



# 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  
Parochial Vicar  
fatherarchibald@sacredheartlynd.org

## PARISH OFFICE 615 NEW JERSEY AVE

Charles Sofio  
Parish Manager  
sacredheartchurch@comcast.net

## RELIGIOUS EDUCATION

Margaret Dacchille  
Parish Catechetical Leader  
201-935-3094

## SACRED HEART SCHOOL

Linda Durocher  
Principal  
201-939-4277  
ldurocher@sacredheartlynd.org

**SMALL BLESSINGS DAY CARE**  
201-935-0506

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



**MARCH 17, 2019**

## SECOND SUNDAY OF LENT

*"While he was praying his face changed in appearance and his clothing became dazzling white. And behold, two men were conversing with him, Moses and Elijah, who appeared in glory and spoke of his exodus that he was going to accomplish in Jerusalem."* -Luke 9:29-31

### 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.



## SECOND SUNDAY OF LENT

Dear Brothers and Sisters,

God is eager to share his glory with us! We get a glimpse of this when the disciples see Jesus transfigured on the mountain. Jesus' face changed in appearance and his clothing became dazzling white. When Moses met with God on Mount Sinai the skin of his face shone because he had been talking with God (see Exodus 34:29). Paul says that the Israelites could not look at Moses' face because of its brightness (2 Corinthians 3:7). In the Gospel account Jesus appeared in glory with Moses, the great lawgiver of Israel, and with Elijah, the greatest of the prophets, in the presence of three of his beloved apostles - Peter, James, and John.

What is the significance of this mysterious appearance? Jesus went to the mountain knowing full well what awaited him in Jerusalem - his betrayal, rejection and crucifixion. Jesus very likely discussed this momentous decision to go to the cross with Moses and Elijah. God the Father also spoke with Jesus and gave his approval: This is my beloved Son; listen to him. The Father glorified his son because he obeyed. The cloud which overshadowed Jesus and his apostles fulfilled the dream of the Jews that when the Messiah comes the cloud of God's presence would fill the temple again.

The Lord wants to share his glory with each of us. The Lord Jesus not only wants us to see his glory - he wants to share this glory with us. And Jesus shows us the way to the Father's glory: follow me - obey my words - take the path I have chosen for you and you will receive the blessings of my Father's kingdom - your name will be written in heaven. Jesus succeeded in his mission because he went to Calvary so that Paradise would be restored to us once again. He embraced the cross to obtain the crown of glory that awaits each one of us, if we will follow in his footsteps.

God bless you,

*Fr. Theemas*

### UPCOMING Events

#### MARCH 2019

- 17(Sun.) Second Sunday Of Lent
- 17(Sun.) 10:00AM - Religious Ed. Classes  
School
- 17(Sun.) 10:00AM - RCIA  
Parish Center Dining Room
- 19(Tue.) 6:00PM - Divine Mercy Chaplet  
Parish Center Chapel
- 19(Tue.) 6:30PM - Holy Rosary  
Parish Center Chapel
- 20(Wed.) 3:30PM & 6:30PM Religious  
Ed. Classes - School
- 22(Fri.) 12:30PM - Stations of the Cross  
Church
- 22(Fri.) 1:00PM - Eucharistic Adoration  
Chapel
- 22(Fri.) 6:00PM - Spanish Rosary  
Chapel
- 23(Sat.) 8:00PM - Neocat Liturgy  
Parish Center
- 24(Sun.) Third Sunday Of Lent
- 24(Sun.) 10:00AM - Religious Ed. Classes  
School

### THE DISCIPLINE OF LENT PRAYER, FASTING, ALMSGIVING

**Prayer:** Without prayer, fasting and almsgiving are merely actions we do out of tradition without much meaning. Prayer is our conversation with God. It is through prayer that we find the strength to fast. It is through prayer that we develop a closer, more intimate relationship with God. This relationship makes us so grateful for the blessings he has bestowed upon us, that we eagerly give to those less fortunate than us. The Church, in its wisdom, understands that prayer is essential to any action we Christians may undertake.

**Fasting:** Fasting is one of the most ancient actions linked to Lent. Fasting rules have changed through the ages, but throughout Church history fasting has been considered sacred. The prophet Isaiah insists that fasting without changing our behavior is not pleasing to God. Therefore, the goal of fasting is linked with prayer. The pangs of hunger remind us of our hunger for God, and prayer and fasting together brings us to what Lent is about - a deeper conversion.

**Almsgiving:** It should be obvious by now, that almsgiving is simply a response by us to God, a response that we have come to through prayer and fasting. It is an expression of our gratitude for all that God has given us, and a realization that in the Body of Christ, it is never just "me and God." Through prayer and fasting we come to a deeper understanding that the needs of all are the responsibility of all in the Body of Christ. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we were baptized.

## 10 MILES WITH JESUS

10 Miles with Jesus. If you are tired of giving up sweets and coffee for Lent and are ready to embark on a different Lenten practice, leave your comfort zone for a day and challenge yourself physically, spiritually and personally. We invite you to join us on a 10-mile pilgrimage of prayer through meditating upon the Stations of the Cross of our Lord's sufferings and death.

Join us! Take up your cross and walk with Jesus! TEN MILES WITH JESUS!

The walking Pilgrimage will begin on Sunday, March 24, 2019 at 10:00 am at the Archdiocesan Shrine of St. John Paul II (St. Theresa of the Child Jesus Parish) 131 E. Edgar Rd., Linden, NJ and will conclude at the Most Sacred Heart of Jesus Cathedral 89 Ridge St., Newark, NJ at around 5 pm with the Holy Eucharist celebrated by the Very Reverend Bishop Manuel Cruz, Pastor of the Most Sacred Heart of Jesus.

**FREE ADMISSION**, however all participants must register.

To register and for additional information visit: [www.10mileswithJesus.org](http://www.10mileswithJesus.org),

email: [info@10mileswithJesus.org](mailto:info@10mileswithJesus.org) or call: 201.220.1949

**[www.10mileswithJesus.org](http://www.10mileswithJesus.org)**

## 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.

## "AROUND THE COUNTY"

### SATELLITE OFFICE AND PASSPORT OUTREACH

Presented By

**Bergen County Clerk's Office**  
**Tue, Mar. 26th - Thu., Mar. 28th,**  
**Lyndhurst Town Hall**  
**367 Valley Brook Ave.**

Services Offered: Passport Applications, Business Trade Names, Notary Oaths, Senior & Veteran Discount Cards. For passports, be prepared by bringing 2 check. For more info call the Bergen County Clerk's Office 201-336-7006.

## NEW PARISH OFFICE HOURS

Please note that the parish office hours have changed from 9:00 AM - 6:00 PM Monday to Friday to 9:00 AM - 5:00 PM. The church will also be locked at 5:00 PM Monday to Friday.

## FROM THE SHADOWS

Have you ever given any thought to how much social justice is conducted here at Sacred Heart? There are members of our parish family in the shadows who work and have worked tirelessly to take care of families and individual in need who are daily challenged to make ends meet. One such person will be relocating this month and leaving what she started to others to continue. Such endeavors as the food pantry and the sandwich collection for St. John's in Newark as well as parish events are several projects that could use the assistance of other members of our parish family. Think about it and pray for the woman who unselfishly gave her time and energy for years to "feed the hungry."

If you would like to give some of your time, talent, and energy to some of the ongoing efforts here at Sacred Heart, please call the parish office.

## 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, Arvn Santos

**DECEASED:** Doris Tuosto, Doris Beeler

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:

#### SUNDAY, MARCH 17<sup>TH</sup>

In Honor of: Marilyn Ann Watson

Donated by: Robert Watson

#### TUESDAY, MARCH 19<sup>TH</sup>

In Honor of: Lucy & Joe Orlando

Donated by: Mary Orlando

#### THURSDAY, MARCH 21<sup>ST</sup>

In Honor of: The Memory Of James Cavalcante, Sr.

Donated by: Isabel & Jim Cavalcante



## ARCHDIOCESAN DIVORCED/SEPARATED SUPPORT GROUPS:

"It's true . . . there's no such thing as "Catholic Divorce" ...but millions of Catholics DO get civilly divorced. And it affects and hurts us all. Maybe you or someone you know has suffered the breakdown of the marriage and family, or maybe they are going through it right now. No matter how long it's been, the Church IS HERE to help. The Archdiocese of Newark currently has 13 parishes who offer a support group for the separated/divorced and these groups will be starting during the next couple months. For a list of these groups, please visit our website at:

[www.rcan.org/separateddivorced-support-groups](http://www.rcan.org/separateddivorced-support-groups) or

Email or Call: [Lauren.Egan@rcan.org](mailto:Lauren.Egan@rcan.org) 973-497-4327

## FREE DISPLACED HOMEMAKERS PROGRAM VOCATIONAL TRAINING/ESL/GED/COMPUTER COURSES

Are you a woman who is single, separated, or divorced with limited to no income of your own? If so, you may qualify to enroll in a vocational training and or ESL, GED or computer courses for free! If you or someone you may know is interested please contact Armando Rivera at Catholic Charities, 201-325-4836

## 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 17, 2019

SECOND SUNDAY OF LENT



MASSES FOR THE WEEK

### Anticipated Sunday Mass

5:00 pm Carini Family

### SUNDAY - SECOND SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Mr. & Mrs. Angelo Di Scerni

10:30 am Agnes & Joseph Dondero

12:00pm Joe Orlando

1:30 pm Mercedes Salas

### MONDAY - Lenten Weekday/St. Cyril of Jerusalem, Bishop and Doctor of the Church

7:00am Charles Allen

12:00pm David Greenleaf

### TUESDAY - St. Joseph, Spouse of The Blessed Virgin Mary

7:00am Joseph Orlando

12:00pm Lucy Di Lascio

### WEDNESDAY - Lenten Weekday

7:00am Laura M. Manning

12:00pm June Trezza

### THURSDAY - Lenten Weekday

7:00am Joaquim Bento

12:00pm Teodozja Cjojnacki

### FRIDAY - Lenten Weekday

7:00am Anthony Sofio

12:00pm Margaret Tremonte

### SATURDAY - Lenten Weekday/St. Turibius of Mogrovejo, Bishop

9:00am Concetta D'Amico

### Anticipated Sunday Mass

5:00 pm

### SUNDAY - THIRD SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Louis Guida

10:30 am Frances Dell

12:00pm Mr. & Mrs. Angelo Di Scerni

1:30 pm Manuel Angel Costa

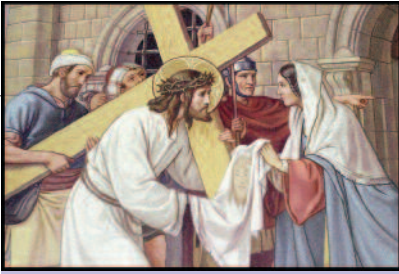
## STEWARDSHIP

Sunday Collection - \$5,765.00

Add'l Assessment Collection - \$183.50

Add'l Solemnity of Mary - \$100.00

Add'l Central & Eastern Europe - \$10.00



## STATIONS OF THE CROSS

As early as the 4th century, Christian pilgrims to the Holy Land would walk the route that Our Lord walked as He made His way to Golgotha for our salvation. When Muslims captured Jerusalem and it became too dangerous to make this pilgrimage, Christians replicated the sites back home and there developed the "Stations of the Cross" devotion (also known as "Way of the Cross," "Via Dolorosa," or "Via Crucis"). The devotion consists of meditating on 14 events -- that number being fixed in 1731 by

Pope Clement XII -- which took place during Christ's Passion, from His being condemned to His burial. Here at Sacred Heart, we will pray the Stations of the Cross as a community during the Fridays of Lent **Mar.: 22, 29, Apr.: 5, 12) following the 12 Noon Mass in the church.**

## EUCCHARISTIC ADORATION

The doctrine of the Real Presence asserts that in the Holy Eucharist, Jesus is literally and wholly present—body and blood, soul and divinity—under the appearances of bread and wine. Understood simply, Eucharistic Adoration is adoring or honoring the Eucharistic Presence of Christ. In a deeper sense, it involves the contemplation of the Mystery of Christ truly present before us. The Church invites us to pray even more during the holy season of Lent. Join us for some intimate time in adoration of our Eucharistic Lord this Friday from 1:00PM - 3:00PM in St. Dominic's chapel in the parish center (former convent building).



## THE LIGHT OF CHRIST. THANKS BE TO GOD.

The Paschal Candle, a symbol of the light and the hope that the risen Christ brings to the world, burns brightly in our sanctuary during all the liturgies celebrated in the Easter Season. After Pentecost, it is positioned at the Baptismal Font where it brings the light of Christ to our Baptismal and Funeral Liturgies, underscoring our belief that in baptism we die with Christ so that we may rise with Him into eternal life. If you would like to donate this year's Paschal Candle in memory of a deceased loved one, please contact the parish office at 201-438-1147.

## COMMUNITY ALLIANCE PROGRAM

Sacred Heart Church has partnered with **Boiling Springs Savings Bank** to raise money for the parish. Through the Community Alliance Program, Boiling Springs will make a quarterly donation to our parish account based upon the average balance of our members' designated accounts at Boiling Springs. **NO MONEY WILL BE WITHDRAWN from members account. A minimum of twenty individuals** (members) is required. Enrollment in the program is very easy. Just stop by a Boiling Springs Branch and fill out a Community Alliance Member account form. **Note: There are other Sacred Heart Churches enrolled in the program. When you sign up at the branch PLEASE BE SURE TO SPECIFY SACRED HEART, LYNDHURST (CAP CODE 094). If you have ALREADY ENROLLED AT THE BRANCH, PLEASE VERIFY with the branch that your enrollment is for Sacred Heart, Lyndhurst (CAP CODE 094).**

