

OUR LADY OF SORROWS CHURCH



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OFFICE HOURS

Mon, Tues & Thurs: 9:00 AM-4:00 PM
Wednesday: 9:00 AM - 1:00 PM
Friday: 9:00 AM - 3:00 PM
Saturday and Sunday - Closed

PARISH STAFF

Served by

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In Residence

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Mrs. Linda Mackalonis

Parish Council Coordinator

Mr. Andrew Clapsy, Trustee

Mrs. Jane Mackesy, Trustee

March 10, 2019
1st Sunday of Lent

SACRAMENT OF THE EUCHARIST

Weekday Masses: Monday - Saturday 7:30 AM

Saturday evening Mass: 5:00 PM

Sunday Masses: 8:00 AM and 10:30 AM

Holy Day Masses: 7:30 AM, 12:00 PM & 7:00 PM

Summer Sunday Mass Schedule:

June 30, 2019 - September 1, 2019

Saturday 5:00 PM; Sunday 9:00 AM only

SACRAMENT OF RECONCILIATION

Saturday 4:00 PM - 4:30 PM

SACRAMENT OF BAPTISM

Baptism is held the third Sunday of the month after the 10:30 AM Mass. Arrangements for the Baptism should be made at least one month in advance. There are no Baptisms during Lent.

SACRAMENT OF THE ANOINTING OF THE SICK

Please notify the rectory or priest in the event of a serious illness. Visits to the home-bound and those in hospitals are made by Priests, Deacons and Extraordinary Eucharistic Ministers.

SACRAMENT OF MATRIMONY

Arrangements should be made one year in advance of the proposed marriage according to the Common Policy of the Bishops of the Province of New Jersey. Either the bride or groom must be registered with Our Lady of Sorrows Parish.

RELIGIOUS VOCATION

Women and men who feel called to the Religious Life and men called to the Holy Orders should contact the Vocation Office 973-497-4365 or speak with a parish priest.

RITE OF CHRISTIAN INITIATION (R.C.I.A.)

If you have not received the Sacraments of Baptism, First Eucharist, or Confirmation, and are over 18 years of age, and are interested in membership in the Catholic Church, please call the rectory office.

PARISH MEMBERSHIP

Welcome! Every Catholic should be registered in the parish. Letters of testimony for Godparents and Sponsors cannot be given unless one is registered. All parishioners should be active in parish life and be known to one of the parish priests. Stewardship (church support) is a serious responsibility of every Catholic. We urge all parishioners to make regular use of their collection envelopes. When moving, please notify the rectory office.

OUR LADY OF SORROWS MISSION STATEMENT

We are Catholic Christians of Our Lady of Sorrows Parish who are conscious of the plan of God for the salvation of all. We praise the Lord in our everyday lives by sharing our faith and talents with each other for the continued growth of Our Lady of Sorrows Parish Community. We wish to live the Beatitudes of Jesus and put them into practice in our daily lives as we answer His call to evangelization.



FIRST SUNDAY OF LENT
MARCH 10, 2019

*The word is near you,
in your mouth and in your
heart.*

— Romans 10:8

ALMSGIVING, PRAYER, FASTING, AND
TEMPTATION

As we begin our season of fasting, prayer, and almsgiving, the reading from Deuteronomy reminds us of our duty of almsgiving, that we “set [our offerings] before the Lord, [our] God, [and] shall bow down in [God’s] presence” (Deuteronomy 26:10). The reading from Romans refers us to our prayer, reminding us that “The word is near you, in your mouth and in your heart . . . For everyone who calls on the name of the Lord will be saved” (Romans 10:8, 13). These are comforting words, and encourage us to ask God for what we need and to aid us in our prayer. Finally, the Gospel of Luke shows us a fasting Jesus, who was tempted as we are, and who knows what it means to be human. Someone once said that temptation arises when you’re tired and weary, and the devil comes along and makes a perfectly reasonable suggestion. Jesus shows us that, with his help, we too can overcome our temptations, reasonable as they may sound.

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KEEP IT SIMPLE THIS LENT



The best Lent is one in which we enter the season wholeheartedly. All too often people either take on too much or don’t take on enough. The solution is to simplify our disciplines, focus our intentions, and concentrate more clearly on our spiritual goals.

**To keep it simple this Lent, try the 1-1-1 Plan:
One sin, one add-in, one give-up.**

1. Concentrate or focus on one sin or fault that is getting in the way of your relationship with God and with others. If you are not sure, or have trouble narrowing it down, use the traditional Seven Deadly Sins as a guide: pride, lust, gluttony, greed, sloth, wrath and envy. Ask God in prayer to reveal it to you.
2. Add one positive activity that will deepen your prayer and spiritual life (especially if you think you are too busy to put anything more into an impossible busy schedule!) Ideas for add-ins are pretty endless but may include: go to Mass in the middle of the week; attend the Stations of the Cross as a family on Fridays at Our Lady of Sorrows Church at 6:30 PM; read a Gospel; volunteer at a social ministry; get up early to pray.
3. Deny yourself something you really like or are attached to. Fast from fault finding and nagging, and fast from a critical tongue or a closed mind. Give up impulse purchases. Give up an unhealthy habit, like smoking. Limit the time you watch TV or surf the web. Give up fast food and donate the money you save.

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ARCHDIOCESE OF NEWARK
2019 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 10, 2019 to The Solemnity of the Most Holy Trinity, June 16, 2019.**

*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.

FR. JOHN’S BIBLE STUDY



Join us this Lent for a five week video series presentation from Ascension Press entitled “No Greater Love” by Edward Sri.

Wednesday nights
March 13, 20, 27, April 3 and 10th
St. Cecilia Church Rectory Basement
7:30 PM

Bring your Bible. The study is free and all are welcome!

AN INVITATION TO JOIN THE CHOIR

We lift our voices in song to praise God. You are invited to join our Choir to sing during the season of Lent, especially during Holy Week and Easter Masses. Rehearsals begin Monday, March 11th at 7:15 PM in the Church. Come join us!!!



***I will sing and make melody. Awake, my soul!
(Psalm 108:1)***

PAST AND FUTURE

There is no saint without a past—and no sinner without a future.

—Anonymous

SCHEDULE FOR THE WEEK

SATURDAY, March 9

Confessions 4:00 PM - 4:30 PM

SUNDAY, March 10

CCD classes

MONDAY, March 11

Choir Practice 7:15 PM

WEDNESDAY, March 13

Bible Study

“No Greater Love” video series by Edward Sri

7:30 PM St. Cecilia Rectory basement

FRIDAY, March 15

Stations of the Cross 6:30 PM

SATURDAY, March 16

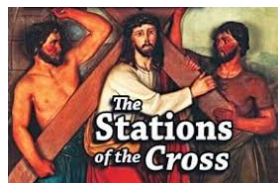
Confessions 4:00 PM - 4:30 PM

SUNDAY, March 17

CCD classes

MONDAY, March 18

Choir Practice 7:15 PM



LECTOR/MINISTER SCHEDULE

March 16/17

5:00 PM	L. Mackalonis	J. Morton
8:00 AM	A. Martinez	C. Danzi
10:30 AM	W. Kluss	L. Muldoon

ALTAR SERVERS

March 16/17

5:00 PM	Nicole, Natasha, Izabella & Giselle
8:00 AM	Kayla, Savannah, Alexandria, Vanessa & Haley
10:30 AM	Kristen, Kayleen, Emily, Eileen & Vincent



The Collection for March 3rd will appear in next week's bulletin.
Thank you for your generosity!

Let us remember all our family members, loved ones, and fellow parishioners who have died; may God reward them for their good deeds done in faith. Let us also pray for those who are sick at home or in a hospital, especially **Ray Blair, Anne Caveney, Joseph Colamedici, Dolores DeFazio, Elaine & Janette & Harry Faulk, Kathleen Fudali, Ted Hirschi, James Kashauer, Tom Kashauer, John Keogh, Barbara Lore, Lois Mannion, Edward McBride, Kathleen Podlaski, Diane Sahar, Jose Sanchez, June Struzienski, Iris Torres Colon** and all those whose names appear in our “Parish Book of Prayers for the Sick”. *May God grant them healing.*



10 MILES WITH JESUS

Tired of giving up sweets and coffee for Lent? This year take up your cross and walk with Jesus!

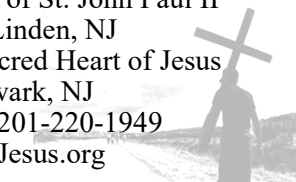
Walking Stations of the Cross

Sunday, March 24, 2019 10:00 AM

From: Archdiocesan Shrine of St. John Paul II
131 E. Edgar Rd., Linden, NJ

To: Cathedral Basilica of Sacred Heart of Jesus
89 Ridge St., Newark, NJ

Info and Registration: 201-220-1949
www.10mileswithJesus.org



Mass Intentions FOR THE WEEK

Saturday

5:00 PM

March 9

James Grinfield

Req. Patricia and Henry Golda

Sunday

8:00 AM

March 10

Ruth Hryszko

Req. Friend, Gen Mazur

10:30 AM

Frank Cocco

Req. Muldoon Family

Monday

7:30 AM

March 11

Helen Caveney

Req. Jean Morton

Tuesday

7:30 AM

March 12

Rosemary Corbett

Req. Deacon John Sarnas

Wednesday

7:30 AM

March 13

John McGinn

Req. OLS

Thursday

7:30 AM

March 14

Angela Ammiano

Req. OLS

Friday

7:30 AM

March 15

People of the Parish

Req. OLS

6:30 PM

Stations of the Cross

Saturday

7:30 AM

March 16

Souls in Purgatory

Req. OLS

2ND SUNDAY OF LENT

Saturday

5:00 PM

March 16

Sofia and Adam Golda

Req. Patricia and Henry Golda

Sunday

8:00 AM

March 17

Msgr. John Gilchrist

Req. OLS

10:30 AM

Frank Cocco

Req. Karadimos Family

THE ROSARY WILL BE PRAYED 20 MINUTES BEFORE EACH WEEKEND MASS.

MEMORIALS FOR THE WEEK

March 10, 2019



ALTAR BREAD & WINE...

People of the Parish OLS

SANCTUARY LAMP...

People of the Parish / OLS

ALTAR CANDLES...

People of the Parish / OLS



SACRAMENT FOR THE SHUT-INS



All those who would like to receive the Sacraments during the Lenten/Easter Season should call the Rectory in advance to make arrangements.

CHURCH NAME AND ADDRESS

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SPECIAL INSTRUCTIONS