**Our Lady of Sorrows Church**

801 Main Street  PO Box 326  Vestal, New York  13851-0326  (607) 748-8287  olsvestal.org  A Roman Catholic Parish in the Diocese of Syracuse, New York

**MARCH 1, 2020    FIRST SUNDAY OF LENT**

<table>
<thead>
<tr>
<th><strong>Pastor</strong></th>
<th>Rev. John P. Donovan</th>
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<tbody>
<tr>
<td><strong>Deacon</strong></td>
<td>Dale Crotsley</td>
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**Mass Times**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday Vigil</td>
<td>5:15pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:30am &amp; 11am</td>
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**Daily Mass**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon. - Wed.</td>
<td>7:30am</td>
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<tr>
<td>Saturday</td>
<td>9am (Church)</td>
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**Reconciliation**

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>4pm-4:45pm</td>
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<tr>
<td>or by Appointment</td>
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**Rosary (Church)**

<table>
<thead>
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<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon. - Thurs.</td>
<td>7am</td>
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<tr>
<td>Sat.</td>
<td>8:30am</td>
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**Eucharistic Adoration**

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<th>Time</th>
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<tr>
<td>First Weds.</td>
<td>8am - 12pm</td>
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<tr>
<td>Weds.</td>
<td>8am-10am</td>
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**Office Hours**

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon. &amp; Wed.</td>
<td>8am - 4pm</td>
</tr>
<tr>
<td>Tues. &amp; Thurs.</td>
<td>9am - 4pm</td>
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*A warm welcome to all who are visiting us today. As Christ welcomed all who were searching for truth, peace and joy, we, the Roman Catholic faith community of Our Lady of Sorrows welcome all people to come and find truth and peace within our walls.*

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Life can easily spin us out of control. While there are so many wonderful opportunities before us, we can also get easily distracted and exhausted. There is always something to do, respond to, or check. The clutter of our lives can take us off course, and the best remedy for getting back on track is the experience of the desert. Here we can face our demons square on, resist them, and get back on course. We desperately need the season of Lent. This simple time of year forces us into greater awareness and grounds us in what is good and true.

What weighs you down and keeps you trapped? Maybe you are trying to do too much and please too many people. It could be that your fragile self-image is always pushing you to prove yourself and find success. Anxiety and worry, ultimately due to a lack of faith, can quickly tempt you with despair. It could be that you are listening to too many voices and allowing all of the negativity that is present erode the genuine goodness in your heart and in all of God’s creation. Or maybe you struggle too much with fear. Perhaps so much so that you are far too preoccupied with your own agenda and goals and left with little psychological or spiritual room to consider and respond to the plight of your neighbor. Do anger, bitterness, stubbornness, and hatred have homes in your heart? How about greed, gluttony, pride, apathy, or lust?

For many, their passions and what can be found on the internet are their downfall, and they are robbed of their inner life and freedom. What is it, specifically, that tempts you away from a childlike trust in God? Define this and use the next few weeks to allow God to chart you a course away from them. Silence, being alone, grace, honesty, struggle, tears, and dryness are all found in the desert. You will also find God and your true self in this holy place. Ready to go?
Lent

Prior to Friday Stations of the Cross, we will have **Simple Soup Supers**. If interested in cooking, please call the office. The suppers will be Fridays until March 27. **Children’s Stations of the Cross** will be March 27 and the **Living Stations of the Cross** from St. Margaret Mary’s will be April 3.

**Lenten Parish Mission**

Our **Parish Mission** will begin next weekend February 29 – March 1 with the homilies and then continue Monday – Wednesday evening, March 2-4, at 7 pm. The title is: **Have You Heard the Good News and Enjoying the Journey?**: **It Is Like Irish Music, It Touches the Heart and Makes Your Feet Dance.**

**Lenten Confessions**

**Confessions** throughout the Saturdays of Lent will be 3:30 – 4:45 pm. Please do not wait until the **Lights are on** ... which will be Monday April 6. Our PCA’s Penance Service will be Sunday, April 5, 4 pm at St. Vincent DePaul - Blessed Sacrament. **The Light is on** ... was initiated to be advertised broad and wide for those who have been away from the Church; people who may not know other possibilities. I can tell you I have had people travel distances who have come for the first time in over 40 years. For those who are regulars, each Saturday confessions begin at 4pm, and there are extended hours Advent and Lent. Again, please do not wait until April 3rd and then wonder why you had to wait for over an hour.

**Due to the amount of illness in the broader community, we will forgo the Precious Blood for a few weeks.**

**12 Volunte**ers are needed for one Mass a month to be the person who advances the slides on the projection. Matt can handle only one keyboard at a time. If you have the technical skills to click a mouse you are qualified, no one is too old, as for to young, let’s say 4th grade. Please, email Father Donovan, jpdonovan@syrdio.org.

**Nut Rolls Now Available Gluten-Free**

Our annual Easter nut roll sale is back with a new twist. Regular nut rolls are still $10. Gluten-free nut rolls are available this year at $13 each. We will make only as many GF as are ordered, so if you or someone you know needs GF, please make sure to get your order in by the April 2 deadline! Order forms for both conventional and GF nut rolls are available in the Gathering Space. All rolls will be available for pick-up on Holy Thursday. If you will be away that week, please let us know and we will freeze your nut rolls for pick up during Easter week. Proceeds benefit our youth programs. **Nut roll pickup will be Thursday, April 9 from 12pm - 7pm.**

**Lenten Suppers**

Join us for simple soup suppers during Lent! Our next supper will be this Friday, March 6 5:30 pm in the Café.

Followed by

**Stations of the Cross** at 7:00pm

Donations of soup, canned or homemade, are gratefully appreciated. Please call the Parish Office 748-8287 if you can donate or help.

There will always be two soups; gluten free and vegan available. PB&J available for children.

**Lenten Lunch Bunch Book Group**

Please join us two Thursday’s in March to discuss Matthew Kelly’s book, **Rediscover the Saints**. This was the book given out for free over the Christmas season. The book has very short, easy to read chapters about different saints and how their lives will help us dispel the belief that we are powerless to make big changes in the world. Please read up to Chapter 12 (pg 65) before meeting March 12. We will meet in the café from 11:30 till 12:30 March 12th and March 19th. We’ll enjoy a simple lunch and a great discussion! Join us! RSVP to Diane Rigotti at diane@olsvestal.org if interested.

**Living Stations**

St. Margaret Mary’s Church will be presenting Living Stations of the Cross here at OLS on Friday, April 3 at 7 pm.
Alpha


Wednesdays, 6pm - 8pm, OLS Café  
March 11 - May 20, 2020

Our spring Alpha will begin on March 11. Alpha explores faith in a safe, relaxed, no-pressure atmosphere. Who do you know that might want to join you for dinner, the Alpha video, and some discussion? The friend/brother/sister that no longer goes to church? The friend that's searching? The friend that is lonely? Invite someone to journey with you through the Alpha course.

Spread the Good News - Who will you invite?

Register at www.olsvestal.org
Faith Formation and Youth News

Binghamton’s St. Patrick’s Parade
Saturday, March 7, 2020, 1pm
Join your fellow OLS parishioners and march in the St. Patrick’s Day Parade and then join us back in the OLS Cafe for a traditional boiled dinner. For details contact Jackie.

NAZARETH FARM
Students, Grades 9-12 interested in participating in a service camp experience in Center Point, West Virginia, August 9-15, 2020, please contact Father Donovan, jpdonovan@syrdio.org. Nazareth Farm operates on the four cornerstones of Service, Community, Simplicity and Prayer. It does home repairs and other service to a four-county region in the center of West Virginia, one of the poorest regions of our Country. More information can be found on nazarethfarm.org or by contacting Father Donovan.

Stations of the Cross For Families
Friday March 27: 7:00 pm
Everyone is welcome to join us for a special presentation of the Stations of the Cross. The Stations of the Cross will be presented in a unique format designed to simplify this profound message of Jesus’ love. The Stations will be accompanied by the Children’s Choir.

Teen Beta
“God Created the Planet and There Is Plenty You Need to Do About It!”

Monday, March 23, 2020
6:00pm - 8:00pm
Pasta Primavera
Grades 9 - 12

The topic is intended to initiate conversations that are continued in your home. Free, free, free, free, free, free, free and free.

Please RSVP to Mrs. Adams: jadams@syrdioce.org
By Thursday, March 19.

Upcoming Youth & Family Events

St. Patrick’s Day Parade
March 7th, Binghamton
Line-up begins at 1pm.
Ham & Cabbage Dinner to follow back at the Church.

Youth Mass
March 22 at 8:30am

Stations of the Cross for Families
Friday, March 27, 7pm

Bingo at Willow Point
Saturday, March 28, 9:30am

Deacon Dale’s Retirement Celebration
April 19th at 12pm

Easter Egg Hunt
April 26, More information coming soon!

First Communion
May 3, 2019
11am Mass

FORMED KIDS’ KORNER

Brother Francis
Let’s Learn about Lent
Join Brother Francis in this compact presentation of what Lent is all about and how we observe it as Catholics.

Parish Code: YVN4RP
Monday, March 2
7:30am  Joseph Ziemba – Christine & Tim Smith

Tuesday, March 3  St. Katherine Drexel
7:30am  The People of Our Lady of Sorrows

Wednesday, March 4  St. Casimir
7:30am  James Fessler – Thursday Morning Bible Study
10:30am  (Vestal Park) James V. O’Brien – Don & Marcia Eckerson

Saturday, March 7  Sts. Perpetua & Felicity
9:00am  Josephine Burd – Greg & Abbie
5:15pm  June Leise – Nicholas & Sally Guydosh

Sunday, March 8  Second Sunday of Lent
8:30am  Richard Suchowiecki – James & Barbara Greene
11:00am  Richard & Diane Senger – Family
7:00pm  (Newman House) Frances Oliver – Jeff & Maureen Daws

Please Remember in Prayer
...all who have recently died and their families.

Sanctuary Lamps
...are burning in memory of Rosemary Morrissey requested by family.

CAN YOU HELP...?
Our local Perpetual Adoration Chapel gives blessings to our whole area! We have many empty hours in need of adorers, especially on the weekend. Come and spend the most peaceful hour of your week with Jesus. You won’t believe the graces you and your family will reap. To sign up email holyhour24@gmail.com or call 729-5817 Sunday: 10 & 11am; 1,5 & 6pm. Monday: 8am; 4pm. Tuesday: 1pm. Wednesday: 9,10 & 11am. Thursday: 1,6 & 8pm. Friday: 1,2,3 & 7pm. Saturday: 12,2,4,5 & 6pm. Located in the Church of the Holy Family, Phyllis Dr. Endwell, NY. The Chapel is open Daily from 6 AM-Midnight.

Daily Readings
March 1 - 8, 2020
1st Sunday of Lent

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<tr>
<th>Day</th>
<th>First Reading</th>
<th>Second Reading</th>
<th>Gospel</th>
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<tbody>
<tr>
<td>Sun 1</td>
<td>Genesis 2:7-9</td>
<td>Romans 5:12-19</td>
<td>Matthew 4:1-11</td>
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<tr>
<th>Day</th>
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<th>Gospel</th>
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<tbody>
<tr>
<td>Tues 3</td>
<td>Isaiah 55:10-11</td>
<td>Matthew 6:7-15</td>
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<tr>
<td>Thurs 5</td>
<td>Esther C:12, 14-16, 23-25</td>
<td>Matthew 7:7-12</td>
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<tr>
<td>Fri 6</td>
<td>Ezekiel 18:21-28</td>
<td>Matthew 5:20-26</td>
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<tr>
<td>Sat 7</td>
<td>Deuteronomy 26:16-19</td>
<td>Matthew 5:43-48</td>
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<tr>
<td>Sun 8</td>
<td>Genesis 12:1-4a</td>
<td>2 Timothy 1:8b-10 Matthew 17:1-9</td>
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Envelopes (220)  $7,043.00
     Loose  $565.00
     On-Line Giving (41)  $1,876.00
     TOTAL  $9,484.00

Altar Care for March 5th
Eileen Stone & Pat Woodruff

Reminder, daylight savings time begins March 8. Spring your clocks ahead an hour!

"Blessed are the meek, for they shall inherit the earth" (Mt 5:5). Meekness can win over hearts, save friendships, and much more, because people get angry then they calm down. They rethink the issue before retracing their steps, and relationships can be rebuilt.

Spring FORWARD
Your generosity, charity and sacrifice are deeply appreciated. Thank you very much!
Parish Council

Saturday, March 7

8:30am
Mass
9:30am
Faith Formation
11:00am
Mass

Sunday, March 1

8:30am
Mass
9:30am
Faith Formation
11:00am
Mass

First Sunday of Lent

Monday, March 2

7:00am
Rosary
8:00am
Novena of the Miraculous Medal
7:00pm
Lenten Mission (with Fr. Mike Carmola)

Tuesday, March 3

7:00am
Rosary
8:00am
Stations of the Cross
12pm-2pm
Food Pantry Hours
7:00pm
Lenten Mission (with Fr. Mike Carmola)

Wednesday, March 4

7:00am
Rosary
8:00am
Divine Mercy
8:00am-12pm
Adoration
9:45am
Spirituality (library)
10:30am
Mass at Vestal Park
10:30am
Communion Service at Willow Point
4:45pm
Youth Choir
6:00pm
Faith Formation
7:00pm
Lenten Mission (with Fr. Mike Carmola)

Thursday, March 5

9:30am
Women’s Study Group
4pm-7pm
Food Pantry Hours

Friday, March 6

7:00am
Men of St. Joseph (Library)
5:30pm-7pm
Lenten Simple Soup Suppers
7:00pm
Stations of the Cross

Saturday, March 7

8:30am
Rosary
9am-12pm
Food Pantry Hours
1pm
St. Patrick’s Day Parade
3:30pm-4:45pm
Reconciliation
5:15pm
Mass

Second Sunday of Lent

Sunday, March 8

8:30am
Mass
9:30am
Faith Formation
11:00am
Mass

Lenten Prayer
Heavenly Father, as I enter another week of my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength, and peace as I strive to become the best-version-of-myself, honestly admitting my shortcomings and sins.
As I renew my resolve each day to become a better person, let me hear your voice in the deepest reaches of my heart. Give me rest in you.
Help me to accept others, showing them your great love instead of casting judgment.
Stay with me through the busy days this week and remind me that when I need comfort, solitude, wisdom, or guidance, I can always turn to you.
Help me develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent.
In your name I pray, Amen.

Baptism
Please call the Parish Office to make arrangements. If this is your first child, a baptism prep online class is required. Any questions please call Diane Rigotti at 748-8287.

Marriage
Please call the Parish Office at least six months in advance to make arrangements.

First Sacraments & Confirmation
Please contact our Director of Faith Formation, Jackie Adams jadams@syrdioce.org.

Ministry to the Sick
If a family member is hospitalized or homebound, please call the Parish Office as soon as possible. Privacy laws may prevent a hospital from telling us your loved one is there.

If you are moving...
Please call or email the Parish Office with your new address and phone number, or let us know if you are leaving the parish.

The Best Catholic Content. All In One Place.
formed.org/register
Enter Parish Code: YVN4RP

Bulletin Announcements
...must be received by Monday at 12pm for the upcoming weekend’s bulletin. Subscribe to our bulletin by clicking on the down arrow next to bulletin at olsvestal.org. Click on Subscribe to Our Bulletin, click on subscribe and enter your email address.

Parish Staff

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<thead>
<tr>
<th>Role</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Pastor</td>
<td>Rev. John P. Donovan</td>
</tr>
<tr>
<td>Youth &amp; Pastoral Minister</td>
<td>Deacon Dale Crotscly</td>
</tr>
<tr>
<td>Director of Faith Formation</td>
<td>Jackie Adams</td>
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<tr>
<td>Adult Faith Formation</td>
<td>Diane Rigotti</td>
</tr>
<tr>
<td>Business Administrator</td>
<td>Amy Sullivan</td>
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<tr>
<td>Music Director</td>
<td>Matthew Vavalle</td>
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<tr>
<td>Front Office/ Bulletin</td>
<td>Kelley Marconi</td>
</tr>
<tr>
<td>Back Office/ IT</td>
<td>Kathy O’Brien</td>
</tr>
<tr>
<td>Maintenance</td>
<td>Mitch Bomysoad, Peter Klie</td>
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Download Our App!
olsvestal
olsvestalny
@ols_vestal

Our Lady of Sorrows Parish Information

March 1 - 8, 2020

Daily Mass (Church during Lent)
Monday-Wednesday 7:30am
Saturday (Church) 9:00am

Contact List

<table>
<thead>
<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Parish Office</td>
<td>(607)748-8287</td>
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<tr>
<td>Parish Email</td>
<td><a href="mailto:office@olsvestal.org">office@olsvestal.org</a></td>
</tr>
<tr>
<td>Faith Formation</td>
<td>(607)748-8287</td>
</tr>
<tr>
<td>Food Pantry (Julie Slattery)</td>
<td>(607)785-3214 <a href="mailto:pantry@olsvestal.org">pantry@olsvestal.org</a></td>
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<tr>
<td>Dennis Slattery</td>
<td>Parish Council</td>
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<tr>
<td>John Lahoda (Grand Knight)</td>
<td><a href="mailto:lahodaj@gmail.com">lahodaj@gmail.com</a></td>
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