



OUR LADY OF LOURDES CHURCH

One Eagle Rock Avenue, West Orange, New Jersey 07052
RECTORY/Parish Office 973.325.0110 LOURDESWESTORANGE.ORG



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Sunday, March 16, 2025 – Second Sunday of Lent



Mass Schedule @ Main Church

Saturday Evening, 5:30 pm

Sunday Morning, 7:30, 9:30, 11:30 am

Confessions, Saturday 4:15 - 5:00 pm or
anytime by appointment

Weekday Morning Mass

Monday – Friday

8:30 am @ MAIN CHURCH

Monday 8:30 am Mass
with Miraculous Medal Novena

Served By:

Rev. James Ferry, Pastor
Rev. James N. Chern, Weekend Assistant
Rev. Robert K. Suszko, Weekend Assistant
Mrs. Linda Chapman, Director of Music
Mrs. Mary Cassels, Trustee
Mrs. Eileen Reilly, Trustee

RECTORY/Parish Office: 973.325.0110
Fax: 973.325.9105
Email: ollwonj@verizon.net
Website: lourdeswestorange.org
RECTORY/Parish Office Hours:
Monday - Friday 9:00 am - 2:00 pm

Religious Education

Family Catechesis (Grades 1-6)

Ms. Priscilla Castro 973.325.0110
Email: Priscillacastro@lourdeswestorange.org

Religious Education

Sacrament of Confirmation (Grades 7-12)

Mr. Paul Hirsch 973.325.0110
Email: Confirmation.Class@lourdeswestorange.org

Religious Education

Administrative Assistant

Rhea Catarroja 973.325.0110 ext. 102
Email: rhea.catarroja@lourdeswestorange.org

Sacrament of Baptism

Celebrated *usually* the first Saturday of the month. Parents are required to meet with Father Jim Ferry. Please call RECTORY.

Sacrament of the Sick

Administered in an emergency at any time. Please call RECTORY when someone is ill or admitted to the hospital.

Sacrament of Marriage

Engaged couples are asked to make their arrangements one year in advance of their wedding. Please call RECTORY for an appointment with a priest.

First Friday

5:30 pm – 7:30 pm. There is 1st Friday Adoration during the “Fall” months of September, October, November and December and the “Spring” months of March, April, May and June.

Peace and Good Corner Gift Shop

Religious articles, books and cards are available for purchase inside the church before and after all Masses or by appointment. Contact RECTORY.

New Parishioners

Welcome to Our Lady of Lourdes. Please register at RECTORY or call for registration forms.

MISSION STATEMENT *The people of God in West Orange were called by the Holy Spirit in 1914 to form Our Lady of Lourdes Parish, a community centered on Jesus Christ. The Holy Spirit remains with us today as we continue our journey to God. We are inspired by the Gospel of Jesus Christ, nourished by the Eucharist, called to respect life and proclaim our Catholic faith. We serve God by providing spiritual, educational, and social activities for our parish family as well as extending God's love and compassion to serve the greater community.*



Dear Brothers & Sisters of Our Lady of Lourdes,

REMINDER: On Sunday March 16, there is no 11:30 am Mass due to the West Orange St. Patrick's Day Parade

1. Parallels Between Training and Fasting

I recently read an article about physical training that highlighted how nutrition strategies often inspire passionate—even fanatical—debates. Some advocate for high-fat, high-protein, or ketogenic diets, rejecting science that contradicts their personal experiences. A similar discussion arises around fasting as a potential tool for enhancing performance.

In the Gospel for the First Sunday of Lent, Jesus undergoes both physical and spiritual trials in the desert, fasting for 40 days. His example reminds us that fasting is not merely about deprivation but about discipline, growth, and renewal.

2. The Meaning of Fasting in Faith

As Catholics, we fast not as fanatics but as disciples seeking a deeper connection with Christ. Lent is not a competition but a time of meditation and renewal, stretching from March into April.

Fasting is not simply about giving up but about giving. It teaches us to sustain ourselves in new ways. Just as we naturally fast between meals to digest food, we also need spiritual fasting to reset our hearts and minds. Overindulgence—whether in food, entertainment, or news—can make us resistant to what is truly good. Fasting helps us refocus, not only by abstaining but by sustaining ourselves in Christ.

3. Fasting is Delaying, Not Deleting

Fasting is not about rejection but preparation. Just as couples preparing for marriage are called to wait and discern, fasting teaches us the value of delayed gratification and satisfaction. When we bypass the

waiting periods in our lives, we risk missing the depth of true discernment and understanding.

4. Fasting as Friendship

Fasting is about friendship—with Jesus and with each other. Friends imitate one another's sacrifices. In fasting, we follow Christ, taking up our cross and learning self-control, not because food is bad, but because we delay what is good for something greater. Fasting leads us to prayer and silence, teaching us to listen rather than react impulsively. Just as silence can heal relationships, fasting allows us to digest and reflect, rather than overconsume and dismiss.

5. Friday Fasting and Sacrifice

Abstaining from meat on Fridays is a long-standing tradition in the Church, though it has evolved over time. While some continue this practice year-round, all Catholics are called to observe some form of sacrifice every Friday in remembrance of Christ's Passion.

Yes, Fridays are often seen as celebration days—restaurants like "TGI Fridays" tempt us to indulge. But fasting is not about deprivation; it is about making room for Christ. As the prophet Isaiah teaches, true fasting is about freeing the oppressed, feeding the hungry, and sheltering the homeless. While we may not physically hand over the food we abstain from, our sacrifice unites us with those who are truly in need—those in food deserts, those struggling with poverty, and those who hunger for more than just bread.

Fasting is ultimately an act of mercy, drawing us closer to Christ and to one another. It is not about what we lack, but about the space we create for God's presence in our lives.

In Christ's Peace

Father Jim Ferry



OUR LADY OF LOURDES MARCH 16, 2025



SATURDAY, 15 MARCH

5:30 pm Catherine Donoghue

SUNDAY, 16 MARCH

7:30 am People of the Parish

9:30 am Robert D'Acunto

11:30 am Mass will not be held.

MONDAY, 17 MARCH

8:30 am Our Lady of Lourdes Thanksgiving

TUESDAY, 18 MARCH

8:30 am Emily Cupelli

WEDNESDAY, 19 MARCH

8:30 am Luigi & Vincenza Russo

THURSDAY, 20 MARCH

8:30 am Lorizane Pauliceme

FRIDAY, 21 MARCH

8:30 am Patricia Bulger (17th Ann.)

SATURDAY, 22 MARCH

5:30 pm Joseph & Clare McCrink

SUNDAY, 23 MARCH

7:30 am People of the Parish

9:30 am Louise Chiaramonte (28th Ann.)

11:30 am Clever Ruiz



This week's Bread & Wine, a gift from Romeo & Theresa Santos is in memory of **CORAZON S. PEDRO**.



SUNDAY, 16 MARCH

7:30 am Mass

9:30 am Mass



11:30 am Mass
will not be held today.



MONDAY, 17 MARCH

8:30 am Daily Mass will be held
Monday thru Friday of each
week in church.

Miraculous Medal Novena
following 8:30 am Mass on
Monday.

THURSDAY, 20 MARCH

10:00 am Deadline for News &
Announcements for the
Mar. 30th Bulletin. Call the
Rectory at 973-325-0110

SATURDAY, 22 MARCH

4:15—5:00 pm Confessions in Church
5:30 pm Mass

SUNDAY, 23 MARCH

7:30 am Mass

9:30 am Mass

9:30—11:45am Grade 7 -(OLLC) (HALL)

10:30—11:30am 1st Communion Class
(Chapel)

11:30 am Mass

This is my
Beloved Son;
Listen to him



WEEKEND MARCH 22-23 2025
MINISTRY SCHEDULE

Mass	Lectors	Eucharistic Ministers			
5:30 pm	Pat Sigalas	Emily Kunz Melinda Prather ©			
7:30 am	MaryEllen Chandler	Patricia Saway			
9:30 am	Bill Talbot	Espie Cain			
11:30 am (Choir)	Lynda Clement	Wendy Sheyka Paul Hirsch (c)			

Prayers Needed

Artemis Soleil Benitez Langan Family
Judy Bernarducci Beverly McAllister
Oscar Diaz Robert Santangelo
Mai Fernandez Pio Tortola

If you wish to have a friend or loved
one prayed for, please call the Rectory
at 973-325-0110.

Church Capital Investment Fund Raffle

CONGRATULATIONS

TO THE RAFFLE

WINNERS

March 1, 2025

\$500 winner of 1st Drawing:
DIANNE M. REILLY

\$500 winner of 2nd Drawing:
REGYNALD HEURTELOU

PARISH GIVING

FISCAL YEAR STARTING JULY 2024

WEEKLY GOAL \$ 6800

Collection*: 3-1/3-2, 2025* \$ 5355

Deficit: \$ 1445

*Includes Online Giving Weekly Average



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Spring Open House



Wednesday | April 2 | 6:30 PM

For students in grades 6-8 and transfers

Athletics Info Session - MSDA Athletic Center 5:00-6:15pm

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Lent - Sacrifice - Donation Bins - Any Connection



Lent is a time of sacrifice in order to bring us
closer to Christ. As we move closer to Christ, we
become more charitable. Would you be willing to
sacrifice your time and efforts to go through your
closet and donate any unwanted items to the
Catholic Charities Donation Bin(s) located on
the property?

If you do, you have made the
connection.



Our Lady of Lourdes Church, One Eagle Rock Avenue, West Orange, NJ
 LOURDESWESTORANGE.ORG

St. Joseph's Novena 2025

The St. Joseph Novena is our Lenten Retreat with spiritual talks nightly

+ Eucharistic Adoration and Benediction. / Join us for any night or every night!

Tuesday March 11 7 pm Prayer Service Deacon Steven Greydanus <i>Seton Hall Prep Teacher</i>	Wednesday March 12 7 pm Prayer Service Monsignor Robert Harahan <i>Our Lady of Peace, New Providence</i>	Thursday March 13 7 pm Prayer Service Father Denis Surban <i>St. Philomena, Livingston</i>
Friday March 14 7 pm Living Stations of Cross <i>Presented by Our Confirmation Students</i>	Saturday March 15 5:30 pm Evening Mass Father Jim Chern <i>Chaplain and Director Newman Catholic Center Montclair State University</i>	Sunday March 16 7 pm Prayer Service Father Jim Ferry <i>Our Lady of Lourdes, West Orange</i>
Monday March 17 7 pm Prayer Service Father Gerald Buonopane <i>Seton Hall University</i>	Tuesday March 18 7 pm Prayer Service Father Chris Ciccarino <i>Seton Hall University</i>	Wednesday March 19 St. Joseph Day 8:30 am Morning Mass (Fr. Jim Ferry) 7 pm Evening Mass Bishop Manuel A. Cruz, D.D. <i>Auxiliary Bishop for Essex County</i>

St. Joseph Table "arrangements" to be announced.

Novena video to be posted 2 hours after each event.

Find video via "PARISH YOUTUBE PAGE" link on lourdeswestorange.org

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