



# Sacred Heart Church

A Roman Catholic Community

324 Ridge Road, Lyndhurst, NJ 07071

Phone: 201-438-1147 Fax: 201-507-5861

www.sacredheartlynd.org

## SERVED BY:

Rev. Theemas Pankiraj  
Pastor

Rev. Archibald L. Mabini  
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## PARISH OFFICE 615 NEW JERSEY AVE

Charles Sofio  
Parish Manager  
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## RELIGIOUS EDUCATION

Margaret Dacchille  
Parish Catechetical Leader  
201-935-3094

## SACRED HEART SCHOOL

Linda Durocher  
Principal  
201-939-4277  
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**SMALL BLESSINGS DAY CARE**  
201-935-0506

**ARCHDIOCESE OF NEWARK**  
973-497-4000



## MARCH 3, 2019 EIGHTH SUNDAY IN ORDINARY TIME

*"How can you say to your brother  
'Brother, let me remove the splinter in your eye,'  
when you do not even notice the wooden beam  
in your own eye?..."*

*-Luke 6:42*

### SACRAMENT OF THE EUCHARIST - MASS SCHEDULE

Sunday: 7:30am, 9:00am, 10:30am, 12:00pm, 1:30pm(Spanish)  
Monday - Friday: 7:00am in St. Dominic Chapel(No Mass in Jul. & Aug.)  
12:00pm in the church  
Saturday: 9:00am in St. Dominic Chapel,  
5:00pm in church (Anticipated Mass of Sunday)  
Holy Days & Holidays: As announced in Bulletin

### SACRAMENT OF RECONCILIATION

Saturday: 11:30am - 12:30pm and 4:00pm - 4:45pm  
Daily: Upon request following the 12:00pm Mass

### SACRAMENT OF BAPTISM

Parents should contact the parish office to schedule an interview and register for the required baptismal preparation session.

**Preparation:** in the church at 7:00pm  
Apr. 8, May 13, Jun. 10

**Sacrament:** in the church at 3:00pm  
Apr. 20 (8:30PM), May 19, Jun. 16

### SACRAMENT OF MARRIAGE

The Common Policy for Marriage in all Catholic parishes of New Jersey requires couples to begin preparation at least one year prior to the planned wedding date. It is advisable to contact the parish office before any other arrangements are made.

### SACRAMENT OF ANOINTING OF THE SICK

The Anointing of the Sick is available for all seriously ill members of our parish family. Please call the parish office.

### R.C.I.A.

The Rite of Christian Initiation of Adults is the Church's process to prepare to receive the sacraments of Baptism, Confirmation and Eucharist. If you or someone you know is interested in learning more, please call the parish office.

### PARISH REGISTRATION / OFFICE HOURS

We invite all new members of our parish family to register at the Parish Office during regular office hours: 9:00am to 5:00pm Monday - Friday; Saturdays and Sundays Closed.



## A SENSE OF THE SEASON

Lent is the forty-day liturgical season of fasting, special prayer and almsgiving in preparation for Easter. The name "Lent" is from the Middle English Lenten and Anglo-Saxon Lenten, meaning spring; its more primitive ecclesiastical name was the "forty days," tessaracoste in Greek. The number "forty" is first noted in the Canons of Nicaea (A.D. 325), likely in imitation of Jesus' fast in the desert before

His public ministry (with Old Testament precedent in Moses and Elijah). By the fourth century, in most of the West, it referred to six days' fast per week of six weeks (Sundays were excluded); in the seventh century the days from Ash Wednesday through the First Sunday were added to make the number forty.

If you haven't gone to confession in a while, Lent is the perfect time to reconcile yourself with God and the Church. What happens during confession depends on the priest and the person. Most people still start with the formula: "Bless me, Father, for I have sinned. It has been (state the number of months or years) since my last confession." If you can't remember the words or you don't recall how long it's been, don't worry. Just tell the priest it's been a long time, and he will guide you through the process. What you will experience is the healing gift of God's love, the chance to start over with a clean conscience, and an overwhelming sense of gratitude.

Here are some other ideas to make your Lent more fruitful. **Slow Down** - Set aside 10 minutes a day for silent prayer or meditation. It will revitalize your body and your spirit. **Read a good book** - You could choose the life of a saint, a spiritual how-to, or an inspirational book. **Be kind** - Go out of your way to do something nice for someone else every day. **Get involved** - Attend a Lenten lecture or spiritual program. **Pray** - Especially for people you don't like and for people who don't like you. **Tune out** - Turn off the television, computer and tablet and spend quality time talking with family members or friends.

### UPCOMING Events

#### MARCH 2019

- 3(Sun.) 8th Sunday In Ordinary Time
- 3(Sun.) Second Collection - Monthly Assessment Expense
- 3(Sun.) 10:00AM - Religious Ed. Classes School
- 3(Sun.) 10:00AM - RCIA Parish Center Dining Room
- 5(Tue.) 6:00PM - Divine Mercy Chaplet Parish Center Chapel
- 5(Tue.) 6:30PM - Holy Rosary Parish Center Chapel
- 6(Wed.) Ash Wednesday
- 6(Wed.) Masses: 7:00AM, 9:00AM, 12:00PM 5:30PM (Spanish), 7:00PM
- 6(Wed.) 4:00PM Liturgy of the Word
- 6(Wed.) 3:30PM & 6:30PM Religious Ed. Classes - School
- 8(Fri.) 12:30PM - Stations of the Cross Church
- 8(Fri.) 1:00PM - Eucharistic Adoration Chapel
- 8(Fri.) 6:00PM - Spanish Rosary

### WHAT IS ASH WEDNESDAY?

Ash Wednesday is one of the most popular and important holy days in the liturgical calendar. Ash Wednesday opens Lent, a season of fasting and prayer. Ash Wednesday takes place 46 days before Easter Sunday, and is chiefly observed by Catholics, although many other Christians observe it too. It comes from the ancient Jewish tradition of penance and fasting. The



practice includes the wearing of ashes on the head. The ashes symbolize the dust from which God made us. As the priest applies the ashes to a person's forehead, he speaks the words: "Remember that you are dust, and to dust you shall return." Alternatively, the priest may speak the words, "Repent and believe in the Gospel." Ashes also symbolize grief, in this case, grief that we have sinned and caused division from God. Writings from the Second-century Church refer to the wearing of ashes as a sign of penance. Christians who had committed grave faults performed public penance. On Ash Wednesday, the Bishop blessed the hair shirts which they were to wear during the forty days of penance, and sprinkled over them ashes made from the palms from the previous year. Priests administer ashes during Mass and all are invited to accept the ashes as a visible symbol of penance. Even non-Christians and the excommunicated are welcome to receive the ashes. The ashes are made from blessed palm branches, taken from the previous year's palm Sunday Mass. It is important to remember that Ash Wednesday is a day of penitential prayer and fasting.

## HEALING OF HEARTS RETREAT

Sacred Heart Church, Lyndhurst  
March 9, 2019 - 8:30am to 4:30pm  
John Leaps Foundation brings to you  
"The Healing of Hearts Retreat"  
with Retreat Master Rev. Ernest Rush

This is a Catholic retreat which addresses the wounded hearts in the body of Christ, the Church. This is an excellent retreat for all ages, including young adults. All have encountered heartaches in life and some have departed from the ways of God which further damages the heart. Many, through no fault of their own, have been hurt through the death of a loved one, divorce, drugs, addictions, illnesses or maleficent persons who have come into their lives and caused havoc...and these are only a few examples. The Healing of Hearts Retreat gives hope and direction. Many have found deep healing in this full day retreat, healing which continues long after the retreat is over. There will be Holy Mass, Adoration, Confession, Healing Services, and Consecration to the Twin Hearts!

Cost: \$25/pp or \$30/couples. For more info and registration go to [www.Johnleaps.com](http://www.Johnleaps.com) or call 201-539-0345



## FOOD PANTRY UPDATE

The next food pantry openings will be on March 16th and March 23rd. Items "most needed items" at this time are: Fruit, Pasta Sauce, Jelly and Coffee (regular or instant). Items which are always in need include: Vegetables, Cereal, Tuna, Prepared Meals (boxed, canned, or bag 'sides'), Chili, Tea, and Potatoes (canned or small packages). Thank you for all of the generous donations which help keep our food pantry stocked. As a reminder, we are unable to package out-of-date food products for distribution to our families.

## SACRED HEART SCHOOL 70S DECADE REUNION

The Class of 1977 is hosting a 70s decade reunion on June 1 from 7 - 11 PM at Redds Restaurant & Biergarten, 317 Washington Ave, Carlstadt. \$55 per person by April 20 \$60 per person after April 20 includes Dinner Buffet, Beer and Wine, and Dessert. There will be a cash bar. Music provided by DJ Bobby G. Spread the word to family and friends who graduated in years 1970 - 1980 (or later!). Send check/money order made out to: Mary Liberti Vacca, 230 Irving Place, Lyndhurst, NJ or Venmo to @Gina-Tullio. Hotel accommodations are available at a special rate of \$99 at Hampton Inn Carlstadt, 201-935-9000 - use code "SHS Reunion" reserve by May 1 to get the special rate.

## SPRING AHEAD REMINDER

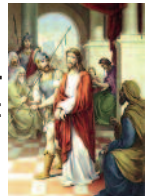
Daylight Savings Time begins **next Sunday, March 10th at 2:00AM**. Be sure to remember to set your clocks ahead one hour next Saturday, March 9th before going to bed.

## ANNUAL SPRING TRICKY TRAY

Sacred Heart School will hold their Annual Spring Tricky Tray which benefits SHS Margaret Engel Endowment Trust, on Friday, March 22 at Sacred Heart School. Tickets are \$15 per person and are non-refundable. Ticket includes one sheet for 1st level prizes, Coffee/Tea, and dessert. Ticket deadline is March 8th. No one under 18 will be admitted and no alcoholic beverages are permitted. Kitchen will be open. For tickets call Patty at 201-803-9580, or the school at 201-939-4277.

## STATIONS OF THE CROSS

Join us for the Stations of the Cross **immediately following 12:00 PM Mass on Friday:**  
Mar.: 8, 15, 22, 29,  
Apr.: 5, 12



## ARCHDIOCESE OF NEWARK 2019 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.  
**On a day of Fast**, only one (1) full meal is permitted and two (2) smaller meals, which added together, would not exceed the main meal in quantity. Those between the ages of 18 and 59 are obliged to fast.  
**On a day of Abstinence**, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.
2. The obligation to observe the laws of Fast and Abstinence "substantially", or as a whole, is a serious obligation.
3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.
4. The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the **First Sunday of Lent, March 10, 2019 to the Solemnity of the Holy Trinity, June 16, 2019.**

\*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

## PLEASE PRAY FOR OUR PARISH FAMILY

**SICK:** Eleanor Descalzi, Betty Tynan, Baby Ryan Joseph Lomuscio, Dolores Manno, Sal Russo, Charles Klimkowsky, Nancy Namoviez, Margaret & Robert Sealer, Giovanna Muscara, Al & Joan Viscuso, Lea Pappas, Anita Barcia, Denise Swanteck, Ken Remo, Maureen F. Coughlin, John Smith, Melanie Paige Didomizio, Yvonne Hoefsloot, Julius Single, Melina Sylvestro, Dave Tzrepla, Frank Buco, Sr., John Stemkowski, Francis (Buddy) McSweeney, Dominick Palmieri, Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, Allison Russell, Franceso Giacchi, Alex Hernandez, Mario Alongi, Sr., Joseph Dietz

**DECEASED:** Ralph J. Albino, III, Joseph R. Ackerson

### ASH WEDNESDAY, MARCH 6TH

Begin your journey towards Easter this Lent by celebrating Ash Wednesday with your parish family.

**Mass** will be celebrated at **7:00am, 9:00am, 12:00pm, 5:30pm(Spanish), and 7:00pm.** There will also be a **Liturgy of the Word at 4:00pm.**

**\*\*PLEASE NOTE THAT BLESSED ASHES WILL BE IMPOSED DURING THE MASS AND LITURGY OF THE WORD\*\***

*Ash Wednesday*



*Remember that you are dust,  
and to dust you shall return.*

ECCLESIASTES 3:20

### BEREAVEMENT MINISTRY TRAINING

Do you feel called to serve the needs of the Bereaved? The Spring Bereavement Ministry Support Training program is now open for registration. The course is offered by the Office of Family Life Ministries of the Archdiocese of Newark. The eight 2.5 hour sessions begin at the end of March and continues into May. Two separate classes are being held on Saturday morning & Thursday afternoons at the Archdiocesan Center. For class registration and fee information please contact Lauren Egan at 973-497-4327 or [Lauren.Egan@rcan.org](mailto:Lauren.Egan@rcan.org). Pre-registration is required; class size is limited. Participants must meet the requirements of the Safe Environment Program. Seton Hall CEU's available with course completion.

### PLEASE KEEP THEM IN YOUR PRAYERS

This coming Saturday, March 9, four your adults from the parish will be going to the Cathedral Basilica of the Sacred Heart to celebrate the Call to Continuing Conversion. Zully and Kristy Arias will be receiving Eucharist and Confirmation on Pentecost and Victoria Genardi and Bruce Burgos will be receiving Confirmation on that same day. The following day, March 10, Kaitlyn Stajek, will celebrate of Rite of Election at the Cathedral. She will receive her initiation sacraments (Baptism, Eucharist, and Confirmation) at the Easter Vigil. We are delighted to welcome all five to full participation in the Parish Family of Sacred Heart.

### ANNIVERSARY CELEBRATIONS

Preparations are underway for the annual tradition of honoring those couples in our Archdiocese who will be celebrating five, twenty-five, and fifty years of Christian marriage in the year 2019. These anniversary liturgies will be celebrated by Joseph Cardinal Tobin in the Cathedral Basilica of the Sacred Heart in Newark on April 28th at 3:00PM (must register by April 16th) for the fifty year anniversaries and June 2 at 3:00PM (must register by May 21st) for the five and twenty-five year anniversaries. Please call the parish office to register.



**MARCH 3, 2019**

8th Sunday In Ordinary Time

**MASS INTENTIONS**

MASSES FOR THE WEEK

#### Anticipated Sunday Mass

5:00 pm Mildred Pompeo

#### SUNDAY - 8th Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Luciano Natale

10:30 am Geraldine Sibiga

12:00pm Joni Manzi

1:30 pm Elcira Sanchez

#### MONDAY - Weekday/St. Casimir

7:00am Carlos Michelis

12:00pm Lucy Taylor

#### TUESDAY - Weekday

7:00am Lucy Liberti - Di Lascio

12:00pm John Seickendick

#### WEDNESDAY - Ash Wednesday

7:00am Lucy Liberti & Joe Orlando

9:00am Deacon Stephen Rodack

12:00pm Winnie Ennis

5:30pm Celia Torres

7:00pm Charles & Mary Sofio

#### THURSDAY - Thursday after Ash Wednesday/ Sts. Perpetua and Felicity, Martyrs

7:00am Nick Chiaro

12:00pm Patricia Alvarez Osiadacz

#### FRIDAY - Friday after Ash Wednesday/St. John of God, Religious

7:00am John Neglia

12:00pm Lucy Scelsa

#### SATURDAY - Saturday after Ash Wednesday/St. Frances of Rome, Religious

9:00am Jose Julio Hurtado Zamora

#### Anticipated Sunday Mass

5:00 pm

#### SUNDAY - FIRST SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Lorraine Erwin Breitkof

10:30 am Rose Mary Altreche

12:00pm Maria Nazare Salvador

1:30 pm Carlos Ruiz Lara

### STEWARDSHIP

Sunday Collection - \$5,374.00

Central & Eastern Europe - \$1,556.00

# ST. PATRICK'S DAY FUNDRAISER

Saturday, March 16, 2019, 6:30 p.m.

Sacred Heart School Cafeteria

Corned Beef Dinner - Irish Music - BYOB

50/50 Raffle - Drawing at 8:00 p.m.

Silent Auction

\$25 per person

Tickets on sale after the Mass Today

and Mon. - Fri. at the Parish Office 9:30 - 5:30

In conjunction with this major fund raising event, the parish is requesting donations for gift baskets that will be auctioned off that night. If you're interested in donating a \$25, \$50, or \$75 basket, please drop it off at the Parish Center. If you'd like to contribute new items to make up a gift basket, you can also drop them off at the Parish Center. If you have any questions, feel free to call Sabina at 862-249-1186. Thank you for your generosity which will contribute to the success of this fund raising which will benefit Sacred Heart Parish.



## ST. PATRICK'S DAY 50/50 RAFFLE

Get your tickets after Mass today for our parish St. Patrick's 50/50 Raffle. Tickets are \$5 or a book of 5 for \$25. Someone has to win--why not you? But, you have to be in it to win it! Your jackpot may just be a raffle ticket away!! Proceeds will offset the parish's operating expenses. The drawing will take place at the parish's St. Patrick's Corned Beef Dinner on Saturday, March 16th.



## SHARING GOD'S BLESSINGS ANNUAL APPEAL SERVING GOD'S PEOPLE

This year's Appeal is a perfect opportunity for us to reflect on God's generosity and to share the blessings we have been given with those around us. **This year, our parish goal is \$36,246.00**

The Annual Appeal provides the poor with food, shelter and clothing; makes religious education, spiritual guidance and CYO programs available for the young; insures the future leadership of the Church with seminarian education and training; and most important, brings Christ's Good News to the people of the Archdiocese.

**Our parish also benefits by receiving a rebate from the appeal if we exceed our goal.** It's important for all us to participate. This weekend, pledge materials and pencils are available in the pews. You can fill it out and place it in the collection basket or take it home and prayerfully reflect on the gift you can make and put the pledge envelope in the collection basket next week. Please consider making a gift to the 2019 Sharing God's Blessings Annual Appeal.

