson test questions! It's short and painless; I promise.

If you were not able to sign up for one of the slots available on SignUpGenius, no worries, because I'll be around for a good portion of the summer. Just reach out to Jen Noll and set up a convenient time to meet either in person or via Zoom.



Is Your Child Being Called to Serve?

The primary role of the altar server is to assist the priest during the celebration of the Mass. As altar servers, children are able to participate in the Liturgy of the Eucharist in a very special way. They also learn the order of the Mass, the aspects of the sanctuary, and the various altar vessels used in the Mass. Altar service also provides students with an increased familiarity with the priestly vocation. Altar servers are needed at every weekend Mass of the year, some Holy Days and for other special liturgies such as weddings and funerals. In general, altar servers are scheduled for one or two Masses each month based upon their Mass day and time preference.

Fr. Andrew will be reaching out via email to all of the families of students who have recently celebrated First Eucharist to see if they are interested in being added to our server list. If your child has already received the Sacrament of the Eucharist and he or she is interested in this important ministry, please reach out to Fr. Andrew at frlee527@gmail.com.

Young Adult Barbecue

Verso Cristo Young Adults'

BARBECUE & BONFIRE

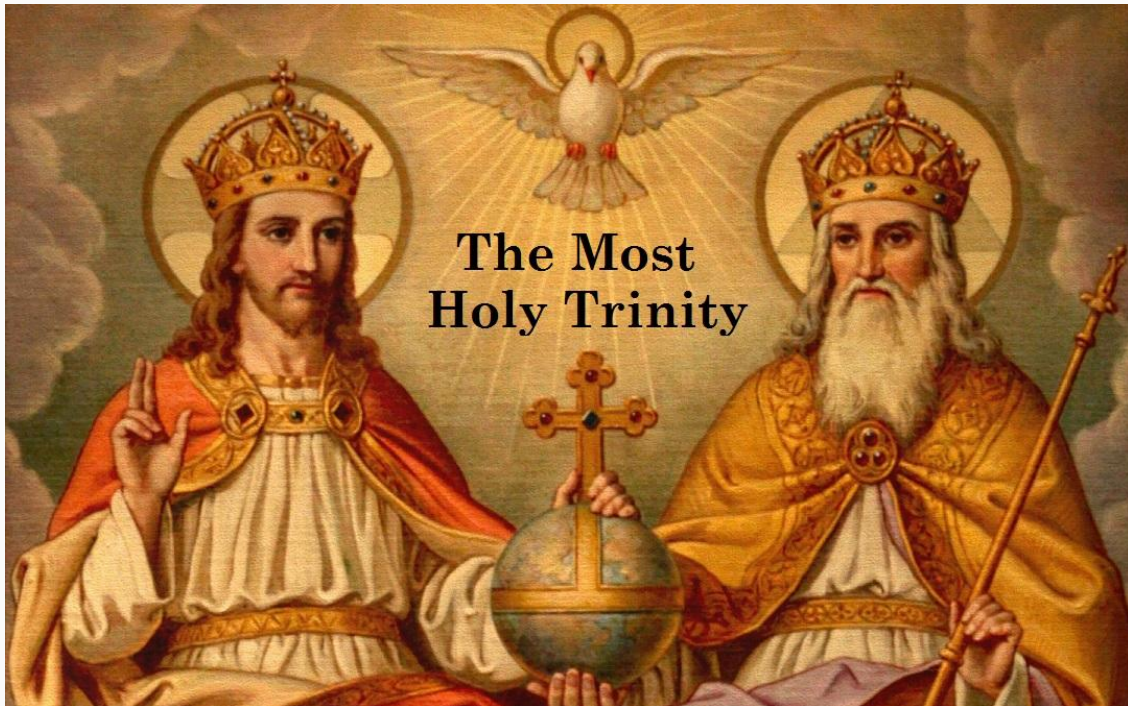
Our 3rd annual summer opener in Essex County, co-sponsored and open to all in their 20's and 30's!

BBQ FOODS – FIRE PITS GAMES – BLIND AUCTION

Bring a side dish or drink to share!

Saturday, June 14th
7:00pm - 10pm

Location:
Our Lady of Sorrows Catholic Church
217 Prospect Street
South Orange, NJ 07079



Saint / Feast For Week 1

The Most Holy Trinity

Celebrated the Sunday after Pentecost

Sunday, June 15th in 2025

Trinity Sunday is the first Sunday after Pentecost in the Western Christian liturgical calendar, however, in Eastern Christianity there is no specific day set aside to celebrate the Christian doctrine of the Trinity. The Eastern Churches point out that they celebrate the Trinity every Sunday. Westerners do as well, we just set aside a special feast day for the purpose. In the West, Trinity Sunday, officially called "The Solemnity of the Most Holy Trinity," is one of the few celebrations of the Christian Year that commemorates a reality and doctrine rather than an event or person.

Holy Trinity Sunday is celebrated on the first Sunday following Pentecost in most of the liturgical churches in Western Christianity. It is a solemn celebration of the belief in the revelation of one God, yet three divine persons. It was not uniquely celebrated in the early church, but as with many things the advent of new, sometimes heretical, thinking

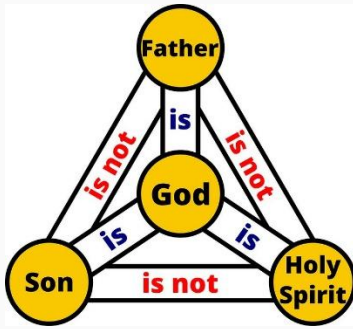
often gives the Church a moment in which to explain and celebrate its own traditions; things it already believes and holds dear. In the early 4th century when the Arian heresy was spreading, the early church, recognizing the inherent Christological and Trinitarian implications, prepared an Office of Prayer with canticles, responses, a preface, and hymns, to be recited on Sundays to proclaim the Holy Trinity. Pope John XXII (14th century) instituted the celebration as a feast for the entire Church; the celebration became a solemnity after the liturgical reforms of Vatican II.



Mark Ten Mission Little Liturgies Videos

[The Holy Trinity \(for Kids 4-8\)](#)

[The Holy Trinity \(for Kids 8-12\)](#)

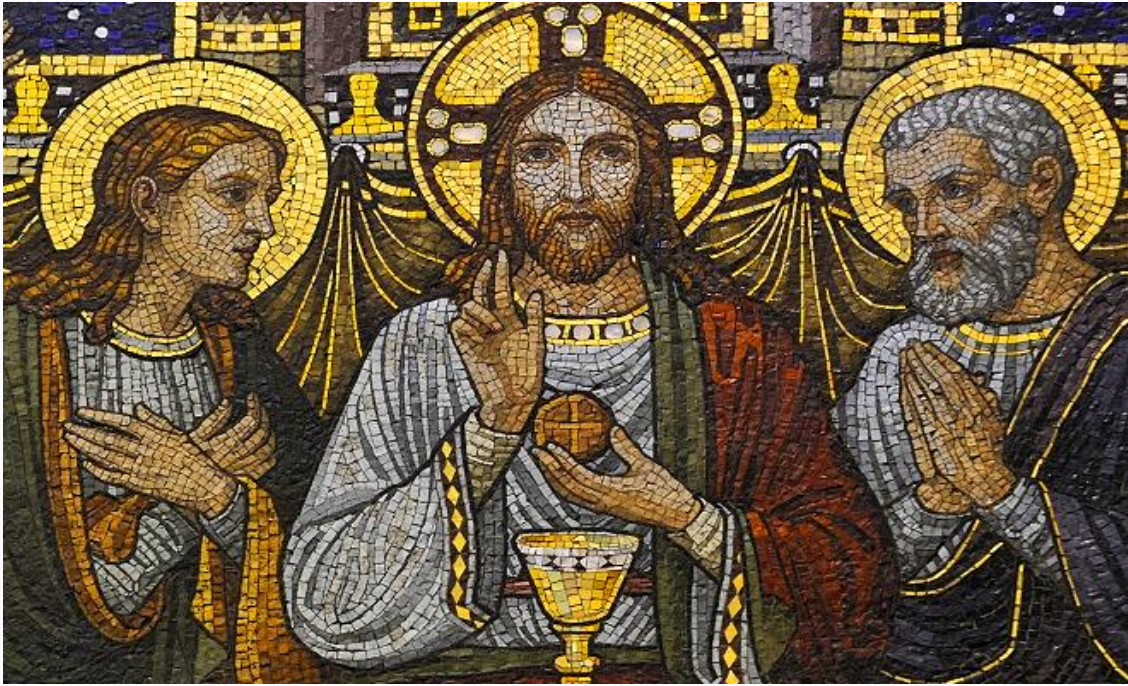


Trinity Sunday Craft Ideas

There are a lot of Holy Trinity craft ideas that would help your students practice meeting the objective of explaining the mystery of the Trinity with symbols.

Here are a few to try out at home:

- [Printable Trinity Shamrock Craft](#) (Catholic Icing)
 - [Trinity Triangle Craft](#) (Catholic Icing)
 - [Trinity Triangle Lesson and Craft](#) (Faith Sprouts)
 - [Holy Trinity Activities and Crafts](#) (The Catholic Toolbox)
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SAINT / FEAST FOR WEEK 2

The Most Holy Body and Blood of Christ (Aka "Corpus Christi")

June 19th

(Though transferred to Sunday, June 22nd in most dioceses)

The Solemnity of the Most Holy Body and Blood of Christ, historically known by its Latin name, "Corpus Christi," is this feast day that highlights the Real Presence of Jesus in the Eucharist, — Body, Blood, Soul, and Divinity. The word "Eucharist" means "thanksgiving." It comes from the Greek "eucharistein" and "eulogein," which "recall the Jewish blessings that proclaim — especially during a meal — God's works: creation, redemption and sanctification." (CCC 1328)

On the night before he died, Jesus shared one last meal with his Apostles. During this Last Supper, "he took the bread, said the blessing, broke it, and gave it to them, saying, 'This is my body, which will be given for you; do this in memory of me.' And likewise the cup after they had eaten, saying, 'This cup is the new covenant in my blood, which will be shed for you.'" (Luke 22:19-20)

Through the Apostles' successors, the Catholic Church has been following Jesus' command to "do this in memory of me" for more than 2,000 years. "In order to leave them a pledge of (his) love, in order never to depart from his own and to make them sharers in his Passover, (Jesus) instituted the Eucharist as the memorial of his death and resurrection, and commanded his Apostles to celebrate it until his return; 'thereby he constituted them priests of the New Testament.'" (CCC 1337)

Taking him at his word when he said, "This is my body," and "This is my blood," the Church teaches that the bread and wine become the body and blood of Jesus at every Mass. St. John Chrysostom declared: "It is not man that causes the things offered to become the body and blood of Christ, but he who was crucified for us, Christ himself. The priest, in the role of Christ, pronounces these words, but their power and grace are God's. This is my body, he says. This word transforms the things offered.'" (CCC 1375)



Super Cute Craft Idea

You can use the printable set from *Look to Him and Be Radiant* to make your own [model of a Eucharistic procession](#) with a priest, servers, and lay people. The priest can carry the Monstrance and the servers can carry the processional canopy, candles, cross, and thurible. Use the tips on each page to put the model pieces together, and then set up the whole Eucharistic procession on a table or floor. And once you finish, sing a [Eucharistic hymn](#) or say a prayer, praising the Lord for the gift of the Eucharist.

Want to make the craft even more meaningful? Join us for the upcoming Corpus Christi Eucharistic Procession on June 22nd after the 11:30 Mass.



Please join us for our

2nd Annual Eucharistic Procession

immediately following the 11:30am Mass on
the Feast of Corpus Christi

Sunday, June 22nd

All are welcome!

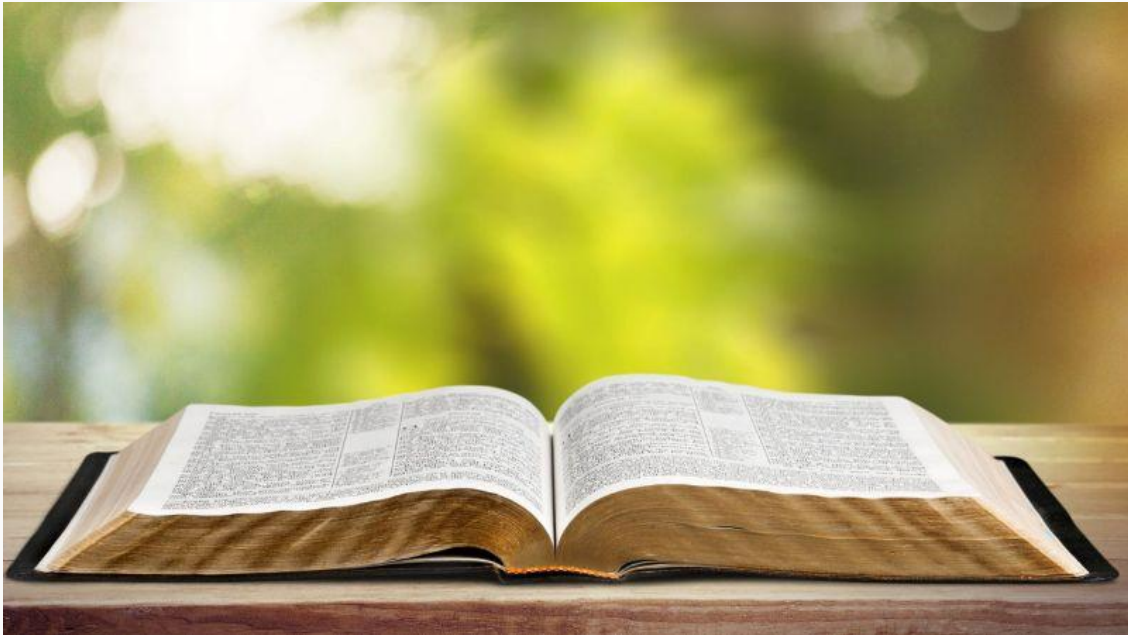
(Bring your family, children, and friends)

Light reception to follow.

**Questions? Contact Peter Morin
at morinpete@gmail.com**

Why a procession?

The Eucharist is the source and summit of the whole Christian life. A eucharistic procession is a public witness of our veneration toward the holy Eucharist conducted through public streets. Please join us for this special moment of worship with your OLS family as we join in this sacred tradition!



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 Most Holy Trinity - June 15th](#)
[MaryKnoll Brothers: Trust the Process](#)

[The Most Holy Body and Blood of Christ - June 22nd](#)

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

LivingFaithKids Pause + Pray + Play with Scripture Every Day

KIDSCALENDAR

JUNE 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEVENTH SUNDAY OF EASTER Q Who is Jesus praying to? <small>(SEE JUNE 7)</small> John 17:20-26 1	SAINETS MARCELLINUS AND PETER, MARTYRS  2	SAINT CHARLES LWANGA AND COMPANIONS, MARTYRS 3	4	SAINT BONIFACE, BISHOP AND MARTYR 5	SAINT NORBERT, BISHOP 6	A His Father 7
PENTECOST SUNDAY Q What name did Jesus use for the Holy Spirit? <small>(SEE JUNE 12)</small> John 14:15-16, 23b-26 8	THE BLESSED VIRGIN MARY, MOTHER OF THE CHURCH  9	10	SAINT BARNABAS, APOSTLE 11	A The Advocate 12	SAINT ANTHONY OF PADUA, PRIEST AND DOCTOR OF THE CHURCH  13	14
THE MOST HOLY TRINITY Q What will the Spirit of truth do for the disciples? <small>(SEE JUNE 17)</small> John 16:12-15 15	16	A Guide them to all truth. 17	18	SAINT ROMUALD, ABBOT 19	20	SAINT ALOYSIUS GONZAGA, RELIGIOUS 21
THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI) Q What did Jesus bless and use to feed the crowd? <small>(SEE JUNE 26)</small> Luke 9:11b-17 22	23	THE NATIVITY OF SAINT JOHN THE BAPTIST  24	25	A Five loaves and two fish 26	THE MOST SACRED HEART OF JESUS  27	THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY SAINT BENEATUS, BISHOP, MARTYR, AND DOCTOR OF THE CHURCH, BVM 28
SAINETS PETER AND PAUL, APOSTLES Q Who did Peter say Jesus was? <small>(SEE JUNE 30)</small> Matthew 16:13-19 29	THE FIRST MARTYRS OF THE HOLY ROMAN CHURCH A The Christ 30	Word of the month: CREATION All that God has made—heaven, earth, the universe and us!				

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

Catholic Trivia

Question:

Which of the following Catholic saints is best associated with the Solemnity of The Most Holy Body and Blood of Christ (Corpus Christi)?

- a) St. Stephen
- b) St. Catherine of Avila
- c) St. Juliana of Liege
- d) St. Sebastian

Answer: c

The Solemnity of Corpus Christi was instituted in the 13th century as a direct result of the Eucharistic dedication of an extraordinarily faithful nun, St. Juliana of Liège. During Eucharistic adoration, she experienced a mystical vision of the full moon with a dark blot running across it. In a subsequent private revelation, Jesus disclosed to her that the moon represented the Church's life, and the darkened band represented the dimming of faith caused by the absence of a feast dedicated to Eucharist reverence.

Responding to the vision, St. Juliana successfully pressed her local bishop to institute the feast of Corpus Christi. Several years later, Jacques Pantaléon, an archdeacon of Liège who had become a strong supporter of the feast's celebration, was elected as Pope Urban IV. He instituted the Solemnity of the Body and Blood of Jesus Christ as a universal feast for the Church in 1264, six years after St. Juliana's death.



Joke of the Week

Q: *Why did the scientist remove her doorbell?*

A: She wanted to win the no-bell prize.

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[Our Lady of Sorrows Website](#)