



**FORTY
DAYS OF
PREPARATION**

**A WEEK OF COMPLETION:
THE EUCHARIST, PASSION,
SUFFERING AND DEATH**



**RESURRECTION!
ETERNITY FOR ALL
WHO WILL SUFFER
THEIR CROSS!**

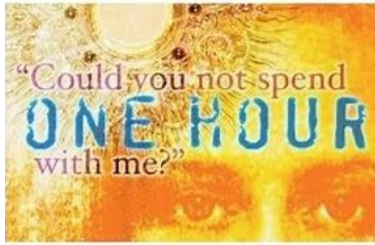


C.O.O.L. NEWS

Our Lady of the Miraculous Medal Monthly Newsletter

WEEKLY ADORATION AT OUR LADY!

In this Jubilee Year of the Sacred Heart of Jesus, make the 9 First Fridays Devotion!



**First Friday,
March 1, 2024**

From 10:15^{am} to Noon

**Weekly Adoration on
Fridays from 10:15^{am}
to 11:00^{am}**

Make Friday Adoration a Lenten Tradition!

Lenten Fast & Abstinence Reminder

On Ash Wednesday and Good Friday,

everyone age fourteen (14) and older

MUST ABSTAIN FROM EATING MEAT

(seafood is permitted).

Adults eighteen (18) and older must **FAST**

(meaning one full meal a day and two lesser meals).

On all Fridays during Lent everyone fourteen (14) and older must **ABSTAIN** from meat.

Please see the COOL calendar on the back of this newsletter which has notations for fast & abstinence as appropriate for each day.

**2024 STATIONS OF THE CROSS &
BENEDICTION**

FRIDAY EVENING SCHEDULE

March 1ST at 5:30^{pm}

March 8TH at 5:30^{pm}

March 15TH at 5:30^{pm}

March 22ND at 5:30^{pm}

Good Friday, March 29TH at 7:00^{pm}

Francie Medary will cantor.

Additionally, 1 lector and 3 servers are needed to support this liturgy:

2 servers to carry candles and

1 server to carry the Crucifix

Servers will also assist Deacon Steve or our assigned priest with Benediction.

The Holy Week schedule also has many openings.

Sign-up sheets are located in the west lobby.

The Light is ON for You.
Celebrate the Sacrament of Reconciliation

**LENTEN
RECONCILIATION
SERVICE**

**WEEKLY
SATURDAY
RECONCILIATION
TIME**

**DATE TO BE ADVISED!
CHECK THE BULLETIN FOR
INFORMATION.**

3:00PM



**Daylight Savings Time
BEGINS!**

Saturday, March 9

- be sure to set your clock ahead 1 hour before you go to bed!

WORD AMONG US

It is time to reorder our yearly subscriptions to the monthly 2024 Mass booklets.

The price for the year will be \$18 as in previous years.

Please make your check out to Church Of Our Lady with the notation of "Word Among Us".

You can place your check in the weekly collection basket or drop off at the parish office.

Now that he has had some time to get familiar with his new car, Fr Jim, would like to express his thanks and gratitude to all who donated to his car fund! He at this time truly appreciates and enjoys driving his new car.

by Joe Cardamone



HOLY WEEK MASS SCHEDULE

HOLY THURSDAY, MARCH 28:
MASS 7:00PM (MASS OF THE LAST SUPPER)

GOOD FRIDAY, MARCH 29:
2:00PM - GOOD FRIDAY SERVICE (INCLUDING HOLY COMMUNION)
7:00PM STATIONS OF THE CROSS WITH VENERATION

HOLY SATURDAY, MARCH 30:
9:00PM EASTER VIGIL

EASTER SUNDAY, MARCH 31:
10:00AM HOLY MASS

One guide when examining your conscience for Confession:

The 7 Capital Sins and their Contrary Virtues

Capital Sin	Definition	Contrary Virtue
Pride	Unrestrained appreciation of our own worth	Humility
Greed	Immoderate desire for earthly goods	Liberality
Lust	Hankering for impure pleasures	Chastity
Anger	Inordinate desire for revenge	Meekness
Gluttony	Unrestrained use of food and drink	Temperance
Envy	Sorrow over another's good fortune	Brotherly Love
Sloth	Laxity in keeping the Faith and the practice of virtue	Diligence

Note: The 7 Capital Sins, also known as "The 7 Deadly Sins," are those sins that give rise to other sins. They were first enumerated by Pope St. Gregory the Great in "Moralia in Job."

Guides to a good Confession will be available on the lobby table.

Easter Altar Décor Schedule

Mark your calendars. All that we go through and sacrifice this coming month leads us to Easter, Jesus resurrection from the dead. Please come and join in the decorating of the Altar to glorify the Lord.



When: Good Friday, March 29, after Stations of the Cross and Veneration which begin at 7:00^{PM}

Thank you in advance for any and all help!

Mary Bishel

FEAST DAYS IN MARCH

MARCH IS THE MONTH OF ST JOSEPH

March 1 - First Friday /Adoration (*Sacred Heart Devotion*)
 March 2 - First Saturday (*Immaculate Heart Devotion*)
 March 3 - St. Katherine Drexel
 March 4 - St. Casimir
 March 7 - St. Perpetua & St. Felicity, Martyrs
 March 8 - St. John of God, Religious
 March 9 - St. Frances of Rome, Religious & St. Dominic Savio
*March 10 ** DAYLIGHT SAVINGS TIME BEGINS*
 March 14 - St. Mathilda - Patroness of Queens
March 17 - St. Patrick
 March 18 - St. Cyril of Jerusalem, Bishop, Doctor of the Church
 March 19 - ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY
 March 23 - St. Turibius of Mogrovejo
 March 24 - PALM SUNDAY (St. Catherine of Sweden - The Brigidines)
 March 25 - THE ANNUNCIATION OF THE LORD - is moved to MONDAY, APRIL 8!
March 28 - HOLY THURSDAY
March 29 - GOOD FRIDAY (St. Joseph of Arimathea)
 March 30 - HOLY SATURDAY - Our Lady of Sorrows
MARCH 31 - EASTER - Resurrection of the Lord!



40 Days of Adoration

The Diocese of Columbus will have

[40 Days of Adoration](#)

this year from **Ash Wednesday through Palm Sunday.** Everyone

is encouraged to visit Jesus in Eucharistic Adoration at parishes throughout the diocese. Reconciliation is Monday, March 25. Check your local parish for details.

Source: <https://columbuscatholic.org/40days>

ACT OF CONSECRATION TO SAINT JOSEPH

O dearest Saint Joseph, I consecrate myself to your honor and give myself to you, that you may always be my father, my protector and my guide in the way of salvation. Obtain for me a greater purity of heart and fervent love of the interior life.

After your example may I do all my actions for the greater glory of God, in union with the Divine Heart of Jesus and the Immaculate Heart of Mary.

O Blessed Saint Joseph, pray for me, that I may share in the peace and joy of your holy death. Amen.



Help Wanted:

Sacristans for the 4:00^{PM} Saturday and 10:00^{AM} Sunday Masses

We have been slowly trying to move back to our pre-Covid life in the church. One of the areas that we are still lacking is the sacristan for the Sunday morning Mass.

We usually see Fritz Mirville coming early and setting up things in preparation for the Mass. However, when Fritz is not here we are at a loss - creating a lot of rushing around at the last minute to get everything in place.

What does the sacristan do? Here is the general outline for a typical Sunday Mass:

Before Mass - arrive at least 30 minutes prior to Mass.

In the sacristy:

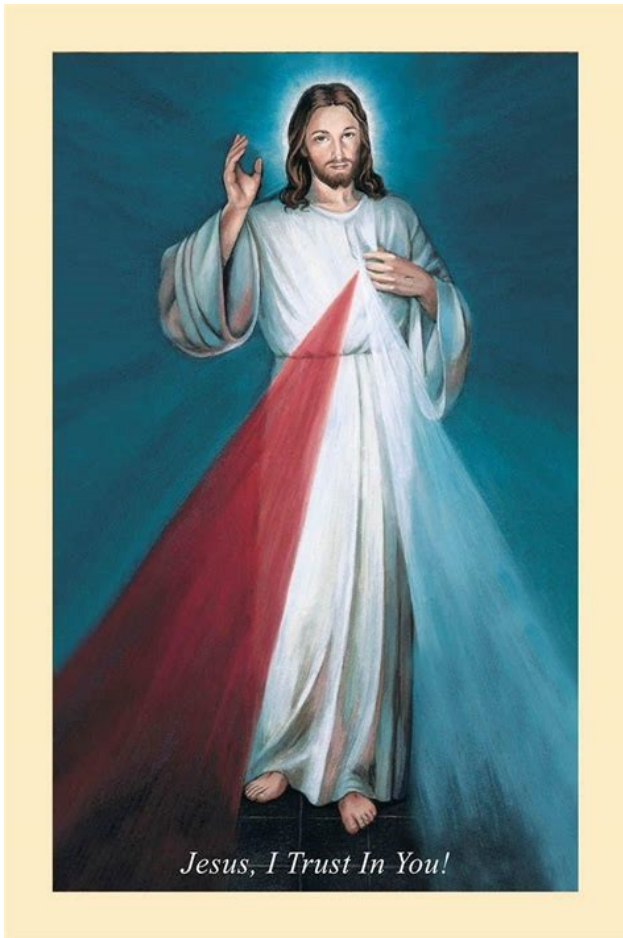
- 1) Turn on the PA system;
- 2) Set up trays for the Mass: (to be placed on the credence table)
 - a) chalice set up: place one large host on the paten - insure the chalice purificator, paten, pall and corporal are placed correctly on top of the chalice
 - b) place the cruet with the water on the tray along with the small bowl and cloth for the washing of the hands
 - c) place the Tabernacle key on the tray
 - d) place extra vessels (usually 2) for distribution of Holy Communion (this may require a second tray).
- 3) Take the tray/s to the credence table and place the Tabernacle key in the Tabernacle.
- 4) Fill the large gold bowl with a generous handful of hosts. Place the bowl and wine cruet on the table in the back aisle of the church for the gift bearers.

AFTER MASS:

Purify the vessels used in the Holy Mass. Thoroughly rinse the Altar cloths which might have Precious Blood spilled on them and open them over the hamper to dry.

Put everything away in the sacristy. Lock the chalice in the cupboard.

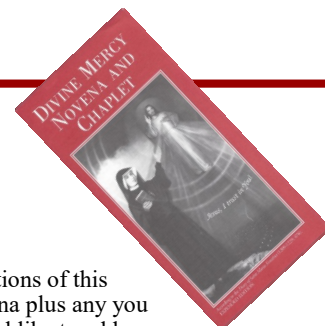
While this may seem like a lot to do, once you have practiced a time or two it will become second nature. Two people may want to work as a team for this service as well! Please consider giving of your time to support the Holy Mass. Contact Dcn. Steve to get started!



54-Day Novena of the Divine Mercy Chaplet-continuing

March 1 brings us to the end of the 2nd Chaplet of Our 54 day Divine Mercy Novena. Almost half way! Missed a couple or few days? It's okay. Jump back in, all prayer is important and heard. The 9 days of each chaplet cover the specific things for which Jesus called us to pray. Jesus is listening to us as we unite our prayers with others. Prayer is so necessary at this time: pray for America, pray for conversion of sinners and pray for the "woke" to awaken. God have mercy and show us the way back to Your will.

Blessings upon all of you. Mary Bishel



54 Day Novena of the Divine Mercy Chaplet, 2024

Continuing through March and ending Saturday, April 6.

Remember the first 3 Novenas are in petition and the last 3 are in thanksgiving!

The following dates show the corresponding Divine Mercy prayer for that day:

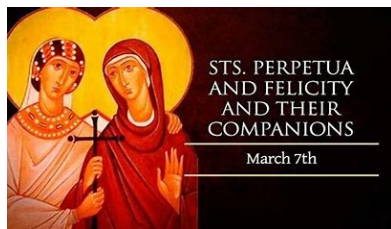
	2 nd Chaplet	3 rd Chaplet	4 th Chaplet	5 th Chaplet	6 th Chaplet
1 st Day	Feb 22	March 2	March 11	March 20	March 29
2 nd Day	Feb 23	March 3	March 12	March 21	March 30
3 rd Day	Feb 24	March 4	March 13	March 22	March 31
4 th Day	Feb 25	March 5	March 14	March 23	April 1
5 th Day	Feb 26	March 6	March 15	March 24	April 2
6 th Day	Feb 27	March 7	March 16	March 25	April 3
7 th Day	Feb 28	March 8	March 17	March 26	April 4
8 th Day	Feb 29	March 9	March 18	March 27	April 5
9 th Day	March 1	March 10	March 19	March 28	April 6

Intentions of this Novena plus any you would like to add:

For this United States of America; our Holy Mother the Church; peace throughout the world; for the truth to prevail; flaws be mended; corruption exposed; sinners to convert, repent, and atone; God's will be done and His justice be served. Amen

Saints Perpetua & Felicity

Feast Day: March 7
Perpetua is the patron saint of widows and mothers of deceased sons.



Perpetua and Felicity (Latin: Perpetua et Felicitas) were Christian martyrs of the 3rd century. Vibia Perpetua was a recently married, well-educated noblewoman, said to have been 22 years old at the time of her death, and mother of an infant son she was nursing. Felicity, a slave woman imprisoned with her and pregnant at the time, was martyred with her. They were put to death along with others at Carthage in the Roman province of Africa. *Perpetua and Felicity were beheaded; the others were killed by beasts.*

[*The Passion of Perpetua and Felicity*](#) narrates their death. According to the passion narrative, five people were arrested and executed at the military games in celebration of the Emperor Septimius Severus's birthday. Along with Felicitas and Perpetua, these included two free men, Saturninus and Secundulus, and an enslaved man named Revocatus; all were catechumens or Christians being instructed in the Faith but not yet baptized. To this group of five was added a further man named Saturus, who voluntarily went before the magistrate and proclaimed himself a Christian. Perpetua's first person narrative was published posthumously as part of the Passion.

Perpetua's account opens with conflict between her and her father, who wishes her to recant her belief. Perpetua refuses, and is soon baptized before being moved to prison. Perpetua was imprisoned in Carthage in the days leading up to her martyrdom. She described these days and what she endured in her diary.

Perpetua described the physical and emotional torments that she suffered in the prison leading up to her martyrdom. Perpetua suffered physically due to the heat, rough prison guards, and the cessation of regular breastfeeding. Perpetua also described how the prison conditions improved after she was able to bribe the guards so that she and the other martyrs were moved to another part of the prison, with her infant. Her physical torment was also eased after she was able to breastfeed her child. Perpetua described bodily ailments in detail and the most common in her narrative was the cycle of pain and relief she would feel in her breasts.

At the encouragement of her brother, Perpetua asks for and receives a vision, in which she climbs a dangerous ladder to which various weapons are attached. At the foot of a ladder is a serpent, which is faced first by Saturus and later by Perpetua. The serpent does not harm her, and she ascends to a garden. At the conclusion of her dream, Perpetua realizes that the martyrs will suffer. The day before her martyrdom, Perpetua envisions herself defeating a savage Egyptian and interprets this to mean that she would have to do battle not merely with wild beasts, but with the devil himself.

source: https://en.wikipedia.org/wiki/Perpetua_and_Felicity

HOLY INNOCENTS PRAYER

Holy Innocents, you died before you were old enough to know what life means, pray for all children who die young that God may gather them into His loving arms.

Holy Innocents, you were killed because one man was filled with hatred, pray for those who hate that God may touch their hearts and fill them with love.

Holy Innocents, you experienced a violent death, pray for all who are affected by violence that they may find peace and love.

Holy Innocents, your parents grieved for you with deep and lasting sorrow, pray for all parents who have lost young children that God may wrap a warm blanket of comfort around them.

Holy Innocents, those around you certainly felt helpless to prevent your deaths, pray for all who feel helpless in their circumstances that they may cling to God for courage and hope.

Holy Innocents, you who are now in Heaven, pray for all of us that one day we may join you there to bask in God's love forever.

Amen.

As the feast day of the unborn is March 25, I thought it would a good time to reprint this prayer; it is so pertinent to our time.

I ask the Holy Innocents to join us in praying for all of the intentions in this prayer: for the end of the hatred of fellow human beings, for the end of the killing of the unborn and that all life end in God's time, for those who have no hope - to turn to God for His love, comfort and mercy.

Please all the angels, saints and martyrs in Heaven above join the Unborn and us in this prayer. In Jesus Name I pray.

Mary Bishel

Date change for The Solemnity of the Annunciation of the Lord!

The Annunciation on March 25 is impeded by Monday of Holy Week. According to the *Universal Norms on the Liturgical Year and the Calendar*, no. 60, the Annunciation is therefore **transferred** to Monday of the Second Week of Easter, in this case, **April 8, 2024**.

From the Clergy Bulletin, Chancery Office / Diocese of Columbus

How to Obtain a Plenary Indulgence During Holy Week

/ Kzenon/Shutterstock.

By CNA Staff

CNA Staff, Mar 2, 2021 / 12:43 am MT ([CNA](#)).

A plenary indulgence is a grace granted by the Catholic Church through the merits of Jesus Christ, Mary and all the saints to remove the temporal punishment due to sin. The indulgence applies to sins already forgiven. A plenary indulgence cleanses the soul as if the person had just been baptized. A plenary indulgence can be obtained during Holy Week for oneself or for a deceased person if one of the following works established by the Church is performed.

Holy Thursday

1. If during the solemn reservation of the Blessed Sacrament (typically on a side altar), which follows the Mass of the Lord's Supper, you recite or sing the Eucharistic hymn "Tantum Ergo."
2. If you adore the solemnly reserved Blessed Sacrament for a half hour.

Good Friday

1. If you venerate the Cross in the solemn celebration of the Lord's Passion.
2. If you piously participate in the Stations of the Cross

Holy Saturday

1. If two or more people pray the Holy Rosary.
2. If you attend the celebration of the Easter Vigil at night and renew your Baptismal Promises, which is part of the liturgy of that Mass.

Conditions in all cases:

In order to obtain the plenary indulgence, in addition to performing the specific works mentioned above, the following conditions must be fulfilled:

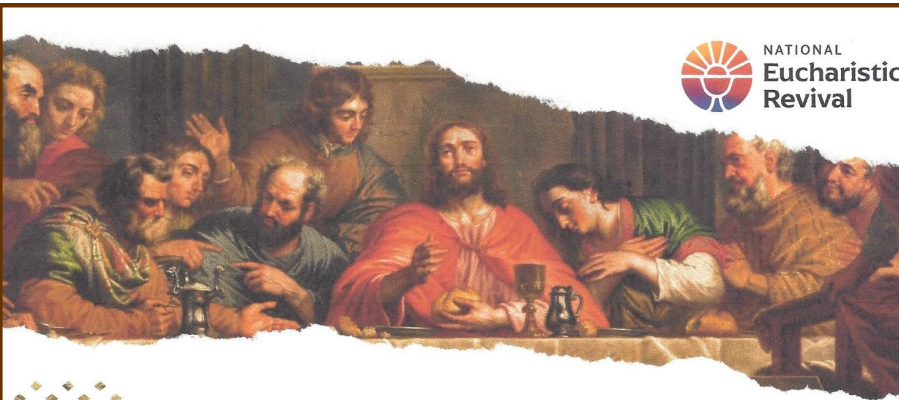
A plenary indulgence requires that the individual be in the state of grace by the completion of the acts, and have complete detachment from sin. The person must also sacramentally confess their sins and receive Communion, up to about 20 days before or after the indulgenced act.

A single sacramental Confession is sufficient for several plenary indulgences.

For each plenary indulgence that is sought, however, a separate Holy Communion and a separate prayer for the intentions of the Holy Father are required.

The choice of which prayer is said for the intentions of the Holy Father is left up to the individual.

Source: CatholicNewsAgency



Eucharistic Prayer Companion for the Lenten Season & Sacred Triduum

These Eucharistic Meditations are designed to help you spend 30 minutes to an hour in meditation and silent prayer with Jesus during Eucharistic adoration. Even if you cannot be physically present in a church or adoration chapel with the Blessed Sacrament, you can unite yourself spiritually to the Eucharist as you spend this time in prayer.

Each Eucharistic Meditation will follow this format:

- ✦ Begin with the opening prayers, asking Jesus for the grace of that week. This prayer is intended to help us learn how to seek a gift from God in prayer.
- ✦ Pray with the Scripture passage provided. Be open to this encounter with Jesus.
 - ◆ Read that week's passage, usually from the Old Testament, 3-4 times slowly. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.
 - ◆ Sit with a series of reflection questions for a while, being attentive to how the Lord is speaking in your heart.
 - ◆ Read the next passage, usually from the Gospels, 3-4 times slowly. Allow the Holy Spirit to speak to you personally through this passage.
 - ◆ Spend time in silence with the Lord using the next reflection question. Allow him to speak to your heart in that silence. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.
- ✦ Pray the Closing Prayer, usually taken from the Collect for Mass.
- ✦ Reflect on the liturgical connection and Love in Action prompt each week.

Thank you for praying with us as we seek to spend time with our Eucharistic Lord.

The Eucharistic Revival is providing Lectio Divina sheets for Ash Wednesday, the Sundays of Lent, Holy Thursday, Good Friday and Easter Sunday. You will find your Sunday copy in the weekly bulletin and also available in both lobbies. Please make use of these meditations will enhance your spiritual growth and deepen your Lenten experience.

Our Lady of Sorrows

Since the time of the Annunciation, Jesus has been present with Mary. On this day of Holy Saturday, she is entirely alone. It is Mary alone who carries the hope of the "Church" in her heart as all have deserted her Son. Let us compassionate the Sorrowful Heart of Mary and keep watch with her... on Holy Saturday!

The statue pictured is Our Lady of Sorrows, Columbus. The statue is typically on display at Holy Family Church on West Broad Street on Good Friday.





Please join us on March 16, at Noon, for an America Needs Fatima Rosary Rally for God's Marriage = 1 Man + 1 Woman.

Come join us as we pray in reparation for sins and offenses committed against the Immaculate Heart of Mary, the Sacred Heart of Jesus, God the Father and the Holy Spirit. Remember, where two or more are gathered together, Jesus is with us. Come join us in praying the Rosary in front of the church. Bring a friend, bring your family, pray a Rosary at home, but please pray! We will unite our Rosary with all Rosaries being said. Dress warm; March is capable of any type of weather. Blessings upon all of you who attend, want to attend or pray from home.

Mary Bishel

PRAY FOR OUR SEMINARIANS

Keep Gabe Shroyer (Our Lady of the Miraculous Medal) and Zack Goodchild (Seton) in your prayers.

We are blessed to have these young men answering God's call to study for the priesthood!

Keep the \$\$\$ coming for our monthly Support Our Seminarians collection which directly supports this important need in our diocese.

World Day of Prayer International

World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice.

Palestine 2024 - created the artwork and selected the verse for meditation. For more complete information, go to: <https://worlddayofprayer.net/palestine-2024.html>

"I Beg You... Bear With One Another in Love"
Ephesians 4:1-3
March 1, 2024

This program calls us to bear with each other in love, despite all difficulties and oppression. The program was written by a group of ecumenical Christian Palestinian women in response to the passage from

Ephesians 4:1-7. We reflected collectively on this theme from the context of our suffering as Palestinian Christian women. We hope to inspire other women around the world to bear with one another in love during troubled times.



Artist - Halima Aziz

WORLD ACCLAIMED IRISH TENOR

EMMET CAHILL

Concert in benefit of St. Matthew Charitable Works Food Pantry and SPICE (Special People in Catholic Education)

LIVE IN CONCERT

ST. MATTHEW THE APOSTLE CHURCH

Wednesday, March 13
7:30pm

\$35 General Admission
\$50 Concert + Meet and Greet starts at 6:15pm

807 Havens Corners Rd.
Gahanna, OH 43230

TICKETS AVAILABLE
EmmetCahill.com

Star of PBS Celtic Thunder

If you are a Celtic Thunder fan or an Irish music lover, this should be a wonderful evening for you!

THE MASS & DAILY OFFERING PRAYERS

Why We Should Attend Holy Mass

The Mass is the best means we have:

- To render God the highest form of worship
- To thank Him for all His blessings.
- To make reparation for all our sins.
- To obtain all the blessings we desire.
- To release souls from Purgatory and to shorten our own time there.
- To preserve us from all dangers to soul and body.
- To be consoled at the hour of death, for at that moment their (the Masses) memory will be our greatest consolation.
- To intercede for us at the Judgment Seat of God.
- To bring down God's blessings; therefore, try to attend at Mass every day, or as often as possible, and, of course, on Sundays.
- To better understand the sublimity of the Passion of Christ, and, therefore, to increase our love for Him.

Say the Following Eucharistic Prayers Daily

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my associates, and that priests may be imbued with apostolic zeal in the Vineyard of the Master. *Glory be to the Father, etc. (three times).*

Daily Offering

O My Jesus, I include myself in all the Holy Masses which are celebrated this day throughout the world, and offer them to You in union with the intentions of Your Sacred Heart. I implore You to reserve for me, from each Holy Mass, Your Most Precious Blood to atone for my sins and their punishment.

Grant me also the grace of obtaining through the merits of every Holy Sacrifice the release of one poor soul from the pains of Purgatory, the conversion of one sinner, and also that one soul in the agony of death may obtain mercy, and that one mortal sin, which is so painful to Your Sacred Heart, may be prevented. Amen

Offering to the Eternal Father

Eternal Father, we offer You the Blood, the Passion, and Death of Jesus Christ in satisfaction for our sins, in aid of the holy souls in Purgatory, for the needs of holy Mother Church, and for the conversion of sinners. Amen

With Ecclesiastical Approval

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St. Joseph of Arimathea

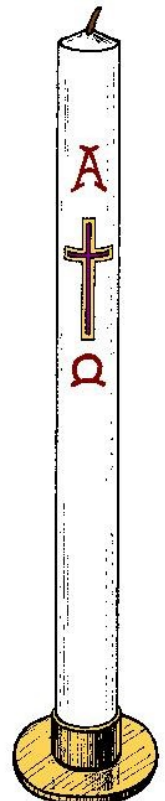
Celebrated on Good Friday

All that is known for certain concerning Joseph of Arimathea is derived from the canonical Gospels. He was born at Arimathea — hence his surname — "a city of Judea" (Luke 23:51). He was a wealthy Israelite (Matthew 27:57), "a good and a just man" (Luke 23:50), "who was also himself looking for the kingdom of God" (Mark 15:43). He is also called by St. Mark and by St. Luke a bouleutes, literally, "a senator", whereby is meant a member of the Sanhedrin or supreme council of the Jews. He was a disciple of Jesus, probably ever since Christ's first preaching in Judea (John 2:23), but he did not declare himself as such "for fear of the Jews" (John 19:38). On account of this secret allegiance to Jesus, he did not consent to His condemnation by the Sanhedrin (Luke 23:51), and was most likely absent from the meeting which sentenced Jesus to death (cf. Mark 14:64).

source: <https://www.newadvent.org/cathen/08520a.htm>

With Pilate's permission, Joseph recovered the Body of Jesus, prepared Him for burial and laid His remains to rest in his own tomb. He did this as the Apostles of Jesus were in hiding. This act is the reason St Joseph of Arimathea is considered the patron saint of funeral directors and morticians.

source:google search





I was in the church (February 11) when Lori, Paul and Fritz brought their PSR class in to explain Eucharistic Adoration and to pray. How beautiful!

Submitted by Anne Grossman-Peters



I want to say "Thank You" for all the prayers, Masses and sacrifices you offered for my healing. I am now limp-free and getting back to normal. I am so grateful for you, my parish family.

Theresa Morey

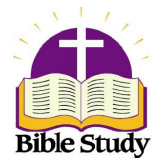
Adult Ed At Our Lady:

Sundays following the 10:00am Mass - Divine Mercy.

Mondays at 6:30pm in the rectory and also on ZOOM.

Wednesdays at 10:30am in the rectory and also on ZOOM.

Submitted by Joanne Farrell



Jubilee Year of the Sacred Heart of Jesus

In case you missed it! The Jubilee Year of the Sacred Heart of Jesus began on December 27, 2023. (December 27th, was the date of the first apparition of Jesus to St. Margaret Mary.) The Jubilee Year concludes on June 27, 2025, the date of the Solemnity of the Feast of the Sacred Heart, which falls on the Friday after the Corpus Christi Octave in the Church each year.



The Jubilee commemorates the 350th anniversary of the apparitions of the Sacred Heart of Jesus to St. Margaret Mary Alacoque which took place in Paray-le-Monial, France.

A plenary indulgence, which removes all temporal punishment due for sin, can be obtained during this time of the Jubilee Year for the Sacred Heart! The indulgence can be obtained by making the pilgrimage to Paray-le-Monial, known as the City of the Eucharist. Bishop Earl Fernandes will lead a diocesan pilgrimage to France from May 31 to June 9, 2024. The pilgrimage includes a visit to Paray-le-Monial, the site of the Shrine of the Sacred Heart of Jesus and St. Margaret Mary Alacoque.

For those of us who cannot travel to France with our bishop, four churches in the Diocese of Columbus are designated pilgrimage sites:

Columbus Sacred Heart, 893 Hamlet St. Columbus, will have Eucharistic Adoration every Thursday in 2024 from 10:00am to 7:30pm for those interested in obtaining the indulgence. Mass times there are 6:30pm Thursdays, 4:00pm Saturdays and 11:00am Sundays.

Cardington Sacred Hearts, 4680 U.S. 42, has Masses at 6:00pm Tuesdays, 8:45am Wednesdays through Fridays and on the first Saturday of the month, 4:30pm Saturdays and 9:00am Sundays. It does not offer Adoration but is open from 8:00am to 8:00pm weekdays.

New Philadelphia Sacred Heart, 139 3rd St. N.E. has Adoration from 7:00am to 9:00pm Tuesdays. Masses are at 8:30am and 5:00pm Sundays, 8:30am Mondays and Wednesdays and 6:30am Tuesdays and Thursdays.

Coshocton Sacred Heart Church, 805 Main S, is open from 8:00am to 4:00pm daily during the week, with Adoration from 9:30am to 11:15am on the first and third Fridays. Masses are at 5:30pm Wednesdays, 9:00am Thursdays and Fridays, 5:00pm Saturdays and 9:00am on Sundays.

The faithful can receive the plenary indulgence during the Jubilee Year by visiting one of these local pilgrimage sites and assisting at Mass¹; reciting prayers, such as the Litany of the Sacred Heart²; making a Holy Hour of reparation³; and praying for the intentions of the Holy Father⁴.

An indulgence is a grace granted by the Catholic Church through the merits of Jesus Christ, the Blessed Virgin Mary and all the saints. It may be plenary (full) or partial depending on our state of grace at the time.

To receive a plenary indulgence, an individual must have complete detachment from sin, receive the Sacraments of Reconciliation and Holy Communion within a reasonable time period and pray for the Holy Father's intentions.

Source:the Catholic Times

PRAYER - FASTING - ALMSGIVING

The three pillars of Lent!

We are reminded in many writings about the season of Lent that we are to practice: prayer, fasting and almsgiving! These three areas touch the very center of our person: our relationship with God; our relationship to our own bodies; and our relationship with our neighbor.

PRAYER - Make more time for God!

“In order to deepen our love for Christ, Catholics are urged to read and pray over Sacred Scripture; to study the Catechism of the Catholic Church; to participate in devotions offered by the parish; and to pray more fervently — individually, as families, and in common with others. The faithful are exhorted to pray the Rosary, to make private visits to the Blessed Sacrament, and to pray especially for vocations to the priesthood and the religious life, for world peace, and for an ongoing implementation of the churches pastoral initiatives.

One aspect of prayer and our Catholic relationship with God is our Easter Duty. All Catholics who have been initiated into the Holy Eucharist are **bound** (under pain of mortal sin) **to receive Holy Communion worthily** at least once (yearly) during the Easter Season. Catholics are encouraged to receive Holy Communion as often as possible, not only during Eastertide, but throughout the liturgical year. However, “Anyone conscious of a grave sin must receive the Sacrament of Reconciliation before coming to Holy Communion” (CCC 1385.)”*

FASTING - Bring our appetites under control!

We take food for granted! Ads on TV, social media, etc. are

filled with enticements that remind us to be hungry for good food, quick food, sweet food; thirsty for beverages that perk us up, calm us down, satisfy our sweet tooth, claim to make us healthy, the list goes on. We take technology for granted! We need the latest news, the newest gadget, the fastest computer; we have no time to wait for anything! We take shopping for granted! We can do it from the comfort of our easy chair, the world is at our fingertips and Amazon is ready to bring it to your doorstep the very next day! Try adding a weekday fast from something - there are many choices besides food!

ALMSGIVING - Make more time for your neighbor!

The act of giving to the poor, in the most ancient tradition of the Church, is an expression of penance, a form of piety, a witness of fraternal charity and an expression of Lenten conversion. Therefore, all Catholics are urged to support generously the charitable works of the Church. We are also encouraged to assist the sick, the aged, the needy and the imprisoned in other ways.* Start at home - in your family, your neighborhood and in your parish. How can you reach out to lend someone a hand? The smallest gift of your time may change someone’s life forever!

Fasting and abstinence together with works of charity (almsgiving) help Catholics live in solidarity with the crucified Christ reflected in the image of our brothers and sisters who suffer. In our Lenten pilgrimage of faith and ascent to the holy mountain of Easter, may God direct our steps to Him, and show us how to walk always in His way.*

*excerpt from:ucatholic.com (blog)

submitted by Elaine Sturm, Catechist

The Columbus Catholic Renewal

COLUMBUS CATHOLIC RENEWAL

Praise & Worship

Mass at 9:00am

Saturday

March 16, 2024

from 9:00^{am} to Noon

Our Lady of the Miraculous Medal

5225 Refugee Road

Columbus, Ohio 43213



Larry Davis submitted this picture of Fr. Cyprian and the Rilea family at the Baptism of their daughter on February 4th, 2024. We can't see the beaming dad who is standing behind Carina.



Knight's News

CASH BONANZA RAFFLE!

Charity tickets are available for the State Council's 2024 Super Cash Bonanza Raffle.

Chances are only \$5 and there are over \$108,000 in cash prizes to be awarded in a drawing on May 18th.

Purchase our tickets from any Knight of Columbus after any weekend Mass. Tickets will also be on sale at the Lenten Fish Fries.



KNIGHTS OF COLUMBUS
\$108,000
Plus 22 More Prizes
2024 Charity Tickets

1st Prize...\$49,680 2nd Prize...\$18,780 3rd Prize...\$12,720
Payable \$414/month for 10 years! Payable \$313/month for 5 years! Payable \$212/month for 5 years!

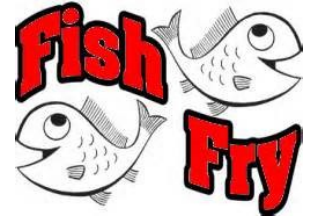
Proceeds support the charitable functions of the Knights of Columbus throughout the State of Ohio.

2024 Knights' LENTEN FISH FRIES

The Council will have three Lenten Fish Fries in March. Food service will start at 5:30pm (please note time change) and food will be served until 7:30pm on the following Fridays:

Please note, NO FISH FRY ON MARCH 1ST!

March 8th
March 15th
March 22nd.



All meals will be served as takeout meals, with two options available:

- 1) Freshly Fried Fish Dinner for \$10**
Served with fries or mac-n cheese and green beans
- 2) Grilled Cheese Sandwich & Soup for \$5**
Served with tomato soup or potato soup - Please inquire as to the "soup of the day" each Friday before ordering.
- 3) Order forms will be available in the west lobby on the weekends proceeding the Fish Fry, so that you can take the order forms home and fill them out in advance.**

Dine-in will be available in Don Ross Hall, for those that wish to 'eat in', with beverages, desserts, and condiments, available.

Cold pop and chips will be available for \$1, each.

Cash, check, or card payments will be accepted.

All proceeds support the charitable functions of the Knights of Columbus

CHURCH OF OUR LADY Men of the Medal

Saturday
March 9, 2024
9:00am - 11:00am

Continental Breakfast
Fellowship with
like minded men of faith!

Submit your article for the next
C.O.O.L. NEWS to:
Editor in Chief Elaine Sturm at
Cool.sturm@gmail.com

Or place your submission in the box
marked "COOL NEWS" located in the
sacristy

DEADLINE FOR SUBMISSION IS: March 15th

Join us on the WEB and FACEBOOK!

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Scan the QR Code above below with
your phone camera, then tap to
open link for [Online Donation](#).

Look for it in our weekly bulletin!

COOL Calendar