



OLC

Our Lady of Czestochowa Catholic Church

120 Sussex Street, Jersey City, NJ 07302

Our Mission

The mission of our Parish is to reach out to all people and encourage them to join us in joyfully giving praise and glory to God; to build a Christian community that, with trust in God, embraces the future, and in doing so, is a beacon of faith, hope and love on the Jersey City waterfront.

Our History

Our Lady of Czestochowa Church, or OLC, was founded in 1911 to serve Polish immigrants in Jersey City. Today, OLC is growing and changing as it seeks to serve all those who now live in our neighborhood. The Church takes its name from a city in Poland that houses a cherished icon of the Blessed Virgin Mary. A copy of that icon is centrally located in our historic Church.

1911 – 2017

Very Rev. Thomas J. Ciba, V.F.
Pastor

Rev. Gerard J. Sudol
In Residence

Rev. Anthony Azzarto, S.J.
Weekend Assistant

Rev. David Stump, S.J.
Weekend Assistant

Mrs. Anna Mae Stefanelli
Principal

Mr. Jonathan Blevis
Pastoral Associate

Mr. Ben Rauch
Director of Music

Parish Office
201-434-0798

Fax
201-985-0918

Email
pastor@olcjc.org
bulletin@olcjc.org

Websites
www.olcjc.org
www.olcschool.org

The OLC School
201-434-2405

Little Harbor Academy
201-434-6708

Counseling, Ann Tedeschi,
LCSW,*
201-339-3372, 201-725-8154

Counseling, Relief & Solutions
Counseling,* 201-666-2400

*Not affiliated with OLC

Mass Schedule

Monday – Friday: 12:30 pm (Church open from 12:00 noon to 1:15 pm)
Saturday: 5:00 pm, Sunday Vigil Mass
Sunday: 10:00 am, 12:30 pm and 7:00 pm

Note: St. Anthony of Padua, 330 Sixth Street, Jersey City, the Center for Polish Ministry in Jersey City, offers a Polish Language Mass at OLC, Sundays at 8:00 am.

Faith Formation during 10:00 am Mass

We provide a Faith Formation program called “Children’s Liturgy of the Word” for children 2½ years of age on up during the Sunday Mass. We dismiss the children from Mass after the Opening Prayer to the church hall, returning before the Offertory. Parents are welcome to accompany their child if they wish.

Confessions/Sacrament of Reconciliation

Saturday 4:00 pm to 4:30 pm in the church and at other times by appointment with the pastor.

Weddings

Those interested in celebrating the Sacrament of Marriage should contact the parish office **one year** in advance of their proposed date of marriage.

Infant Baptisms

Preparation for Baptism should ideally begin before the birth of the child. Expectant parents should visit the parish website for more information.

The OLC School – Quality Education on the Waterfront

248 Luis Marin Blvd., Jersey City, NJ 07302

Grades 1 - 8

Accredited by the Middle States Commission on Elementary and Secondary Schools

The Little Harbor Academy – The Early Childhood Division of the OLC School

186 Grand Street, Jersey City, NJ 07302

Programs: Kindergarten; Pre-Kindergarten Program for 3- & 4-year-olds; Montessori Toddler Program for 2-year-olds

To Register and Be Part of OLC

We welcome you to register and to be part of our parish family. Please contact the parish office to arrange an informal appointment with the pastor.

Saints Peter and Paul Church, Hoboken and OLC Church, Jersey City

We work together to proclaim and live the Gospel on the Hudson River Waterfront by sharing our time, energy, and resources, and in doing so, we more powerfully witness the presence of Christ.

Pentecost Sunday – June 4, 2017

BAPTISM AT OLC CHURCH



*Mateo Arias
the son of
Patricia and Cesar*



*Cashel Minuto
the son of
Kurt and Caitlin*



*Violet Alder Rusnock
the daughter of
Damares and Adam*

*We congratulate the
parents who
celebrated the
baptism of their
children on Sunday,
May 28, 2017. May
the Lord watch over
and protect these
beautiful children
always.*

BAPTISM



GATHERING TO REJOICE is the first component of our Baptism Program for those preparing for the birth of their child. You must **pre-register** for this program. Register online at www.olcjc.org and reference "Formation and Sacraments." Follow the link to "Baptism of Children," or call the rectory.

Upcoming dates are:

July 2, 2017; September 10, 2017

GATHERING TO UNDERSTAND is the second part of our Baptism program. If you are preparing for the baptism of your child, this program is **required**. It addresses theology, the responsibilities and requirements of parents and Godparents, etc.

You can register online, by phone, or you can just walk in (**however, preregistration is extremely helpful**). Upcoming dates are:

August 6, 2017; October 1, 2017

Please register as parishioners before attending the baptism classes. You can register in the rectory Monday through Friday from 9:30 am until 5:00 pm. The application is free and only takes a few minutes.

OLC SCHOOL'S SPRING FLING CARNIVAL

OLC School's 7th Annual Spring Fling Carnival is coming! Come out Saturday, June 10 from 11:00 am to 6:00. Join us for food, music, crafts, live performances and fun! New this year is the International Celebration – visit 22 countries in one afternoon! \$20 admission fee for children ages 3 and up will include crafts, games, and all activities (\$50 maximum for families with 3 or more



children). Adults and children under 2 are free. Food is available for purchase. Proceeds to benefit the school. The rain date is Sunday, June 11.

FAITH WORKS



Please remember to make a donation of non-perishable food items next week-end to support our "Faith Works Program." This is a very important work of charity that has benefited many in our community. We accept all canned and jarred non-perishable foods (vegetables, soups, tuna, canned meats, gravies, etc.). We also accept toiletries. Thank you for your contributions! **However, we must ask that only food be left on the back table as we cannot accept clothing at this time.**

SACRAMENTAL REGISTRATION

We are now enrolling children for the reception of their sacraments (First Reconciliation, First Holy Communion and Confirmation) for 2018. Registration will take place in the rectory between 10:00 am and 4:45 pm.



When you register, we will require a copy of your child's baptismal certificate. The offering for Reconciliation and First Holy Communion is \$120. The offering for Confirmation is \$60.



If your child is receiving Confirmation in 8th grade, 7th graders must register for our two-year program. Should you have any questions, please call the rectory, **201-434-0798**.

MASS INTENTIONS



It is a long-standing tradition in many different faiths and cultures to remember, and even venerate, someone's deceased relatives and friends. We keep alive the memory of our deceased relatives and friends by remembering them in our prayers. Through our prayers, we can also continue that spiritual and loving connection we had when they walked this earth.

Remembering someone in our prayers (whether alive or deceased) is particularly important to us as Catholics. Because the celebration of the Mass is the highest form of worship, the practice of having a Mass "offered" for an individual, deceased or living, or for a particular intention, is an excellent way of bringing our intentions to God. This is a long-standing tradition in the church. It is also a devotional practice whereby we keep alive the memory of our loved ones. Through this practice, we can maintain that loving bond between ourselves and those whom we love. A Mass can be offered on the anniversary of death or on a person's birthday, or at any time. You may also have a Mass celebrated for someone who is ill, in thanksgiving and for special intentions for family and/or friends.

Take the time to have a Mass celebrated for your loved-ones. Simply stop by the rectory, call us at **201-434-0798** or send an e-mail to: secretary@olcjc.org.

2017 EVENTS AT OLC

OLC Seniors: The next meeting will be June 14; location TBD. For more information, please contact Dorothy Bromirski at 201-333-4888.

The OLC Adult Choir: The choir rehearsal takes place on Sundays, 11:15 am and then sing at the 12:30 pm Mass. Please contact our music director Ben Rauch at: Directorofmusic@olcjc.org.

Children's Liturgy: Every Sunday during 10:00 am Mass for 20 minutes. Ages 2 and older. Parents are welcome. No registration required – join in!

Coffee & Donuts: Every Sunday after the 10:00 am Mass. This event may be held in the church hall. Please call the rectory if you wish to volunteer.

Sing With OLC at St. Ann's Home: Join us on Saturday, June 10, 2:00 pm at Peace Care St. Ann's Home, 198 Old Bergen Road, Jersey City.

SUNDAY SCRIPTURE READINGS

Reflect on today's readings. Prepare for next Sunday.

Sunday, June 4, 2017

Acts 2:1-11; 1 Cor. 12:3-7, 12-13; Jn. 20:19-23

Sunday, June 11, 2017

Ex. 34:4-6, 8-9; 2 Cor. 13:11-13; Jn. 3:16-18

WEEKLY OFFERING

Thank you so much for your financial support and for living your financial commitment to your parish. We are grateful for those who generously support the parish. **We need your support to** achieve our weekly collection goal of \$6,000 per Sunday.

OLC is facing a financial crisis. Our collections have been dropping below our \$6,000 weekly goal. Therefore, we still expect financial difficulties as we go forward. We ask a few things of you:

1. Use parishpay if you cannot attend Mass each weekend.
2. Increase your weekly donation. We really need people to be as generous as possible each week to support the parish.
3. If you do not use Parishpay, please "make up" your regular donation the next time you attend Mass. To sign up for ParishPay, go to www.parishpay.com and follow the prompts.

For the weekend of May 27/28, 342 people attended Mass. The collection in church amounted to \$3,626. ParishPay donations for the past week were \$2,541 contributing to a weekend collection of \$6,167. This is \$167 above our weekly goal of \$6,000.

If you have been away from church traveling for any reason, we encourage you to "make up" your contributions. Remember that although it is important to support your parish financially, your donation is ultimately a gift back to God for his blessings.



WORLD YOUTH DAY UNITE FESTIVAL

On Saturday, July 22, join other young adults (18 to 39 years of age) and young families for a day of inspiring talks, amazing worship, a unity walk with Mary, dinner, entertainment and an incredible experience of Eucharistic Adoration. The festival will be held at the Saint John Paul II National Shrine in Washington, D.C. Early bird registration discount ends on June 30th. Register at www.wyduite.com. To learn more about the day or to inquire about the **FREE** transportation being provided by the Archdiocese of Newark, please go to www.newarkoym.com or contact Rich Donovan at 201-998-0088 ext. 4150 for more information.

LAST WEEK FOR THE DRAWING ROOMS EXHIBIT "THE INNOCENCE OF TREES"

Through June 10, the Drawing Rooms will be a forest, as we celebrate our love of Planet Earth. This is our second show of the year in response to the new administration.

"The Innocence of Trees" is a group show featuring drawing, painting, photography, sculpture and installation by nine artists in nine gallery rooms. Artists Anne Doris-Eisner, Claire McConaughy, Dana Scott, Geoffrey Sokol, James Pustorino, Julie Anne Mann, Kathleen Vance, Shelley Haven and Yeon Ji Yoo, created works which focus on a study of trees. The show is curated by Anne Trauben.

A closing party will be held on Saturday, June 10 from 3:00-6:00 pm. The Drawing Rooms are located at 180 Grand Street in Jersey City. For more information, go to www.drawingrooms.org.

MASS INTENTIONS FOR THE WEEK

Saturday 5:00 pm	June 3, 2017 Walter Chowanec From <i>Julia Nowatkowski and Family</i>
Sunday 10:00 am	June 4, 2017 Nancy Ann Gatton From <i>Atchley Family</i>
12:30 pm	Deceased Members of the Polish Women's Alliance of America From <i>Polish Women's Alliance of America</i>
7:00 pm	People of the Parish
Monday 12:30 pm	June 5, 2017 Lucena Alinson From <i>Sister Thelma</i>
Tuesday 12:30 pm	June 6, 2017 Jerry Burke and Family From <i>Michael Burke</i>
Wednesday 12:30 pm	June 7, 2017 Communion Service
Thursday 12:30 pm	June 8, 2017 Stiller and Mallon Families From <i>Cheryl Mallon</i>
Friday 12:30 pm	June 9, 2017 Lilian (Betty) Rizzo From <i>Paul Zwerdling</i>
Saturday 5:00 pm	June 10, 2017 George and Emily Rzaski Couchman From <i>Jeanne Bohlen Oppel</i>
Sunday 10:00 am	June 11, 2017 Helen Boyle From <i>Liz Mendez</i>
12:30 pm	George A. Zandalasini, Jr. From <i>Barbara Rzaski</i>
7:00 pm	People of the Parish

Attend daily Mass. It will make a difference in your life!

STEWARDSHIP



*"To each is given the manifestation of the Spirit for the common good."
- 1 Corinthians 12:7*

To receive the gift of the Holy Spirit you must open your heart and let Him in! Open your heart and be grateful for all the gifts God has given us. Regardless of your circumstance, God has given us all blessings. What we do with those gifts is our gift back to God. Generously sharing our gifts keeps us more "God-centered" and less "self-centered".

MARRIAGE PREPARATION PROGRAM

themarriagepreparationcourse

The Archdiocese of Newark's Family Life Office is welcoming and encouraging married couples, young, old and everyone in between, to consider sharing the Catholic vision for marriage in one of our two Marriage Preparation classes.

First, a **new revised** Pre-Cana Program. Married couples would present this program to engaged couples, and guide them through activities while offering witness to the power of God's grace and presence in their lives. Would you like to help? Whether you are presenting Pre-Cana now or always wanted to, please join us to discuss this new program:

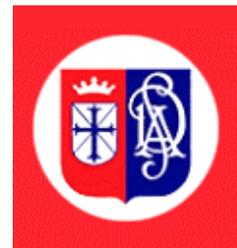
Date: June 15, 2017 at 7:30pm
Location: Archdiocesan Center
171 Clifton Avenue, Newark.

Questions? Please call Deacon Jim Detura, Dir. Office of Family Life at **973-497-4324**

WORLDWIDE MARRIAGE ENCOUNTER WEEKENDS

"Amen, amen, I say to you, whoever believes in me will do the works that I do,..." Let the Lord into your marriage to do His works by attending a Worldwide Marriage Encounter Weekend. For more information contact Mike and Janet Turco at 973-427-7016 or 609-335-6880, or email njwwme@peoplepc.com. **Military families**, are you getting ready to deploy? Is your family trying to reconnect after deployment? Marriage Encounter offers tools of communication that have kept many military marriages strong and happy throughout the ups and downs of military service. Contact your local chaplain or call 973-427-7016 or 609-335-6880 for more information.

ST. DOMINIC ACADEMY "WALK THROUGH WEDNESDAYS"



St. Dominic Academy (SDA), a college preparatory school for girls, announces "Walk Through Wednesdays". Parents (and students, if they are available) will be able to visit SDA every Wednesday that school is in session, between the hours of 10:00-11:30 am. No appointment is necessary. Information about SDA, and its application and admission processes can be found on the website: www.stdominicacad.com. Questions can be directed at any time to Andrea Apruzzese, Director of Admissions at 201-4343-5938, ext. 14 or to aapruzzese@stdominicacad.com.

**SHARING GOD'S BLESSINGS
ANNUAL APPEAL
WE ARE LIVING STONES CAPITAL CAMPAIGN**

This year's Appeal and last year's Living Stones Capital Campaign have continued to support the many good works of the ministries throughout the Archdiocese. Here are just two examples:

On May 27, seven men were ordained as priests at the Cathedral Basilica of the Sacred Heart in Newark, NJ. The Rev. Msgr. Philip Micele said, "I am deeply grateful for all the support, both financial and spiritual, which the people of the Archdiocese of Newark have provided us...During my years as a seminarian, I can say I've experienced a lot of personal growth, and so much of that is due to the generosity of the people of the Archdiocese of Newark."

The Archdiocese of Newark welcomed 499 catechumens and 693 candidates at the Easter Vigil on April 15. The Parish Renewal Fund, established by the We Are Living Stones Capital Campaign, will enable parishes to apply for grants to enhance their evangelization efforts as well as religious education programs.

To learn more about the ministries of the Archdiocese of Newark, please visit www.rcan.org/sharing or like them on face book at 'Roman Catholic Archdiocese of Newark' or tweet us at @NwkArchdiocese!

SING WITH OLC AT ST. ANN'S HOME

Join us on Saturday, June 10, 2:00 pm at Peace Care St. Ann's Home, 198 Old Bergen Road, Jersey City. Show will last an hour. All are welcome! Bring friends and family! You don't have to come to any rehearsals to sing at the home. We will be singing Easter songs from the current Easter Worship Aide. Meet 1:00 pm in front of OLC to see who needs a ride or go directly to St. Ann's. For more information, contact Ben at directorofmusic@olcj.org.

**FAMILY BEACH RETREATS AT THE
MARIANIST FAMILY RETREAT CENTER**

Single-Parent Family Retreat (July 17-22, 2017).

Join other families (grandparents welcome) for a week of liturgies, presentations, peer group discussions, family sharing, fun activities and swimming in Cape May, NJ. All join in community tasks such as meal clean-up. Cost is \$210 per person (8 years to adults) and \$135 per person (2-7 years). Maximum family fee is \$1,250 per family/\$950 per single-parent family.

Summer Family Retreat Weeks (One-Week Sessions available from June 26-August 26, 2017).

Join other families (grandparents welcome) for a week of liturgies, presentations, peer group discussions, family sharing, fun activities and swimming in Cape May, NJ. All join in community tasks such as meal clean-up. Cost is \$215 per person (8 years to adults) and \$140 per person (2-7 years). Maximum family fee is \$1,250 per family/\$950 per single-parent family.

Accommodations, meals and all activities are included. Financial aid is available for these programs.

For more information on these retreats, please call 609-884-3829 or visit their website at: www.capemay-marianists.org.

**SIX WAYS TO FIGHT
CHRONIC INFLAMMATION**

When a scrape or bug bite gets inflamed, sure it hurts—but that's actually a good thing. Inflammation is a sign that an injury is healing, and eventually any trace of it will disappear. But there's another kind of inflammation that's not so good. It happens inside your body. Instead of promoting healing, it actually intereferes with it. Chronic inflammation results, a big contributor to many major illnesses, including heart disease, immune system disorders, arthritis, diabetes, Alzheimer's disease, inflammatory bowel disease, and some forms of cancer. Fortunately, there are several ways you can fight back:

- 1. Reduce your waist, reduce your risk.** Certain fat cells—especially those in your belly area—produce a steady stream of inflammatory substances. According to the NIH, losing 5% to 10% of your weight may decrease inflammation throughout your body.
- 2. Fight back with food.** Among the foods found to decrease inflammation are green tea, nuts, deep sea fish, ginger, curcumin (found in turmeric), nigella (a popular Indian spice which preliminary studies show may make it a cancer fighter). Resveratrol, a substance abundant in red wine, grapes and peanuts, appears to be a potent anti-inflammatory.
- 3. Bring down your blood sugar.** Make sure your diet is low in simple starches and sugars. Eating starchy foods—especially those made with white flour, potatoes, and rice—increases blood levels of glucose. White bread is one of the biggest contributors of glucose in the Western diet—choose whole-wheat bread instead.
- 4. Sleep it off.** Those who get too little sleep (less than seven or eight hours per night) are prone to chronic inflammation. Doctors recommend you set a bedtime and stick to it. Avoid caffeine for eight hours before bedtime, and don't bring work in to the bedroom. If you still have problems falling or staying asleep, it's time to see a physician.
- 5. Walk away from inflammation.** Physical activity is anti-inflammatory. You can reduce inflammation levels with just 10 minutes of walking per day.
- 6. Consider these options.** A pill that fights chronic inflammation—aspirin. It reduces the risk of colon and maybe lung cancer, and heart disease. Doctors recommend limiting the dose to a children's aspirin tablet. Because it can cause stomach bleeding, it's not for everyone. Certain supplements like ginseng, quercetin, and ginkgo biloba, have anti-inflammatory properties, too. (*Excerpts from: Anita Bartholomew, Vol. 16 No. 5, Data Centrum Communications, pp.26-28, Arthritis, "Keep Your Cool: 6 Ways to Fight Inflammation," Oct./Nov. 2009*)