

# Our Lady of Victories Church

(serving Harrington Park, River Vale and the Pascack/Northern Valley)

150 Harriot Avenue, Harrington Park, New Jersey

www.olvhp.org

## WELCOME

Sunday, April 22, 2018 A.D.

To the Parish Family of  
**OUR LADY OF VICTORIES**

(THE LITTLE CHURCH WITH THE BIG HEART)

## COME WORSHIP WITH US

Rev. Bryan F.J. Adamcik SFO, KCHS

*Pastor*

Rev. Duverney Bermudez

Rev. Anthony Mastroeni

Rev. Christopher M. Ciccarino KCHS

Rev. John O'Connor

Rev. Brian Muzás

*Latin Mass Assistants*

*Weekend Assistants*

Br. Angelus CFR

*Parish Seminarian*

Sr. Elizabeth Holler, SC

Sr. Mary Corrigan, SC

*In Residence-Convent*

Mr. Thomas Lagatol

Mr. Albert McLaughlin

*Deacons*

Susan Evanella

*Religious Education*

Deacon Al McLaughlin

*Parish Catechetical Leader*

Selena Piazza

Lesa Rossmann

*Ministers of Music*

Elizabeth Gulfo

Martin Coyne II

*Parish Trustees*

Michael Flynn & Meagan Mullany

*Jr. High School Ministry*

Curtiss & Katie Stella

*High School Ministry*

Maria Hellrigel

*Parish Secretary*

Jorden Pedersen Esq.

*President Parish Council*

Jon Fischer CFA

*Chairman Finance Committee*

### SPECIAL MASSES OR DEVOTIONS:

**First Friday:** 7:00pm, Mass of Sacred Heart & Devotions

**First Saturday:** 8:00am, Mass of Immaculate Heart of Mary

**First Saturday:** 12:00pm, Mass for Souls in Purgatory

Novenas prayed after 8:00 a.m. Mass:

**Our Lady of the Miraculous Medal:** Monday

**St. Jude and St. Anthony:** Wednesday

**Infant of Prague:** 25th of the month

**St. Peregrine:** First Friday of the Month

**Rosary:** Recited M - Sat after 8:00am & 12Noon Mass.

**Tuesday-Novena Prayer and Adoration:** 12:30pm-3:00pm

**Thursday-Holy Hour with Adoration & Benediction:** 7:00pm

**Friday-Exposition & Adoration:** 12:30pm-3:00pm



### THE SACRAMENT OF PENANCE/CONFESSION:

Monday - Friday 7:30am - 7:50am.

First Friday at 6:30pm

Saturday at 11:00a.m.-Noon; 3:00pm - 3:30pm

### THE SACRAMENT OF BAPTISM:

To register for Baptismal preparation and Baptism, call the rectory.

### THE SACRAMENT OF CONFIRMATION:

Call the Religious Ed Office for requirements/class schedule.

### THE SACRAMENT OF MATRIMONY:

Please call the rectory for an appointment.

### THE SACRAMENT OF THE SICK/LAST RITES:

Sick calls at any time in emergency.

### THE SACRAMENT OF HOLY ORDERS AND VOCATIONS:

Anyone contemplating a vocation to the Priesthood or Religious Life should contact the Vocations Office at 973.497.4365.

**Latin Mass every Sunday 8:15AM**

**Spanish Mass every Sunday 1PM**



OLV Rectory  
Phone: 201-768-1706  
Email: olvrectory.hp@gmail.com

OLV Fax  
201-768-3962

Religious Education  
201-768-1400  
olvhpccd@gmail.com

OLV Convent  
201-768-1705

### **PRAY FOR OUR SICK**

Please **PRAY** in the name of **JESUS**, the Healer, that the **SICK** of **OLV PARISH** may be restored to health and all those who **ASSIST** and **CARE** for the sick will be given the **STRENGTH** to continue **GOD'S GOOD WILL**: Bill Carpenter, Kathy Freeburn, Marietta Flahive, Tom Giuliano, Marylou Goreb, Thomas Haring, Peter Kellar, George Loder, Lisa LoSchiavo, Anne Matthahei, Timothy O'Shea, Canice Prince, Dan Ragusa, Mary Rinner, Suzanne Rothschild, Wendy Ruggiero, Michael Tobia, Kathryn Turrell, Therese Vaglio, Jim Walsh, Bill Weissmeier.

### **SPIRITUAL EXCERPT**

#### **All people, including the laity, are called to holiness**

"To be holy does not require being a bishop, a priest or a religious. We are frequently tempted to think that holiness is only for those who can withdraw from ordinary affairs to spend much time in prayer. That is not the case. We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves.

"Are you called to the consecrated life? Be holy by living out your commitment with joy. Are you married? Be holy by loving and caring for your husband or wife, as Christ does for the Church. Do you work for a living? Be holy by laboring with integrity and skill in the service of your brothers and sisters. Are you a parent or grandparent? Be holy by patiently teaching the little ones how to follow Jesus. Are you in a position of authority? Be holy by working for the common good and renouncing personal gain." **Pope Francis Gaudete et Exsultate, 14**

### **EASTER DUTY**

The time for fulfilling the Paschal Precept (Easter Duty), that is the **obligation of receiving the Eucharist for Easter extends to the Solemnity of the Holy Trinity, May 27**. No one conscious of committing a serious or mortal sin should receive Holy Communion until they have first gone to the Sacrament of Reconciliation a.k.a. Confession. Confessions are heard EVERY Saturday from 11:00AM to Noon and 3:00-3:25PM, every weekday morning at 7:30AM, and Fridays from 6:30-6:50PM. A Priest is also available to hear Confessions daily by appointment.

### **CLOTHING BINS**

"In your Easter bonnet with all the frills upon it" are some of the lyrics to a very popular song which reflects the joys of the Easter season. Some people, however, have difficulty experiencing these joys due to their circumstances in life. Catholic Charities aims to help relieve the suffering of many in our society through its various programs. Please help Catholic Charities continue its mission by donating your unwanted clothing to the bin located on our property. May the spirit of the Risen Christ resound through your generosity. Thank you.

### **FRIDAY ADORATION**

Just a reminder we have Exposition and Adoration of the Blessed Sacrament on Fridays from 12:00Noon – 3:00PM.

**So stop by and adore Our Eucharistic Lord.**

### **GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:**

No matter how hard you try, you can't baptize cats.  
When your Mom is mad at your Dad, don't let her brush your hair.  
You can't trust dogs to watch your food.  
Don't sneeze when someone is cutting your hair.  
You can't hide a piece of broccoli in a glass of milk.  
The best place to be when you're sad is Grandma's lap.

## **Mother / Child Collection**

**April 21/22 and April 28/29**

OLV Social Concerns & Rosary Society are having the annual Mother/Child collection to benefit New Hope Pregnancy Center. The center helps first time single mothers financially, physically, emotionally, and educationally. Items they are in most need of are: **Diaper bags for moms; Swimees; Sippy Cups; Diapers sizes 3, 5, 6; Pull-ups 3T-4T, 4T-5T; Onesies sizes 12, 18, 24 mos.; Girls summer clothes 18-24 mos., 2T, 3T; Boys summer clothes 9-12 mos., 18-24 mos, 2T, 3T, 5T; Girls winter clothes 18-24 mos., 5T; Boys winter clothes, 2T. New items only. Shop-Rite Gift Cards in amounts of \$10, \$15 & \$20 are needed.**

### **SAVE USED EYEGLASSES**

The Knights of Columbus collects used and old eyeglasses for the less fortunate. Old or "retired" glasses may be left in the basket in the back of Church.

### **HOMEBOUND**

If you or anyone you know is homebound, even for a short duration of time, please contact the parish office so I or an Extraordinary Minister of Holy Communion can be scheduled to bring the Eucharist to the sick and homebound.

## **HAPPINESS**

This 92-year-old, petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coiffed and makeup perfectly applied, even though she is legally blind, moved to a nursing home yesterday. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room ... just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged, it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice;

I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away, just for this time in my life."

She went on to explain, "Old age is like a bank account, you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories Thank you for your part in filling my Memory bank. I am still depositing." And with a smile, she said: "Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less, and enjoy every moment."

**Eventually you will reach a point when you stop lying about your age and start bragging about it.**

### Upcoming OLV Parish Events

Apr 24 -Tue – Marian Novena Prayer 2:00-3:00PM  
Apr 25 - Wed—Bible Study Group—10:00AM  
Apr 25 - Wed—OLV Needlers 6:30PM

### PRAY for THOSE in the MILITARY

Lance Corporal Matthew Brady, U.S. Marine Corps;  
Lieutenant Julia H. Cheringal, US Navy;  
Captain Ben Clemente, US Army;  
Ensign Jon Clemente, US Navy;  
1st Lieutenant Ryan Colomeo, U.S. Marine Corps;  
Specialist Peter Dippolito, U.S. Army;  
Major Michael Franson, US Army;  
Sergeant First Class Charles Greene, US Army;  
Lieutenant Tara Harris, US Air Force;  
Lance Corporal Thomas lafrate, U.S. Marine Corps;  
Lieutenant Joseph Jaeger, US Navy;  
Lieutenant Andrew Jaeger, US Navy;  
Chief Master Sergeant Shawn Llewellyn, US Air Force;  
Captain Shawn Linn, US Army;  
SN Daniel T. LoVecchio, U.S. Navy;  
Colonel John McLaughlin, US Army;  
Captain John G. Miele, US Army.

### LITURGY FOR PARENTS WHOSE CHILD HAS DIED

The 31st Annual Liturgy for Parents Whose Child Has Died will be held on Friday, May 11, 2018 at 7:30 PM at Notre Dame RC Church, 359 Central Avenue, North Caldwell, NJ. All parents who have suffered the death of a child of any age are invited to attend with their families and friends. The Mass includes a personal witness and the reading of each child's name. Pre-registration is requested by contacting Lauren Egan at 973-497-4327 or Lauren.Egan@rcan.org.

### GREAT TRUTHS THAT ADULTS HAVE LEARNED

- 1) Raising teenagers is like nailing Jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

### CONFESSION/RECONCILIATION

Our Lord told St. Margaret Mary Alacoque that individuals should go to confession **at a minimum once a month**. This sacrament is offered EVERY Saturday from 11AM to Noon and 3:00-3:30PM; every Monday, Tuesday and Wednesday morning at 7:30AM, as well as every First Friday at 6:30PM. A Priest is also available to hear Confessions daily by appointment.

### WORK for the LORD

Become a Priest or Religious Brother or Sister. The work is hard, the hours are long and the pay is low, **BUT** the retirement benefits are out of this world. For information see Fr. Bryan or call the Vocations Office 973-497-4365.

**Money isn't everything,  
but it sure keeps the kids in touch.**

### Feeding the Homeless

As part of our parish commitment to the community and to serving those less fortunate, we will be preparing and serving a lunch meal on Saturday, May 5, at St. John's Church Soup Kitchen in Newark. We will leave OLV parking lot between 8:00 and 8:15AM. This service is sponsored by our OLV Knights of Columbus council. **All parish members (men, women and children) are welcome to participate, even if not a member of the Knights.** For more information, contact Bob Tringali at 201-753-0512.

### WINNING CHOICES

- Choose action over worry. Choose will over won't.  
Choose "I can't do it yet" over "I can't do it".  
Choose a career over a job.  
Choose optimism over pessimism.  
Choose quality over quantity.

### OLV CCD REGISTRATION

OLV is starting up registration of children for the Fall 2018 CCD program. If the family has not yet registered and **would like to sign up before the deadline of May 15, 2018 the fees are as follows:**

- Kindergarten - \$50 per child.  
Primary grades 1 child in the program \$100.  
2 children in program \$175.  
3 or more children in the program \$250.

The First Holy Communion fee is \$100. The Confirmation fee is \$150. There is also a fee of \$50 for non-participating in the program. New students must provide a baptismal certificate and all families must be registered parishioners of Our Lady of Victories parish.

**If the family signs up after the deadline of May 15, 2018 the fees are as follows:**

- Kindergarten - \$75 per child.  
Primary grades 1 child in the program \$125.  
2 children in program \$200.  
3 children in the program \$275.

The First Holy Communion fee is \$125. The Confirmation fee is \$175. There is also a fee of \$75 for non-participating in the program. **Call Sue or Deacon Al in the CCD office 201-768-1400 for a registration form or info.**

### GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food ... I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

### CCD CORNER

Yesterday our Second Graders participated in their Holy Communion Retreat. Please keep these little angels in your prayers! Our CCD year is rapidly coming to a close. **If you haven't REGISTERED your child by now,** please do so because we are creating the class sections for next year and any further delay in registering may lock you out of your first choice. Please reach out to any **FIRST GRADE** parents who are planning to register their children in next year's First Communion Class that they need to do so now. These sections are filling up and there is a limited number of children per class. On May 6th we will be celebrating a special 9:30 Mass in the gym as we close our CCD year. More information will be coming.

**High School Open Houses**

**Wednesday, April 25, Bergen Catholic HS** (Oradell, NJ) 6:30-8:30. Register on Admissions page on website [www.bergencatholic.org](http://www.bergencatholic.org). For more info' contact Matt Rosa at [mrosa@bergencatholic.org](mailto:mrosa@bergencatholic.org) or 201-634-4141.  
**Thursday, April 26, Don Bosco Prep** (Ramsey, NJ) 6:30-8:30PM, 7th and 8th graders and parents. Register at [www.donboscoprep.org](http://www.donboscoprep.org).  
**Wednesday, May 2, Saint Joseph Regional HS** (Montvale, NJ) 6:30PM Register at [www.sjrmj.org/openhouse](http://www.sjrmj.org/openhouse).  
**Friday, May 4, Academy of the Holy Angels** (Demarest, NJ) 12:30-2:30PM, "Sneak Peek" for 6th grade girls and parents. Register by Friday, April 27, at [www.holyangels.org/admissions/inquire](http://www.holyangels.org/admissions/inquire).

**Dominican College Open House**

**Saturday, April 28, 10:00AM** at the Hennessy Ctr. (Orangeburg, NY) for high school and transfer students. [www.dc.edu/register](http://www.dc.edu/register) or 845.359.7800.

**Sr. Roberta Scholarship Dinner**

May 2, at the Fiesta, Wood-Ridge at 6:30PM. Honorees are Mary Higgins Clark, celebrated novelist; Mayor Richard Turner, Mayor of Weehawken, NJ; Lynn Gully, friend & volunteer of St. Augustine School & John Gianuzzi, donor. Tickets are \$125. Send check ATT Sr Johanna, St Augustine School, 3920 New York Ave, Union City, NJ 07087. 201-865-0072.

**SFIC Annual Gala**

The Scholarship Fund for Inner-City Children (SFIC) Annual Gala will be held on Thursday, April 26, 2018 at The Venetian in Garfield. Proceeds from the dinner will provide partial-tuition scholarships to low income students, in grades K-12, attending Catholic Schools in Bergen, Essex, Hudson and Union Counties. For more information about the SFIC Gala, to order tickets or place a journal ad, please visit [www.sficnj.org](http://www.sficnj.org) or call SFIC at 973-497-4278.

**Jim McGahren Memorial Scholarship**

Knights of Columbus Queen of Peace Council #3679 will award two \$1000 Jim McGahren Memorial Scholarships for the 2018/2019 school year to 1) a student entering/attending an accredited college/university in the United States of America; 2) a student entering/attending a Catholic High School in the Archdiocese of Newark. Student and their family must be active members of one of the following parishes: OLV (Harrington Park), St. Joseph (Demarest), St. Mary (Closter), Sacred Heart (Haworth), St. Pius X (Old Tappan), St. Anthony (Northvale), Immaculate Conception (Norwood). The scholarship will be awarded based on Church activities, Community involvement, Scholarship, Financial need. The application must be completed by the student and must be submitted no later than Monday, May 7th. Applications available at the rectory. If you have any questions, please email [scholarshipcommitteeKofC3679@verizon.net](mailto:scholarshipcommitteeKofC3679@verizon.net).

**Healing of Hearts Retreat**

An excellent retreat for all ages, especially young adults. **May 5** at Church of the Annunciation, Paramus and **May 12** at Assumption Church, Emerson - 8:30am to 6:30pm. This retreat addresses the wounded hearts in the body of Christ, the Church. All have encountered heartaches in life and some have departed from the ways of God which further damages the heart. The Healing of Hearts Retreat faces their problems, gives them hope, direction and encourages people to attain the promises of Almighty God. Some positive outcomes from this retreat have been deep emotional healing, physical healing, conversion (spiritual healing) greater depth in spirituality, peace, love and joy. There will be Mass, Adoration, Confession, Healing Services, Consecration to the Twin Hearts. \$25/per person or \$35/couple. To register visit [www.Johnleaps.com](http://www.Johnleaps.com) or call 201-539-0345.

**HP Swim Club Needs Members!**

Harrington Park Swim Club is at risk of closing its doors permanently. Members are needed. For more information please visit [hpswimclub.net](http://hpswimclub.net).

**Mass Intentions**

**Monday, April 23—St. George - Martyr**  
8:00 Anthony Walsh R/b the Zanetti Family  
12:00 Alice Ruiz R/b the LoSchiavo Family  
**Tuesday, April 24—St. Fidelis Sigmaringen of Germany-Martyr**  
8:00 Alice Pommert R/b Judy Pommert  
12:00 In Thanksgiving R/b Dennis and Kathleen Falotico  
**Wednesday, April 25 —St. Mark the Evangelist**  
8:00 Mark Joseph Fizulich R/b Michael and Barbara Fizulich  
12:00 Anna Lucia Arias-Anniv. R/b Maria Arias  
**Thursday, April 26—St. Stephen – Bishop of Perm, Russia**  
8:00 Madeleine Moore R/b Marie Ortiz  
12:00 Intentions of George Fabiano R/b George and Gail Fabiano  
**Friday, April 27—St. Zita of Lucca, Italy-Laywoman**  
8:00 Martino Scrivanich R/b the Busanic Family  
12:00 Mary Farrelly R/b Ed Farrelly  
**Saturday, April 28—St. Peter Chanel-French Missionary & Martyr**  
8:00 Gina Ottomanelli Bender R/b the Ottomanelli Family  
12:00 In Thanksgiving to St. Gianna R/b the Zaccaro Family  
4:00 Peter and Lena Gobbetti R/b Lorraine Gobbetti  
5:00 Robert Ubriaco  
**Sunday, April 29—St. Catherine of Siena, Virgin, Doctor**  
7:30 Mary Schittulli R/b Mary Muggeo  
8:15 Carl T. Buscher R/b Greg and Susan Evanello  
9:30 Wilma Longo R/b the Bentivegna Family  
10:45 Antonio and Connie Rodriguez R/b Ron and Adele Filippone  
12:00 Anna Lucia Arias R/b Maria Arias  
1:00 People of the Parish  
6:00 Mary B. Sweeney R/b George and Gail Fabiano  
7:00 Intentions of Fr. Bryan F.J. Adamcik R/b Joan Crowley

**The Church Sanctuary Lamp** burns this week for the repose of the soul of Dawson Ryan, r/b Bill and Cathy Ryan.  
**The Convent Sanctuary Lamp** burns this week for the souls in Purgatory.  
**The Blessed Virgin Mary Votive Lamp** burns this week for the repose of the soul of Helen Smith, r/b Stacye Page.  
**The St. Joseph Votive Lamp** burns this week for a special intention.  
**The Infant of Prague Votive Lamp** burns this week for the unemployed.  
**The Pope John Paul II Votive Lamp** burns this week for the repose of the soul of Mike Pallatta, r/b Josephine and Fausto Galeazza.

**PRAYER FOR THOSE SERVING IN THE MILITARY**

O Prince of peace, we humbly ask your protection for all our men and women in military service. Give them unflinching courage to defend with honor, dignity and devotion, the rights of all who are imperiled by injustice and evil. Be their rock, their shield, and their stronghold and let them draw their strength from You. For You are God, for ever and ever.

**Question???**

**What do the letters INRI stand for on the top of a crucifix?** The letters indicated are an abbreviation for the Latin text, Iesus Nazarenus Rex Iudaeorum (Jesus of Nazareth the king of the Jews) which is the inscription which Pontius Pilate had placed on the cross

**Kidz Korner Answers**

- 1. Mother Cabrini
- 2. Elizabeth Ann Seton
- 3. Katherine Drexel
- 4. Mother Cabrini
- 5. Canonization.

The only reason they say 'Women and children first' is to test the strength of the lifeboats. ~ Zsa Zsa Gabor

**MAYO CLINIC - DRINKING WATER**

A cardiologist determined that heart attacks can be triggered by dehydration. Good Thing To Know. From The Mayo Clinic. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack. Interesting...The Doctor was asked why people need to urinate so much at night time: Answer from this Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. You need your minimum water to help flush the toxins out of your body, but this was news:

Correct time to drink water... Very Important. From A Cardiac Specialist! Drinking water at a certain time maximizes its effectiveness on the body.

2 glasses of water after waking up - helps activate internal organs.

1 glass of water 30 minutes before a meal - helps digestion.

1 glass of water before taking a bath - helps lower blood pressure.

1 glass of water before going to bed - avoids stroke or heart attack.

Also add to this... the physician said that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin - Dr. Virend Somers is a Cardiologist from the Mayo Clinic, who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon.

Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest – years! (When it gets old, it smells like vinegar).

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside? It's about Heart Attacks - There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: Call 911. Phone a neighbor or a family member who lives very close by. Say "Heart Attack!" Say that you have taken 2 Aspirins. Take a seat on a chair or sofa near the front door, and wait for their arrival and ... DO NOT LIE DOWN!

**SUN/SON TAN**

During the summer we often go down the shore to "work" on our tans. We may spend an hour in the sun and get "burned" by the sun. Imagine how much good spending an hour before the Son of God will do us. Why don't you stop by the Church on Thursday evenings at 7PM.

**Jesus Appears Tells Man to Convert**

by ChurchPOP Editor - March 30, 2018

Charbel Raish says he was raised Catholic, but didn't know his faith very well. So when he was confronted by smart Muslims, he didn't know how to respond to their objections and arguments. As a result, they successfully convinced him to convert to Islam.

When he told his mother he had converted, she challenged him to visit their local Catholic church and ask Jesus in the Eucharist if he should remain Muslim. And that's what he did.

When he was there, Jesus' face appeared on the tabernacle, and he heard a voice inside himself say, "Charbel, are you going to give up all that I have done for you." He knew it was Jesus. So he said in response, "No Lord, I'm not going to give you up." He says he felt a huge weight be lifted from his shoulders, and he decided to convert back to Catholicism.

**Woman Healed After Visit to Shrine**

by ChurchPOP Editor - March 29, 2018

Praise the Lord! Nancy Foytik was a lapsed Catholic when she was diagnosed with cancer. With possibly less than 2 years to live and little hope, Foytik reached out for spiritual help: she visited the National Shrine of Our Lady of Good Help in Wisconsin.

This is not just any shrine. It's the first and only apparition site in the United States that's been approved by the Catholic Church as "worthy of belief." While she was there, she says a voice told her that she would be all right. "We just knew when I walked out of the chapel that day that I was going to be cured," she explained.

Then, a medical miracle happened: when doctors performed a surgery to check on the cancer on one of her lungs, they were flabbergasted to find that it had vanished.

**DID YOU KNOW????**

The game of Dominos was invented by two Catholic Monks in the 18th century. Having violated their monastery rule by looking over the abbey wall at the town festivities, they were commanded by their abbot to remove themselves from the community and spend their time in isolated prayer and silence.

During their seclusion, which lasted three months, the younger monk started to collect smooth, flat stones of matching size that were on the floor of his cell. His brother monk joined in, until eventually they had 28 stones. After marking the stones to number them, they arranged them in numerical order. Still in silence, and with great difficulty, the brothers devised rules for a game to play with the stones. Within several days, they were playing their game in the free time their many prayers allowed them. At the end of the game, the winner often found it difficult to hold back the excitement of victory, but neither monk wanted to break the discipline of silence. Soon they found a way to be both obedient and celebrate their victories: whoever won the game would say the first line of Psalm 110: "Dixit Dominus Domino Meo." (The Lord said to my Lord) Since this prayer was one of the Psalms they chanted every week in their Divine Office, it was not considered a break of their silence. After the Brothers' punishment was over, the game was approved as a suitable recreation for the monks. It became popular in the abbey and eventually spread. It's name comes from the third word of Psalm 110 – Domino.

**KIDZ KORNER**

1. Who was America's first Saint?
2. Who was the first Saint born in the United States?
3. What American millionairess became a saint?
4. What Saint actually lived in NJ – Newark and Kearny?
5. What is the name of the ceremony which declares a person a saint?

**Answers on Page 4.**

## **COVER SHEET**

**BULLETIN #:** 002323

**CHURCH NAME:**

Our Lady of Victories  
81 Lynn Street  
Harrington Park, NJ 07640

**PHONE:**

201-768-1706

**CONTACTS:**

FR. BRYAN ADAMCIK OR MARIA HELLRIGEL

**SOFTWARE:**

MICROSOFT PUBLISHER 2010  
ADOBE ACROBAT 9  
WINDOWS 10

**PRINTER:**

HP LASERJET 1020

**NUMBER OF PAGES:**

1 THROUGH 6

**SUNDAY DATE OF PUBLICATION:**

SUNDAY, April 22, 2018

**SPECIAL INSTRUCTIONS:**

Phone Fr. Bryan or Maria at 201-768-1706 or email [olvrectory.hp@gmail.com](mailto:olvrectory.hp@gmail.com) with questions.