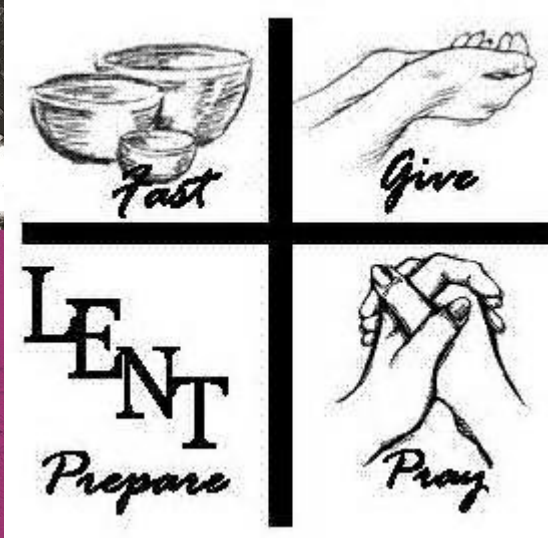


OUR LADY OF THE MIRACULOUS MEDAL MONTHLY NEWSLETTER

# C.O.O.L. NEWS



## STATIONS OF THE CROSS MARCH SCHEDULE

**MARCH 3 AT 5:30<sup>PM</sup>**

**MARCH 10 AT 5:30<sup>PM</sup>**

**MARCH 17 AT 5:30<sup>PM</sup>**

**MARCH 24 AT 5:30<sup>PM</sup>**

**MARCH 31 AT 5:30<sup>PM</sup>**

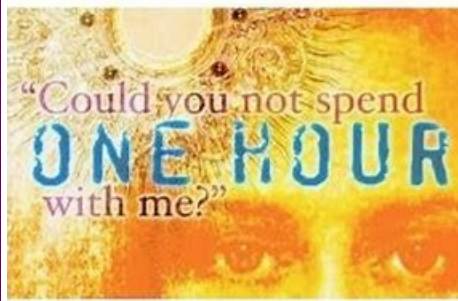
**LENTEN FAMILY RECONCILIATION SERVICE  
SATURDAY, MARCH 4, 2023 AT 2:30<sup>PM</sup>**

**THE COOL YOUTH GROUP WILL MEET ON  
SATURDAY, MARCH 4, AT 5:15<sup>PM</sup>**

# Journey to the Cross



## ADORATION OF THE BLESSED SACRAMENT



**First Friday,  
March 3, 2023  
From 9:45am to  
Noon**

**Weekly  
Adoration on  
Fridays**

**from 9:45am to 10:30am**

**Make Friday Adoration a Lenten Tradition!**

## FAMILY LENTEN RECONCILIATION SERVICE

**Saturday, March 4<sup>th</sup> at 2:30<sup>pm</sup>**



**Our annual Lenten Family Reconciliation Service will take place at the beginning of Lent this year. Fr. Coleman will conduct the service with appropriate prayers and readings including an examination of conscience to help you prepare for your Confession.**

**Please mark your calendar and plan to make your Sacrament of Reconciliation early this Lent!**

## MORE ON STRIKING THE BREAST

Last issue we looked at the history of "striking the breast" as a liturgical act, a part of prayer. We saw that there are times within the Mass that we naturally are drawn to bow our heads and place our right fist over our hearts—three times, as at the Confiteor (through my fault, through my fault, through my most grievous fault).

Are there other prayers where it seems natural to strike our breast as a physical sense of begging God for forgiveness? 1. When praying any litany during the three intercessions: i.e. Lamb of God who takes away the sins of the world, Spare us O Lord; Lamb of God who takes away the sins of the world, graciously hear us O Lord; Lamb of God who takes away the sins of the world, have mercy on us. 2. When saying the short intercession to the Sacred Heart: i.e. Sacred Heart of Jesus, have mercy on us; Sacred Heart of Jesus, have mercy on us; Sacred Heart of Jesus, have mercy on us. 3. When praying to the Blessed Mother as follows: O Mary, conceived without sin, pray for us who have recourse to thee.

The blow also is to wake us up. It is to shake the soul awake into the consciousness that God is calling, so that she may hear, and take his part and punish herself. She reflects, repents and is contrite. It is for this reason that priest and people strike their breasts when they confess their sins at the foot of the altar.\*

Before Communion also we strike our breasts when the priest holds up for us to see the Body of the Lord, and we say, "Lord, I am not worthy that thou shouldst enter under my roof, and again, in the litany when we confess our guilt and say, "We sinners beseech thee to hear us." \*

But in these customs the force of the meaning of the rite has been weakened, as it has been also when the Host or Chalice is lifted up, or in the Angelus at the words, "The Word was made flesh and dwelt among us." The gesture in these instances has come to mean no more than reverence or humility. Its astringency should be restored. It is a summons to repentance and to the self-inflicted punishment of a contrite heart.\*

\*source: <http://cfpeople.org/books/Sacred/sacredp8.htm>

## FEAST DAYS IN MARCH

### MARCH IS THE MONTH OF ST JOSEPH

March 3 - First Friday /Adoration & St. Katherine Drexel

March 4 - First Saturday & St. Casimir - Family Lenten Reconciliation Service Saturday, March 4<sup>th</sup> at 2:30<sup>pm</sup>

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 14 - St. Mathilda - Patroness of Queens

March 17 - St. Patrick

March 18 - St. Cyril of Jerusalem, Bishop, Doctor of the Church

March 19 Traditional- ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY. Moved to Monday, March 20.

March 23 - St. Turibius of Mogrovejo

March 24 - St. Catherine of Sweden (The Brigittines)

March 25 - THE ANNUNCIATION OF THE LORD

March 29 - St. Joseph of Arimathea

## 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 the COOL News which has notations for Fast & Abstinence as appropriate for each day.

## Daylight Savings Time BEGINS!

Saturday, March 11  
- be sure to set  
your clock ahead  
before you go to  
bed!





## STATIONS OF THE CROSS & BENEDICTION

### 2023 FRIDAY EVENING SCHEDULE

March 3<sup>rd</sup> at 5:30pm

March 10<sup>th</sup> at 5:30pm

March 17<sup>th</sup> at 5:30pm

March 24<sup>th</sup> at 5:30pm

March 31<sup>st</sup> at 5:30pm

Good Friday, April 7<sup>th</sup> at 7:00pm

Francie Medary will cantor. Additionally, a 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 Fr. Coleman with Benediction.

The Holy Week schedule also has a many openings.

Sign-up sheets are located in the sacristy.

### ABSTINENCE IN THE NEW TESTAMENT

In the first portion of his Gospel St. Matthew relates how Christ passed forty days in the desert, during which time neither food nor drink passed His lips. No doubt this penance of the God-Man was not only expiatory, but also exemplary.

True, Christ did not explicitly define the days nor the weeks wherein His followers would be obliged to fast and abstain. At the same time His example, coupled with His reply to the disciples of the Baptist, is evidence that the future would find His followers subjected to regulations whereby they would fast "after the bridegroom had been taken away". The only piece of clearly defined legislation concerning abstinence embodied in the New Testament was framed by the Council of Jerusalem, prescribing "abstinence from things sacrificed to idols, and from blood, and from things strangled" (Acts 15:29).

Nevertheless the Acts of the Apostles give evidence of a tendency on the part of the Church, as an organized body, to prepare the way for important events by abstinence and fasting (Acts 13:3; 14:22). In fine, St. Paul sets forth the necessity of abstinence when he says that "everyone striving for the mastery must abstain from all things" (1 Corinthians 9:25); and "let us exhibit ourselves as the ministers of Christ in labors, watchings, and fastings" (2 Corinthians 6:5), which he had often practiced (2 Corinthians 11:27).

source:catholicencyclopedia/newadvent.org

## Ideas for Lenten Practices

The smallest of gifts have infinite value when offered to the Sacred Heart for others.

- Read a chapter from the Bible each day.
- Memorize a Psalm.
- Pray the Rosary each day.
- Give up one hour of video/audio/phone each day - can be offered for those with addictions. *Try 30 minutes if you can't make it to an hour.*
- Visit the sick. Or, if you can't, send a card.
- Say one prayer each day for the person you find hardest to deal with or for a family member who has anger issues.
- Consciously dedicate to Jesus' Sacred Heart one small act of kindness each day for members of your family.
- **Go to the COOL March Friday Stations and the four (4) March Fish Fries even if you don't like fish!**
- Try to be patient when you find yourself waiting in line - offer your waiting for a particular intention.
- While driving - whenever you are tempted to hit the horn say an 'Our Father' instead for the intention of the person in that car.
- Hug everyone of your family members every day and if you can't hug them send them a blessing.
- Call the one family member you have not talked to in over six months and tell them you love them.
- Attend one weekday Mass (in addition to Sunday) each week during Lent.
- Bring a "shut'in" to church.
- Give up eating out one time each week (fast food or other) and donate that money to the Rice Bowl or other charity.
- Give up one can of soda, cup of coffee or other beverage each day.
- **Attend an hour of Eucharistic Adoration each week.**

Don't do this practice for yourself, do it for God!

## CHURCH OF OUR LADY

### Men of the Medal

Saturday  
March 11, 2023  
9:00am - 11:00am  
Continental Breakfast  
Fellowship with  
like minded men of faith!

## COLUMBUS CATHOLIC RENEWAL

JOY of Holiness and  
Joy of the Spirit

St. Elizabeth Church  
March 18, 2023

from 9:00 to 3:00

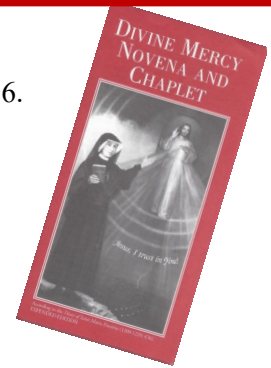
followed by "The  
Wild Goose Is  
Loose" seminar... All  
are invited

**54-Day Novena of the Divine Mercy Chaplet, 2023**

Starting Tuesday, February 21 and ending Saturday, April 15. Divine Mercy Sunday is April 16.

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

- For this United States of America and Our Holy Mother the Church;
- For the truth to prevail, flaws be mended and corruption exposed;
- For sinners to acknowledge sin, repent, convert, and atone;
- For God's will to be done and His justice be served. Amen



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

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

There continues to be so much need of prayer. What a better time to pray than during the Lenten Season. While our focus is on Jesus: for what He did for us, and what He continues to do. This Divine Mercy Novena is 54 days. It will consist of 3 Novenas in petition and 3 in thanksgiving.

Divine Mercy pamphlets will be available in the lobbies if you need one. The awesomeness of the Divine Mercy Novena is that each day of the 9 days there are specific prayers for Jesus' intentions. Intentions which He gave to St. Faustina for this Novena. The blessings you may receive from praying this Novena are out of this world.

Ask a family member or friend to join you. Remember that where two or more are gathered together in

agreement, Jesus is there praying with you. In my own prayers I ask those who have died in my family and those other deceased for whom I pray to join me in this prayer. You can have a whole army of souls praying with you! If you miss a day or two, simply make it up the next day.

If a 54-day Novena seems unmanageable, please pray what you are able to do. Each Divine Mercy Chaplet takes about 10 minutes. Singing the Divine Mercy Chaplet takes about 20 minutes. Remember as Fr Coleman tells us, singing is like praying twice.

May God bless all who join in praying this Novena, whether it be one day or 54 days. May God bless you all!!  
Mary Bishel

**"holy moments"** *A Handbook for the Rest of Your Life*, By

Matthew Kelly

A book review

I enjoyed reading this book, from the first story of the abbot and the monks; it was very interesting. Life is full of ups and downs, day after day as we know. We continue doing basically the same thing, like a clock. Everything in the clock is functioning just like it is built to do. But the clock does not move itself; most of it stays in one place! Unless you choose to move it to another place.

This book tells us how to move oneself to another place. This book will bring back a fire in you that will be brighter and warmer as you read! Give 100% in reading the book. I have read it three times and use it daily. The very first story I began to feel myself warming and by the end I was blazing, my soul was on fire as to find something that was lost for years, and it was right in the same spot you had left it. What a joyful feeling it brings to find something that was lost, but now found, because we were looking in all the wrong places. My thinking of this book with "Holy Moments" was like a campfire; it can be as bright as you want it to be with light in darkness or warmth in cold, but you must keep it burning by, giving something to keep going.

Keep your light burning!

Anonymous



I wish to share my deep thankfulness to everyone for your prayers, cards and Masses which sustained me through my latest surgery and recovery.

This one was more difficult than any I have had previously. I am so grateful for all of my church family.

*Teresa Morey*



## myParish App

What is the best way to stay connected to all the activities and information at Our Lady? Try using the myParish App!



There is a wealth of resources and links available to you through this free app. Don't miss out on any event!

Take just a minute to download this app. Simply choose "Church of Our Lady" as your church and you will immediately have access to all that you see in the picture here. In addition, you will receive messages and notifications as event reminders are sent.



You can also see the schedules at other churches here in Columbus and elsewhere by simply

Search for **myParish** on the App Store or Google Play to download our app today!



searching them.

Also, many common

prayers and the Divine Office will be at your fingertips!



### Help Wanted:

#### Sacristans for the 10:00AM Sunday Mass

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.

Please consider giving of your time to support the Holy Mass. Contact Dcn. Steve to get started!



**Homecoming**  
 All Are Welcome  
 Feb. 4th 4pm Feb. 5th 10am  
 Your Mother Misses You!!!

Saturday afternoon the stage was set up with everything in place for hosting our event.



Our ministry representatives were very pleased that there was so much interest in our parish activities and we want to thank everyone who signed up for more information or to participate in some way; especially from PSR who added a number of new children for our Sunday class and from the Maintenance table who received 12 names to be added as resources.



## Sacramental Preparation



## PSR MOMs & DADs - YOU ARE NEEDED!

In the January from the ambo and in the February newsletter I was introduced to you as the new leader for PSR here at Church Of Our Lady. The stewardship event allowed me to meet even more of you and your families. A big **“Thank You”** to those who came forward to register your children into our Sunday class. It is so good to see our room filling up!

Now I am reaching out to you with even more urgency for volunteers! I want to make this Sunday class with our children as productive and enjoyable as possible.

I need at least two (2) persons to come forward to help with the activities which the children complete after their basic lesson. The time is from 11:15 to approximately 12:30 after the Sunday Mass. I have all the materials prepared for the specific age groups - BUT- I don't have enough people to assign one person to each of the age groups to work on their activity.

In the interim, I take two groups and Marie takes two groups; we have to split our time between them. The children do not receive the individual attention that they should have.

For those who are waiting for the children to complete the class, please consider volunteering to be with your children in the class.

In closing-  
 Thank you for your understanding;  
 it takes a village to give our children the best education in the Faith.

Yours in Christ! *Carolyn Mack*



# Knight's News

## DESSERTS FOR LENTEN FISH FRIES



In an attempt to reestablish an old tradition, the membership of Council 11188 is asking chefs, bakers, and pastry makers to make and donate fresh desserts to be served at each Lenten Fish Fry. Store bought treats will also be accepted.

### Mother's Day Flower Sale.

Watch the April COOL News for details on the Mother's Day Geranium and Hanging Basket Sale.



Orders will be taken the first two weekends after Easter. Flowers will be available for pickup the Friday before Mother's Day. Thanks!



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!

### GOD IS ON THE MOVE!



## NATIONAL Eucharistic Congress

On his way to Indianapolis for the 2024 National Eucharistic Congress, our Lord Jesus Christ, truly present

in the Eucharist, will travel across our nation, inviting crowds of hungry souls to come and be fed by his love.

This historic cross-country Eucharistic procession will reveal Our Lord's desire to be near to His people. Pilgrims of all ages, host parishes, and host families will encounter the power and mercy of God in an unprecedented way as he blesses 5,000 miles of our country with his Risen Presence.

Jesus is coming. Prepare the way!

Sign up below to stay in the loop about this incredible opportunity!

<https://www.eucharisticcongress.org/pilgrimage>

## 2023 LENTEN FISH FRIES

The Council will have four Lenten Fish Fries will start at 6:00pm (after Stations of the Cross) and food will be served until 7:30pm on the following Fridays:

March 3<sup>rd</sup>,  
March 10<sup>th</sup>,



**Please note, NO FISH FRY ON MARCH 17<sup>TH</sup>!**

March 24<sup>th</sup>, *The last two are TENTATIVE based on the success of the first two dinners!*  
March 31<sup>st</sup>.

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

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

### Prayer to St. Joseph

Blessed St. Joseph, patron of all working people, obtain for me the grace to work in a spirit of repentance for the forgiveness of my many sins. Help me to be conscious in my work so that I may give all that I have received.

May I work in a spirit of thankfulness and joy, always aware of all the gifts I have received from God that enable me to perform these tasks. Permit me to work in peace, patience and tasks. Permit me to work in peace, patience and moderation, keeping in mind

the account I must one day give of time lost, talents unused, good omitted and pride of success, so fatal to the work of God. Glorious St. Joseph, may my labors be all for Jesus, all through Mary and all after your holy example in life and in death. Amen



### Adult Ed This Week

Sundays in March - 1st Corinthians continues

Mondays at 6:30pm & ZOOM

Wednesdays at 10:00am & ZOOM: The Old Testament: Brant Pitre  
Meeting # 226 966 6248

RCIA - Sundays at 1:30pm

# Fr. Coleman's Calendar