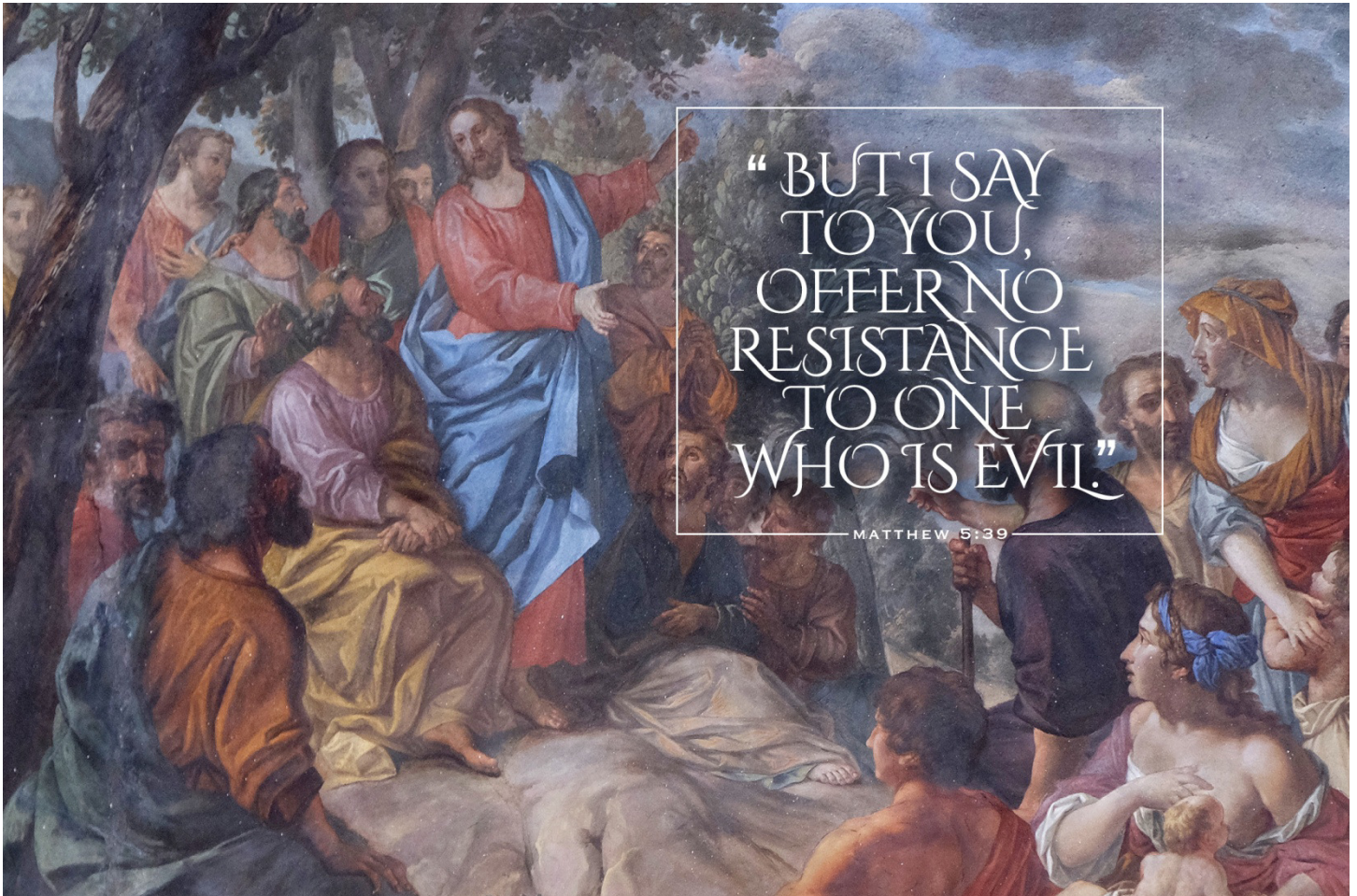


***Our Lady of Sorrows Church***  
***217 Prospect Street, South Orange, NJ 07079***  
***973-763-5454***  
[www.olschurch.com](http://www.olschurch.com)



***MASSSES:*** *Saturday Vigil: 5:30 pm, Sunday 8:00, 10:00 & 11:30 am*

*Monday-Friday 7:00 am, 12:00 pm Saturday 8:30 am, 12:00 pm (Lower Church)*

***Penance:*** Confessions Saturday 1:00 pm – 2:00 pm or by appointment

***Baptism:*** Contact Parish Office after the birth of your child to begin Baptismal preparation program

***Ministry of the Sick:*** Call Parish Office for anointing of seriously or chronically ill and arrange communion calls

***Marriages:*** Arrange at least one year in advance with a parish priest

RECTORY & PARISH: 973-763-5454 • FAX: 973-763-9506 • [www.OLSCHURCH.COM](http://www.OLSCHURCH.COM)  
CHARLES NOUN: [OLS217SO@MSN.COM](mailto:OLS217SO@MSN.COM) • FR. BRIAN X. NEEDLES: [FRBRIANNEEDLES@GMAIL.COM](mailto:FRBRIANNEEDLES@GMAIL.COM)

***February 23, 2020***  
***7<sup>th</sup> Sunday in Ordinary Time***

***Stewardship is sharing our time, talent & treasure***

620-1

## **A Message from Fr. Brian**

This coming Wednesday we begin our Lenten journey. Our schedule of Ash Wednesday Masses is included in this bulletin. The Lenten season calls us to experience a true conversion of heart. Lent invites us to acknowledge our weaknesses and sins, not to wallow in them, but to turn them over to the Lord. Lent is a chance for us to start over, to begin a new journey on the path to holiness. This holiness is manifested during the Lenten season especially by a more radical commitment to the Lenten disciplines of prayer, fasting, and almsgiving.

As I did at the beginning of Lent last year, I offer a few practical suggestions to help us during this Lenten season – and beyond.

### **Prayer:**

1. Spend at least 15 minutes in prayer every day. That is equal to 1% of your day (the other 99% is yours). Daily prayer is a non-negotiable.
2. Pray the Rosary once a week.
3. Pray the Our Father 3 times per day: morning, noon, night.
4. As soon as you wake up every day, say, “Jesus, I love you.”
5. Read something from the Bible every day. The daily Gospel is always a good place to start.
6. Read a spiritual book or a book on the life of a saint.
7. Every time you check your cell phone, first say a quick prayer: “My God, I love you;” “Jesus, forgive me;” “Jesus, be with me;” “Jesus, you are Lord;” “Jesus, I trust in you;” “Blessed be God;” “Thy Kingdom Come;” “Mary, my Mother and my Hope;” etc.
8. Attend Church at least one day a week other than Sunday.
9. Come to our Stations of the Cross every Friday during Lent at 7:00 pm.
10. Spend some time in Adoration of the Blessed Sacrament, every Monday and Friday in the lower Chapel, from 12:30 – 3:00.
11. Make a daily Examination of Conscience before you go to bed.
12. Go to Confession. That’s a non-negotiable.

### **Fasting:**

1. No meat on Fridays.
2. Chocolate, candy, ice cream, your favorite dessert.
3. Alcohol, sodas, coffee? Give the money you save to your favorite charity.
4. Your favorite TV show (or one night a week, or completely).
5. Facebook, Instagram, and/or Twitter.
6. Restrict yourself to looking at your cell phone no more than 15 minutes a day in total.
7. Turn off the radio in the car. Pray the Rosary instead.
8. Going to the movies. Give the money to your favorite charity.
9. Things like gossip, snide comments, nagging, interrupting others, foul language don’t count – you shouldn’t be doing those things at any time of the year.

### **Almsgiving:**

1. Give some personal possessions like clothes and shoes to people in need.
2. Make a donation to our food pantry.
3. Give a painfully large donation to charity (your parish? Please!).
4. Spend a few hours one day a week volunteering.
5. Look others in the eye and ask them how they are doing and then – most importantly – take a real interest in their reply.
6. Visit or call someone who might be lonely.
7. Give at least one complement each day to everyone with whom you live or work.

You get the idea. Pick one or more of these from each category or be creative and come up with something yourself. Don’t let this Lenten season pass without returning to the Lord with your whole heart (Job 2:12) and growing in holiness. Have a blessed and holy Lent!



## THE SACRIFICIAL GIVING OF OUR PARISHIONERS

Due to Presidents Day this will be reported in next week's bulletin

### Ash Wednesday - Feb. 26

7:00 am: Mass with Ashes

9:30 am: School Mass with Ashes (all welcome)

12:00: Mass with Ashes

4:00 pm: Service with Ashes

7:00 pm: Service with Ashes

### Reflections on Catechism

2608 From the *Sermon on the Mount* onwards, Jesus insists on *conversion of heart*: reconciliation with one's brother before presenting an offering on the altar, love of enemies, and prayer for persecutors, prayer to the Father in secret, not heaping up empty phrases, prayerful forgiveness from the depths of the heart, purity of heart, and seeking the kingdom before all else. This filial conversion is entirely directed to the Father.

### Men's Lenten Retreat, March 7

All men, high school age and beyond, are invited to take part in a silent retreat to be held on Saturday, March 7 at the Loyola Jesuit Center in Morristown. Cost is \$40.00 per person. The day begins with a full breakfast at 8:00 AM and ends with Mass at 4:45. Included in between are two presentations, ample time for personal prayer, Reconciliation, full lunch, Stations of the Cross and the Mass.

The presentations will focus on Freedom and Awareness; showing us how to become free from anything in our lives that could keep us from becoming aware of the many ways God speaks to us every day. It promises to be a wonderful way to wrap up the first week of Lent.

The Retreat is sponsored by the OLS Men's Wednesday Morning Prayer Group. Car pooling will be available.

For reservations and information, please contact Len Mrozak (908 872-4968, [lmrozak@aol.com](mailto:lmrozak@aol.com)) or Frank Franzonia (973 378-9039, [ffranzonia@gmail.com](mailto:ffranzonia@gmail.com))

**Please sign up for Our Lady of Sorrows Digital newsletter today! Go to our website main page under news and events.**

**<http://www.olschurch.com>**

## *Archdiocese of Newark 2020 Lenten Regulations*

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.

- On a day of Fast, only one (1) full meal is permitted, **and two (2) smaller meals, which, if added together, would not exceed the main meal in quantity.**
- Those between the ages of 18 and 59 are obliged to fast.
- On a day of Abstinence, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

2. The obligation to observe the laws of Fast and Abstinence "substantially," or as a whole, is a serious obligation.

3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.

4. The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the First Sunday of Lent, March 1, 2020 to The Solemnity of the Most Holy Trinity, June 7, 2020.

\*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

### Stewardship Reflections

*"But I say to you, love your enemies and pray for those who persecute you..." MATTHEW 5:44*  
Love your enemies, easier said than done, no doubt. But, remember, the foundation of stewardship is prayer. When we are in close communication with God, it opens our heart and it turns our attention away from "me" and moves it towards God and others. It allows us to have a little more empathy for "our enemy". When we pray for others, even "our enemies", maybe it softens their hearts as well.

**SAVE THE DATE! - 2020 Catholic Men's Commission**  
**Saturday, February 29, 2020, at Seton Hall University.**

This year's theme, for the English track, is "*Be Not Afraid: Man of God... I am my Brother's Keeper!*" The speaker for the English track will be **Paul Kim**, who is the founder of the Triumph Men's conference. His background includes a BA in Philosophy (Franciscan University of Steubenville), an MA in Marriage and Family Therapy (Hope International University), religious formation with the community of the Franciscans Friars of the Renewal (NYC), and **Bishop John Flesey**, who is a retired auxiliary bishop of the Archdiocese of Newark and a popular retreat master and teacher. The master of ceremonies will be Father John Gordon. The day begins at 8:00 am with registration and ends at 4:00 pm with Mass.

**Women's Commission Day of Reflection:**  
**Saturday, March 7, 2020, at Seton Hall University.**

This year's theme is "Alive in Christ: The Eucharist...His Heart in my Heart". The English track will feature keynote speakers **Sr. Bethany Madonna, S.V.**, who professed her perpetual vows as a Sister of Life in 2015 and serves her community as the Vocation Director, **Colleen Kelly Rayner**, founder of CKR Retreats, who is a dynamic speaker whose authentic witness ignites joy-filled evangelization and catechesis, and **Dr. Diane Traflet, J.D., S.T.D.**, who is the Associate Dean and Assistant Professor of Pastoral Theology, is the director of the Institute for Christian Spirituality and is a key leader in the Center for Diaconal Formation. She will also be the emcee for the day. The day begins at 8:00 am with registration and ends at 4:00 pm with Mass.

Registration for both events is \$30 for adults. Priests & religious are free. The day includes continental breakfast and lunch. More information will become available in January on these websites at

[www.rcan.org/womenscommission](http://www.rcan.org/womenscommission) (WOMEN)  
or [www.rcan.org/mens-commission\(MEN\)](http://www.rcan.org/mens-commission(MEN))

**Think About it - Peace and Justice Committee**

To Obama: With Love, Joy, Anger and Hope; a New York Times Bestseller chronicling letters sent to the President during his tenure. Every emotion is touched upon and Americans convey to our leader their innermost thoughts, ranging from religion, race, policies, poverty and the military. Here I share one of the many letters:

Mr. Obama — My President,  
In 2007 I was proud of my hands. They had veneered calluses where my palms touched my fingers. Cuts and scrapes were never severe. Splinters and blisters merely annoyed me. With a viselike grip and dexterous touch my hands were heat-tolerant and cold-ignorant. I was nimble when whittling or when sharpening an ax. I could exfoliate with an open palm when my wife's back itched or my cat arched for a rub. My nails were usually stained after a chore; they were tougher, not cracked, seldom manicured. My hands defined my work, passions, my life.

After 23 years as a land surveyor and nearly 2 years unemployed, I miss my career and my old hands. I kneel nights and clutch new hands together, praying we all can recover what seems lost. May God guide your hands to mold our future. Thank you for listening to the Citizen I am.

**St. Gianna Pro-Life Ministry**

*40 Days for Life*, a nationwide campaign of prayer and fasting, takes place once again from **February 26 - April 5**, from 7 A.M. to 7 P.M. in the public right of way across the street from a high-volume abortion center (Pilgrim Medical Center), 396 Bloomfield Ave., in Montclair. Would you prayerfully consider pledging one hour per week at the prayer site for babies in the womb and their families? Can you pray the same day/hour each week? To volunteer, email Lisa Hart at [lisa@lifeneteducation.org](mailto:lisa@lifeneteducation.org) or call her at 973-769-4422. You can also sign up online at <https://www.40daysforlifecom/montclair-nj>.

Coming soon: Baby Bottle Boomerang and St. Gianna Feast Day Celebration

If you feel as passionate as we do about the pro-life movement, consider joining our ministry. To be a volunteer or to learn more, email Elena at [elena.santoliquido@gmail.com](mailto:elena.santoliquido@gmail.com) or Katharine at [katharinetownsend@hotmail.com](mailto:katharinetownsend@hotmail.com).



### **The OLS Fish Fry Returns!**

Friday March 6, 2020

6:00 - 8:00 pm

OLS School Cafeteria

172 Academy Street

South Orange, NJ 07079

Eat in or take out! BYOB!

Dessert & coffee will be served!

Pre-Orders are Strongly suggested but walk-ins are perfectly welcome.

Sponsored by the OLS Home School Association

All profits raised for will directly benefit our students and school facilities!

Please send in completed order form with cash or check to the School Office attn. Fish Fry.

***Please make out checks to "the OLS Home School Association"***

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Name: \_\_\_\_\_

Number of Adults: (fish & Chips) \_\_\_\_\_ x \$20.00 = \_\_\_\_\_

Number of Kids: (Fish & Chips) \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

OR

Mac n' Cheese \_\_\_\_\_ X \$10.00 = \_\_\_\_\_

TOTAL: \_\_\_\_\_



### **SATURDAY, FEBRUARY 22, 2020**

5:30 PM Rocco Silano – Special Intention

### **SUNDAY, FEBRUARY 23, 2020**

8:00 AM Russell Pace Sr.  
10:00 AM People of the Parish  
11:30 AM Dale Marshall

### **MONDAY, FEBRUARY 24, 2020**

7:00 AM Ruth McGoldrick  
12:00 PM Gregory J. Schaefer Jr.

### **TUESDAY, FEBRUARY 25, 2020**

7:00 AM Thomas R. Manley  
12:00 PM James Richards

### **WEDNESDAY, FEBRUARY 26, 2020**

7:00 AM Antonietta Mazza  
9:30 AM Deacon John Inguaggiato  
12:00 PM Victor La Blanc  
4:00 PM Prayer Service  
7:00 PM Prayer Service

### **THURSDAY, FEBRUARY 27, 2020**

7:00AM Stephen T. Brennan  
12:00 PM Joseph & Nina Pearce Special Intention

### **FRIDAY, FEBRUARY 28, 2020**

7:00AM Joseph Jones  
12:00 PM Anthony Bryson – Special Intention  
7:00 PM Stations of the Cross

### **SATURDAY, FEBRUARY 29, 2020**

8:30 AM Ricardo Parlade  
12:00 PM Anna Beth Ebert

### **VIGIL MASS FEBRUARY 29, 2020**

5:30 PM Margaret & Joseph Buttor

### **SUNDAY, MARCH 1, 2020**

8:00 AM Russell Pace Sr.  
10:00 AM People of the Parish  
11:30 AM Dale Marshall

### **In Sympathy Of**

Let us remember in our prayers those who have recently passed away here at OLS: **Kathleen Straub Ragonese**. We pray for the repose of their soul and also for those left behind during this time of loss.

### **IN MEMORIAM**

This week's **Sanctuary Candle** in the Upper Church is being offered in loving memory of **Deacon John Inguaggiato**. Requested Alice Giuliano.

### **OFFER OF GIFTS**

When the Mass intention is for your loved one or friend, and you would like to bring up gifts of bread and wine, please advise one of the ushers.

### **IN MEMORIAM**

It is a loving gesture to donate the weekly Sanctuary Lamp in memory of a loved one or special intention.

### **Music Ministry**

Donations to support our Music Ministry are gratefully accepted. Donations are applied toward the purchase of printed choral music and instrumentalists for holiday liturgies, concerts & special occasions.

### **REMEMBER TO PRAY FOR THE SICK**

Please remember to pray for the following in your prayers: Julia Callaghan, Angie Sena, Daniel Callaghan, Elizabeth Stuart, Marie Somers, Bill Aber, Neville Moore, Jane O'Donoghue, George Richmond Files Jr., Megan More, Ludgarda Rosa, Stephanie Windsor, Deacon John Inguaggiato, Amy Dombrowski, Mark F. Davonski, George Richmond Files Jr., Beth Hebron, Henry Hamel, Jennifer Bober and Rosemary Muller.





## Our Lady of Sorrows Calendar Raffle



**\$120 Donation & 12 Chances to win!**  
**Cash Prize of \$1500 Each Month**  
**Only 500 tickets will be sold**

***Every Ticket Holder eligible to win each month, even if you won a previous month.***

Drawing to be held the 2<sup>nd</sup> day of each month at @2:00 pm in the Church office.

First Drawing: February 2, 2020

**Purchase Monday thru Friday in the Parish office between 9:30am & 4:00 pm**  
**Or complete the form below and mail with your donation. Please make checks payable to Our Lady of Sorrow's Church (for \$120.00).**

*We can take checks, cash or credit cards*

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### Our Lady of Sorrows 2020 CALENDAR RAFFLE ORDER FORM

Enclosed is my check for \$\_\_\_\_\_ for \_\_\_\_\_ chance(s) in the Raffle

Credit Card # \_\_\_\_\_ Security # \_\_\_\_\_ Expiration \_\_\_\_\_

Name(s) \_\_\_\_\_

Please Print, PERSON ENTERING MUST BE 18 YEARS OR OLDER

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**NJIGCCID 467-1-14202**

**Municipal RL 1345**